

## Procedure Notes – Level 1

### 過程筆記 – 1級

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#### Induction 引導

If I were to say to you, “see a red bird”, could you see one for me? See a yellow flower. See a blue car. See a dog and a cat. See a green tree with lots of leaves and the wind blowing through the leaves.	若果我跟你說： “看見一隻紅色的鳥” 你可以看得到嗎？ 看到一朵黃色的花 看到一輛藍色的車 看到一隻貓和一隻狗 看到一棵翠綠色的樹，樹葉隨風起舞
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<p>This is the part of the mind we will be working with today. This is the part of the mind that has the pictures and the memories.</p>	<p>這就是我們今天會一起合作的心智部份 這就是有圖像、有記憶的心智部份</p>
<p>This is the part of the mind that is active at night when you are sleeping, because this is the part that has the images and the symbols that we use in our dreams. So, this is the part of the mind we will be working with today.</p>	<p>這就是在晚上當你睡覺時，活躍的心智部份 因為這部份，就是我們夢中所用到的圖像及符號的心智部份 所以，這就是我們今天會一起合作的心智部份</p>
<p>So, just for this little while that we do this today, have no problems and no worries. Time enough for that later. They will always be there later.</p>	<p>正因如此，就讓我們今日這段時間裡沒有問題 沒有憂慮 我們有足夠時間稍後才想這些問題和憂慮 它們一直都在</p>

<p>But just for this little while that we do this today, have nothing to worry about. So enjoy the way that feels to not have anything to worry about. And enjoy the way it feels to have relaxation moving through the body. And as the relaxation moves through the body, if there are any tensions anywhere in the body, they will flow right out. Flow right out. Let them go. Let them go. We don't need them. We don't need them. So enjoy the way that feels to not have anything to think about. And enjoy the feeling of relaxation moving through the body.</p>	<p>就讓我們今日在這段時間裡 沒有任何事需要擔心 享受這種無憂無慮的感覺 享受整個身體的放鬆 當身體逐漸放鬆下來 若果身上有任何部份感到繃緊， 它們會流走 繃緊的感覺會流走 讓它們離開 讓它們離開 我們不需要它們 我們不需要它們 所以，享受這種不需要思考的感覺吧 享受身體完全放鬆的感覺</p>
<p>This is a luxury that very few people are allowed. To take a little time out of their busy day to just relax and not have to think about anything. So take advantage of it while you can and enjoy the experience. And remember that when you awaken you will feel wonderful all over, just as though you've had a nice nap. A nice sleep. You will feel truly rested and refreshed. Anytime you do anything like this, it will always be an enjoyable experience.</p>	<p>這是一種舒適的享受 很少有人 可以在他/她繁忙的一日中抽一點時間 完全放鬆 以及不用想任何事情 所以，好好享用這個過程及享受這個經驗 以及，請記住 當你醒過來的時候， 你全身上下都感到無比的奇妙 就好像你舒舒服服地小睡了一會兒， 睡了一覺好的， 你感到休息得很好，精力充沛 每一次你這樣做時 都會感到無比的愉快</p>

<p>Also remember, if you hear any sounds in the room, or any sounds outside of the room, they are only natural noises occurring in the background. They will not bother you or distract you in any way. If you hear anything, it will just fade and become part of the background.</p>	<p>亦請記住， 若果你聽到任何這房間裡的聲音 或者外面的任何聲音 它們只是一些背景的天然雜音而已 它們不會打擾你 完全不會讓你分心 若果你聽到什麼 那聲音會慢慢減弱 融入背景之中</p>
<p>Now, I would like for you to imagine a beautiful pyramid composed entirely of white light. A very beautiful thing to see. It glows, it sparkles, it shimmers. And I want you to mentally place that white pyramid of light so that it completely encloses your body, even the underneath side of your body, so that you are completely enclosed within the beautiful pyramid of white light.</p>	<p>現在，請你想像一座美麗的、整座都 用白光構成的金字塔 賞心悅目的金字塔 閃閃發光 請你讓自己沉浸在這個充滿白光的金 字塔之中 讓它包圍着你整個身體 甚至身體以下的位置 所以，你能夠完完全全被這個美麗的 白光金字塔包圍着</p>
<p>This is your protection. The white light is a very powerful force. It can protect against anything. It will remain around your body the entire time that we do this. Nothing can harm you mentally, or physically. You are protected, you are safe. You know it, you feel it. And it is very, very good.</p>	<p>這是你的保護罩 白光是一種非常強大的能量 它可以保護你免受任何的傷害 在我們整個催眠過程中， 白光會一直包圍着你 沒有任何東西可以傷害你，包括精神 上及身體上 你是受保護的 你是安全的 你會知道這一點的 你可以感覺到的 這非常、非常好</p>

<p>Now I would like for you to imagine the most beautiful place in the world.  What you consider to be the most beautiful place in the world.  Where there are no worries and no problems.  It may be the forest,  it may be the seashore,  it may be a meadow.  Whatever you consider to be beautiful and peaceful.  Can you find a place like that?</p>	<p>現在，請你想像世界上最美麗的地方  哪裡是你認為是世界上最美麗的地方呢？  在那裡沒有任何擔憂、沒有任何煩惱  也許是森林  也許是海邊  也許是草地  任何你覺得是美麗又平靜的地方  你找到這樣的地方嗎？</p>
<p>Tell me about it.  (Get them to describe it - sights, sounds, smells, senses.)</p>	<p>可否告訴我這個地方是怎樣的？  (讓他們形容一下 – 景象/所見之物、聲音、嗅覺、感覺)</p>
<p>No worries in a place like that,  it's peaceful,  where there are no worries and no problems,  just peace and quiet.  Can you see the sky from where you are? (Yes)  Look up in the sky and see if you can find a big white fluffy cloud.</p>	<p>在這地方完全沒有憂愁，  平靜又安詳  那裡沒有擔心、沒有煩惱  只有平靜及安詳  你能夠從你的位置看到天空嗎？(看到)  看看天空，你能否找到一朵大大的鬆軟的白雲啊？</p>
<p>I'm going to ask you to do something that might sound a little strange.  I want you to float up to that cloud and sit on it.  Tell me what that would feel like to sit on a cloud,  and you don't have to worry,  it will hold your weight just like magic.  What would that feel like to sit on a cloud?  (Get them to describe it.)</p>	<p>接下來我讓你做的事，聽來有點奇怪  請你飄浮上去那朵白雲上  坐在上面  告訴我，坐在一朵白雲上有什麼感覺  不用擔心，白雲會承載的重量，尤如魔法一樣  坐在白雲上，你有何感覺啊？  (讓他們描述)</p>

<p>Some people think it feels like cotton or feathers. But it will hold you just like magic. It's very comfortable, isn't it? Lay back on that cloud and just let it absorb all of your weight.</p>	<p>有些人覺得白雲像棉花或者羽毛 但它能夠承載着你，尤如魔法一樣 這樣很舒服，對吧？ 躺下來讓白雲承載你所有的重量</p>
<p>It's such a beautiful, wonderful feeling. It's like you don't have any weight at all.</p>	<p>這感覺真的很美、很舒服 彷彿你已經輕輕的，完全沒有重量一樣</p>
<p>You can become one with that beautiful cloud. If you lay back on that cloud, let it absorb your weight. If you want to, you can even wrap the cloud around you like a wool blanket and snuggle down into the cloud. That's such a beautiful, comfortable, safe feeling. And it's almost as though you don't even have a body as you become one with that beautiful, soft, comfortable, safe cloud.</p>	<p>你可以跟這朵美麗的白雲合二為一 當你躺下時，讓它承載你的重量 若果你願意， 你甚至可以讓白雲包裹着你，好像柔軟的毛毯一樣 舒服地依偎在白雲之中 這種感覺真的很美麗、很舒服、很安全 就像你根本沒有身體一樣 你好像變為這朵美麗、柔軟、舒服又安全的白雲</p>
<p>And this cloud is floating through the air, carrying you with it. Soft and protected and comfortable and safe.</p>	<p>這朵白雲飄浮在空中 承載着你 柔軟的、被保護着的 舒服的，又安全的</p>
<p>Drifting and floating - Floating and drifting And this cloud floats over the land and over the valleys, over the mountains, and even out over the ocean if it wants to. Carrying you with it. Soft, protected, comfortable and safe.</p>	<p>飄飄浮浮 飄飄浮浮 這朵白雲飄過陸地 飄過山谷 飄過山嶽 若果白雲願意，甚至飄過海洋 承載着你 柔軟的、 被保護着的 舒服的，安全的</p>

<p>Drifting and floating - Floating and drifting</p>	<p>飄飄浮浮 飄飄浮浮</p>
<p>Over the land, over the valleys, protected and safe.</p>	<p>飄過陸地 飄過山谷 受保護的, 安全的</p>
<p>And this cloud is like magic because, not only can it carry you over the land and over the valleys, it can also carry you back and back and back in time and space.</p>	<p>這朵白雲尤如魔法一樣 因為它不止可以承載着你飄過陸地、 飄過山谷 它亦可以載着你回去 回去 回去 穿越時間及空間</p>
<p>I'm asking the cloud to move and carry you back and back and back in time and space to another time, another place where there is information we would like to find to help you in the very best way that we can. The cloud is moving, it's carrying you back and back and back. We're looking for the most appropriate time and place to stop and look at and examine. The most appropriate time and place to stop and look at and examine.</p>	<p>我請求白雲帶着你回去 回去 回去 穿越時空, 去到不同的時間及地點 去到那個可以找到我們想要的訊息的 時空, 可以以最好的方式幫助你 白雲正在移動 它帶着你回去 回去 回去 我們在找尋最合適的時間及地點 然後停下來、看一看、仔細觀測一下 最合適的時間及地點 停下來、看一看、仔細觀測一下</p>
<p>Now the cloud is slowing down, it's stopping at the most appropriate time and place. Now that the cloud has stopped at the most appropriate time and place, I want you to drift off of that cloud back down, down, down to the surface.</p>	<p>現在, 白雲正在慢慢減速 它準備停在最合適的時間及地點 現在白雲停在最合適的時間及地點 請你慢慢從白雲上 飄落 飄落 飄落到地面上</p>

<p>It won't be anything sudden, just like a leaf drifting gently out of a tree back down to the surface. And as you come back down, I want you to tell me the very first thing that you see down there below you or the very first impressions that you have as you come back down to the surface.</p>	<p>這不會突然的， 就如一片樹葉，緩緩地離開大樹一樣 飄落到地面上 當你到達地面時 請你告訴我第一個你看到的東西 或者你到達地面時的第一印象是什麼</p>
<p>Are you coming off of the cloud yet? What do you see down there below you? What's the first thing you see? Look around and see what you see around you.</p>	<p>你離開白雲了嗎？ 你看到你的腳下是什麼嗎？ 你第一眼看到什麼？ 看看周圍，看看什麼包圍着你</p>

### Procedure for Moving Through a Simple Past Life Regression

#### 引導一般前世回溯的程序

This is only a rough guide for a normal, simple past life regression. Each regression will be different, so the practitioner must be flexible to move the client through it. There are no hard and fast rules because you never know where and when the client will come into the scene. But this procedure will cover a great percentage of cases.

這只是針對一般、常規的前世回溯的粗略指引，每一個回溯也是不同的，需要從業者靈活變通，來帶領客人經歷前世。並沒有固定不變的規則，因為你永遠不會知道客人會到哪裡、在哪個時間進入場景，但這個程序已涵蓋大部份個案的情況。

#### Coming Off the Cloud... 從雲上下來.....

When the client comes off the cloud they may be in a past, future or even current life, whatever is most appropriate for them. Never be in a hurry to move them, they are there for a reason. Also, you must fully orient them into the scene before attempting to get the story of the life. **Set the scene before setting the body.** Don't be surprised at anything they see or describe. They can come down in any time period or place on Earth. They can also come down on another planet or dimension, even the spirit side, in any form imaginable and unimaginable (even as an animal or plant). Don't try to make their answers conform to your own expectations. Just go with it and ask questions, no matter how outlandish it sounds. The subconscious has a logic that is different and far superior to ours. So wherever it has the client come



down, there is a plan. Trust it, "they" know what they are doing.

當客人從雲上飄下來，他們可能在過去、未來或現世，那個最適合他們的一生。絕對不要急於移動他們，他們到這裡總有原因。在嘗試取得那一生的故事之前，你必須先將他們完全導入到當下的情景之中。**先導入情景後才導入身體。**請不要對他們所見或所描述的事情感到驚訝，他們可以到達地球的任何時間或地點，亦可能到達任何星球或次元，甚或靈界，任何可以想像或難以想像的形式(甚至動物或植物)，亦不要嘗試引領他們回答任何東西，以符合你的個人期望，只需配合並提出問題，無論聽起來多麼稀奇古怪也好。潛意識的邏輯跟我們不同，祂們是遠遠優越過我們的邏輯的，所以，無論客人下來了哪個地方，總有祂們的用意，相信吧，"祂們"知道祂們在做什麼。

First, I have them describe where they are standing, and what is around them. If they say it is fuzzy, foggy or unclear, **tell them it will clear up as they speak.** Keep them talking. Take as much time as needed to fully establish the scene. Don't be in a hurry at this point.

首先，我會讓他們描述他們所站的位置，周圍有什麼，若果他們說這裡很模糊、朦朧或看不清的話，告訴他們：**當他們說話時，景像會變得清晰。**讓他們保持說話，即使需要多些時間來建設完整的場景也是可以的，在這個點上不要心急。

**After they describe their surroundings, then ask them if they perceive themselves to have a body. If they can see that they are in a body, have them look down at their feet to see what they are wearing. Then have them focus on what they are wearing on their body.** This usually gives clues as to their sex. If their clothes are applicable to either sex, then ask them, "Does your body feel male or female?" "Young or old?" "Does the body feel healthy?" These are asked quickly, so they will respond without taking time to analyze. Remember we don't want them to go into the left brain. Then I ask if they are wearing any jewelry or ornaments on their body. Next I ask if they are carrying anything. All these questions will give you clues as to their location and the time period, and their social status.

在他們描述四周環境之後，問問他們感知到自己有沒有身體，若果他們看到，那表示他們在一個身體裡，讓他們低頭看看自己的腳有沒有穿着什麼，之後看看穿着什麼衣服，這些都會對他們的性別提供線索，若果他們的衣服比較中性的，可以問他們："你覺得這身體是男性還是女性？"，"年輕還是年老？"，"這身體健康嗎？" 這些問題要快速地提問，讓他們沒有時間分析，只能即時回應，記得我們並不想他們使用左腦。然後，我會問他們有沒有佩戴任何珠寶首飾、飾物，之後我會問他們有沒有攜帶着什麼，這些問題全都會提供有關他們的地方、時代及社會地位的相關線索。

**Then I want them to go to the place where they live and look at the outside of it.**

Get them to describe.

之後，我會讓他們去他們所住的地方，從外面看看所住地方，請他們描述。

**Then ask how they go inside.** Then take them inside and have them describe the interior. One good way to find out if there is anyone else living with them is to have them see themselves eating a meal. Normally the entire family will be present at a meal. You can get further information about time period, location etc. by the food they are eating.

之後問問怎樣進內，帶他們入去及描述裡面的情況。想知道他們是否還有其他人一起居住，讓他們看看自己正在用餐是一個好方法。一般來說，家庭成員都會一起用餐，你亦可以從他們吃的食物之中得到更多時代、地點等的資料。

**Next have them see what they do for a living.** In certain time periods they may not understand the terms “job” or “occupation,” so I ask them what they do with the majority of their time. And then see themselves doing it.

之後讓他們去看看他們以什麼維生/謀生，某些時代他們並不明白“工作”或“職業”這類詞匯，我會問他們大部份時間做什麼，讓他們看看正在做這件事。

By now we have a pretty good idea of this person. We have the location and the cast of characters. Now we are ready to go into the story. Otherwise they could spend the entire session describing their day to day life. 90% of the past lives will be dull, boring, mundane. What I call “digging potatoes” lives. This means doing simple ordinary tasks. Even today in our time there are far more people who live ordinary lives, than those who get their names in the newspapers. Even if the life is simple and boring, it contains something that the subconscious wants the client to know. It will be something to explain what is going on in their present life, even though it does not make any sense to the therapist. Follow it through. It will all be explained when you get to the Subconscious part.

目前為止我們對這個人有不少的認識，我們知道所在位置及各個角色，現在我們準備好進入故事了，否則他們可以花整個催眠時段來描述他們的每日生活，90%的前世也是乏味、沉悶的平淡生活，我稱之為“挖馬鈴薯”的人生，意思是指做簡單普通的事情，現今世代也有很多人是過着平凡的人生，遠比登上報紙的名字多得多。雖然這些人生簡單及沉悶，裡面亦包含了潛意識想客人知道的訊息，這裡會有些事情可以解釋到現世的情況，即使從業者聽下去感覺好像說不通，請繼續跟隨它完成整個過程，所有事會在潛意識部份之中得到解答。

**Then I ask them to leave the scene they have been watching, and move them ahead to an important day.** Always close one door before opening another.

之後，我請他們離開正在看的情景，向前移動到一個重要的日子。永遠要記住

關上一道門再開另一個。

*Now leave that scene and let's move forward to an important day. A day that you consider to be important when something is happening. We have now moved forward to an important day. What is happening? What do you see?*

現在離開這個場景，讓我們向前移動到一個重要的日子，那個你覺得有重要事情發生的一日，現在我們已經到達這個重要日子，發生什麼事？你看到什麼？

Let them tell the story and you ask lots of questions to keep it moving. I normally move them to three different important days. If the lifetime is exciting, interesting and something is happening, you may have to move them more than three times to get the entire story. But normally three important days are enough. If they say they do not see anything when they are moved, that everything is dark, then that means they have died and there is nothing else to report. **Since it is vitally important to have them go through the death experience**, I then move them backwards to the last scene that they saw and reorient them there by asking some more questions.

**Then I ask them to go forward to the last day of their life.** I tell them they can see it as an observer if they want to. They do not have to experience it.

讓他們說說自己的故事，你問很多的問題來維持這個故事繼續下去，我大多移動他們去三個重要的日子，若果那一生刺激有趣，有些事情正在發生，你可能需要移動多過三個重要日子來明白整個故事，一般來說，三個重要日子就足夠了。若果他們說他們移動時看不到任何東西，只有黑暗，那代表他們已經死去，沒什麼可說了。**讓他們經歷死亡過程是極其重要的**，我會讓他們向後移動到最後那個場景，問他們一些問題來讓他們重新定位。之後，**我讓他們移動到生命的最後一天**，告訴他們可以以一個觀測者的角色來看發生了什麼事，只要他們願意，他們可以不用經歷這一天的。

*We have gone forward to the last day of your life in this lifetime we are watching. What is happening? What do you see?*

我們向前到達了你這人生中最後一日，我們正在觀看着，發生什麼事？你看到什麼？

If they are experiencing any physical symptoms I remove them so they can talk about it.

若果他們正經歷任何身體的症狀，我會解除它們的影響，好讓他們可以跟我們談談這些症狀。

*You will not have any physical sensations. You can talk about it.*

你不會有任何身體上的感覺的，你可以講講發生了什麼。

Then you take them through the death experience. I like to speed this process up (after they have described what is happening) by saying,

之後你帶領他們經歷死亡，我喜歡加速這個過程 (在他們描述發生什麼事之後) 我會說：

*Now whatever happened has already happened, and you are on the other side of it. From that position you can look back at the entire life and see it from a different perspective.*

現在該發生的已經發生了，你正處於死亡的另一邊，由這個位置你可以回顧自己整個人生，由另一個角度及面向看看它。

Then I tell them that  
然後我告訴他們

*Every life has a lesson, and a purpose.  
As you look at the life, what did you learn from it?*

每個人生都有學習及目的。  
當你回顧這個人生，你從中學會了什麼？

After they have given their response from that, then ask  
當他們回答了之後，再問

*“What do you think was the purpose of that lifetime?”*  
“你認為那一生的目的是什麼？”

After they have died you can take them to the spirit side, or sometimes they go there spontaneously. You can explore it if you wish. I prefer to go to the subconscious so we can have the therapy, healing and answers to their questions.

在死亡之後你可以帶他們到靈界，或者，有時他們自然去到那邊，你也可以探索這個領域，如果你願意的話。我更喜歡前往潛意識，以便他們能夠得到治療及找到他們所問的問題的答案。

Moving Forward: The Person Unexpectedly Moves Into A Different Life 推進：個案出乎意料去了另一個人生

Sometimes when you move the person to an important day, they will “leap-frog” into a totally different life. You can usually determine this by asking questions. When this happens it usually means there were no important days left in that life to explore.

Then the practitioner has to make a decision. Do you continue with the lifetime they have “jumped” into? Or do you return them to the previous life and take them through the death experience? There is no right or wrong answer. It just depends on where you think the most information will be obtained.

有時當你移動個案到一個重要日子，他們會“跳躍”到另一個完全不同的人生，你大多可以從發問問題來確認這點。當這情況發生，這可能意味着那一生已經沒有其他重要日子需要探索。在這時從業者需要下一個決定，你應該繼續這個跳入來的人生？還是回去他們之前探索過的那一生，讓他們經歷死亡過程？任何答案也沒有對或錯的，只是視乎你覺得哪裡會得到更多重要的訊息。

### Moving The Person To Another Life 移動個案到另一生

If the lifetime is short and uneventful you may have time to move them to another life.

若果那個人生短暫及平凡，你可能有時間移動他們進入另一生。

You ask them:

你問他們：

*Move away from that scene, leaving the person there to continue on their own path. You can move either forward or backward to find another appropriate time and place that has information that you need. You are now at another time and place and ask what they see.*

離開那個場境，離開這個人讓他/她繼續行他/她的路，你可以向前或向後移動，去找另一個合適的時間及地點，在那裡可以得你需要的資訊，你現在正在另一個時間及地點，你看到什麼。

Normally when they come into the second life something is happening, so you don't have to go through the orientation process that was necessary in the first life.

正常當他們到達第二個人生，有些事情正在發生，所以你不用再做第一次人生時所必需的定位過程。

*You just ask them what is happening and what they are doing.*

你只是問問他們正在發生什麼事，以及他們正在做什麼

The most lives I will explore in this way are three, and only if they are short.

Remember the most important part of this technique is contacting the Subconscious and getting the therapy done. Normally one lifetime will take the entire session, but if it is short you can move them through another. When you get to the Subconscious you will be surprised to find that both or all three will form a pattern that “they” wanted the person to see. Their logic is amazing. “They” always know what “they”

are doing.

大部份這種方法探索的人生是三個，而且只限於這些人生都是短暫的。請記住，這個技術的重點在於聯絡潛意識及讓客人得到治療，正常一段人生已經佔據整個催眠過程，只是若果人生短暫才會移動去另一生。當你聯絡上潛意識，你會很驚訝地發現，兩次或三次的人生會構成一種模式，是“祂們”想讓個案看到的，祂們的邏輯令戈驚訝，“祂們”永遠知道自己正在做什麼。

### Coming Off The Cloud, The Client Is At The Day Of Their Death

#### 從雲上下來，個案到了他的死亡當日

Occasionally the client comes off of the cloud on the day of their death. This can take you by surprise because they may be experiencing a traumatic death suddenly. They may clutch their chest and scream, “I’ve just been shot!” or clutch their throat and exclaim between gasps for air that they are being hung or strangled. The first thing, of course, is to make them comfortable.

偶爾，客人在雲上下來時會到了他死亡的那一天，這可能令你驚訝，因為他們可能正突然經歷創傷性的死亡，他們可能緊握着胸口並尖叫“我中了槍！”或者緊握着喉嚨，上氣不接下氣地說他們被吊死或絞刑。第一件事需要做的當然是讓他們舒服起來。

*You will not experience any physical sensations and you can talk about it and explain what is happening.*

你不會有任何身體上的感覺，你可以談談這件事，告訴我發生什麼事

Never move the person out of the scene because YOU are uncomfortable or startled. The Subconscious took them there for a reason, so you must follow through and find out what that is. Once they are able to speak objectively about the trauma, get them to describe what is happening. Of course, if you come in on the day of their death, it will not do any good to try to move them forward, because the life is over. I have them move backwards so we can find out how they got into this situation. I say,

永遠不要因為你自己感到不舒服或嚇了一跳而移動個案離開那個場境，潛意識帶他們來這裡，總有其原因，所以你必須堅持到底，找出是那個原因，當他們能夠客觀地講出創傷，讓他們描述發生了什麼事。當然，若果你已來到死亡那天，讓他們再向前移動已經沒有意義，因為那一生已經完結。我會讓他們向後移動到我們可以找出如何引致這情境的發生。我說，

*Let’s move backwards to before this happened, and see what got you into this situation. We are moving backwards now and you are able to tell me about it. You are there now. What is happening? What do you see?*

讓我們向後移動到這件事情發生之前，看看你是怎樣來到這情況的，我們正在向後移動，而且你能夠告訴我怎麼回事，你現在已經到達了，發生什麼事？你看到什麼？

Then progress through the life until you return to the death scene. This is the way you obtain information, and very little orientation is needed because we are already in the story.

之後向前推進經歷那些生活，直到返回死亡的情境，這個是你取得訊息的方法，只需很少的定位因為我們已經在故事之中了。

**Remember your most important role is that of the insistent questioner.** The questions are extremely important, and you must keep them coming. Also they must be asked in the right way to get the answers. This will come with practice.

請記住你最重要的角色是堅持到底的發問者，不斷提問，問題是極其重要的，你必須保證不間斷地發問，而且你亦需要以正確的方式來發問問題，以得到相應的答案，這需要練習來進步。

### Contacting The Subconscious

#### 聯絡潛意識

Before you can contact the Subconscious, you have to separate the two lives.  
在你聯絡潛意識之前，你必須將兩個人生分隔開。

*Now let's drift away from that life. We're drifting and floating away from that life leaving the woman there to continue on her/his own journey. She will find peace, she will find what she is supposed to find. We're leaving her there to continue on her own journey. She will find peace, she will find what she is supposed to find. We're leaving her there to continue on her own path. Now I want all of the consciousness and personality of \_\_\_\_\_ to once again return to the body and fully integrate back into the body.*

現在請你飄離這個人生，我們飄離這個女人/男人，讓她/他繼續她/他的旅程，她/他會找到平安，她/他會找到她/他需要尋找的事物，我們離開她/他，讓她/他繼續她/他的旅程，她/他找到平安，她/他會找到她/他需要尋找的事物，我們離開她/他，讓她/他繼續她/他的路，現在，我請求\_\_\_\_\_ (個案名字) 的所有意識及人格再一次回到這個身體，並完完全全地整合在這個身體裡。

*May I speak to \_\_\_\_\_'s subconscious please?*

請問我能否跟\_\_\_\_\_的潛意識對話？

*I have permission to speak to \_\_\_\_\_'s subconscious?*

請問我被允許跟\_\_\_\_\_的潛意識說話嗎？

*I respect the power of the subconscious, because I know the subconscious takes care of \_\_\_\_\_'s body and does a very good job of it. I also know that the subconscious has the records of everything that has ever happened to \_\_\_\_\_ in this lifetime and all the other lifetimes he/she has ever lived. So I respect the power of the subconscious and I always ask for permission to speak to it and ask questions. Do I have permission to ask questions?*

我敬重潛意識的力量，因為我知道潛意識一直照顧着\_\_\_\_\_的身體，以及將這工作做得很好，我亦知道潛意識記錄着\_\_\_\_\_這一生及所有前世發生的一切。所以，我敬重潛意識的力量，我只在潛意識的允許之下才會跟祂說話，以及提出問題。請問我被允許發問嗎？

*I know the subconscious could have brought forth many different lifetimes for \_\_\_\_\_ to see today. You chose to bring forward this life for her/him to see. Why did you pick that lifetime?*

我知道今日潛意識可以帶任何一世的訊息給\_\_\_\_\_看的，你選擇讓他/她看這一生，為何你會選擇這個人生呢？

### Bringing a Person Out

#### 引領個案回到當下

*Now, I am asking the subconscious to recede to where it belongs with much love and much thanks for the help and information it has been giving \_\_\_\_\_ today.*

*I know he/she is really going to appreciate it.*

*And I want the entity/entities from the other life/lives that we were speaking with to also recede into the past to the time where they belong.*

*With much love and much thanks for the information they have given us.*

*And remember*

*the things you were watching are from the past,*

*they belong in the past,*

*and we will leave them in the past.*

*We only brought them forward as a curiosity to learn from,*

*to have information to help with the present lifetime.*

*In that way they are valuable and have importance.*

*But as \_\_\_\_\_ listens to the recording,*

*and goes over the material and puts it into place,*

*it will not bother her/him in any way mentally or physically.*

*That is very important.*

*It will not bother him/her in any way mentally or physically.*

現在，我請求潛意識退回屬於祂的合適的地方，



我們懷着深深的愛及感激，多謝潛意識今天提供給\_\_\_\_\_的資訊及幫助。

我相信他/她也會深感謝意的。

我請求我們交談過的不同時空的所有的存有/存在體退回去屬於他們的合適的時空，

對於他們提供的訊息，我們懷着深深的愛及感謝，

亦請記住，你所看到的事情都是來自過去，

他們屬於過去，我們會留他們在過去。

我們只是作為一個好奇者來學習的，讓我們得到資訊來幫助現世，

以這種方式，這些資訊是很有價值，亦很重要。

當\_\_\_\_\_聽這個錄音檔案時，以及重溫這些資訊，將其歸位，

無論任何情況，他/她都不會受到任何身體上或心靈上的困擾。

這很重要，

他/她都不會受到任何身體上或心理上的困擾。

**Optional: Insert Keyword Script here, and then continue the count out.**

**選擇性：在這時導入關鍵字，然後繼續倒數回到當下。**

*Now,*

*I want all of the consciousness and personality of \_\_\_\_\_ to once again return and fully integrate back into the body completely.*

*Now all of the consciousness and personality of \_\_\_\_\_ is once again fully integrated back into the body,*

*replacing all the other parts we were speaking to.*

*Now I want \_\_\_\_\_ to move*

*up, up, up*

*through time and space*

*and orient yourself back into the present day and time.*

*This is (date).*

*You are lying here on the bed in the (location) and you just had a very interesting experience.*

*And I want you to remember that the present life you are living now is the most important life of all,*

*because it is the one you are focused on at the present time.*

*Any information we can find in this way is valuable,*

*but it will not bother you in any way,*

*mentally or physically,*

*as you understand it and put it into place.*

*That is very important.*

*It will not bother you in any way.*

現在，我請求\_\_\_\_\_所有的意識和人格再次歸位，完完全全整合及返回這個身體裡。

現在，我請求\_\_\_\_\_ 所有的意識和人格再次歸位，完完全全整合及返回這個身體裡。

取代所有我們曾經傾談過的其他部份

現在，我請求\_\_\_\_\_ 在時間及空間中移動、移動、移動

及將你自己定向返去現在的日期及時間。

這是\_\_\_\_\_ (日期)，

你正躺在\_\_\_\_\_ (地點) 房間裡的床上，你剛剛經歷了一次很有趣的經驗。

以及，請你緊記你正在生活在現世，今生對你來說是最重要的，因為目前你的意識集中在這個當下的人生。

我們用這種方式所發現的任何訊息都是有價值的，

當你理解了這些訊息，並將其歸位時，它們不會以任何方式打擾到你，不論是身體上或心理上也不會受影響。

這很重要，它不會以任何形式打擾你

*Now in a moment I'm going to count to ten.*

*And on the count of ten you'll be wide awake*

*feeling wonderful all over,*

*as though you've had a nice nap,*

*a nice sleep.*

*You will feel truly rested and refreshed.*

*Any time you do this it will always be an enjoyable experience.*

*Now follow me up as we go*

*and on the count of ten*

*you'll be wide awake,*

*feeling wonderful*

*all over.*

現在這個當下，我將會由1數到10。

當我數到10時你會完全甦醒

全身上下都會感到非常舒服

好像你有個很好的小睡、美美的睡了一覺

你休息得很好，感到精力充沛

任何時間當你這樣做時，你都總會感到愉快的。

現在，請跟隨着我

當我數到10的時候，你會完全清醒

全身上下都會感到非常舒服

(Note: You do not use your 'induction' voice on the count out. You want to speak more loudly and with a faster cadence as you progress through the count out. The point is to bring them aware and fully into their current life.)

(注意：你不會用”引導”的聲音來做倒數，你需要在倒數之中越來越大聲及加快節奏，需要帶領他們清醒及完全回來當下這生)

*1, 2...You are beginning to breathe a little faster,  
your blood is beginning to circulate a little faster  
because you're beginning to wake up now.*

1,2... 你開始呼吸加快  
你的血液循環亦開始加快  
因為你現在開始甦醒

*3,4 ...You are becoming aware of the physical body,  
very much aware of the physical body.  
You can move your arms and legs around to get the muscles working and the blood  
circulating  
because it gets tiring laying in one position like that.  
We're getting everything moving again  
because you're very much aware of the physical body,  
you're focused on it now because you're beginning to wake up now.*

3,4... 你開始覺知到你的身體，非常清晰地覺知到身體  
你可以活動一下你的手臂和腳，令到肌肉運作，令血液循環  
因為以同一個動作平躺在這裡會很累的  
我們讓一切都再次動起來，因為你非常清晰地覺知到身體  
你專注於當下的身體因為你現在開始清醒了

*5, 6...You are becoming aware of the sounds in the room and the sounds outside of  
the room.  
You are very much aware of your physical surroundings.  
You're oriented back here in this time and this place  
and you're beginning to wake up now.*

5,6... 你開始聽到這間房間及外面的聲音  
你非常覺察到你周邊的環境  
你回到現在的時間、現在的地點  
現在你開始清醒了

*7,8 ...You're coming up very nicely now,  
very nicely.*

7,8... 你現在越來越清醒，越來越清醒

*9,10...Wide awake,  
wide awake,  
feeling wonderful all over.*

9,10... 完全清醒了，完全清醒了，全身上下都感到很舒服

## Inserting the Key Word 插入關鍵詞

The keyword is inserted just before the client is counted out of trance. At this time they are still in a highly suggestible state. I always allow the client to choose the word (or preferably two words), instead of me giving them the word.

關鍵詞在離開出神狀態倒數之前加入去的，這段時間他們仍然處於高度容易接受暗示的狀態，我總會讓客人選擇關鍵詞(或者兩個詞會更理想)，而不是我提供關鍵詞。

*Would you like to do this again? Would you like to work in this state again? (Yes). In order to make it easier to enter this beautiful, peaceful state of relaxation will you give me a word, or two words that I may say to you to help you to enter this beautiful, peaceful state of relaxation.*

你會想再次催眠嗎？你會想再在這個狀態進行嗎？(是) 為了令到你更容易進入這個美麗及安詳的放鬆狀態，請你給我一/兩個詞，我會用這個詞來讓你更加容易進入這個美麗平和的放鬆狀態。

They usually will give a word. I like to have two words because then it's less likely for you to say it by accident.

他們大多會說一個詞，我會建議用兩個詞，以減低意外地說了那一個詞。

And I like to have them pick the word instead of me saying this is the word I will use to put you under again. They have more of the feeling of being in control if they pick it themselves. So I usually allow them to choose two words. If sometimes they can't come up with a word I use the words Blue Rose. So I will use that in my examples here. They will tell me the words that they want me to say. I will repeat them.

我會讓他們選擇關鍵詞，不是我說一個詞語來讓他們用，這樣讓他們自己選擇，他們會感到在自己掌控之中，所以我普遍讓他們選兩個詞語，若果有時他們想不到任何詞語，我會用“藍玫瑰”這個詞，所以，我會用這個詞來做例子，他們會告訴我他們想用的詞語，我會重覆這些詞語。

*Are the words you want me to say Blue Rose?*

你想讓我使用藍玫瑰這個詞，是嗎？

If they say yes, I say

若果他們說“是”，我會說

*With your permission and only with your permission, each and every time I say the word \_\_\_\_\_ to you, you will go immediately into this beautiful, peaceful state of relaxation, even deeper than you are now. And we will journey together to find the*

*answers to many things. Nothing will ever be done without your permission. You are always in control and I am only the guide to take you through these many different things. (Repeat the words several times)*

在你的允許下，亦只是在你的允許之下，每一次我向你說\_\_\_\_\_這個詞，你會立即進入這個美麗及平靜的放鬆狀態，甚至比你現在更深沉。我們會一同遊歷，找到更多事情的答案，一切只會在你的允許下進行，你一直都能控制局面，我只是引導一下，讓你經歷這些不同的事件。(重覆幾次關鍵詞)

It's very important that the client knows you will only do this with their permission. 這很重要，要讓客人知道你只會在他們的允許之下做這件事。

### **Inducing with the Key Word 導入關鍵詞**

The next time you work with the client, after you have them lying on the bed and are ready to begin, say:

下次你跟客人合作時，當他們躺在床上，準備開始之後，說：

*Are you ready and willing to go? (Yes).*

你準備好去經歷了嗎？(是)

*Then with your permission and only with your permission I will say the words that you gave me to put you into a beautiful, peaceful state of relaxation. Blue Rose.*

那麼，在你的允許之下，亦只會在你的允許下，我將會說出你之前提供的關鍵詞，引領你去那個美麗、平和的放鬆狀態，藍玫瑰

(Repeat the words several times and watch the body signs to see when they reach the proper state).

(重覆幾次，留意身體的反應，看看客人什麼時候到達合適的狀態)

*Remember, each and every time I say the word Blue Rose to you; you will go immediately into this beautiful peaceful state of relaxation. and we will journey together to find the answers to many things. Remember, the words are like magic. Blue Rose...Blue Rose...Blue Rose.*

請記住，每一次我對你說出藍玫瑰這個詞，你會立即進入這個美麗平和的放鬆狀態，我們會一同遊歷，找到更多事情的答案，請記住，那個詞尤如魔法一樣，藍玫瑰.....藍玫瑰.....藍玫瑰

When you see the client has reached the proper level of trance, then place the white light of protection around them. Then you are ready to begin or continue any work you want to pursue. No more of the induction is necessary.

當你看到客人到達適當的出神狀態，之後用保護性的白光包圍着他們，你已經準備好開始，或者繼續做你想跟隨的步驟，不再需要進一步的引導了。

## Dolores Cannon - Silver Crystalline River Meditation 水晶銀河冥想

I want you to visualize a beautiful silver crystalline river; like a river of silver and crystal, it sparkles, it shines, it's very beautiful.

請你想象出一條美麗的水晶銀河，好像一條滿載着白銀及水晶的河流，閃閃發光，非常漂亮

I want you to see this beautiful crystalline silver river enter you through the crown chakra.

Now we are going to have it move down through the chakras in the body.

As it moves down through the chakras, the river of energy will expand out into all of the cells.

請你看看這條美麗的水晶銀河流流進你的頂輪

現在我們讓它經過身體裡的脈輪

當它流經脈輪，河流的能量會散開及進入各個細胞之中

It moves down through the third eye chakra, sending healing energy throughout the head area, to every cell in that area,

and it moves down through the throat chakra, sending out healing energy to every cell in the throat chakra area.

You can feel the energy, it is beautiful and peaceful. You know it is healing as it moves through the body.

它向下流經第三眼脈輪，傳送治療的能量到頭部位置，到這個區域的每個細胞

它向下流經喉輪，傳送治療能量到喉輪附近的每個細胞

你可以感到能量，它是美麗又祥和的，你知道它流經身體之處都得到療癒

Now it is moving down to the heart chakra and its sending energy to all of the cells in that part of the body.

The healing energy is moving down to the solar plexus chakra and it's sending healing energy to all of the cells in that area of the body.

現在它向下流經心輪，傳送能量到這個位置的所有細胞

治療的能量向下流到太陽神經叢，傳送治療能量到這身體部份的每個細胞

The healing river of energy is moving down to the sacral chakra and it's sending out healing energy to all of the cells in that part of the body.

Now the healing energy is moving down to the root chakra and it is sending healing energy to all of the cells in that part of the body.

河流的治療能量向下流到臍輪，傳送治療能量到這身體部份的每個細胞

現在治療的能量向下流到底輪，傳送治療能量到這身體部份的每個細胞

You can feel the healing energy moving through all of the cells of the body. It is beautiful and peaceful and has great power. It heals everywhere it touches. It's

moving all throughout all of the cells of the body.

The body has all of the energy that it needs to remain balanced and in harmony. Any excess energy that is not needed by the body to function in complete balance and harmony is passed off through the legs and the feet.

你可以感到治療能量流經全身的細胞，這是很美麗和平和的，有很強大的力量，它會治療它所到之處，它流經整個身體的每個細胞  
身體已有它所需要的能量，保持平衡及和諧，任何額外的過多能量會經由腿和腳流走，以達致完全的平衡及和諧。

Anything that the body does not need is passed off through the legs and the feet. It's passed out to the world as excess energy that anyone else can use.

Now the body is in complete balance and harmony. I have a good body. I have a strong body. I have a healthy body and my body is functioning in complete balance and harmony, functioning absolutely perfectly. This is the way it is and this is the way it shall be.

任何身體不需要的東西會經由腿和腳流走，它會流到世界之中變為額外的能量，以供有需要的人使用。

現在身體已達致完全的平衡及和諧，我有一個很好的身體，我有一個強壯的身體，我有一個健康的身體，我的身體運作得極之平衡及和諧，非常完美地運作着，這就是它應當的樣子，它就理應如此。