

Seven Virtues of Regression Work

Appreciating the Value of Exploring the Soul's Journey

by Henry Leo Bolduc, C.H. and Marjorie V. Reynolds, B.A.Ed., M.Ed., C.Ht.

Introduction

Confucius stated that there are five things which, if practiced, constitute virtue. They are: gravity, generosity of soul, sincerity, earnestness, and kindness. Many years later, Shakespeare wrote, "We rarely like the virtues we have not met." Some of the virtues of regression work have been recognized for many years. The focus highlights natural occurrences and those virtues have shown outstanding success with indications of vast potential for further research.

Over the years, people in different occupations have become aware of the value of regression work. Regression has been used for such needs as recalling recent factual information and the distant events from early childhood. At present, visionaries have developed the concept from simple age regression to therapeutic use in resolving life's essential issues through recalling past lives and life between lives to locate the root cause of an issue, to access the wisdom of the ages, and to advance the development of the soul.

The area of regression work has located much wealth in mind exploration. Many virtues have been mined; yet, regression research is barely beyond the level of prospecting. In some areas there has been some depth but, in most cases, there is only surface work. Most people use only a small amount of mind potential. When the mantle is reached and probed, the wisdom of the ages will become more accessible.

Here are seven virtues which are prominent in regression work.

1. Regression Work Is Holistic: It Addresses Wholeness

The aim of regression work is to assist the client in achieving wholeness. There is therapeutic nurturing of all aspects of life to effect or to maintain an integrated whole.

Although each part of the body---and the brain---seems to have a separate function, all parts are coordinated by the central nervous system. Since one

part can be affected by another, professionals are beginning to realize that, for wholeness, all areas of life need to be addressed. In discussion, analysis is present but the parts are united in a meaningful way. All parts contribute to the highest welfare. Regression work goes beyond the addressing of the physical and mental symptoms; it goes into the heart of deeper reality. Not only is it a key to accessing the amazing capacity of the integrated body-mind-spirit to heal wounds and to maintain homeostasis---the ongoing process of healing, it accesses the soul's journey.

The term holistic indicates wholeness or unity. All parts of the individual are meant to be integrated and to function as a unit. The Holistic Movement started about a century ago with the mystical and psychic work of Edgar Cayce who used a self-induced, altered state of consciousness for the purpose of helping people who had various problems. Cayce is recognized as the Father of the Holistic Movement which aims to unite body, mind, and spirit for healing, harmony, and happiness. Nowadays, the regression therapist guides the client in entering an altered state of conscious for the purpose of going to the root of the issue, going beyond the physical or mental manifestation to identify the cause in the mental attitude or the spiritual belief system. From there, all parts are integrated and, through forgiveness, alienated fragments and unconscious expectations based upon past lives are purged and restored to the whole.

Taking a leading role in holistic healing, regression work provides guidance and procedures for the optimal interrelating of conscious goals with unconscious ideals in the creating of an improved quality of life. The goal is a wellness mentality which can lead to physical health, mental well-being, emotional fulfillment, and spiritual advancement.

The essence of each individual is wholeness. Separation into parts, except theoretically, would mean separation from the source of life. In regression work, the person is treated with a view to wholeness. Sometimes there appears to be division into such areas as physical-mental-spiritual, or body parts; however, there must be an attachment to the source of life. That which appears to be separation is, actually, another expression of oneness but, until viewed from a higher perspective, it seems to be fragmented into dualism (opposites) and other multiple parts. Trying to analyze a whole unit by

analyzing only one factor is similar to the story of the blind men and the elephant; each has a different perspective. In examining a part, the effect of a hologram is applied. The connection to the whole must be recognized. The part has no life unless it can be viewed as an aspect of the whole person. Each person can have many qualities, many energy outlets, and many perspectives on the universe. Energy is maintained at the center of transformation.

2. Regression Work Is Natural and Is Safe

Regression work is one hundred percent natural and one hundred percent safe. Coming from the client's inner self, it is as natural as sleep. The inner-work part of the regression session is like a dream; at the end of the trance (experiencing) part of the session, the processing is similar to that of dream work. As a result of observing patterns and symbols, the client becomes alerted to possibilities for living a better life and is ready to begin to explore ways of making significant changes.

The procedure in regression work is natural and is safe because, in most cases, the client is aware of everything happening in the environment. The body feels relaxed and the mind is alert. All of the senses are alert. The unconscious mind, for the most part, tends to respond to words and images which evoke feelings and emotions. Through such feelings and emotions, the regression therapist sets an atmosphere for the client to make a connection with the goal of the session. Regression work is a way of providing natural food and emotional nourishment for the mind. It is safe because it is done by the self in a methodical manner. The side-effects are blessings.

3. Regression Work Is Positive

Regression work uses a positive approach for positive results. It has evolved from reaction, which involves fixing a problem, to action, which involves assisting the client in creating a more productive life. The growth has been from a negative to a positive approach. The difference between reaction and action is powerful and subtle. There is a similarity to the game of baseball: a player can score a run (for non-baseball people: similar to a point) when on the offensive---at bat. A player cannot score while on defense---in the field. At best, on defense, the players can try (The word *try* is a euphemistic term implying an apology for failure) to stop the offense

from scoring; they react to situations. Only to react is to be doomed to failure because there are so many things which demand responses, e.g., the many areas of symptom alleviation in which the fixing of one symptom often allows another to surface until the cause of the problem is viewed from a higher perspective and neutralized. Positive views lead to action. Negativity lives in denial and lack of action.

Usually, a client arrives with a concern regarding a specific area of life and the problem/symptom must be addressed. In the session, the therapist tends to guide the client by using positive, uplifting terms to counteract the client's negativity. The positive approach involves helping the client to reframe or to rephrase the issue by viewing it from a larger perspective of life and in a positive manner for the purpose of healing the concern. Temporary, personal, secondary gain is noted; catharsis is reviewed; and the overall spiritual lessons are presented for learning. Cayce reading 1163-2 states, "Always constructive, never destructive."

In the regression session, after the past-life is reviewed and the client identifies patterns of behavior, insights, and lessons to be learned, the regressionist usually gives the client some positive suggestions or affirmations. Such affirmations are prepared by the client in consultation with the regression therapist. Suggestions which come from the client to the client indicate that the client is willing to work for self-improvement. Formulated with tender care, positive affirmations are delivered with halcyonic calmness to be imaged distinctly for positive results.

4. Regression Work Uses Creative Imagination

Regression therapists honor and respect creative imagination as a building block of reality. It is an inner adventure which opens a door to the deeper mind where reality (the Platonic concept) exists. In past-life work, the client sometimes uses creative imagination to get the process started. When it happens, in a first session, that a client has difficulty in recalling a past life, a common procedure is to recommend that the client pretend and just make up a story---any story. Imagination is another word for the concept of pretending and is a valuable process in creating anything. Children love it because it is a getting-started process for learning to participate in the adult world. The client starts to pretend and, soon, the process begins to flow. Whether the

story is an actual past life or a parable which provides insight and understanding into the resolution of current life issues, it has validity because it comes from the client's deeper realms.

To the unconscious mind, imagination/pretending is a valid part of accomplishment. The act of pretending that something will happen indicates a high probability that it will happen. When the positive affirmations are viewed by the client as accomplished, the inner mind (and the neurological system) perceives the image and acts accordingly. Thoughts and images can change reality. Cayce reading 281-39 states, "For thoughts are things and the mind is the builder."

On another level of understanding, such pretending or imagining is called planning. Creative imagination adds a new dimension to logical thinking. It helps the client to develop ideas to achieve positive results, thus determining the outcome before taking action. When plans are formulated, or created, in terms of the highest ideal and with a sense of purpose and responsibility, success is assured. When used to manipulate life for the purpose of self-aggrandizement, a warning is issued. The mind can create reality. The designer of reality is creative imagination. All of the creative resources of the universe are to be found within the individual and regression work provides access to that realm of creative, spiritual insights. Creative imagination is a pathway from the possible to the tangible.

5. Regression Can Be Learned

Learning to facilitate regression sessions for a client is a skill. Skills can be learned. Procedure in any skill can be learned by using self-discipline over a period of time, depending upon the frequency, the degree of concentration, and the desire to achieve a particular level. Just as a person can learn to talk by learning basic vocabulary, phrases, and syntax as a result of listening to other people at home and in the neighborhood, the skill of regression work can be self-learned, too. In most cases, though, children need to receive formal instruction in order to speak and to write their native language well. Similarly, students of regression work tend to learn better and faster through disciplined instruction. They learn which techniques can be used in specific ways for best results, the mental attitudes necessary, and the spiritual

principles which must be present for success in facilitating a client's transformation.

Similar to learning to ride a bicycle, the skill of regression work lasts throughout life. All skills have grades of achievement---from amateur to professional and regression work is one of them. With continued study and application, including the evaluation of one's learning, the skill becomes more and more productive, efficient, and effective. Success is determined by the amount of investment of physical, mental, spiritual,---and, sometimes, financial aspects of energy. The more energy invested, the greater the profit. There must be a commitment. A teacher prepares appropriate materials and creates an atmosphere which is conducive to learning. For learning to take place, the student must take an active role. While it is true that some students learn independently through books and other media without the assistance of a formal instructional setting, the student who takes the formal route (when such is available) and assumes responsibility for the learning process will develop expertise at a much faster pace.

Learning is individual. It is common knowledge that, although the teacher, in a group, delivers the same materials and situations to all students equally, each person learns in a different way and at a different rate. The same principle applies in group regression work. Each participant experiences the session differently because each has a different background. The prepared atmosphere and the words can be the same for the whole group; yet, each experience will be different. Any learning, including that of the use of regression work, is experienced uniquely.

The regressionist, as a teacher, instructs and guides but the experience comes from within the reality of the soul. As every educator knows, all learning comes from within. The word education means to draw out. The regressionist/teacher simply structures the environment in which the client/student can learn by applying the concepts, precepts, and examples. It is similar to eating a meal; it must be assimilated by the individual. That which is studied must be applied---experienced---lived in order to be assimilated. An investment in learning and applying regression work can bring a wealth of rewards. As Gibbon wrote, "The winds and waves are always on the side of the ablest navigators." Learning and applying positive

principles will lead to positive results. The learning, through reinforcement, lasts throughout life. In the overall learning process, there seems to be a spiral which starts at an awareness of possibilities; each circle of the spiral goes higher and wider until learning is complete.

Awareness of possibilities introduces purpose;
Purpose leads to desire for knowledge;
Knowledge is followed by application with purpose;
Application with purpose initiates understanding and insight;
Insight is a step toward wisdom;
Wisdom is the foundation for judgment; and
Judgment seeks to extend awareness of higher possibilities.

6. Regression Work Is a Doorway to Deep Memory

Regression sessions are always memorable and the work is a doorway to deeply-stored memory banks. Regression provides a method for exploring inner space in the mind and in the uncharted sanctuary of the deeper self. The distant past---through the eons of time---is recalled, bringing to remembrance information and emotions which are stored in the unconscious mind. The regressionist simply assists the client in drawing out that which already exists.

Through regression sessions, people are able to fit together the pieces of a puzzled past. When a past problem, with its ingrained patterns, enters conscious awareness, it can be encountered honestly and then neutralized. When the pattern is changed, the problem is resolved.

As well as resolving problems, the regressionist is able to guide the client to discover the positive patterns of the past, the eternal gifts. The client begins to realize that there is far more depth to the human mind than previous knowledge indicated. Many people believe that only mystics and poets have such esoteric experiences. Regression therapists work in a way similar to that of detectives; they guide the client in assembling and deciphering clues which are buried in the territory of the mind. With time and effort, the puzzle pieces of the past can be put together to make a complete picture.

In memory retrieval, the client can recall the whole history---events, struggles, foibles, creations, accomplishments, adventures, and anything

which is desired. With new information and insights, answers to old questions can be reframed for better understanding. In regression work, when sincere questions are posed, the mind stands ready to open its storehouse. Each mind is like a time capsule, a vast treasure trove of wonder, experience, and expression.

Using modern regression techniques, the client is able to search for convincing answers to mystifying questions. The search, with appropriate preparation, can reward the seeker with higher-level understanding and insight. It is a magnificent work of dignified responsibility requiring total integrity for mending hearts and minds and for the healing of ancient wounds.

7. Regression Work Has Universal Application

Regression work is common to all people, of all ages, of all cultures, and of all nations. Many children, all over the world, have spontaneous past-life regressions. In sessions, the narrow and sharp focus of attention has wide applications in physical, mental, and spiritual expressions.

Cayce reading 349-4 states, "For the spirit is life; mind is the builder; the physical is the result." Spiritual (Life): accessing higher consciousness, creating a new vision of existence, developing spiritual ideals, and understanding meaning and purpose in life. Mental (Builder): accessing unconscious memories, developing new perspectives through the analysis of patterns, developing self-discipline. Physical (Result): discovering unrecognized skills, healing physical infirmities as a result of cleansing at the root of the problem, transforming undesirable behavior. Regression work opens a door to the higher spiritual realms. The wider, universal potential is achieved through connection with the inner essence of life, the life energy.

Conclusion

The awareness of the application of benefits in helping a client to live a better quality of spiritual life has led to the elevation of regression work as a dignified part of clinical professionalism. The work has evolved beyond reacting to the need to fix physical and mental health issues and has become active in the need to address the wholeness of a client who is encountering a critical issue.

Regression work has shown impressive value in raising human consciousness from the level of desired knowledge of the existence of past lives to the higher-level epistemology of gaining wisdom. The client who learns how to use the safe and natural, positive, holistic, regression work in a creative manner to confront memories and unconscious expectations, soon recognizes its universal application. When the door to the spiritual area---the highest ideal---is open, there is universal application of regression work.

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