

Excerpt from Chapter Two of *The New Regression Therapy*  
Copyright 2010 Greg McHugh  
<http://www.gregmchugh.com>

## WHAT IS NEW ABOUT THE NEW REGRESSION THERAPY?

If you have only just come upon regression therapy recently and feel curious to study it and use it as a therapist, you are venturing in on a true adventure of the mind, emotions, and spirit. If you are a somewhat seasoned therapist who has had experience as a client and therapist in the tools of regression therapy as they have been practiced until now, you are in store for even greater major shifts and transforming experiences within yourself and your clients.

### **State of the Art 'till Now**

Since the 1970s, traditional regression therapy has generally been taught or practiced in the following basic format (Clark):

- Regress the client back to the cause of the theme or issue; have the client be in that life and make identification with the personality of that life; and have the subconscious take the person to each “significant experience” related to the theme or issue;
- Next, have the client witness or be in the process, the experiences, and the death (if a past life) and then, using cognitive conscious mind processes, reframe the events or rescript those events. Some therapists may have the client do the processing of events without rescripting. Others teach revisiting the life, events, and death several times until there is no longer any experience of emotional charge.
- There are variations on this format such as Roger Woolger’s approach that facilitates physical/emotional catharsis (Woolger) and William Baldwin’s integration of Spirit Releasement Therapy into Regression Therapy. (Baldwin) All of these modalities have contributed to wonderful healings for clients.

## HOW THE NEW REGRESSION THERAPY DIFFERS

I have amended the above basic format by deleting the reframing or rescripting element and incorporating the following elements and so *enhancing and broadening the scope and depth of healing*:

### **1) Applying the Principles of Awareness from Gestalt Therapy**

This is done to bring *deepening into the feelings of the events* that are revealed by the subconscious to elicit a more profound experience and insight. This facilitates a deeper release of the emotional charge and allows the consequential egoic orientation (i.e. beliefs) to come into conscious awareness. The use of such expansive awareness tools also helps to open doors of insight to *other* significant events and/or awareness that otherwise may not become available in the traditional regression process.

### **2) The Use of Inner Plane Communication Between Significant Players**

David Quigley originally applied the **Gestalt Dialogue** (developed by Fritz Perls) in altered state or trance state and called it Etheric Plane Communication. (Quigley) I have expanded and extended the use of this tool to a deeper level that fosters deeper forgiveness of the other party in relationship. This expanded tool I call *Inner Plane Communication* or *IPC*. This involves bringing healing to the “other party” in the relationship at a causal level. The client is “bearing witness” to this process as a temporary surrogate for the other party. The other party’s healing is processed through the client. As witness/surrogate, the client experiences a profound shift in their own perception in relation to the other party. This tool can be applied to relationships of this life or of past lives.

### **3) Spiritual Alignment: the Application of Higher Resources and the Light**

Higher Resources may be brought into the client’s experience during a regression session after processing the feelings and critical events of a life. The client is brought into the state of the Higher Resource of the Interlife or another source of Higher Resource is invited in. Higher Resource means a being or energy that is in accord with the Self or the Light of God. It may be the White Light as found in the Interlife, an angelic being of the White Light, Jesus, Buddha, The Heart of Elijah or another True Teacher.

The Higher Resource is brought into the original events just processed. The client (as the personality of that or this life) watches and feels the impact of the presence of the Higher Resource upon those events. This brings about a recontextualization of the egoic misperceptions of those events.

The addition of the presence of Higher Resources replaces the old modality of rescripting or reframing. Reframing and rescripting may seem to be helpful, but really, it is usually only the intrusion of the conscious egoic and rational mind into the once critical events. Reframing and rescripting is an attempt to bring to the cleared or processed events that which the therapist or the client thinks should be the new version of the events. *Replacing this approach with an invocation of some aspect of Divine Presence to the cleared or processed events can be an extraordinary experience for the client.* The impact of this Presence or an aspect of the Light upon the events can often be incomparable and deeply profound. It yields a perception of the events that is true to the Self and thus contributes dramatically to a disappearance of the old egoic fear-based misperception.

Within the context of Higher Resources, I may also often deliberately bring the client into awareness of other stages or places of the Interlife (after death) if the client has been processing a lifetime. I may use various tools to have the client have an enhanced awareness of the period immediately following the death. If the client's personality in that life seems to be stuck in that immediate stage following death, such enhanced awareness may be very critical and significant.

I may direct the client to the Review Period of this Interlife journey. This helps the client experience a soul review of that life's learning and helps the therapist see what energetic signature or themes, issues, and beliefs still reside (or resided) on the soul as residue from that life that the soul had established be addressed in other lives.

In this context, the Heart of Elijah is often used. He is one who has lived his lives upon the earth plane and now assists those on Earth in search for spiritual and emotional healing. One aspect of his extraordinary presence and work is to bring a reconfiguration to the egoic misperceptions and beliefs in a past life still being harbored in the Review Period after the personality has already passed through the death and the reception into the Light.

#### **4) Remote Work**

This term is used to describe the incorporation of both **the New Regression Therapy** and **Spirit Releasement** done through a surrogate, where the subject/client is not physically present. It is a wonderful and exciting way to treat children who may have attachments and past life trauma too difficult for them to revisit in the normal one on one office setting. There are many applications of this tool.

As an adjunct to serving just one client in this manner, the Remote Work can be expanded to the significant others in their world that are impacting the client's life. Relationships with parents of children can be impacted by Remote Regression Therapy or through Remote Inner Plane Communication between the parties. Through the Remote Work, forgiveness and compassion can become the new paradigm for all the lives involved.

#### **5) Additional Elements**

I also make strong emphasis on the use of the *client's spiritual orientation*. Working within the client's spiritual point of reference and paradigms can only deepen their awareness and processing during the regression.

Spirit Releasement is a very critical element of this work. I am completely convinced that every regression therapist should incorporate this invaluable tool into their kit bag. Without Spirit Releasement, huge red flags will be dismissed and the therapist may waste precious time in a failed effort to resolve issues or concerns of the client when in fact those issues are someone else's entirely!

Finally, great emphasis should be placed on *the therapist's* spiritual orientation - our commitment to our own spiritual and emotional healing. This is the most important aspect of this work. Not only does it facilitate greater healing on the part of clients, who are, after all only a part of ourselves, it also opens one to receive greater instruction on new tools in the moment of the so-called treatment and instructions on how to be so Present as to witness in love the transformation of the client.

This work is truly sacred work, where the great potential is to leave our own trance states behind us and share in the realization of the Self in our clients and ourselves.

## KEYS TO TRANSFORMATION IN THE NEW REGRESSION THERAPY

**FIRST KEY** – Identifying the themes or presenting issues, patterns, beliefs and regressing back to the cause or causal incidents in this life, the womb, or another life or lives.

**SECOND KEY** – Releasing emotions that are stored as residue in the complexes, fields, or matrixes created by the ego in past incidents (this life and others). This is done by *feeling* the feelings. Being *in* the events in the bodies (apparent physical and the emotional and mental bodies), and in the personality where the feelings are happening.

**THIRD KEY** – **Spiritual alignment**, bringing an aspect of the Self or the Divine into the place where the past incidents and circumstances of trauma first occurred and have just been processed and then watching and feeling how the perceptions of events are recontextualized by a Divine Presence.

The misperceptions by the ego such as “I am not safe,” “I am feeling terror,” “It is her fault,” “It is all my fault,” no longer exist in the consciousness of the client in that incident. Nor do they exist in the subconscious mind, for that matter. They are replaced by the Light of Self (God) through some higher metaphor with such perceptions as “I am loved,” “I feel compassion for her,” “There is no guilt, but fullness in my heart.”

There are several ways to bring in the experience of spiritual alignment or recontextualization. Here are but a few:

- Calling upon the client’s Higher Self and bringing it into the just processed trauma.
- Processing a life that was causal to the main theme and following it through the death and into the Interlife period in the Light and bringing that Light or an aspect of it back to the life that was just reviewed.

- Having the client regress back to the time before conception in the Interlife when they were in the “planning period.” Then bring that energy or “state” of the planning period forward to events just visited in the womb or in this life.
- Asking angels or Higher Beings to come into each experience and touch the person of that life with their Presence.

Higher Beings refers to those spirits who have lived their lives here and now in the consciousness of the Light are serving those here on Earth who seek growth and healing. Higher Beings may also include beings from other dimensions and systems who also function in that same state of the Light of True Being and have as their mission to help us in that same manner.

**FOURTH KEY - Outcome** –The second and third keys effect a different perception in the client’s experience of themselves in this life as the attraction fields and signature beliefs are altered.

The client’s old world is no longer. Part of her universe has “disappeared.” (Hawkins) It is the end of the world or the disappearance of her universe as she thought it or knew it. (Reynard) Though many elements remain the same, the theme presented by the client for healing has been transformed from within. Former players in the old theme may no longer have their same roles in the client’s movie.

Clients report feeling a “shift” in their sense of themselves. They report a lightening in their way of being. “I feel lighter,” is a common report after a session. This is due to the fact that dense energies of the original emotional egoic reactions to the trauma or events are no longer on the soul. Hence the Light of the Self can shine through more clearly.

Here are some model transformations: Those who had been hated are now forgiven as the client’s egoic misperception dissipates and the client perceives truth via the inspiration of the Self. The experience is subjective and there is an alteration in comprehension and sometimes in the memory of the original experience. In terms of string theory and quantum mechanics, the client has altered their interior experience. The reflected world of effects consequently is altered also.

Relationships change, preferences are shifted, the client finds that their life is truly different and the original themes or presenting issues are no longer present. The old tendencies of the ego that were addressed as the presenting themes or issues are gone or significantly altered. Reactive patterns or reflective relationship experience patterns of the most severe kind are transcended. No management effort of the conscious mind is required for the changes to stay or take. No maintenance or anchoring is needed. No repetition of affirmations is needed.

Generally, if these four keys have been experienced, no further maintenance of the healing outcome is necessary.

The soul awaits its continued transformation and education by the Self, the House of all potential for Divine and Inspired expression. Healing of the major events and associate signature beliefs through the act of consciously being *in* the events and feeling them and then bathing them in some aspect of Self, whether angelic or Light, brings the soul relief on its path home.

The use of this modality seems to sometimes clear a whole field of attraction, though not all the incidental events and the events of other lives fitting into that signature are addressed in a detailed specific manner.

This clearing becomes evident in the outcome of the session, that is, the assessment of the life after a major healing in this manner. Patterns of experience in this life that had seemed doomed for eternal repetition and compulsive behaviors in relationships and which could not be managed before are no longer playing themselves out.

A client who may have felt constant rejection in relationships, now no longer has that experience, but instead finds his heart more buoyant and loving of others in a manner totally new to him. The fear of rejection is no longer on his menu at all. It is as if the whole field of attraction and the associated beliefs have been transmuted and replaced with a natural expression of the Self. Where there was rejection and self-pity there now is an open embracing and acceptance of others.

Such a shift is a common experience among clients whose therapists practice the tools described in this book. And the wonder of it all is that it does not take years of therapy.