



SPIRITUAL HYPNOSIS

JEAN-CHARLES CHABOT

skeptiko.com

1
00:00:11,110 --> 00:00:09,270
on this episode of skeptico alex talks

2
00:00:14,230 --> 00:00:11,120
with hypnotherapist and regression

3
00:00:16,230 --> 00:00:14,240
specialist jean charles chabot can you

4
00:00:17,750 --> 00:00:16,240
give us a quick example that there was a

5
00:00:19,109 --> 00:00:17,760
memory from early in life and they

6
00:00:20,790 --> 00:00:19,119
forgot about it and then once they

7
00:00:21,750 --> 00:00:20,800
remembered it it resolved some phobia

8
00:00:24,310 --> 00:00:21,760
for them

9
00:00:25,429 --> 00:00:24,320
for example a person who had a fierce

10
00:00:27,670 --> 00:00:25,439
spider

11
00:00:29,349 --> 00:00:27,680
and she says like i i don't remember

12
00:00:31,669 --> 00:00:29,359
what could explain this fear of spider

13
00:00:34,150 --> 00:00:31,679

but she couldn't get close to a fear spy

14

00:00:35,030 --> 00:00:34,160

foot to a spider and so okay so i

15

00:00:37,270 --> 00:00:35,040

brought her

16

00:00:39,670 --> 00:00:37,280

outer state of consciousness and then i

17

00:00:42,150 --> 00:00:39,680

asked the unconscious mind to go back

18

00:00:45,110 --> 00:00:42,160

so the first event the person went to

19

00:00:46,549 --> 00:00:45,120

was she was uh young lying on the pool

20

00:00:47,910 --> 00:00:46,559

and at some point like she just looked

21

00:00:50,790 --> 00:00:47,920

because it was a bit itching and then

22

00:00:53,270 --> 00:00:50,800

there was a a spider there and she just

23

00:00:56,229 --> 00:00:53,280

kind of freaked at that point and then

24

00:00:57,590 --> 00:00:56,239

what we usually do is uh we can ask the

25

00:00:59,029 --> 00:00:57,600

the person now i'm gonna ask you a

26

00:01:01,910 --> 00:00:59,039

question i don't want you to think i

27

00:01:04,789 --> 00:01:01,920

want you to feel is this emotion does it

28

00:01:07,750 --> 00:01:04,799

feel uh new like oh my god what is this

29

00:01:10,310 --> 00:01:07,760

or is it familiar familiar like oh well

30

00:01:12,070 --> 00:01:10,320

not again and it was familiar so i once

31

00:01:14,469 --> 00:01:12,080

okay now we're going all the way back to

32

00:01:16,789 --> 00:01:14,479

the source and was what was very

33

00:01:20,710 --> 00:01:16,799

interesting she was about two years old

34

00:01:22,789 --> 00:01:20,720

and uh and she was playing with a a a a

35

00:01:24,230 --> 00:01:22,799

spider there was a spider on her and

36

00:01:25,510 --> 00:01:24,240

then she takes the spider and she puts

37

00:01:27,590 --> 00:01:25,520

it in her mouth

38

00:01:30,710 --> 00:01:27,600

for a kid no problem but the problem was

39

00:01:33,109 --> 00:01:30,720

when the mother saw this and said no

40

00:01:35,030 --> 00:01:33,119

and then boom association spider

41

00:01:37,109 --> 00:01:35,040

dangerous spider bad mommy doesn't like

42

00:01:38,789 --> 00:01:37,119

it i shouldn't like it okay and that's

43

00:01:40,710 --> 00:01:38,799

where it all started were you able to

44

00:01:42,149 --> 00:01:40,720

help her over her phobia then

45

00:01:44,710 --> 00:01:42,159

oh yeah yeah yeah that was really

46

00:01:47,429 --> 00:01:44,720

interesting for me i like to test my

47

00:01:50,550 --> 00:01:47,439

work right so afterwards we went in the

48

00:01:52,630 --> 00:01:50,560

basement looking for spiders

49

00:01:55,190 --> 00:01:52,640

okay and and then so we found some

50

00:01:56,789 --> 00:01:55,200

little spiders and she couldn't have

51
00:01:58,389 --> 00:01:56,799
them in on her fingers she was like oh

52
00:01:59,990 --> 00:01:58,399
my god i never did that before and it

53
00:02:02,550 --> 00:02:00,000
was really amazing so i said okay now

54
00:02:04,789 --> 00:02:02,560
let's take it let's take it a step

55
00:02:06,550 --> 00:02:04,799
higher let's go to the pet shop and i

56
00:02:09,109 --> 00:02:06,560
had in mind like these tarantulas you

57
00:02:11,270 --> 00:02:09,119
know those big spiders

58
00:02:12,790 --> 00:02:11,280
so uh i didn't know they were really

59
00:02:16,710 --> 00:02:12,800
dangerous so i just went to the counter

60
00:02:18,869 --> 00:02:16,720
and said to people um is it possible to

61
00:02:19,990 --> 00:02:18,879
look at the spiders the tarantula to to

62
00:02:21,990 --> 00:02:20,000
play with them

63
00:02:23,670 --> 00:02:22,000

and then the people at the counter was

64

00:02:25,190 --> 00:02:23,680

like i'm not touching this you know i'm

65

00:02:27,430 --> 00:02:25,200

like what

66

00:02:28,550 --> 00:02:27,440

this ids can sting they can really hurt

67

00:02:30,470 --> 00:02:28,560

and they're not going to kill you but it

68

00:02:32,949 --> 00:02:30,480

can really really hurt i was like oh

69

00:02:34,710 --> 00:02:32,959

okay and then the owner just came and

70

00:02:36,630 --> 00:02:34,720

said no they're really nice all you have

71

00:02:38,470 --> 00:02:36,640

to do is just as long as you don't do

72

00:02:40,630 --> 00:02:38,480

anything that irritates them like

73

00:02:42,309 --> 00:02:40,640

blowing on them or be too

74

00:02:44,710 --> 00:02:42,319

like sudden moves and stuff it's all

75

00:02:46,150 --> 00:02:44,720

fine so he just went in the cage took a

76
00:02:47,350 --> 00:02:46,160
a spider

77
00:02:48,869 --> 00:02:47,360
and then uh

78
00:02:50,790 --> 00:02:48,879
and then like he was playing and he said

79
00:02:52,630 --> 00:02:50,800
okay you can just put your hand like do

80
00:02:54,070 --> 00:02:52,640
the bridge and then like the spider

81
00:02:56,150 --> 00:02:54,080
would come and just she just had this

82
00:02:58,630 --> 00:02:56,160
amazing feeling of oh my god this is

83
00:03:01,350 --> 00:02:58,640
amazing you know and and she couldn't do

84
00:03:02,949 --> 00:03:01,360
it uh without any problem so that was uh

85
00:03:16,309 --> 00:03:02,959
really interesting

86
00:03:19,430 --> 00:03:17,910
welcome to skeptico where we explore

87
00:03:22,229 --> 00:03:19,440
controversial science with leading

88
00:03:24,149 --> 00:03:22,239

researchers thinkers and their critics

89

00:03:25,830 --> 00:03:24,159

i'm your host alex sicaris and on this

90

00:03:29,589 --> 00:03:25,840

episode of skeptico

91

00:03:33,030 --> 00:03:29,599

hypnosis in fact a very controversial

92

00:03:35,830 --> 00:03:33,040

area of hypnosis that is past life

93

00:03:39,750 --> 00:03:35,840

and between life regression where people

94

00:03:42,630 --> 00:03:39,760

purport to recall and recover memories

95

00:03:45,430 --> 00:03:42,640

of living in a previous life or the time

96

00:03:47,430 --> 00:03:45,440

they spent between lives quite out there

97

00:03:49,830 --> 00:03:47,440

if you will so before i start with this

98

00:03:52,390 --> 00:03:49,840

interview i thought i'd share a little

99

00:03:55,350 --> 00:03:52,400

bit about the path that i've taken in

100

00:03:58,149 --> 00:03:55,360

trying to get my arms around this topic

101

00:04:01,270 --> 00:03:58,159

let's start with reincarnation

102

00:04:04,149 --> 00:04:01,280

obviously billions of people believe

103

00:04:06,869 --> 00:04:04,159

reincarnation is true moreover

104

00:04:09,350 --> 00:04:06,879

thousands of people have reported

105

00:04:11,910 --> 00:04:09,360

personal experiences or memories

106

00:04:14,149 --> 00:04:11,920

suggesting that it's true is there any

107

00:04:15,910 --> 00:04:14,159

scientific evidence for this now since i

108

00:04:17,590 --> 00:04:15,920

know the skeptical audience i know that

109

00:04:20,710 --> 00:04:17,600

a lot of you know that there's actually

110

00:04:23,430 --> 00:04:20,720

quite a bit of very good evidence ian

111

00:04:25,270 --> 00:04:23,440

stevenson before he passed away really

112

00:04:27,350 --> 00:04:25,280

pioneered this work at university of

113

00:04:29,430 --> 00:04:27,360

virginia he's been lauded for the

114

00:04:31,590 --> 00:04:29,440

methodology that he used and he produced

115

00:04:33,350 --> 00:04:31,600

some very very significant results that

116

00:04:35,350 --> 00:04:33,360

have really convinced a lot of people

117

00:04:37,670 --> 00:04:35,360

you've heard some on this show that were

118

00:04:39,670 --> 00:04:37,680

skeptically initially but said wow this

119

00:04:42,150 --> 00:04:39,680

is this is good work it's hard to look

120

00:04:44,310 --> 00:04:42,160

past this data that works been continued

121

00:04:46,710 --> 00:04:44,320

by dr jim tucker and others at the

122

00:04:48,950 --> 00:04:46,720

university of virginia and others in

123

00:04:50,950 --> 00:04:48,960

other institutions so there's reason to

124

00:04:53,510 --> 00:04:50,960

suspect that all these personal

125

00:04:56,070 --> 00:04:53,520

experiences might have some legitimacy

126
00:04:58,390 --> 00:04:56,080
behind them scientific legitimacy now

127
00:05:00,390 --> 00:04:58,400
the skeptical response to all this and

128
00:05:03,110 --> 00:05:00,400
when i say skeptical i mean mainstream

129
00:05:05,350 --> 00:05:03,120
science their response has been to

130
00:05:07,510 --> 00:05:05,360
basically ignore the data and insist

131
00:05:10,550 --> 00:05:07,520
that it can't be true because you're a

132
00:05:13,350 --> 00:05:10,560
biological robot really folks that is

133
00:05:15,189 --> 00:05:13,360
the sum total of the response just

134
00:05:19,590 --> 00:05:15,199
ignore the data

135
00:05:21,749 --> 00:05:19,600
kind of position and accept that there's

136
00:05:24,390 --> 00:05:21,759
some solid evidence to at least

137
00:05:27,430 --> 00:05:24,400
investigate this then we next have to

138
00:05:29,909 --> 00:05:27,440

turn to the topic of hypnosis and ask

139

00:05:33,189 --> 00:05:29,919

whether hypnosis can play a role in

140

00:05:34,310 --> 00:05:33,199

recovering these memories now that turns

141

00:05:37,110 --> 00:05:34,320

out to be

142

00:05:39,990 --> 00:05:37,120

a very interesting question in fact the

143

00:05:42,310 --> 00:05:40,000

whole area of hypnosis is another one of

144

00:05:44,950 --> 00:05:42,320

these topics that you think you know

145

00:05:47,510 --> 00:05:44,960

about but you don't realize until you

146

00:05:50,710 --> 00:05:47,520

dig into it that there's this whole

147

00:05:52,150 --> 00:05:50,720

hidden culture war debate associated

148

00:05:55,029 --> 00:05:52,160

with it and i think it's really

149

00:05:57,029 --> 00:05:55,039

interesting to kind of understand the

150

00:05:58,469 --> 00:05:57,039

skeptical position because i think it

151

00:06:00,629 --> 00:05:58,479

ties back to so many things i've been

152

00:06:03,029 --> 00:06:00,639

talking about the last few shows and i

153

00:06:05,909 --> 00:06:03,039

know some of you get tired of me ranting

154

00:06:07,670 --> 00:06:05,919

and going on and on about biological

155

00:06:09,430 --> 00:06:07,680

robots and mind equal brain and how

156

00:06:11,430 --> 00:06:09,440

that's all over the place and how we

157

00:06:14,790 --> 00:06:11,440

have to deal with that but i have to

158

00:06:16,790 --> 00:06:14,800

insist that it just keeps popping up

159

00:06:18,469 --> 00:06:16,800

everywhere whether you want to or not

160

00:06:20,710 --> 00:06:18,479

and it certainly does in the case of

161

00:06:23,110 --> 00:06:20,720

hypnosis let me give you an example take

162

00:06:25,909 --> 00:06:23,120

this quote from scott lillianfield

163

00:06:27,309 --> 00:06:25,919

professor of psychology emory university

164

00:06:30,309 --> 00:06:27,319

fellow at the

165

00:06:32,309 --> 00:06:30,319

ultraskeptical james randy cultish

166

00:06:35,189 --> 00:06:32,319

atheist organization

167

00:06:37,350 --> 00:06:35,199

center for inquiry he also writes for

168

00:06:39,990 --> 00:06:37,360

scientific american where he's one of

169

00:06:42,790 --> 00:06:40,000

their board of advisors if that rings a

170

00:06:45,189 --> 00:06:42,800

bell with the secret scientific board of

171

00:06:47,590 --> 00:06:45,199

advisors that censored rupert sheldrick

172

00:06:51,029 --> 00:06:47,600

and graham hancock you kind of get a

173

00:06:53,189 --> 00:06:51,039

feel for what's going on here in 2009 he

174

00:06:54,230 --> 00:06:53,199

wrote an article in scientific american

175

00:06:57,029 --> 00:06:54,240

titled

176

00:06:59,990 --> 00:06:57,039

is hypnosis a distinct form of

177

00:07:02,550 --> 00:07:00,000

consciousness question mark in it he

178

00:07:04,150 --> 00:07:02,560

writes this issue that is whether

179

00:07:07,110 --> 00:07:04,160

hypnosis is a distinct form of

180

00:07:11,110 --> 00:07:07,120

consciousness is of more than academic

181

00:07:13,350 --> 00:07:11,120

importance if hypnosis differs in kind

182

00:07:16,150 --> 00:07:13,360

rather than in degree from ordinary

183

00:07:19,029 --> 00:07:16,160

consciousness it could imply that

184

00:07:21,510 --> 00:07:19,039

hypnotized people can take actions that

185

00:07:24,710 --> 00:07:21,520

are impossible to perform in the waking

186

00:07:29,029 --> 00:07:24,720

state it could also lend credibility to

187

00:07:31,510 --> 00:07:29,039

claims that hypnosis is a unique means

188

00:07:34,309 --> 00:07:31,520

of reducing pain or affecting dramatic

189

00:07:36,230 --> 00:07:34,319

psychological and medical cures

190

00:07:39,670 --> 00:07:36,240

did you catch that

191

00:07:42,230 --> 00:07:39,680

it's very subtle i mean who cares if

192

00:07:45,110 --> 00:07:42,240

hypnosis is a distinct form of

193

00:07:46,230 --> 00:07:45,120

consciousness and who cares if it's a

194

00:07:48,230 --> 00:07:46,240

unique

195

00:07:50,710 --> 00:07:48,240

means of reducing pain right we just

196

00:07:52,150 --> 00:07:50,720

care if it reduces pain

197

00:07:55,350 --> 00:07:52,160

wrong

198

00:07:56,469 --> 00:07:55,360

what we care about is that you keep

199

00:07:59,589 --> 00:07:56,479

thinking

200

00:08:02,550 --> 00:07:59,599

you're a biological robot what we care

201
00:08:05,909 --> 00:08:02,560
about is that there's no cracks

202
00:08:08,710 --> 00:08:05,919
in the mind equal brain mantra and

203
00:08:10,070 --> 00:08:08,720
hypnosis if it's a distinct form of

204
00:08:13,350 --> 00:08:10,080
consciousness

205
00:08:16,070 --> 00:08:13,360
create some interesting cracks in that

206
00:08:18,469 --> 00:08:16,080
mind equal brain mantra

207
00:08:21,589 --> 00:08:18,479
and i think the best skeptical guest to

208
00:08:24,950 --> 00:08:21,599
point this out is university of montreal

209
00:08:26,950 --> 00:08:24,960
professor dr mario beauregard who wrote

210
00:08:29,029 --> 00:08:26,960
a very interesting book called brain

211
00:08:30,950 --> 00:08:29,039
wars and we had him on and and he

212
00:08:33,269 --> 00:08:30,960
touched on this topic and if you dive

213
00:08:36,310 --> 00:08:33,279

into his book brain wars you'll see

214

00:08:39,350 --> 00:08:36,320

study after study that he cites that

215

00:08:41,909 --> 00:08:39,360

directly contradicts this idea that

216

00:08:44,550 --> 00:08:41,919

there's nothing special about hypnosis

217

00:08:46,870 --> 00:08:44,560

that it's not unique in any way it's not

218

00:08:48,310 --> 00:08:46,880

really creating a different mental state

219

00:08:50,470 --> 00:08:48,320

a different mental state of

220

00:08:53,590 --> 00:08:50,480

consciousness and the studies that he

221

00:08:55,910 --> 00:08:53,600

cites are overwhelmingly suggestive for

222

00:08:58,230 --> 00:08:55,920

example they did hypnotic regressions

223

00:09:00,389 --> 00:08:58,240

and they told people to increase bone

224

00:09:02,550 --> 00:09:00,399

growth in a particular area and then

225

00:09:04,470 --> 00:09:02,560

they go and they x-ray them after and

226

00:09:06,310 --> 00:09:04,480

they have physicians who don't know

227

00:09:08,470 --> 00:09:06,320

which is the control group and which is

228

00:09:11,110 --> 00:09:08,480

not and they analyze the x-rays and they

229

00:09:12,310 --> 00:09:11,120

say yes this group has more bone growth

230

00:09:14,710 --> 00:09:12,320

and that's the group that was under

231

00:09:17,110 --> 00:09:14,720

hypnotic suggestion there's no way we

232

00:09:19,269 --> 00:09:17,120

know that people can do that consciously

233

00:09:21,509 --> 00:09:19,279

yet that shows up again and again of

234

00:09:24,230 --> 00:09:21,519

course though you know this is true

235

00:09:26,949 --> 00:09:24,240

anyway because you've seen it on stage

236

00:09:29,269 --> 00:09:26,959

where a hypnotist can hypnotize somebody

237

00:09:31,670 --> 00:09:29,279

and cause their finger to blister i mean

238

00:09:33,670 --> 00:09:31,680

this is really the same thing so again

239

00:09:35,829 --> 00:09:33,680

the pattern is repeated where the

240

00:09:38,310 --> 00:09:35,839

skeptical argument tells you you know

241

00:09:40,870 --> 00:09:38,320

the old who are you gonna believe me or

242

00:09:42,710 --> 00:09:40,880

your lying eyes okay so you've seen this

243

00:09:44,790 --> 00:09:42,720

you know this is true and yet the

244

00:09:47,269 --> 00:09:44,800

skeptical argument is telling you no no

245

00:09:49,350 --> 00:09:47,279

no it can't be true don't trust your

246

00:09:52,550 --> 00:09:49,360

experience don't trust what other people

247

00:09:54,949 --> 00:09:52,560

have experienced believe me believe me

248

00:09:57,829 --> 00:09:54,959

beauregard goes on incites many many

249

00:10:00,790 --> 00:09:57,839

other studies highly suggestive of this

250

00:10:03,670 --> 00:10:00,800

fact that the state of hypnosis is truly

251
00:10:05,509 --> 00:10:03,680
an altered state of consciousness and

252
00:10:07,910 --> 00:10:05,519
can best be described in what we would

253
00:10:10,710 --> 00:10:07,920
call a trance state again this is

254
00:10:13,190 --> 00:10:10,720
something that skeptics resist with all

255
00:10:15,670 --> 00:10:13,200
effort you'll see our old friend dr

256
00:10:17,190 --> 00:10:15,680
steve novella neurologist from yale and

257
00:10:19,750 --> 00:10:17,200
host of the skeptic's guide to the

258
00:10:22,790 --> 00:10:19,760
universe in his blog goes out of his way

259
00:10:25,910 --> 00:10:22,800
to say not a trance state ordinary

260
00:10:28,949 --> 00:10:25,920
mental state again they have to support

261
00:10:31,030 --> 00:10:28,959
this idea that consciousness isn't real

262
00:10:33,509 --> 00:10:31,040
and when we come across things that seem

263
00:10:36,150 --> 00:10:33,519

like an altered state of consciousness

264

00:10:38,630 --> 00:10:36,160

like hypnosis there's this real need to

265

00:10:40,949 --> 00:10:38,640

push it down in some way and give the

266

00:10:43,829 --> 00:10:40,959

promise that we'll be able to track it

267

00:10:46,630 --> 00:10:43,839

all back to brain function just wait and

268

00:10:49,030 --> 00:10:46,640

it'll all work out again this might seem

269

00:10:51,030 --> 00:10:49,040

like kind of an obscure argument but

270

00:10:54,150 --> 00:10:51,040

when you sort through what's really

271

00:10:58,069 --> 00:10:54,160

going on you see that this is at the

272

00:11:00,069 --> 00:10:58,079

center of this debate over hypnosis

273

00:11:02,790 --> 00:11:00,079

but of course that's not what we're

274

00:11:05,670 --> 00:11:02,800

really interested here in this episode

275

00:11:09,030 --> 00:11:05,680

of skeptico we're asking the question

276

00:11:11,670 --> 00:11:09,040

can hypnosis be effective in recovering

277

00:11:14,470 --> 00:11:11,680

memory now really the question that we

278

00:11:16,550 --> 00:11:14,480

asked before is is hypnosis an altered

279

00:11:18,870 --> 00:11:16,560

state of consciousness is highly

280

00:11:21,269 --> 00:11:18,880

relevant to this other question but

281

00:11:24,069 --> 00:11:21,279

let's take it separately that is

282

00:11:26,949 --> 00:11:24,079

can hypnosis be effective in recovering

283

00:11:30,150 --> 00:11:26,959

memory now you have to be careful how

284

00:11:32,949 --> 00:11:30,160

you ask and who you ask this question if

285

00:11:36,389 --> 00:11:32,959

you ask it to the center for inquiry

286

00:11:39,030 --> 00:11:36,399

scientific american skeptical atheist

287

00:11:42,230 --> 00:11:39,040

crowd you're going to be led down this

288

00:11:44,949 --> 00:11:42,240

road and told a lot about false memory

289

00:11:47,190 --> 00:11:44,959

how memories are implanted in people who

290

00:11:50,069 --> 00:11:47,200

are highly suggestible and therefore we

291

00:11:52,630 --> 00:11:50,079

gotta throw all this hypnosis and memory

292

00:11:55,430 --> 00:11:52,640

stuff out the window and some of what

293

00:11:59,110 --> 00:11:55,440

they're telling you is definitely true

294

00:12:02,230 --> 00:11:59,120

false memory syndrome implanted memories

295

00:12:05,030 --> 00:12:02,240

are real it really does happen

296

00:12:07,829 --> 00:12:05,040

but what they aren't going to tell you

297

00:12:10,389 --> 00:12:07,839

is there's many many studies that

298

00:12:13,190 --> 00:12:10,399

suggest people have this remarkable

299

00:12:15,590 --> 00:12:13,200

ability to recover memories under

300

00:12:17,750 --> 00:12:15,600

hypnosis that they couldn't otherwise

301
00:12:19,430 --> 00:12:17,760
remember some of the research i did

302
00:12:21,430 --> 00:12:19,440
before this show getting into this i ran

303
00:12:23,829 --> 00:12:21,440
across a couple of researchers at the

304
00:12:25,990 --> 00:12:23,839
university of liverpool in england and

305
00:12:27,670 --> 00:12:26,000
they're just one among a number of

306
00:12:29,910 --> 00:12:27,680
researchers who've done a lot of good

307
00:12:32,030 --> 00:12:29,920
solid research on this and found

308
00:12:34,870 --> 00:12:32,040
different ways that forensic

309
00:12:38,230 --> 00:12:34,880
psychologists can use hypnosis

310
00:12:40,550 --> 00:12:38,240
effectively to help witnesses recover

311
00:12:42,629 --> 00:12:40,560
evidence and there's all sorts of these

312
00:12:44,790 --> 00:12:42,639
cases people that they can't remember

313
00:12:47,030 --> 00:12:44,800

faces are able to people that can't

314

00:12:48,790 --> 00:12:47,040

remember license plates are able to the

315

00:12:51,509 --> 00:12:48,800

police are then able to follow up with

316

00:12:54,389 --> 00:12:51,519

that license plate find out information

317

00:12:56,629 --> 00:12:54,399

get convictions all of this has been not

318

00:12:58,870 --> 00:12:56,639

only proven in cases but it's been

319

00:13:00,389 --> 00:12:58,880

proven clinically in labs within then

320

00:13:02,069 --> 00:13:00,399

test people with different kind of

321

00:13:04,470 --> 00:13:02,079

induction techniques different

322

00:13:06,790 --> 00:13:04,480

populations there's there's just tons of

323

00:13:08,870 --> 00:13:06,800

research out there it's very easy to

324

00:13:10,550 --> 00:13:08,880

find go to google scholar and start

325

00:13:12,870 --> 00:13:10,560

searching for it and you'll find many

326

00:13:15,030 --> 00:13:12,880

many studies and at the end of the day

327

00:13:18,470 --> 00:13:15,040

the only conclusion that you can come to

328

00:13:22,310 --> 00:13:18,480

is that while false memory is true it's

329

00:13:25,509 --> 00:13:22,320

also a reality that the hypnotic state

330

00:13:26,949 --> 00:13:25,519

is very effective for recovering lost

331

00:13:28,870 --> 00:13:26,959

memories

332

00:13:31,190 --> 00:13:28,880

of course the other thing that our

333

00:13:33,670 --> 00:13:31,200

skeptical friends don't want to talk

334

00:13:36,629 --> 00:13:33,680

about is that we don't really know how

335

00:13:39,030 --> 00:13:36,639

memory works anyway and as we've talked

336

00:13:41,750 --> 00:13:39,040

about on this show we have some very

337

00:13:44,870 --> 00:13:41,760

solid evidence that suggests that this

338

00:13:46,710 --> 00:13:44,880

idea that all memory is stored in the

339

00:13:49,910 --> 00:13:46,720

cells of your brain

340

00:13:51,990 --> 00:13:49,920

isn't real we have that from obviously

341

00:13:55,190 --> 00:13:52,000

from the near-death experience research

342

00:13:58,310 --> 00:13:55,200

where people die and they have memories

343

00:14:00,470 --> 00:13:58,320

during a period when they had no brain

344

00:14:03,189 --> 00:14:00,480

that's overwhelming evidence

345

00:14:06,069 --> 00:14:03,199

so there's a lot of questions

346

00:14:06,870 --> 00:14:06,079

the answers are messy they don't tightly

347

00:14:09,110 --> 00:14:06,880

fit

348

00:14:11,590 --> 00:14:09,120

are there false memories there appear to

349

00:14:13,430 --> 00:14:11,600

be false memories is there a reality to

350

00:14:16,069 --> 00:14:13,440

recovered memories there seems to be a

351
00:14:18,629 --> 00:14:16,079
reality to recovered memories is there

352
00:14:20,790 --> 00:14:18,639
an ability that we have to create

353
00:14:22,150 --> 00:14:20,800
illusions and fantasies

354
00:14:23,910 --> 00:14:22,160
absolutely

355
00:14:26,310 --> 00:14:23,920
is it possible that some of the

356
00:14:28,829 --> 00:14:26,320
illusions and fantasies that people are

357
00:14:32,550 --> 00:14:28,839
creating have some kind of

358
00:14:35,350 --> 00:14:32,560
allegorical or metaphorical meaning that

359
00:14:37,829 --> 00:14:35,360
is true on another level i don't know

360
00:14:40,470 --> 00:14:37,839
that's far beyond the realm of what

361
00:14:42,790 --> 00:14:40,480
we're trying to nail down here but i

362
00:14:45,269 --> 00:14:42,800
think all those questions must be then

363
00:14:48,470 --> 00:14:45,279

thrown on the table if we dig a little

364

00:14:49,990 --> 00:14:48,480

bit deeper past this skeptical silliness

365

00:14:52,949 --> 00:14:50,000

so since we're trying to figure out

366

00:14:55,829 --> 00:14:52,959

what's really going on we might want to

367

00:14:58,470 --> 00:14:55,839

give a listen to people who are out

368

00:15:01,350 --> 00:14:58,480

there at the edge doing this work

369

00:15:03,350 --> 00:15:01,360

like today's guest jean charles chabot

370

00:15:05,590 --> 00:15:03,360

fascinating guy who i really enjoyed

371

00:15:07,670 --> 00:15:05,600

talking with here's my interview with

372

00:15:10,150 --> 00:15:07,680

him

373

00:15:11,910 --> 00:15:10,160

today we welcome jean charles chabot to

374

00:15:14,389 --> 00:15:11,920

skeptico sean charles is a

375

00:15:17,829 --> 00:15:14,399

hypnotherapist based in montreal who

376

00:15:20,069 --> 00:15:17,839

specializes in regression therapy i came

377

00:15:23,030 --> 00:15:20,079

across his work through several of his

378

00:15:26,230 --> 00:15:23,040

excellent youtube videos that actually

379

00:15:27,829 --> 00:15:26,240

show him doing past life and between

380

00:15:30,230 --> 00:15:27,839

life regressions

381

00:15:31,590 --> 00:15:30,240

in a clinical setting in his office in

382

00:15:34,069 --> 00:15:31,600

montreal

383

00:15:36,150 --> 00:15:34,079

fascinating stuff john charles welcome

384

00:15:36,949 --> 00:15:36,160

to skeptico thanks so much for joining

385

00:15:38,470 --> 00:15:36,959

me

386

00:15:40,790 --> 00:15:38,480

hi alex

387

00:15:41,590 --> 00:15:40,800

tell folks a little bit about what you

388

00:15:44,870 --> 00:15:41,600

do

389

00:15:46,870 --> 00:15:44,880

what your practice is all about and uh

390

00:15:48,150 --> 00:15:46,880

some of this work you do in regression

391

00:15:50,150 --> 00:15:48,160

therapy

392

00:15:52,389 --> 00:15:50,160

okay so basically i'm specialized in

393

00:15:54,870 --> 00:15:52,399

what we call a spiritual hypnosis which

394

00:15:56,710 --> 00:15:54,880

includes uh past life regression life

395

00:15:59,110 --> 00:15:56,720

between life regression we're gonna talk

396

00:16:01,189 --> 00:15:59,120

a bit about that and also specialize in

397

00:16:03,509 --> 00:16:01,199

what we call street hypnosis or

398

00:16:05,269 --> 00:16:03,519

impromptu hypnosis which i prefer to

399

00:16:08,389 --> 00:16:05,279

call because treat hypnosis sometimes

400

00:16:09,110 --> 00:16:08,399

people have this uh negative idea about

401
00:16:11,910 --> 00:16:09,120
it

402
00:16:14,550 --> 00:16:11,920
and and also do what we call therapeutic

403
00:16:17,269 --> 00:16:14,560
hypnosis which is doesn't can include

404
00:16:19,749 --> 00:16:17,279
regression but also just therapeutic

405
00:16:22,790 --> 00:16:19,759
techniques uh to help maybe with phobias

406
00:16:23,829 --> 00:16:22,800
or stop smoking and stuff like that

407
00:16:26,470 --> 00:16:23,839
great so

408
00:16:28,470 --> 00:16:26,480
i think in in reviewing your website and

409
00:16:31,269 --> 00:16:28,480
i don't have a lot of experience in

410
00:16:34,069 --> 00:16:31,279
hypnosis but i was quite impressed by

411
00:16:35,990 --> 00:16:34,079
your credentials by your training tell

412
00:16:37,430 --> 00:16:36,000
us a little bit about your background

413
00:16:40,230 --> 00:16:37,440

and specifically

414

00:16:42,230 --> 00:16:40,240

who you've trained with to develop your

415

00:16:44,710 --> 00:16:42,240

practices my background i have a

416

00:16:46,870 --> 00:16:44,720

master's in education so uh

417

00:16:49,189 --> 00:16:46,880

so that's that's what i studied i also

418

00:16:51,269 --> 00:16:49,199

have a bachelor's in career counseling

419

00:16:53,910 --> 00:16:51,279

and after my master's in education i

420

00:16:55,430 --> 00:16:53,920

went to uh to china actually for five

421

00:16:56,310 --> 00:16:55,440

years doing what we call corporate

422

00:17:02,069 --> 00:16:56,320

training

423

00:17:03,749 --> 00:17:02,079

confidence building

424

00:17:05,510 --> 00:17:03,759

presentation skills meeting skills

425

00:17:08,309 --> 00:17:05,520

emotional intelligence skills stuff like

426

00:17:10,789 --> 00:17:08,319

that and i've always been interested in

427

00:17:13,350 --> 00:17:10,799

hypnosis for a long long time actually

428

00:17:16,150 --> 00:17:13,360

and uh i started to read book and even

429

00:17:17,829 --> 00:17:16,160

integrate group hypnosis sessions in my

430

00:17:19,350 --> 00:17:17,839

training which was really cool but at

431

00:17:21,590 --> 00:17:19,360

some point i was like

432

00:17:24,150 --> 00:17:21,600

i'd like to um

433

00:17:27,429 --> 00:17:24,160

learn more about this uh i know to be

434

00:17:29,270 --> 00:17:27,439

trained in this so in 2008 i went to uh

435

00:17:31,750 --> 00:17:29,280

when i was still in china i went to the

436

00:17:34,070 --> 00:17:31,760

united states to study first with cal

437

00:17:35,750 --> 00:17:34,080

banyan the very uh quite famous

438

00:17:37,590 --> 00:17:35,760

hypnotist in the in the states in

439

00:17:40,230 --> 00:17:37,600

california

440

00:17:42,230 --> 00:17:40,240

and that's where it kind of all started

441

00:17:43,669 --> 00:17:42,240

because i which was really what was

442

00:17:45,909 --> 00:17:43,679

really interesting in this training is

443

00:17:48,070 --> 00:17:45,919

that cal was you know like the normal

444

00:17:50,549 --> 00:17:48,080

clinical hypnotist but it also has the

445

00:17:54,150 --> 00:17:50,559

spiritual part where it created this uh

446

00:17:55,029 --> 00:17:54,160

technique called the informing soul

447

00:17:57,350 --> 00:17:55,039

which

448

00:17:59,190 --> 00:17:57,360

is about basically bringing the person

449

00:18:00,549 --> 00:17:59,200

before their incarnation to go and get

450

00:18:01,590 --> 00:18:00,559

knowledge so i was like oh that's

451
00:18:02,470 --> 00:18:01,600
interesting

452
00:18:05,270 --> 00:18:02,480
and

453
00:18:07,029 --> 00:18:05,280
i was in china for five years so at some

454
00:18:09,350 --> 00:18:07,039
time like every year and a half or so i

455
00:18:11,190 --> 00:18:09,360
would go down back to montreal see my

456
00:18:14,789 --> 00:18:11,200
parents and see my family

457
00:18:17,110 --> 00:18:14,799
and one day i was a went in the basement

458
00:18:19,110 --> 00:18:17,120
to i forgot what it was to look for for

459
00:18:21,830 --> 00:18:19,120
something and it was a very high shelf

460
00:18:23,430 --> 00:18:21,840
and i was like trying to to grab

461
00:18:25,430 --> 00:18:23,440
something i don't remember what it was

462
00:18:27,350 --> 00:18:25,440
but there was a book on the left that

463
00:18:29,510 --> 00:18:27,360

fell down i was like well that's strange

464

00:18:31,190 --> 00:18:29,520

so i picked up the book and it was a

465

00:18:33,190 --> 00:18:31,200

michael newton's book about journey of

466

00:18:35,110 --> 00:18:33,200

souls which is about like he's a bit

467

00:18:36,710 --> 00:18:35,120

like the pioneer in this work and i just

468

00:18:39,990 --> 00:18:36,720

started reading this and just inside of

469

00:18:42,310 --> 00:18:40,000

me was like a click or something

470

00:18:44,310 --> 00:18:42,320

i just want to do this i need to do this

471

00:18:46,549 --> 00:18:44,320

that's my what we call could call the

472

00:18:48,549 --> 00:18:46,559

calling my uh calling

473

00:18:50,230 --> 00:18:48,559

and uh at that point i just started to

474

00:18:52,390 --> 00:18:50,240

read a lot of books and start to get

475

00:18:54,549 --> 00:18:52,400

trained with all the

476

00:18:56,870 --> 00:18:54,559

best guys in the in this field like

477

00:18:59,909 --> 00:18:56,880

whether it's a the newton institute

478

00:19:01,110 --> 00:18:59,919

dolores cannon brian weiss and i just

479

00:19:02,150 --> 00:19:01,120

basically

480

00:19:05,590 --> 00:19:02,160

went to

481

00:19:07,110 --> 00:19:05,600

train with all these big people and

482

00:19:09,350 --> 00:19:07,120

analyze what's their technique what are

483

00:19:12,230 --> 00:19:09,360

the principles behind their techniques

484

00:19:14,789 --> 00:19:12,240

to create my own approach

485

00:19:16,789 --> 00:19:14,799

to uh to pass life regression and also

486

00:19:18,710 --> 00:19:16,799

in between life regression

487

00:19:22,310 --> 00:19:18,720

dating work is obviously very

488

00:19:23,750 --> 00:19:22,320

controversial to a lot of people and as

489

00:19:26,070 --> 00:19:23,760

i mentioned as we're chatting a little

490

00:19:27,350 --> 00:19:26,080

bit beforehand what i thought we might

491

00:19:30,470 --> 00:19:27,360

do to

492

00:19:32,390 --> 00:19:30,480

kind of lead people up into

493

00:19:34,390 --> 00:19:32,400

an awareness or or

494

00:19:36,150 --> 00:19:34,400

being a little bit more receptive to the

495

00:19:37,750 --> 00:19:36,160

possibility

496

00:19:38,950 --> 00:19:37,760

that there is some reality to what

497

00:19:40,230 --> 00:19:38,960

you're talking about because it really

498

00:19:42,310 --> 00:19:40,240

is going to be mind-blowing to a lot of

499

00:19:45,190 --> 00:19:42,320

people yeah i thought it might be

500

00:19:48,150 --> 00:19:45,200

helpful to go over some of the basics of

501
00:19:49,909 --> 00:19:48,160
hypnosis because while on your youtube

502
00:19:52,310 --> 00:19:49,919
channel i saw some other presentations

503
00:19:54,310 --> 00:19:52,320
that you've done you've really done some

504
00:19:56,230 --> 00:19:54,320
amazing work i mean

505
00:19:59,029 --> 00:19:56,240
you've studied with all these different

506
00:20:01,909 --> 00:19:59,039
hypnotherapists you've also set up an

507
00:20:04,470 --> 00:20:01,919
institute is it the institute for

508
00:20:06,230 --> 00:20:04,480
spiritual hypnosis is that right yeah

509
00:20:09,110 --> 00:20:06,240
it's the international institute for

510
00:20:11,430 --> 00:20:09,120
spiritual hypnosis yeah where where the

511
00:20:13,510 --> 00:20:11,440
goal is to actually do research because

512
00:20:15,110 --> 00:20:13,520
what people uh

513
00:20:18,150 --> 00:20:15,120

may be interested to know is that i'm

514

00:20:19,990 --> 00:20:18,160

also very rational and scientific person

515

00:20:22,310 --> 00:20:20,000

in uh

516

00:20:23,830 --> 00:20:22,320

as a personality and i also uh

517

00:20:28,149 --> 00:20:23,840

collaborate with the psychoneuro

518

00:20:30,310 --> 00:20:28,159

institute in montreal where uh we also

519

00:20:32,549 --> 00:20:30,320

start to do research using brain waves

520

00:20:34,149 --> 00:20:32,559

to see what happens when people are in

521

00:20:36,070 --> 00:20:34,159

hypnosis when they have a spiritual

522

00:20:38,710 --> 00:20:36,080

experience so that's why like the

523

00:20:40,710 --> 00:20:38,720

institute was created to do research and

524

00:20:43,270 --> 00:20:40,720

also to do training to train people

525

00:20:45,830 --> 00:20:43,280

because uh especially in the french well

526

00:20:47,350 --> 00:20:45,840

there's not a lot of people doing

527

00:20:49,510 --> 00:20:47,360

past life regression or life between

528

00:20:51,590 --> 00:20:49,520

life regression and and who have the

529

00:20:53,110 --> 00:20:51,600

skills to do it well because it's as

530

00:20:55,190 --> 00:20:53,120

we're probably going to talk in a in a

531

00:20:57,110 --> 00:20:55,200

few moments there's uh some really

532

00:20:57,830 --> 00:20:57,120

important skills required to do this in

533

00:21:27,669 --> 00:20:57,840

a

534

00:21:32,310 --> 00:21:27,679

the

535

00:21:34,310 --> 00:21:32,320

underpinnings of hypnosis because a lot

536

00:21:37,350 --> 00:21:34,320

of people don't realize that there are

537

00:21:39,510 --> 00:21:37,360

hundreds and hundreds just masses of

538

00:21:41,909 --> 00:21:39,520

clinical experimental work that's been

539

00:21:44,390 --> 00:21:41,919

done in all with all kinds of hypnosis

540

00:21:47,190 --> 00:21:44,400

in all kinds of different medical

541

00:21:50,630 --> 00:21:47,200

situations so anyone who goes and

542

00:21:52,710 --> 00:21:50,640

googles hypnosis on google scholar where

543

00:21:54,789 --> 00:21:52,720

there's these scholarly papers will will

544

00:21:56,310 --> 00:21:54,799

just be pointed to that but maybe you

545

00:21:59,669 --> 00:21:56,320

want to just kind of start with the very

546

00:22:01,830 --> 00:21:59,679

basics with does hypnosis really work

547

00:22:03,590 --> 00:22:01,840

does it is it used clinically is it used

548

00:22:05,190 --> 00:22:03,600

in hospitals is it used in medical

549

00:22:07,830 --> 00:22:05,200

situations

550

00:22:09,510 --> 00:22:07,840

yeah yeah for sure i often find it

551
00:22:11,669 --> 00:22:09,520
really interesting when people when i

552
00:22:13,270 --> 00:22:11,679
meet people and then and then sometimes

553
00:22:15,190 --> 00:22:13,280
people i don't know if i believe in it

554
00:22:17,669 --> 00:22:15,200
like today

555
00:22:19,510 --> 00:22:17,679
if someone is slightly curious and as

556
00:22:22,789 --> 00:22:19,520
you mentioned goes on the web there's

557
00:22:25,590 --> 00:22:22,799
tons of exp of clinical research that's

558
00:22:27,590 --> 00:22:25,600
been done and what i think is the most

559
00:22:29,270 --> 00:22:27,600
uh impressive and convincing is

560
00:22:31,350 --> 00:22:29,280
regarding to pain control that's

561
00:22:34,549 --> 00:22:31,360
probably the branch of hypnosis that has

562
00:22:36,230 --> 00:22:34,559
the most research and is most convincing

563
00:22:38,390 --> 00:22:36,240

in the way that you cannot fake not

564

00:22:40,950 --> 00:22:38,400

having pain okay it's not something that

565

00:22:42,789 --> 00:22:40,960

you can pretend that you have pain if

566

00:22:45,350 --> 00:22:42,799

you have an operation there's even some

567

00:22:48,310 --> 00:22:45,360

clips that i've seen like uh like the

568

00:22:50,390 --> 00:22:48,320

operation on the the brain or the head

569

00:22:53,190 --> 00:22:50,400

like opening up and the person talking

570

00:22:55,669 --> 00:22:53,200

to the interviewer you know their stuff

571

00:22:57,750 --> 00:22:55,679

with pain control that uh either to

572

00:22:59,750 --> 00:22:57,760

reduce pain or to take away pain

573

00:23:02,470 --> 00:22:59,760

completely depending on the receptivity

574

00:23:05,510 --> 00:23:02,480

of the subject but that's the area that

575

00:23:06,870 --> 00:23:05,520

is most convincing and the re and

576

00:23:08,950 --> 00:23:06,880

what proves that it really works and

577

00:23:12,710 --> 00:23:08,960

that there are specific courses for

578

00:23:15,350 --> 00:23:12,720

dentists for doctors anesthesiologists

579

00:23:18,789 --> 00:23:15,360

to use these hypnosis principles when at

580

00:23:21,430 --> 00:23:18,799

work so that's a prove that it really is

581

00:23:25,110 --> 00:23:21,440

uh not a belief it's it's a state and

582

00:23:27,190 --> 00:23:25,120

it's it really works basically

583

00:23:28,789 --> 00:23:27,200

and then bringing that into the

584

00:23:31,029 --> 00:23:28,799

regression field is something we just

585

00:23:33,270 --> 00:23:31,039

touched on a minute ago and one one

586

00:23:34,549 --> 00:23:33,280

thing i've encountered is a lot of times

587

00:23:37,510 --> 00:23:34,559

people are

588

00:23:39,909 --> 00:23:37,520

aware or educated to a certain extent to

589

00:23:41,830 --> 00:23:39,919

the reality of hypnosis being used

590

00:23:45,029 --> 00:23:41,840

medically or they have a friend who's

591

00:23:46,630 --> 00:23:45,039

used it for weight loss or or cessation

592

00:23:48,070 --> 00:23:46,640

of smoking or something like that they

593

00:23:50,230 --> 00:23:48,080

know what's out there they know there's

594

00:23:51,750 --> 00:23:50,240

some clinical proof to it but then when

595

00:23:53,590 --> 00:23:51,760

you start talking about regression

596

00:23:56,230 --> 00:23:53,600

they're like oh but that's you know

597

00:23:57,669 --> 00:23:56,240

that's way way out there and what i

598

00:23:59,909 --> 00:23:57,679

thought was interesting in one of the

599

00:24:02,470 --> 00:23:59,919

presentations i saw you give

600

00:24:06,149 --> 00:24:02,480

is you connected the fact that

601
00:24:08,070 --> 00:24:06,159
regression is often a common technique

602
00:24:11,190 --> 00:24:08,080
used in

603
00:24:13,029 --> 00:24:11,200
uh other kinds of uh hypnotherapy can

604
00:24:16,830 --> 00:24:13,039
you maybe talk a little bit about that

605
00:24:20,070 --> 00:24:16,840
and and what role regression plays in

606
00:24:22,470 --> 00:24:20,080
hypnotherapy yes for sure um basically

607
00:24:24,310 --> 00:24:22,480
because regression is one technique

608
00:24:27,750 --> 00:24:24,320
among many others that can be used when

609
00:24:30,710 --> 00:24:27,760
we do pure therapeutic hypnosis okay and

610
00:24:33,909 --> 00:24:30,720
what regression is basically is

611
00:24:35,750 --> 00:24:33,919
going back to a and from usually an

612
00:24:37,830 --> 00:24:35,760
event or something that happens usually

613
00:24:39,430 --> 00:24:37,840

between zero and seven years old but

614

00:24:41,350 --> 00:24:39,440

doesn't have to be but

615

00:24:43,190 --> 00:24:41,360

usually in that in that time to go back

616

00:24:46,149 --> 00:24:43,200

to the source what we call in hypnosis

617

00:24:48,710 --> 00:24:46,159

the isc which is the initial synthetic

618

00:24:49,990 --> 00:24:48,720

sensitizing event where it all started

619

00:24:52,230 --> 00:24:50,000

basically

620

00:24:53,909 --> 00:24:52,240

and um so there's many types there are

621

00:24:55,510 --> 00:24:53,919

many ways to do regression as well

622

00:24:58,230 --> 00:24:55,520

people have to understand you can

623

00:25:00,549 --> 00:24:58,240

regress on a feeling you can regress on

624

00:25:03,029 --> 00:25:00,559

a thought on a belief going back to an

625

00:25:06,710 --> 00:25:03,039

important moment there's many ways of

626
00:25:07,990 --> 00:25:06,720
regressing of giving the unconscious a

627
00:25:09,750 --> 00:25:08,000
uh how would you say like an

628
00:25:11,029 --> 00:25:09,760
instructions to go back to a certain

629
00:25:14,470 --> 00:25:11,039
time

630
00:25:16,549 --> 00:25:14,480
and a very useful uh way of doing

631
00:25:19,029 --> 00:25:16,559
regression is like either connecting to

632
00:25:20,230 --> 00:25:19,039
a feeling an uncomfortable feeling or

633
00:25:21,190 --> 00:25:20,240
something that the person wants to

634
00:25:22,870 --> 00:25:21,200
resolve

635
00:25:25,110 --> 00:25:22,880
and just to ask the unconscious to go

636
00:25:27,510 --> 00:25:25,120
back all the way back to the source to

637
00:25:29,269 --> 00:25:27,520
do the where it all started like to the

638
00:25:31,510 --> 00:25:29,279

cause of that

639

00:25:32,870 --> 00:25:31,520

and that's where usually uh when you do

640

00:25:34,390 --> 00:25:32,880

phobias and it's really interesting

641

00:25:36,710 --> 00:25:34,400

because i've had

642

00:25:39,269 --> 00:25:36,720

people who say oh i don't know where it

643

00:25:40,789 --> 00:25:39,279

comes from i have this fear of water for

644

00:25:43,110 --> 00:25:40,799

example i don't know where it comes from

645

00:25:45,110 --> 00:25:43,120

it must come from a past life

646

00:25:46,789 --> 00:25:45,120

it's important to know to understand

647

00:25:48,950 --> 00:25:46,799

that it's not because the person doesn't

648

00:25:51,110 --> 00:25:48,960

remember that necessarily means it's in

649

00:25:53,350 --> 00:25:51,120

a past life i always tell people and say

650

00:25:54,789 --> 00:25:53,360

listen we'll bring you an altered state

651
00:25:56,789 --> 00:25:54,799
of consciousness and we'll ask your

652
00:25:58,390 --> 00:25:56,799
unconscious mind to bring you back to

653
00:25:59,909 --> 00:25:58,400
the cause if it's a past life it's a

654
00:26:02,390 --> 00:25:59,919
past life it's when you're young it's

655
00:26:04,149 --> 00:26:02,400
when you're young and very often it's

656
00:26:06,149 --> 00:26:04,159
it's something happen when they're young

657
00:26:09,350 --> 00:26:06,159
but they just blocked or unconsciously

658
00:26:10,630 --> 00:26:09,360
forgot and we reconnect to that which is

659
00:26:11,990 --> 00:26:10,640
really interesting because it's

660
00:26:13,029 --> 00:26:12,000
something that constantly they totally

661
00:26:14,390 --> 00:26:13,039
forgot

662
00:26:16,310 --> 00:26:14,400
can you give us a can you give us a

663
00:26:18,310 --> 00:26:16,320

quick example of

664

00:26:20,310 --> 00:26:18,320

maybe a case where that's happened i'm

665

00:26:22,789 --> 00:26:20,320

sure you have many

666

00:26:24,630 --> 00:26:22,799

therapy and then how that resolves

667

00:26:26,149 --> 00:26:24,640

something for someone that there was a

668

00:26:27,510 --> 00:26:26,159

memory from early in life and they

669

00:26:29,190 --> 00:26:27,520

forgot about it and then once they

670

00:26:30,870 --> 00:26:29,200

remembered it it resolved some phobia

671

00:26:32,070 --> 00:26:30,880

for them yeah yeah for example for

672

00:26:33,269 --> 00:26:32,080

example uh

673

00:26:35,110 --> 00:26:33,279

there's a

674

00:26:37,750 --> 00:26:35,120

i'll give you a couple examples one with

675

00:26:38,630 --> 00:26:37,760

regression in this life and past life

676
00:26:42,149 --> 00:26:38,640
okay

677
00:26:45,190 --> 00:26:42,159
uh regression like for example a person

678
00:26:47,269 --> 00:26:45,200
who had a fear of spider okay i i had a

679
00:26:50,310 --> 00:26:47,279
friend and and she says like i i don't

680
00:26:51,990 --> 00:26:50,320
remember anything about the uh

681
00:26:54,390 --> 00:26:52,000
what could explain this fear of spider

682
00:26:56,789 --> 00:26:54,400
but she couldn't get close to a fear spy

683
00:26:59,190 --> 00:26:56,799
foot to a spider and said okay so i

684
00:27:01,269 --> 00:26:59,200
brought her uh in a ultra state of

685
00:27:03,269 --> 00:27:01,279
consciousness and then i asked the

686
00:27:05,029 --> 00:27:03,279
unconscious mind to go back

687
00:27:06,470 --> 00:27:05,039
and then we went back to

688
00:27:07,590 --> 00:27:06,480

and sometimes even if we ask the

689

00:27:09,590 --> 00:27:07,600

unconscious

690

00:27:11,990 --> 00:27:09,600

mind to go back to the source or the

691

00:27:15,029 --> 00:27:12,000

origin it doesn't always go there first

692

00:27:17,830 --> 00:27:15,039

so we always have to ask again so the

693

00:27:20,789 --> 00:27:17,840

first event the person went to was she

694

00:27:22,230 --> 00:27:20,799

was uh young lying on the pool and then

695

00:27:24,710 --> 00:27:22,240

there was a

696

00:27:26,070 --> 00:27:24,720

she she lying beside the pool she just

697

00:27:28,950 --> 00:27:26,080

got out of the water and there was like

698

00:27:31,029 --> 00:27:28,960

little drops of water like dripping down

699

00:27:32,710 --> 00:27:31,039

in her body and at some point like she

700

00:27:35,669 --> 00:27:32,720

just looked as it was a bit itching and

701

00:27:38,149 --> 00:27:35,679

it was a a spider there and she just

702

00:27:41,110 --> 00:27:38,159

kind of freaked at that point and then

703

00:27:42,470 --> 00:27:41,120

what we usually do is uh we can ask the

704

00:27:43,909 --> 00:27:42,480

the person now i'm gonna ask you a

705

00:27:46,789 --> 00:27:43,919

question i don't want you to think i

706

00:27:49,669 --> 00:27:46,799

want you to feel is this emotion does it

707

00:27:52,630 --> 00:27:49,679

feel uh new like oh my god what is this

708

00:27:54,870 --> 00:27:52,640

or is it familiar familiar like oh well

709

00:27:56,549 --> 00:27:54,880

not again and then was familiar so i

710

00:27:59,350 --> 00:27:56,559

once okay now we're going all the way

711

00:28:01,669 --> 00:27:59,360

back to the source and was what was very

712

00:28:05,430 --> 00:28:01,679

interesting she was about two years old

713

00:28:07,830 --> 00:28:05,440

and uh and she was playing with a a a sp

714

00:28:09,110 --> 00:28:07,840

a spider there was a spider on her

715

00:28:11,269 --> 00:28:09,120

when we're two years old it doesn't

716

00:28:13,510 --> 00:28:11,279

matter right it's just a spider and then

717

00:28:15,029 --> 00:28:13,520

so until then there's no nothing wrong

718

00:28:17,669 --> 00:28:15,039

and then she takes a spider and she puts

719

00:28:19,830 --> 00:28:17,679

it in her mouth for a kid no problem but

720

00:28:21,510 --> 00:28:19,840

the problem was when the mother saw this

721

00:28:23,909 --> 00:28:21,520

and said no

722

00:28:25,830 --> 00:28:23,919

and then boom association spider

723

00:28:27,909 --> 00:28:25,840

dangerous spider bad mommy doesn't like

724

00:28:29,830 --> 00:28:27,919

it i shouldn't like it okay and that's

725

00:28:32,230 --> 00:28:29,840

where it all started okay so that's very

726

00:28:33,669 --> 00:28:32,240

interesting when you have things like

727

00:28:35,029 --> 00:28:33,679

that that just

728

00:28:37,669 --> 00:28:35,039

you understand where it comes from and

729

00:28:39,430 --> 00:28:37,679

then you can do some techniques

730

00:28:41,830 --> 00:28:39,440

one technique some among the others like

731

00:28:45,190 --> 00:28:41,840

the informed child technique where you

732

00:28:48,230 --> 00:28:45,200

instruct the the child what he

733

00:28:50,630 --> 00:28:48,240

uh would have needed to know not to be

734

00:28:52,230 --> 00:28:50,640

conditioned by this and then we

735

00:28:54,389 --> 00:28:52,240

irradiate this knowledge throughout life

736

00:28:55,909 --> 00:28:54,399

and there's many things you can do what

737

00:28:57,830 --> 00:28:55,919

were you able to help her over her

738

00:29:00,149 --> 00:28:57,840

phobia then oh yeah yeah yeah that was

739

00:29:02,870 --> 00:29:00,159

really interesting because afterwards

740

00:29:05,110 --> 00:29:02,880

because for me i like to test my work

741

00:29:08,230 --> 00:29:05,120

right so afterwards we went in the

742

00:29:09,110 --> 00:29:08,240

basement looking for spiders

743

00:29:10,950 --> 00:29:09,120

okay

744

00:29:12,870 --> 00:29:10,960

and then um

745

00:29:13,909 --> 00:29:12,880

and and then so we found some little

746

00:29:15,190 --> 00:29:13,919

spiders

747

00:29:16,789 --> 00:29:15,200

and um

748

00:29:18,389 --> 00:29:16,799

and she couldn't have them in on her

749

00:29:19,669 --> 00:29:18,399

fingers she was like oh my god i never

750

00:29:21,750 --> 00:29:19,679

did that before and it was really

751
00:29:24,310 --> 00:29:21,760
amazing so i said okay now let's take it

752
00:29:26,389 --> 00:29:24,320
let's take it a step higher let's go to

753
00:29:28,870 --> 00:29:26,399
the pet shop and i had in mind like

754
00:29:29,990 --> 00:29:28,880
these tarantulas you know those big

755
00:29:32,149 --> 00:29:30,000
spiders

756
00:29:33,669 --> 00:29:32,159
so uh i didn't know they were really

757
00:29:35,990 --> 00:29:33,679
dangerous so i just went to the counter

758
00:29:37,669 --> 00:29:36,000
and said to people

759
00:29:39,750 --> 00:29:37,679
is it possible to

760
00:29:40,870 --> 00:29:39,760
look at the spiders the tarantula to to

761
00:29:41,669 --> 00:29:40,880
play with them

762
00:29:43,269 --> 00:29:41,679
and then

763
00:29:46,070 --> 00:29:43,279

the people at the counter was like i'm

764

00:29:48,389 --> 00:29:46,080

not touching this you know i'm like what

765

00:29:49,669 --> 00:29:48,399

this ids can sting they can really hurt

766

00:29:52,230 --> 00:29:49,679

they're not going to kill you but it can

767

00:29:54,389 --> 00:29:52,240

really really hurt i was like oh okay

768

00:29:55,830 --> 00:29:54,399

and then the owner just came and said no

769

00:29:58,070 --> 00:29:55,840

they're really nice all you have to do

770

00:30:00,149 --> 00:29:58,080

is just as long as you don't do anything

771

00:30:02,870 --> 00:30:00,159

that irritates them like blowing on them

772

00:30:04,789 --> 00:30:02,880

or be too uh like sudden moves and stuff

773

00:30:07,029 --> 00:30:04,799

it's all fine so you just went in the

774

00:30:09,350 --> 00:30:07,039

cage took a a spider

775

00:30:10,950 --> 00:30:09,360

and then uh and then like he was playing

776

00:30:13,029 --> 00:30:10,960

and he said okay you can just put your

777

00:30:14,630 --> 00:30:13,039

hand like do the bridge and then like

778

00:30:16,630 --> 00:30:14,640

the spider would come and just she just

779

00:30:19,110 --> 00:30:16,640

had this amazing feeling of oh my god

780

00:30:21,510 --> 00:30:19,120

this is amazing you know and and she

781

00:30:23,669 --> 00:30:21,520

couldn't do it uh without any problem so

782

00:30:25,669 --> 00:30:23,679

that was uh really interesting great you

783

00:30:27,430 --> 00:30:25,679

know and and then one of the things in

784

00:30:29,190 --> 00:30:27,440

your presentation that i found was just

785

00:30:30,549 --> 00:30:29,200

fascinating maybe this will will lead

786

00:30:31,510 --> 00:30:30,559

into the second story that you're going

787

00:30:33,750 --> 00:30:31,520

to tell

788

00:30:35,750 --> 00:30:33,760

it and i think i've seen an interview

789

00:30:37,430 --> 00:30:35,760

with michael newton where he confirms

790

00:30:40,710 --> 00:30:37,440

the same thing michael newton as you

791

00:30:42,789 --> 00:30:40,720

just mentioned being a real pioneer

792

00:30:45,110 --> 00:30:42,799

in this idea of past life and between

793

00:30:48,710 --> 00:30:45,120

life therapy but that

794

00:30:51,590 --> 00:30:48,720

sometimes this past life regression will

795

00:30:53,269 --> 00:30:51,600

just happen spontaneously so a therapist

796

00:30:54,310 --> 00:30:53,279

can just run across this even if they

797

00:30:56,070 --> 00:30:54,320

aren't

798

00:30:58,470 --> 00:30:56,080

open to the idea of someone being in a

799

00:31:00,789 --> 00:30:58,480

past life they'll just go there

800

00:31:04,310 --> 00:31:00,799

exactly exactly and that's to be honest

801
00:31:06,630 --> 00:31:04,320
alex that's the part i would say that

802
00:31:07,590 --> 00:31:06,640
convinced me or attracted me because

803
00:31:10,470 --> 00:31:07,600
it's something that's totally

804
00:31:12,630 --> 00:31:10,480
independent of the uh hypnotherapist and

805
00:31:14,630 --> 00:31:12,640
the client even if the hypnotherapist

806
00:31:16,149 --> 00:31:14,640
doesn't believe in past life or the

807
00:31:18,710 --> 00:31:16,159
client that doesn't believe in have past

808
00:31:21,590 --> 00:31:18,720
life when he's in that state of hypnosis

809
00:31:24,630 --> 00:31:21,600
and we give suggestion and and the way

810
00:31:26,549 --> 00:31:24,640
why it usually comes spontaneously

811
00:31:29,909 --> 00:31:26,559
is that when we ask to go back to the

812
00:31:31,590 --> 00:31:29,919
source to the cause of the problem

813
00:31:33,510 --> 00:31:31,600

and that's why like the the

814

00:31:35,350 --> 00:31:33,520

hypnotherapists and there's i've met

815

00:31:37,110 --> 00:31:35,360

quite a few hypnotherapists before they

816

00:31:40,070 --> 00:31:37,120

didn't believe in past life they weren't

817

00:31:42,950 --> 00:31:40,080

even open but if you do regression

818

00:31:44,789 --> 00:31:42,960

part as part of your work as a technique

819

00:31:46,789 --> 00:31:44,799

because not all hypnotherapists use

820

00:31:48,870 --> 00:31:46,799

regression but if you use that when i

821

00:31:50,470 --> 00:31:48,880

took my course they said

822

00:31:52,789 --> 00:31:50,480

whether you believe it or not it's gonna

823

00:31:54,549 --> 00:31:52,799

happen so here's what you do when it

824

00:31:55,430 --> 00:31:54,559

happens even if you don't believe it

825

00:31:57,590 --> 00:31:55,440

okay

826

00:31:59,590 --> 00:31:57,600

and that's why like you just asked the

827

00:32:01,269 --> 00:31:59,600

unconscious mind although we go all the

828

00:32:03,509 --> 00:32:01,279

way back to the source and sometimes the

829

00:32:05,669 --> 00:32:03,519

person who might have a fear of water

830

00:32:07,909 --> 00:32:05,679

would start saying like i'm drowning i'm

831

00:32:10,630 --> 00:32:07,919

drowning and what's happening it's

832

00:32:13,430 --> 00:32:10,640

16 23 and blah blah blah there's this

833

00:32:15,350 --> 00:32:13,440

happening and that's where it uh

834

00:32:17,190 --> 00:32:15,360

it came from the source the origin

835

00:32:18,870 --> 00:32:17,200

because the unconscious mind

836

00:32:21,029 --> 00:32:18,880

is uh

837

00:32:23,830 --> 00:32:21,039

is like everything that we experience as

838

00:32:26,789 --> 00:32:23,840

a a soul and here we're starting to use

839

00:32:29,190 --> 00:32:26,799

concepts more spiritual concepts uh has

840

00:32:31,190 --> 00:32:29,200

access to and that's why that's why it's

841

00:32:33,590 --> 00:32:31,200

very fascinating because if you just do

842

00:32:34,950 --> 00:32:33,600

regression going back to the source it

843

00:32:37,190 --> 00:32:34,960

will happen

844

00:32:38,789 --> 00:32:37,200

maybe two three percent of the time but

845

00:32:39,990 --> 00:32:38,799

it does happen even if people don't

846

00:32:41,750 --> 00:32:40,000

believe in it which is really

847

00:32:42,470 --> 00:32:41,760

interesting can you think of a case

848

00:32:46,710 --> 00:32:42,480

where

849

00:32:48,630 --> 00:32:46,720

weren't necessarily

850

00:32:50,950 --> 00:32:48,640

trying to lead someone into a past life

851
00:32:53,350 --> 00:32:50,960
and they spontaneously went into a past

852
00:32:56,230 --> 00:32:53,360
life and then how would you recognize

853
00:32:58,389 --> 00:32:56,240
that they were in a past life

854
00:33:00,470 --> 00:32:58,399
yeah i mean like we recognize their when

855
00:33:01,190 --> 00:33:00,480
they're in a past life where the setting

856
00:33:05,190 --> 00:33:01,200
is

857
00:33:08,230 --> 00:33:05,200
totally uh different for example like uh

858
00:33:11,190 --> 00:33:08,240
i had a and this happened a lot uh

859
00:33:13,029 --> 00:33:11,200
sometime people have a pain okay like a

860
00:33:14,950 --> 00:33:13,039
back pain that they didn't know where it

861
00:33:17,590 --> 00:33:14,960
come from so just connecting with the

862
00:33:19,830 --> 00:33:17,600
back pain and going back to the source

863
00:33:22,310 --> 00:33:19,840

where it all started and the person just

864

00:33:24,630 --> 00:33:22,320

pops in the battlefield okay

865

00:33:26,950 --> 00:33:24,640

somebody stabbing them right and like

866

00:33:28,310 --> 00:33:26,960

accessing this and and like you know

867

00:33:29,269 --> 00:33:28,320

it's not in their present life because

868

00:33:31,350 --> 00:33:29,279

they're like you know because they

869

00:33:33,750 --> 00:33:31,360

haven't they're not so sure right yeah

870

00:33:35,750 --> 00:33:33,760

yeah exactly exactly you know and

871

00:33:37,750 --> 00:33:35,760

sometimes they died in that way and it's

872

00:33:39,110 --> 00:33:37,760

as if and i don't understand everything

873

00:33:42,070 --> 00:33:39,120

i'm interested that's why i'm interested

874

00:33:44,070 --> 00:33:42,080

but how can that memory be

875

00:33:45,909 --> 00:33:44,080

you know how does it work really i don't

876

00:33:46,870 --> 00:33:45,919

know we don't know much about it but we

877

00:33:49,509 --> 00:33:46,880

know that

878

00:33:51,750 --> 00:33:49,519

there seems to be something connecting

879

00:33:54,549 --> 00:33:51,760

and having like influence from past life

880

00:33:55,990 --> 00:33:54,559

to present life and that's uh and it's

881

00:33:57,750 --> 00:33:56,000

really fascinating when it happens

882

00:33:58,950 --> 00:33:57,760

spontaneously especially if the client

883

00:34:00,630 --> 00:33:58,960

doesn't come

884

00:34:02,549 --> 00:34:00,640

to me

885

00:34:04,710 --> 00:34:02,559

for past life regression

886

00:34:06,070 --> 00:34:04,720

today i would say it's more rare that it

887

00:34:08,149 --> 00:34:06,080

happens spontaneously because i'm

888

00:34:11,510 --> 00:34:08,159

specialized in spiritual hypnosis so

889

00:34:13,669 --> 00:34:11,520

people come to me for past life but even

890

00:34:16,230 --> 00:34:13,679

if they come to me and say

891

00:34:18,950 --> 00:34:16,240

as i mentioned before like uh

892

00:34:21,190 --> 00:34:18,960

there's this pain or this fear or this

893

00:34:22,869 --> 00:34:21,200

whatever this unexplained emotion i

894

00:34:24,550 --> 00:34:22,879

don't know where it comes from it must

895

00:34:27,190 --> 00:34:24,560

come from a past life we have to be

896

00:34:29,829 --> 00:34:27,200

really careful it it's not true and that

897

00:34:32,710 --> 00:34:29,839

would not be a professional for from the

898

00:34:34,389 --> 00:34:32,720

hypnotist to say oh to the unconscious

899

00:34:36,710 --> 00:34:34,399

okay now go all the way back to a past

900

00:34:38,389 --> 00:34:36,720

life where this pain came from

901
00:34:40,069 --> 00:34:38,399
that that's the typical mistake that

902
00:34:42,149 --> 00:34:40,079
some hypnotists who are not really

903
00:34:45,030 --> 00:34:42,159
qualified will make because we cannot

904
00:34:47,109 --> 00:34:45,040
make this assumption basically

905
00:34:49,349 --> 00:34:47,119
you know there's a lot of

906
00:34:50,950 --> 00:34:49,359
open areas that need a lot of further

907
00:34:53,190 --> 00:34:50,960
research as you just alluded to and it

908
00:34:55,270 --> 00:34:53,200
sounds like something you're open to

909
00:34:57,910 --> 00:34:55,280
one thing i wanted to do in this

910
00:34:58,710 --> 00:34:57,920
discussion is maybe nail down some of

911
00:35:05,510 --> 00:34:58,720
the

912
00:35:07,829 --> 00:35:05,520
myths associated with hypnosis and as i

913
00:35:11,270 --> 00:35:07,839

was mentioning to you a minute ago i i

914

00:35:13,990 --> 00:35:11,280

do want to get past the the fluffy white

915

00:35:16,310 --> 00:35:14,000

cotton stuff because you know you can

916

00:35:18,390 --> 00:35:16,320

google hypnosis and you'll get a lot

917

00:35:20,069 --> 00:35:18,400

it's safe you know there's never

918

00:35:21,990 --> 00:35:20,079

anything bad that's going to happen

919

00:35:23,910 --> 00:35:22,000

you'll remember everything and all this

920

00:35:26,870 --> 00:35:23,920

which i don't know may be true to a

921

00:35:28,550 --> 00:35:26,880

certain extent but i guess i also

922

00:35:31,270 --> 00:35:28,560

sometimes feel when i read that that it

923

00:35:33,910 --> 00:35:31,280

kind of belies the the power of the tool

924

00:35:37,030 --> 00:35:33,920

i mean if it can if hypnosis can do all

925

00:35:39,829 --> 00:35:37,040

these amazing things then it can't be

926

00:35:42,230 --> 00:35:39,839

all those other things too so in that

927

00:35:45,589 --> 00:35:42,240

spirit can we really kind of tell it

928

00:35:47,589 --> 00:35:45,599

like it is about the reality of hypnosis

929

00:35:50,710 --> 00:35:47,599

and i guess i'd start with

930

00:35:53,510 --> 00:35:50,720

can we ever get someone to do something

931

00:35:56,310 --> 00:35:53,520

under hypnosis that is against their

932

00:35:57,510 --> 00:35:56,320

will whatever that means

933

00:35:59,510 --> 00:35:57,520

and i guess

934

00:36:01,510 --> 00:35:59,520

of course you can i mean yeah of course

935

00:36:03,430 --> 00:36:01,520

you can't some people you can get to do

936

00:36:05,750 --> 00:36:03,440

some things against their will that

937

00:36:07,990 --> 00:36:05,760

seems to be self-evident from the fact

938

00:36:10,150 --> 00:36:08,000

that hypnosis works

939

00:36:12,470 --> 00:36:10,160

yeah yeah exactly and that's what

940

00:36:14,550 --> 00:36:12,480

usually we see in stage hypnosis or

941

00:36:16,150 --> 00:36:14,560

street hypnosis you know like

942

00:36:18,069 --> 00:36:16,160

giving suggestion that you're stuck on

943

00:36:20,950 --> 00:36:18,079

your chair and you can't get up and even

944

00:36:22,950 --> 00:36:20,960

if you try it doesn't work you know so

945

00:36:24,710 --> 00:36:22,960

that's an example of it's not it's

946

00:36:27,270 --> 00:36:24,720

against their will they try they really

947

00:36:30,150 --> 00:36:27,280

consciously try and they can't okay

948

00:36:31,990 --> 00:36:30,160

and but that happens

949

00:36:34,069 --> 00:36:32,000

uh let's say

950

00:36:36,069 --> 00:36:34,079

because a part of the person is okay

951
00:36:37,030 --> 00:36:36,079
with that okay like unconsciously it's

952
00:36:39,030 --> 00:36:37,040
not threatening it's not

953
00:36:40,870 --> 00:36:39,040
life-threatening they're they're open to

954
00:36:43,990 --> 00:36:40,880
the experience in some ways

955
00:36:46,069 --> 00:36:44,000
uh but what is most controversial is can

956
00:36:48,550 --> 00:36:46,079
you make somebody do something against

957
00:36:50,790 --> 00:36:48,560
their values or that they wouldn't do

958
00:36:51,750 --> 00:36:50,800
uh that they wouldn't even want to do

959
00:36:54,550 --> 00:36:51,760
because i mean they're like getting

960
00:36:57,750 --> 00:36:54,560
stuck on a chair there's nothing bad

961
00:37:00,230 --> 00:36:57,760
you know related to that but to to

962
00:37:02,069 --> 00:37:00,240
to to i don't know to take advantage of

963
00:37:03,670 --> 00:37:02,079

someone by stealing something from them

964

00:37:04,790 --> 00:37:03,680

or stuff like that

965

00:37:06,790 --> 00:37:04,800

some people

966

00:37:07,910 --> 00:37:06,800

you know a lot of hypnotherapists will

967

00:37:09,109 --> 00:37:07,920

tell their

968

00:37:11,190 --> 00:37:09,119

clients

969

00:37:12,710 --> 00:37:11,200

uh you will never do something that you

970

00:37:13,910 --> 00:37:12,720

wouldn't want to do and anything against

971

00:37:17,270 --> 00:37:13,920

their values

972

00:37:18,550 --> 00:37:17,280

and the truth alex is not it's not true

973

00:37:20,310 --> 00:37:18,560

okay uh

974

00:37:23,349 --> 00:37:20,320

if you have some

975

00:37:25,349 --> 00:37:23,359

hypnotists who uh is ill-intentioned who

976

00:37:28,069 --> 00:37:25,359

doesn't have a good intention

977

00:37:29,990 --> 00:37:28,079

he he could take advantage i mean

978

00:37:31,829 --> 00:37:30,000

you never see this in hypnotherapy

979

00:37:34,069 --> 00:37:31,839

settings because if the hypnotherapist

980

00:37:35,910 --> 00:37:34,079

would steal or do something the client

981

00:37:38,230 --> 00:37:35,920

would come back okay

982

00:37:40,150 --> 00:37:38,240

what i i would my advice to people would

983

00:37:41,990 --> 00:37:40,160

be like if they do it in the street for

984

00:37:43,670 --> 00:37:42,000

example to make sure you're not alone

985

00:37:45,589 --> 00:37:43,680

you're with friends okay and that you

986

00:37:48,470 --> 00:37:45,599

trust the person but i'll i'm gonna

987

00:37:49,430 --> 00:37:48,480

explain to you why it works okay

988

00:37:52,470 --> 00:37:49,440

because

989

00:37:55,030 --> 00:37:52,480

uh in hypnosis the strength comes from

990

00:37:57,910 --> 00:37:55,040

being in control of the frame which we

991

00:38:00,790 --> 00:37:57,920

of reality that we present to the person

992

00:38:03,510 --> 00:38:00,800

because i i know a hypnotherapist who

993

00:38:05,589 --> 00:38:03,520

even did research

994

00:38:07,750 --> 00:38:05,599

in this industry not just to see is it

995

00:38:09,510 --> 00:38:07,760

can we really make someone do something

996

00:38:10,790 --> 00:38:09,520

that they wouldn't want to do

997

00:38:12,069 --> 00:38:10,800

normally

998

00:38:14,310 --> 00:38:12,079

and then uh

999

00:38:16,950 --> 00:38:14,320

and he did do some stuff and one thing

1000

00:38:18,470 --> 00:38:16,960

that he did is hypnotize somebody to

1001

00:38:21,109 --> 00:38:18,480

steal their coat

1002

00:38:22,550 --> 00:38:21,119

okay to see would the person

1003

00:38:27,190 --> 00:38:22,560

get the coat

1004

00:38:29,190 --> 00:38:27,200

of course if you're doing

1005

00:38:30,710 --> 00:38:29,200

i i mean you bring the person under

1006

00:38:32,630 --> 00:38:30,720

hypnosis and you give the suggestion

1007

00:38:33,589 --> 00:38:32,640

next time your eyes will open

1008

00:38:36,390 --> 00:38:33,599

uh

1009

00:38:38,550 --> 00:38:36,400

you will give me your code okay

1010

00:38:40,390 --> 00:38:38,560

internally there's something against the

1011

00:38:42,630 --> 00:38:40,400

values you know like that's michael

1012

00:38:45,750 --> 00:38:42,640

that's not your code there would be more

1013

00:38:47,990 --> 00:38:45,760

resistance okay but if the person would

1014

00:38:50,390 --> 00:38:48,000

say now at count of three your eyes open

1015

00:38:52,550 --> 00:38:50,400

you you will really realize that the

1016

00:38:54,870 --> 00:38:52,560

coat you're wearing is my coat

1017

00:38:56,150 --> 00:38:54,880

okay and you'll feel really bad about

1018

00:38:57,990 --> 00:38:56,160

wearing my coat and you'll just give it

1019

00:38:59,670 --> 00:38:58,000

back to me and then when you frame it

1020

00:39:01,109 --> 00:38:59,680

like this it doesn't go against the

1021

00:39:04,150 --> 00:39:01,119

values okay

1022

00:39:06,630 --> 00:39:04,160

and that's where things can happen in

1023

00:39:07,829 --> 00:39:06,640

some ways and most hypnotherapists don't

1024

00:39:09,349 --> 00:39:07,839

talk about this because they don't want

1025

00:39:11,109 --> 00:39:09,359

to scare their clients

1026

00:39:12,150 --> 00:39:11,119

i prefer to tell the truth it is

1027

00:39:14,230 --> 00:39:12,160

possible

1028

00:39:16,150 --> 00:39:14,240

in hypnotherapy settings it doesn't

1029

00:39:17,910 --> 00:39:16,160

happen because i mean the person would

1030

00:39:20,310 --> 00:39:17,920

remember and even if the hypnotherapist

1031

00:39:22,710 --> 00:39:20,320

gave the suggestion that you will forget

1032

00:39:24,550 --> 00:39:22,720

amnesia is not very stable for these

1033

00:39:25,510 --> 00:39:24,560

kind of things so it's not it wouldn't

1034

00:39:27,910 --> 00:39:25,520

even be

1035

00:39:30,150 --> 00:39:27,920

worth the risk of remembering like my

1036

00:39:31,589 --> 00:39:30,160

client remembering that i stole whatever

1037

00:39:33,829 --> 00:39:31,599

or did whatever that's bad so

1038

00:39:35,510 --> 00:39:33,839

hypnotherapist it doesn't happen so i

1039

00:39:38,470 --> 00:39:35,520

don't want to scare people but as you

1040

00:39:40,950 --> 00:39:38,480

mentioned there there can be uh

1041

00:39:43,589 --> 00:39:40,960

it does it's not all pink and happy and

1042

00:39:45,670 --> 00:39:43,599

nothing can happen there if you're with

1043

00:39:48,390 --> 00:39:45,680

the person in the street that has bad

1044

00:39:49,990 --> 00:39:48,400

intention they could do something okay

1045

00:39:51,270 --> 00:39:50,000

and uh so that's why

1046

00:39:53,510 --> 00:39:51,280

my advice to people if you're in the

1047

00:39:55,349 --> 00:39:53,520

street do and you have a hypnotist come

1048

00:39:57,670 --> 00:39:55,359

to you make sure you have friends around

1049

00:39:58,790 --> 00:39:57,680

and you just get a good feeling of the

1050

00:40:00,950 --> 00:39:58,800

person

1051

00:40:03,270 --> 00:40:00,960

and the other thing i want to bring is

1052

00:40:05,190 --> 00:40:03,280

uh especially doing regression with the

1053

00:40:07,190 --> 00:40:05,200

thing with false memories

1054

00:40:08,829 --> 00:40:07,200

okay that's something that's another

1055

00:40:12,870 --> 00:40:08,839

thing that can

1056

00:40:15,030 --> 00:40:12,880

uh do damages in some ways and if the

1057

00:40:15,829 --> 00:40:15,040

hypnotherapist is well trained that's

1058

00:40:17,750 --> 00:40:15,839

fine

1059

00:40:19,030 --> 00:40:17,760

but we have to understand that in

1060

00:40:21,349 --> 00:40:19,040

hypnosis

1061

00:40:23,750 --> 00:40:21,359

a person is really receptive

1062

00:40:26,230 --> 00:40:23,760

and what is uh very important in all

1063

00:40:27,670 --> 00:40:26,240

regression training is what we call

1064

00:40:30,150 --> 00:40:27,680

uh to

1065

00:40:32,790 --> 00:40:30,160

the the mistake of doing inappropriate

1066

00:40:34,550 --> 00:40:32,800

leading have you heard of this just

1067

00:40:36,550 --> 00:40:34,560

casually so i think it's an important

1068

00:40:38,310 --> 00:40:36,560

topic to talk about because

1069

00:40:39,270 --> 00:40:38,320

and again touching on what you just said

1070

00:40:41,510 --> 00:40:39,280

before

1071

00:40:42,630 --> 00:40:41,520

i don't certainly don't want to scare

1072

00:40:46,310 --> 00:40:42,640

anyone

1073

00:40:48,550 --> 00:40:46,320

away from this valuable tool

1074

00:40:51,349 --> 00:40:48,560

same token as as you're mentioning i

1075

00:40:53,430 --> 00:40:51,359

think we have to honor the power of this

1076

00:40:56,309 --> 00:40:53,440

tool and we shouldn't diminish it by

1077

00:40:58,069 --> 00:40:56,319

saying oh it's just all easily uh

1078

00:41:00,150 --> 00:40:58,079

maneuvered or easily understood because

1079

00:41:01,990 --> 00:41:00,160

it's not and i think this other area

1080

00:41:04,230 --> 00:41:02,000

that you're getting into is very

1081

00:41:06,150 --> 00:41:04,240

controversial and it is very scary for

1082

00:41:08,069 --> 00:41:06,160

people and that the that is the idea

1083

00:41:10,309 --> 00:41:08,079

that they could be so open and so

1084

00:41:12,710 --> 00:41:10,319

receptive that they could be implanted

1085

00:41:14,870 --> 00:41:12,720

with memories that aren't real memories

1086

00:41:17,270 --> 00:41:14,880

and that that could somehow

1087

00:41:18,470 --> 00:41:17,280

harm them in some way by destroying

1088

00:41:20,390 --> 00:41:18,480

their

1089

00:41:23,670 --> 00:41:20,400

idea of who they are by what they

1090

00:41:26,630 --> 00:41:23,680

remember so what is the the real scoop

1091

00:41:27,510 --> 00:41:26,640

on that john charles

1092

00:41:30,950 --> 00:41:27,520

well

1093

00:41:32,870 --> 00:41:30,960

to avoid creating any false memories

1094

00:41:35,430 --> 00:41:32,880

is you just had the hypnotist has to be

1095

00:41:37,670 --> 00:41:35,440

really careful as not to impose

1096

00:41:39,349 --> 00:41:37,680

his own presupposition in the client's

1097

00:41:42,630 --> 00:41:39,359

experience and i'll give you a classic

1098

00:41:44,950 --> 00:41:42,640

example of why in the past

1099

00:41:47,349 --> 00:41:44,960

hypnosis was taken to court and like it

1100

00:41:49,990 --> 00:41:47,359

wasn't discredited it was discredited is

1101
00:41:52,150 --> 00:41:50,000
that like if the hypnotist for example

1102
00:41:53,670 --> 00:41:52,160
let's say an example a client comes to a

1103
00:41:55,750 --> 00:41:53,680
hypnotist and says

1104
00:41:56,550 --> 00:41:55,760
i want to see if i was abused when i was

1105
00:41:58,470 --> 00:41:56,560
young

1106
00:42:00,950 --> 00:41:58,480
okay

1107
00:42:02,390 --> 00:42:00,960
a bad hypnotist would bring the person

1108
00:42:03,829 --> 00:42:02,400
in an altered state of consciousness and

1109
00:42:04,950 --> 00:42:03,839
we said now i'm going to come from three

1110
00:42:07,589 --> 00:42:04,960
down to one and you're going to go all

1111
00:42:09,670 --> 00:42:07,599
the way back to the time you were abused

1112
00:42:13,589 --> 00:42:09,680
press the position that they were abused

1113
00:42:15,430 --> 00:42:13,599

and this is a mistake a big no-no in

1114

00:42:17,270 --> 00:42:15,440

regression because you don't want to

1115

00:42:19,589 --> 00:42:17,280

presuppose that they were abused but if

1116

00:42:21,910 --> 00:42:19,599

the if the hypnotist isn't skilled it's

1117

00:42:23,910 --> 00:42:21,920

just like oh trying and let's explore

1118

00:42:24,790 --> 00:42:23,920

the client client could potentially

1119

00:42:27,910 --> 00:42:24,800

create

1120

00:42:30,069 --> 00:42:27,920

a an experience which is not true okay

1121

00:42:31,109 --> 00:42:30,079

that's why this is called inappropriate

1122

00:42:33,430 --> 00:42:31,119

leaning

1123

00:42:34,710 --> 00:42:33,440

and inappropriate leading can be done

1124

00:42:36,390 --> 00:42:34,720

you know

1125

00:42:39,430 --> 00:42:36,400

in different ways uh

1126

00:42:44,470 --> 00:42:41,510

i don't know if i go back to a child

1127

00:42:46,870 --> 00:42:44,480

you're a child and you're uh eating food

1128

00:42:49,349 --> 00:42:46,880

and having fun and and throwing food on

1129

00:42:52,390 --> 00:42:49,359

the floor and stuff like that and if the

1130

00:42:55,270 --> 00:42:52,400

hypnotherapist and says oh your parents

1131

00:42:57,349 --> 00:42:55,280

must not be very happy about this okay

1132

00:42:59,030 --> 00:42:57,359

and this is leading it's a good

1133

00:43:00,870 --> 00:42:59,040

hypnotherapist and how does your parent

1134

00:43:02,470 --> 00:43:00,880

feel about this if it's relevant of

1135

00:43:05,349 --> 00:43:02,480

course it's just an example

1136

00:43:07,990 --> 00:43:05,359

but uh that that's why it's uh it's very

1137

00:43:10,069 --> 00:43:08,000

important and when i do certification

1138

00:43:11,510 --> 00:43:10,079

for the the institute because

1139

00:43:13,829 --> 00:43:11,520

just something like that about the

1140

00:43:15,349 --> 00:43:13,839

institute i do certification contrary to

1141

00:43:17,190 --> 00:43:15,359

some other school sometimes like they

1142

00:43:18,150 --> 00:43:17,200

have to prove they have good

1143

00:43:21,030 --> 00:43:18,160

uh

1144

00:43:22,950 --> 00:43:21,040

skills to do regression and it can be

1145

00:43:25,030 --> 00:43:22,960

very subtle for example like the person

1146

00:43:28,230 --> 00:43:25,040

goes back to an event not necessarily in

1147

00:43:31,750 --> 00:43:28,240

childhood or maybe where they're in a

1148

00:43:33,910 --> 00:43:31,760

there's someone uh dying or a ceremony

1149

00:43:37,270 --> 00:43:33,920

and everything happening and then if the

1150

00:43:39,349 --> 00:43:37,280

hypnosis said oh and how do you feel as

1151

00:43:42,069 --> 00:43:39,359

you're there you know as if implying

1152

00:43:44,390 --> 00:43:42,079

they should feel bad you know and

1153

00:43:46,230 --> 00:43:44,400

this kind of leading could you know and

1154

00:43:47,670 --> 00:43:46,240

it's not as fragile

1155

00:43:51,270 --> 00:43:47,680

people have to understand it's not as

1156

00:43:54,069 --> 00:43:51,280

fragile even if you do leading uh

1157

00:43:55,910 --> 00:43:54,079

mistakes sometimes people will tell you

1158

00:43:57,430 --> 00:43:55,920

like that oh this is not happening and

1159

00:43:59,829 --> 00:43:57,440

they will correct you even if you had to

1160

00:44:01,430 --> 00:43:59,839

preserve a position it's not as fragile

1161

00:44:02,710 --> 00:44:01,440

i don't want to scare people

1162

00:44:04,870 --> 00:44:02,720

but it's just like if you have a

1163

00:44:06,230 --> 00:44:04,880

hypnotherapist who does a lot of leading

1164

00:44:09,349 --> 00:44:06,240

mistakes

1165

00:44:11,670 --> 00:44:09,359

there's a chance that a a memory will a

1166

00:44:13,190 --> 00:44:11,680

false memory could be created and we and

1167

00:44:15,349 --> 00:44:13,200

we don't want that and what you're

1168

00:44:17,349 --> 00:44:15,359

suggesting is also challenging in a way

1169

00:44:19,829 --> 00:44:17,359

because we just don't know

1170

00:44:21,750 --> 00:44:19,839

how all this stuff really works and i

1171

00:44:25,030 --> 00:44:21,760

mean here you are you're very skilled

1172

00:44:27,349 --> 00:44:25,040

practitioner and you can reliably get

1173

00:44:29,990 --> 00:44:27,359

certain results but it does seem like in

1174

00:44:32,550 --> 00:44:30,000

these other areas we don't know why

1175

00:44:34,710 --> 00:44:32,560

people would confabulate and form a

1176
00:44:36,069 --> 00:44:34,720
false memory why would the mind work

1177
00:44:38,470 --> 00:44:36,079
like that i mean these are these are

1178
00:44:40,630 --> 00:44:38,480
open questions right yeah yeah and i'm

1179
00:44:42,550 --> 00:44:40,640
really glad you you brought that because

1180
00:44:44,309 --> 00:44:42,560
also like i mean because there's

1181
00:44:46,630 --> 00:44:44,319
basically two types of regression you

1182
00:44:49,829 --> 00:44:46,640
know there's present life regression and

1183
00:44:52,150 --> 00:44:49,839
past life in between lives uh regression

1184
00:44:54,790 --> 00:44:52,160
past life usually done in childhood

1185
00:44:57,030 --> 00:44:54,800
and past life while doing in the past

1186
00:44:59,589 --> 00:44:57,040
and what's very important that's often a

1187
00:45:02,230 --> 00:44:59,599
taboo i would say in training in past

1188
00:45:04,069 --> 00:45:02,240

life training because it's as if like

1189

00:45:06,470 --> 00:45:04,079

people take for granted it should be all

1190

00:45:09,430 --> 00:45:06,480

true i don't think it's it's true that

1191

00:45:11,589 --> 00:45:09,440

all memories access are necessarily real

1192

00:45:13,030 --> 00:45:11,599

past life i do believe there's a lot

1193

00:45:15,109 --> 00:45:13,040

that is real because i mean when you

1194

00:45:17,430 --> 00:45:15,119

experience and you see and especially

1195

00:45:19,030 --> 00:45:17,440

when you can i mean if we're purely

1196

00:45:20,470 --> 00:45:19,040

logical rational

1197

00:45:23,109 --> 00:45:20,480

we should only

1198

00:45:25,270 --> 00:45:23,119

accept if we can verify some things okay

1199

00:45:27,030 --> 00:45:25,280

and i've had clients verify information

1200

00:45:29,670 --> 00:45:27,040

about stuff that you know you can't read

1201

00:45:31,510 --> 00:45:29,680

in the journal in little villages

1202

00:45:34,150 --> 00:45:31,520

buried you know a long time ago and then

1203

00:45:36,309 --> 00:45:34,160

you find information it does happen but

1204

00:45:39,589 --> 00:45:36,319

what also can happen is that the

1205

00:45:42,630 --> 00:45:39,599

unconscious may create a metaphor okay

1206

00:45:44,950 --> 00:45:42,640

for the individuals to either understand

1207

00:45:47,510 --> 00:45:44,960

or release something and it doesn't have

1208

00:45:49,190 --> 00:45:47,520

to be less uh

1209

00:45:51,670 --> 00:45:49,200

important or even powerful because i've

1210

00:45:53,990 --> 00:45:51,680

had clients i truly believe were

1211

00:45:55,750 --> 00:45:54,000

metaphors because metaphors are

1212

00:45:57,910 --> 00:45:55,760

different from past life there's

1213

00:46:00,230 --> 00:45:57,920

something more uh

1214

00:46:01,349 --> 00:46:00,240

symbolism and stuff like that and that

1215

00:46:03,190 --> 00:46:01,359

really

1216

00:46:05,109 --> 00:46:03,200

doesn't feel true like i've been doing

1217

00:46:07,910 --> 00:46:05,119

this for a while so i can get a feel of

1218

00:46:09,270 --> 00:46:07,920

both but the person just changed

1219

00:46:11,349 --> 00:46:09,280

like a deep

1220

00:46:13,190 --> 00:46:11,359

change like the the unconscious even

1221

00:46:14,710 --> 00:46:13,200

through dreams communicate with symbols

1222

00:46:17,030 --> 00:46:14,720

with metaphors that's the language of

1223

00:46:18,710 --> 00:46:17,040

the unconscious so if the unconscious

1224

00:46:20,630 --> 00:46:18,720

mind chooses to give

1225

00:46:22,790 --> 00:46:20,640

instead of gaining access to a past life

1226
00:46:24,870 --> 00:46:22,800
chooses to create a metaphor to either

1227
00:46:27,670 --> 00:46:24,880
release something or help understand

1228
00:46:29,750 --> 00:46:27,680
some things that's fine you know it's we

1229
00:46:31,510 --> 00:46:29,760
have to get away from visit

1230
00:46:33,670 --> 00:46:31,520
real or not from

1231
00:46:35,270 --> 00:46:33,680
how is it beneficial for the individual

1232
00:46:37,190 --> 00:46:35,280
what can be used

1233
00:46:39,990 --> 00:46:37,200
to either understand was it help what's

1234
00:46:40,950 --> 00:46:40,000
the therapeutic benefits of this

1235
00:46:43,190 --> 00:46:40,960
uh

1236
00:46:44,630 --> 00:46:43,200
instead of just focusing was it real or

1237
00:46:46,470 --> 00:46:44,640
not that's not the real question when

1238
00:46:48,069 --> 00:46:46,480

you do this kind of work with the

1239

00:46:50,069 --> 00:46:48,079

intention of

1240

00:46:52,870 --> 00:46:50,079

self growth basically

1241

00:46:56,230 --> 00:46:52,880

fascinating i love the way you handle

1242

00:46:58,470 --> 00:46:56,240

that because i love the openness to all

1243

00:47:01,750 --> 00:46:58,480

the different possibilities that might

1244

00:47:04,470 --> 00:47:01,760

exist and at the same time your your

1245

00:47:07,670 --> 00:47:04,480

rigor and your focus about how we should

1246

00:47:09,589 --> 00:47:07,680

approach it in terms of results so with

1247

00:47:11,829 --> 00:47:09,599

that as kind of a background

1248

00:47:12,710 --> 00:47:11,839

take people through

1249

00:47:16,230 --> 00:47:12,720

what

1250

00:47:18,470 --> 00:47:16,240

typically happens in a past life or

1251
00:47:20,870 --> 00:47:18,480
between life regression and i'm not sure

1252
00:47:23,190 --> 00:47:20,880
how those would be different and what

1253
00:47:25,829 --> 00:47:23,200
typically someone why someone would come

1254
00:47:27,829 --> 00:47:25,839
to you for that and then typically what

1255
00:47:29,109 --> 00:47:27,839
they would experience during that kind

1256
00:47:32,230 --> 00:47:29,119
of session

1257
00:47:33,750 --> 00:47:32,240
yeah sure uh i guess i'll just start by

1258
00:47:35,030 --> 00:47:33,760
making a difference between past life

1259
00:47:37,829 --> 00:47:35,040
regression and in between life

1260
00:47:39,750 --> 00:47:37,839
regressions uh past life regression

1261
00:47:41,430 --> 00:47:39,760
basically while most people know know

1262
00:47:42,790 --> 00:47:41,440
about this going back to another

1263
00:47:45,190 --> 00:47:42,800

incarnation

1264

00:47:47,430 --> 00:47:45,200

uh where we have a different body

1265

00:47:49,270 --> 00:47:47,440

different name different type different

1266

00:47:51,589 --> 00:47:49,280

physiology okay you don't necessarily

1267

00:47:54,230 --> 00:47:51,599

look like uh what you look like today

1268

00:47:55,510 --> 00:47:54,240

couldn't be a different gender okay

1269

00:47:58,230 --> 00:47:55,520

and uh

1270

00:48:00,230 --> 00:47:58,240

so that's past life and the reasons why

1271

00:48:02,870 --> 00:48:00,240

we may be interested in doing past lives

1272

00:48:05,030 --> 00:48:02,880

is to either understand some things in

1273

00:48:07,589 --> 00:48:05,040

your present life where some things

1274

00:48:10,390 --> 00:48:07,599

situation or illness or pain or whatever

1275

00:48:12,390 --> 00:48:10,400

comes from uh like or emotions that you

1276

00:48:15,430 --> 00:48:12,400

don't know where it comes from it can be

1277

00:48:18,150 --> 00:48:15,440

to release blockages or to unblock

1278

00:48:19,109 --> 00:48:18,160

something and could be also to re-access

1279

00:48:21,349 --> 00:48:19,119

some

1280

00:48:22,870 --> 00:48:21,359

resources or states

1281

00:48:24,870 --> 00:48:22,880

you know that you've had that would be

1282

00:48:25,829 --> 00:48:24,880

beneficial for you an example of that

1283

00:48:28,710 --> 00:48:25,839

would be

1284

00:48:30,230 --> 00:48:28,720

someone who has very low self-esteem

1285

00:48:33,109 --> 00:48:30,240

in this lifetime

1286

00:48:35,030 --> 00:48:33,119

and uh and and also what's important to

1287

00:48:38,150 --> 00:48:35,040

mention is the way i work

1288

00:48:39,750 --> 00:48:38,160

i always ask the higher consciousness

1289

00:48:42,549 --> 00:48:39,760

okay to bring the person back to a

1290

00:48:44,470 --> 00:48:42,559

lifetime that has a lot of influence or

1291

00:48:46,390 --> 00:48:44,480

their on their present life so even if

1292

00:48:48,630 --> 00:48:46,400

they had i tell people whatever you've

1293

00:48:50,230 --> 00:48:48,640

been told about past life we put it on

1294

00:48:52,069 --> 00:48:50,240

the side there's a lot of psychics

1295

00:48:53,750 --> 00:48:52,079

people telling stuff

1296

00:48:55,990 --> 00:48:53,760

sometime it may be true sometimes it's

1297

00:48:57,829 --> 00:48:56,000

not so i tell people we don't just let's

1298

00:48:59,589 --> 00:48:57,839

put this on the side and let's just say

1299

00:49:02,950 --> 00:48:59,599

what your higher consciousness wants to

1300

00:49:05,910 --> 00:49:02,960

show you to help you in some ways and uh

1301
00:49:07,670 --> 00:49:05,920
and so the person would access a past

1302
00:49:09,910 --> 00:49:07,680
life that would uh

1303
00:49:11,910 --> 00:49:09,920
have significant on their on their

1304
00:49:13,829 --> 00:49:11,920
present life to either understand or

1305
00:49:16,390 --> 00:49:13,839
coming back to their self-confidence

1306
00:49:18,870 --> 00:49:16,400
thing the person could access and i had

1307
00:49:21,109 --> 00:49:18,880
a client recently where she was really

1308
00:49:22,069 --> 00:49:21,119
confident in a past life you know she

1309
00:49:24,150 --> 00:49:22,079
was

1310
00:49:25,910 --> 00:49:24,160
this person nothing not a big title not

1311
00:49:26,950 --> 00:49:25,920
a popular person but she had just this

1312
00:49:29,030 --> 00:49:26,960
confidence

1313
00:49:31,990 --> 00:49:29,040

and it kind of created a resource

1314

00:49:34,549 --> 00:49:32,000

resource inside a person that she could

1315

00:49:36,230 --> 00:49:34,559

feel and now all the cells all the body

1316

00:49:38,069 --> 00:49:36,240

it could just create really create a

1317

00:49:40,069 --> 00:49:38,079

resource resource that afterwards she

1318

00:49:43,349 --> 00:49:40,079

could feel it would be easier to tap

1319

00:49:47,430 --> 00:49:43,359

into that okay so that's an example

1320

00:49:49,990 --> 00:49:47,440

where of why someone would do past life

1321

00:49:52,549 --> 00:49:50,000

now life between lives is something is

1322

00:49:54,710 --> 00:49:52,559

less understood and it's even more

1323

00:49:57,990 --> 00:49:54,720

complex okay

1324

00:50:00,549 --> 00:49:58,000

basically in between lives is where what

1325

00:50:03,270 --> 00:50:00,559

happens after we die in the past life so

1326
00:50:05,030 --> 00:50:03,280
typically in a typical process although

1327
00:50:07,349 --> 00:50:05,040
there's other ways of doing it a typical

1328
00:50:09,349 --> 00:50:07,359
process you will go back to a past life

1329
00:50:12,470 --> 00:50:09,359
and you'll bring the person to the death

1330
00:50:14,309 --> 00:50:12,480
scene and go after the death okay and

1331
00:50:15,829 --> 00:50:14,319
that's where it's really interesting

1332
00:50:19,990 --> 00:50:15,839
because there's a lot

1333
00:50:22,950 --> 00:50:20,000
of similarities between nde experiences

1334
00:50:24,950 --> 00:50:22,960
people uh that we uh report that near

1335
00:50:27,510 --> 00:50:24,960
death experience ex

1336
00:50:29,990 --> 00:50:27,520
experiences and also what happens that

1337
00:50:31,589 --> 00:50:30,000
like like separating from the body

1338
00:50:33,030 --> 00:50:31,599

sometimes going through a tunnel or

1339

00:50:35,270 --> 00:50:33,040

going somewhere there's light meeting

1340

00:50:36,470 --> 00:50:35,280

beings and all this

1341

00:50:38,630 --> 00:50:36,480

and uh

1342

00:50:40,069 --> 00:50:38,640

and the reasons there may be

1343

00:50:41,670 --> 00:50:40,079

many reasons why someone may be

1344

00:50:43,750 --> 00:50:41,680

interested in that it can be to

1345

00:50:46,069 --> 00:50:43,760

reconnect with their spiritual nature

1346

00:50:48,470 --> 00:50:46,079

you know like to because i don't know if

1347

00:50:50,549 --> 00:50:48,480

you've heard the expression we're not uh

1348

00:50:52,230 --> 00:50:50,559

human beings having spiritual experience

1349

00:50:53,910 --> 00:50:52,240

we're a spiritual being having a human

1350

00:50:55,349 --> 00:50:53,920

experience i would say in a nutshell

1351

00:50:57,109 --> 00:50:55,359

that's basically

1352

00:50:59,349 --> 00:50:57,119

what this process helps people to

1353

00:51:00,390 --> 00:50:59,359

reconnect with their spiritual

1354

00:51:02,309 --> 00:51:00,400

aspect

1355

00:51:05,030 --> 00:51:02,319

of themselves and it could be

1356

00:51:06,390 --> 00:51:05,040

to reconnect with what we call the life

1357

00:51:08,549 --> 00:51:06,400

mission

1358

00:51:09,990 --> 00:51:08,559

or the live contract

1359

00:51:13,190 --> 00:51:10,000

uh which

1360

00:51:15,670 --> 00:51:13,200

in this frame of mind is is uh there's a

1361

00:51:18,069 --> 00:51:15,680

reason why we we would incarnate okay

1362

00:51:20,870 --> 00:51:18,079

there's some things we want to

1363

00:51:23,510 --> 00:51:20,880

to resolve or to do or some qualities to

1364

00:51:26,390 --> 00:51:23,520

develop to grow as a soul okay so that's

1365

00:51:27,750 --> 00:51:26,400

the the principle behind this

1366

00:51:29,990 --> 00:51:27,760

and uh

1367

00:51:31,589 --> 00:51:30,000

and i also don't like the term life

1368

00:51:33,109 --> 00:51:31,599

mission i'm probably gonna change that

1369

00:51:34,710 --> 00:51:33,119

because a lot of people think mission

1370

00:51:37,349 --> 00:51:34,720

you know this big mission i came here to

1371

00:51:39,109 --> 00:51:37,359

change the world i came this you know

1372

00:51:40,710 --> 00:51:39,119

i prefer to use the term contract

1373

00:51:42,470 --> 00:51:40,720

because it can be something very simple

1374

00:51:45,190 --> 00:51:42,480

it might not have anything to do

1375

00:51:48,069 --> 00:51:45,200

professionally you know to to to learn

1376
00:51:49,910 --> 00:51:48,079
to forgive to learn to assert yourself

1377
00:51:51,829 --> 00:51:49,920
learn you know qualities like this it

1378
00:51:53,910 --> 00:51:51,839
doesn't have to be this big thing that

1379
00:51:55,109 --> 00:51:53,920
life mission sometimes triggers in

1380
00:51:58,390 --> 00:51:55,119
people you know

1381
00:52:00,309 --> 00:51:58,400
uh so life mission to to understand

1382
00:52:02,470 --> 00:52:00,319
why you're here basically you know what

1383
00:52:05,190 --> 00:52:02,480
you why you incarnated like life

1384
00:52:07,910 --> 00:52:05,200
suggestions or recommendations right i

1385
00:52:09,910 --> 00:52:07,920
mean yeah yeah i mean like to reconnect

1386
00:52:11,670 --> 00:52:09,920
with what you decided to

1387
00:52:14,710 --> 00:52:11,680
to do when you came in this incarnation

1388
00:52:17,270 --> 00:52:14,720

to help you move forward on that path

1389

00:52:19,910 --> 00:52:17,280

and some people can be to reconnect with

1390

00:52:22,470 --> 00:52:19,920

the nature of what we call spirit guides

1391

00:52:24,390 --> 00:52:22,480

okay or sometimes people call angels and

1392

00:52:26,309 --> 00:52:24,400

there and

1393

00:52:29,510 --> 00:52:26,319

it's really fascinating when people

1394

00:52:30,630 --> 00:52:29,520

connect with them and with a a guide and

1395

00:52:32,390 --> 00:52:30,640

they have this experience of

1396

00:52:33,270 --> 00:52:32,400

unconditional love like that you see

1397

00:52:35,430 --> 00:52:33,280

stuff

1398

00:52:38,630 --> 00:52:35,440

when you do this work that's this i mean

1399

00:52:42,950 --> 00:52:41,030

clients will report very of often

1400

00:52:44,950 --> 00:52:42,960

feeling feelings of love

1401
00:52:46,950 --> 00:52:44,960
unconditional love that they've never

1402
00:52:49,109 --> 00:52:46,960
felt in their incarnation is that if

1403
00:52:51,430 --> 00:52:49,119
like something really profound and also

1404
00:52:53,510 --> 00:52:51,440
to reconnect with their true nature it's

1405
00:52:56,630 --> 00:52:53,520
as if like there's

1406
00:52:58,710 --> 00:52:56,640
alex there's rochelle there's our masks

1407
00:53:01,109 --> 00:52:58,720
okay these rental cars that we have

1408
00:53:03,829 --> 00:53:01,119
throughout lifetimes and then when we

1409
00:53:06,790 --> 00:53:03,839
start to connect even slightly with

1410
00:53:10,470 --> 00:53:06,800
the essence this uh spark or this light

1411
00:53:15,349 --> 00:53:12,150
uh

1412
00:53:17,270 --> 00:53:15,359
timeless kind of self in some ways and

1413
00:53:19,270 --> 00:53:17,280

if people feel an expansion and they

1414

00:53:20,870 --> 00:53:19,280

can't kind can have an experience of

1415

00:53:22,950 --> 00:53:20,880

really a

1416

00:53:24,549 --> 00:53:22,960

transformative experience of their whole

1417

00:53:25,750 --> 00:53:24,559

perceptions because what we have to

1418

00:53:27,910 --> 00:53:25,760

understand

1419

00:53:29,750 --> 00:53:27,920

is when you have these experiences you

1420

00:53:31,990 --> 00:53:29,760

really can change

1421

00:53:34,710 --> 00:53:32,000

many things for example if someone

1422

00:53:36,710 --> 00:53:34,720

uh for example had a parent okay very

1423

00:53:39,349 --> 00:53:36,720

unloving you know like

1424

00:53:41,349 --> 00:53:39,359

very tough on the child on the client

1425

00:53:43,030 --> 00:53:41,359

when he was young and then you go back

1426
00:53:45,349 --> 00:53:43,040
in between lives and you find out you

1427
00:53:46,470 --> 00:53:45,359
had a contract with that soul would give

1428
00:53:49,030 --> 00:53:46,480
you trouble

1429
00:53:51,349 --> 00:53:49,040
so that you can either reconnect

1430
00:53:53,829 --> 00:53:51,359
yourself with your feeling of self-love

1431
00:53:55,829 --> 00:53:53,839
and to have some growth experience to

1432
00:53:58,309 --> 00:53:55,839
grow out of this and when you really

1433
00:54:00,549 --> 00:53:58,319
understand the contract it really helps

1434
00:54:02,630 --> 00:54:00,559
for forgiveness but also at the highest

1435
00:54:04,790 --> 00:54:02,640
level you can even have gratitude for

1436
00:54:07,589 --> 00:54:04,800
that soul to be on your path to have

1437
00:54:10,309 --> 00:54:07,599
give you new that much trouble so it

1438
00:54:11,750 --> 00:54:10,319

could trigger some qualities or

1439

00:54:13,589 --> 00:54:11,760

competence that you wouldn't have

1440

00:54:16,950 --> 00:54:13,599

developed if you just had loving parents

1441

00:54:18,630 --> 00:54:16,960

okay so that makes a huge switch in

1442

00:54:20,870 --> 00:54:18,640

someone's mind

1443

00:54:24,549 --> 00:54:20,880

it can also be used to get rid of fear

1444

00:54:26,950 --> 00:54:24,559

of dying when just going in a past life

1445

00:54:30,390 --> 00:54:26,960

throughout a past life and dying

1446

00:54:31,670 --> 00:54:30,400

i i remember in colorado i i had a

1447

00:54:34,150 --> 00:54:31,680

a um

1448

00:54:35,829 --> 00:54:34,160

a person uh who was a

1449

00:54:37,990 --> 00:54:35,839

an engineer you know

1450

00:54:40,069 --> 00:54:38,000

really rational i had trouble accessing

1451
00:54:42,069 --> 00:54:40,079
the the state was questioning a lot and

1452
00:54:43,990 --> 00:54:42,079
i don't know if i'm making this up and

1453
00:54:46,069 --> 00:54:44,000
that's so fun just keep going and when

1454
00:54:48,470 --> 00:54:46,079
we arrive at the death scene

1455
00:54:50,150 --> 00:54:48,480
and she just starts crying and just goes

1456
00:54:52,710 --> 00:54:50,160
deeper at that point

1457
00:54:54,230 --> 00:54:52,720
and what i didn't know even before the

1458
00:54:57,190 --> 00:54:54,240
we we talked

1459
00:54:59,910 --> 00:54:57,200
uh the person has a really deep fear of

1460
00:55:02,069 --> 00:54:59,920
death and her husband would say like she

1461
00:55:04,069 --> 00:55:02,079
wouldn't even go a week without talking

1462
00:55:07,030 --> 00:55:04,079
about it she was like really into this

1463
00:55:09,430 --> 00:55:07,040

and then we were all eating together

1464

00:55:11,190 --> 00:55:09,440

and then uh and she said that to her

1465

00:55:12,870 --> 00:55:11,200

husband you know what

1466

00:55:15,750 --> 00:55:12,880

i think i'm not afraid anymore he was

1467

00:55:18,069 --> 00:55:15,760

just like what you know so

1468

00:55:20,390 --> 00:55:18,079

these things that can help for a grief

1469

00:55:23,109 --> 00:55:20,400

process another interesting thing that

1470

00:55:26,069 --> 00:55:23,119

really surprised me as well is sometimes

1471

00:55:28,790 --> 00:55:26,079

people or dead people relatives loved

1472

00:55:31,750 --> 00:55:28,800

ones can sometimes connect and

1473

00:55:33,270 --> 00:55:31,760

and have interaction that helps to

1474

00:55:35,829 --> 00:55:33,280

free

1475

00:55:38,230 --> 00:55:35,839

uh to help like forgiveness and so

1476

00:55:39,430 --> 00:55:38,240

there's many many things that can happen

1477

00:55:41,589 --> 00:55:39,440

in these uh

1478

00:55:42,950 --> 00:55:41,599

types of life between life

1479

00:55:45,670 --> 00:55:42,960

experience

1480

00:55:47,589 --> 00:55:45,680

it's it's amazing i have to say i think

1481

00:55:49,589 --> 00:55:47,599

for a lot of people

1482

00:55:53,030 --> 00:55:49,599

it's a lot to take in

1483

00:55:54,789 --> 00:55:53,040

it's very challenging on so many levels

1484

00:55:57,349 --> 00:55:54,799

and in the little bit of time that we

1485

00:55:59,990 --> 00:55:57,359

have left i want to touch on a couple of

1486

00:56:01,910 --> 00:56:00,000

things i think it's very important the

1487

00:56:04,870 --> 00:56:01,920

way and i love this approach that you

1488

00:56:07,109 --> 00:56:04,880

have of coming back to the measurable

1489

00:56:08,870 --> 00:56:07,119

effects that your clients have they're

1490

00:56:10,870 --> 00:56:08,880

either better or they're not better and

1491

00:56:12,870 --> 00:56:10,880

i think for the person who's more

1492

00:56:14,950 --> 00:56:12,880

cynical or skeptical they'll go well

1493

00:56:16,470 --> 00:56:14,960

those are just anecdotes and i don't

1494

00:56:18,549 --> 00:56:16,480

think that's true i mean i think in a

1495

00:56:20,549 --> 00:56:18,559

therapeutic session this is what we

1496

00:56:23,510 --> 00:56:20,559

measure all the time i mean if you're a

1497

00:56:25,990 --> 00:56:23,520

psychotherapist a psychoanalyst you know

1498

00:56:27,910 --> 00:56:26,000

you're doing therapy and people are

1499

00:56:30,230 --> 00:56:27,920

either better or they're not based on

1500

00:56:32,390 --> 00:56:30,240

how they report and we compare that to

1501

00:56:34,390 --> 00:56:32,400

drugs we can give someone drugs to

1502

00:56:36,309 --> 00:56:34,400

overcome grief we can give them

1503

00:56:38,549 --> 00:56:36,319

antidepressants to overcome grief we can

1504

00:56:40,069 --> 00:56:38,559

give them psychotherapy to overcome

1505

00:56:42,069 --> 00:56:40,079

grief or

1506

00:56:43,910 --> 00:56:42,079

we could give them a past life or

1507

00:56:46,470 --> 00:56:43,920

between life regression therapy and we

1508

00:56:48,470 --> 00:56:46,480

could measure that so i i just it always

1509

00:56:49,990 --> 00:56:48,480

amazes me where people want to kind of

1510

00:56:51,750 --> 00:56:50,000

just dismiss it and slide off the table

1511

00:56:53,430 --> 00:56:51,760

and say that's not scientific we can't

1512

00:56:55,270 --> 00:56:53,440

measure it of course we can measure we

1513

00:56:58,470 --> 00:56:55,280

measure that kind of stuff all the time

1514

00:56:59,349 --> 00:56:58,480

to find out what is most efficacious

1515

00:57:01,430 --> 00:56:59,359

so

1516

00:57:03,190 --> 00:57:01,440

if you have anything to add to that

1517

00:57:05,430 --> 00:57:03,200

great but then the last thing that i

1518

00:57:08,230 --> 00:57:05,440

want to really get on

1519

00:57:11,270 --> 00:57:08,240

what the heck does this mean i mean this

1520

00:57:13,829 --> 00:57:11,280

is challenging in so many ways

1521

00:57:16,710 --> 00:57:13,839

soul contract life groups

1522

00:57:18,630 --> 00:57:16,720

life missions it's not about this life

1523

00:57:21,270 --> 00:57:18,640

it's about the next life how does

1524

00:57:23,670 --> 00:57:21,280

someone figure this stuff out figure out

1525

00:57:26,069 --> 00:57:23,680

how to incorporate this into

1526

00:57:29,190 --> 00:57:26,079

their world view how are your clients

1527

00:57:31,270 --> 00:57:29,200

making that that leap of understanding

1528

00:57:36,069 --> 00:57:31,280

i mean like the clients that i see are

1529

00:57:38,950 --> 00:57:36,079

usually open uh to reincarnation to to

1530

00:57:41,589 --> 00:57:38,960

these uh principles or this concept of

1531

00:57:43,829 --> 00:57:41,599

having a a soul group having a live

1532

00:57:45,510 --> 00:57:43,839

mission and all this

1533

00:57:48,150 --> 00:57:45,520

uh but what is most interesting and when

1534

00:57:49,910 --> 00:57:48,160

you have clients and that's where i i

1535

00:57:52,309 --> 00:57:49,920

guess the point that is worth mentioning

1536

00:57:54,390 --> 00:57:52,319

is that even if the client doesn't

1537

00:57:56,069 --> 00:57:54,400

believe in it and i've had clients okay

1538

00:57:58,069 --> 00:57:56,079

who come in the in the in the office and

1539

00:58:00,150 --> 00:57:58,079

say you know what i'm a very i'm very

1540

00:58:02,309 --> 00:58:00,160

skeptical and i said that's fine but my

1541

00:58:03,910 --> 00:58:02,319

wife made me come or my husband made me

1542

00:58:09,910 --> 00:58:03,920

yeah

1543

00:58:11,270 --> 00:58:09,920

you're open to have an experience

1544

00:58:12,789 --> 00:58:11,280

then it's fine because if the person

1545

00:58:14,870 --> 00:58:12,799

that wants to prove it's not going to

1546

00:58:16,549 --> 00:58:14,880

work or what doesn't want to believe

1547

00:58:17,670 --> 00:58:16,559

that it's possible then they're going to

1548

00:58:18,870 --> 00:58:17,680

block the experience they're not going

1549

00:58:20,870 --> 00:58:18,880

to follow your suggestion they're not

1550

00:58:22,069 --> 00:58:20,880

going to let it happen but if the person

1551
00:58:23,270 --> 00:58:22,079
says to me you know what i'm very

1552
00:58:26,069 --> 00:58:23,280
skeptical

1553
00:58:27,910 --> 00:58:26,079
but i'm open that's perfect and that's

1554
00:58:30,549 --> 00:58:27,920
when you have these people who haven't

1555
00:58:32,630 --> 00:58:30,559
read a lot about this stuff who are very

1556
00:58:34,950 --> 00:58:32,640
skeptical and who have this really

1557
00:58:37,030 --> 00:58:34,960
profound experience who know not only on

1558
00:58:39,430 --> 00:58:37,040
the spot are very meaningful and very

1559
00:58:41,109 --> 00:58:39,440
touching and all this but it goes

1560
00:58:42,710 --> 00:58:41,119
integrates in their life

1561
00:58:44,710 --> 00:58:42,720
things change in their life and their

1562
00:58:47,349 --> 00:58:44,720
interaction with others with themselves

1563
00:58:48,470 --> 00:58:47,359

perceptions of the world there's really

1564

00:58:50,789 --> 00:58:48,480

noticeable

1565

00:58:54,150 --> 00:58:50,799

changes that can take place at many many

1566

00:58:56,549 --> 00:58:54,160

levels and sometimes even at levels that

1567

00:58:57,990 --> 00:58:56,559

you haven't touched during the session

1568

00:59:00,549 --> 00:58:58,000

which is really interesting i've had

1569

00:59:02,950 --> 00:59:00,559

like a chiropractor who came to see me

1570

00:59:04,390 --> 00:59:02,960

who had this really this really deep

1571

00:59:06,950 --> 00:59:04,400

pain and we've

1572

00:59:09,750 --> 00:59:06,960

uh did work past life life between life

1573

00:59:11,270 --> 00:59:09,760

and it just like because we do i always

1574

00:59:13,670 --> 00:59:11,280

ask the higher consciousness to do

1575

00:59:14,789 --> 00:59:13,680

healing and stuff but i wasn't

1576

00:59:16,230 --> 00:59:14,799

specifically

1577

00:59:18,150 --> 00:59:16,240

toward the pain i didn't even know about

1578

00:59:19,829 --> 00:59:18,160

it and the guy just reported the day

1579

00:59:21,750 --> 00:59:19,839

after i was like you know what this pain

1580

00:59:24,230 --> 00:59:21,760

that i've had for years is gone so

1581

00:59:26,470 --> 00:59:24,240

there's i we don't understand alex we

1582

00:59:29,030 --> 00:59:26,480

don't understand exactly how it works

1583

00:59:31,349 --> 00:59:29,040

it's a bit like like a car a car and you

1584

00:59:32,789 --> 00:59:31,359

know how to drive we know what to do but

1585

00:59:34,549 --> 00:59:32,799

you know like for i mean some people

1586

00:59:36,470 --> 00:59:34,559

know how car cars works but you don't

1587

00:59:38,630 --> 00:59:36,480

need to know how the car works to use

1588

00:59:41,349 --> 00:59:38,640

the car you know so uh it's very

1589

00:59:43,430 --> 00:59:41,359

fascinating and i honestly think that

1590

00:59:44,870 --> 00:59:43,440

as changes i mean there's big changes in

1591

00:59:46,870 --> 00:59:44,880

the world there's a lot of people are

1592

00:59:48,390 --> 00:59:46,880

more open now i get more and more

1593

00:59:50,710 --> 00:59:48,400

clients who are not even to into

1594

00:59:53,190 --> 00:59:50,720

spirituality they're just very sincere

1595

00:59:55,109 --> 00:59:53,200

about knowing more about themselves and

1596

00:59:57,589 --> 00:59:55,119

i think in the future this kind of

1597

00:59:59,349 --> 00:59:57,599

spiritual hypnosis will be more and more

1598

01:00:01,349 --> 00:59:59,359

popular because it just

1599

01:00:04,150 --> 01:00:01,359

takes even for a therapy like a

1600

01:00:06,710 --> 01:00:04,160

therapist like psychologists uh i in my

1601
01:00:08,309 --> 01:00:06,720
classes i have psychologists doctors

1602
01:00:09,349 --> 01:00:08,319
who don't want to be on the website but

1603
01:00:10,870 --> 01:00:09,359
they want to use it personally with

1604
01:00:12,549 --> 01:00:10,880
their clients because i mean like

1605
01:00:14,630 --> 01:00:12,559
there's orders i don't know how it is in

1606
01:00:17,430 --> 01:00:14,640
the states but it's a bit more touchy

1607
01:00:20,230 --> 01:00:17,440
but it just gives you a a broader

1608
01:00:22,230 --> 01:00:20,240
broader sense of a broader sense of the

1609
01:00:25,430 --> 01:00:22,240
of the situation of client even the

1610
01:00:27,910 --> 01:00:25,440
karmic influences uh why they're here so

1611
01:00:29,829 --> 01:00:27,920
if they have this problem and you can

1612
01:00:31,670 --> 01:00:29,839
manage to get a wider view it's just

1613
01:00:34,470 --> 01:00:31,680

more helpful overall to to help the

1614

01:00:36,069 --> 01:00:34,480

client well great john charles and we

1615

01:00:38,710 --> 01:00:36,079

will definitely have a link to your

1616

01:00:40,630 --> 01:00:38,720

website and your couple of your websites

1617

01:00:42,549 --> 01:00:40,640

but in the little bit of time we have

1618

01:00:45,190 --> 01:00:42,559

left tell folks

1619

01:00:47,190 --> 01:00:45,200

how they might get in contact with you

1620

01:00:49,270 --> 01:00:47,200

if they're interested in this or want to

1621

01:00:52,069 --> 01:00:49,280

learn more about it or want to watch

1622

01:00:54,630 --> 01:00:52,079

some of your excellent youtube videos uh

1623

01:00:57,109 --> 01:00:54,640

yeah well i mean i have my uh

1624

01:00:59,430 --> 01:00:57,119

yeah youtube website i guess if you just

1625

01:01:01,670 --> 01:00:59,440

write uh jean chabot you'll

1626
01:01:03,270 --> 01:01:01,680
there's not many people on youtube with

1627
01:01:05,589 --> 01:01:03,280
that name so

1628
01:01:06,390 --> 01:01:05,599
that shouldn't be quite easy i have my

1629
01:01:13,510 --> 01:01:06,400
uh

1630
01:01:16,150 --> 01:01:13,520
so it's live dash between dash lives

1631
01:01:18,069 --> 01:01:16,160
dot ca this is my english

1632
01:01:20,230 --> 01:01:18,079
personal website and also there's a

1633
01:01:25,190 --> 01:01:20,240
website we're in french right now for

1634
01:01:28,710 --> 01:01:27,349
maybe it's going to be on the page where

1635
01:01:30,789 --> 01:01:28,720
i don't know i

1636
01:01:32,789 --> 01:01:30,799
anyway so there's these two websites

1637
01:01:33,750 --> 01:01:32,799
where uh if people want to connect with

1638
01:01:37,430 --> 01:01:33,760

me

1639

01:01:38,549 --> 01:01:37,440

through my uh it all can also be at uh

1640

01:01:41,190 --> 01:01:38,559

info

1641

01:01:42,630 --> 01:01:41,200

hypnose i n f o

1642

01:01:44,390 --> 01:01:42,640

h y p

1643

01:01:45,270 --> 01:01:44,400

n o s e

1644

01:01:47,990 --> 01:01:45,280

at

1645

01:01:50,309 --> 01:01:48,000

j c c h a b o t

1646

01:01:52,549 --> 01:01:50,319

dot com so that's my uh

1647

01:01:55,349 --> 01:01:52,559

my my my email address that i can be

1648

01:01:57,270 --> 01:01:55,359

reached at and uh if for some reason

1649

01:01:59,670 --> 01:01:57,280

comes i'm really busy i'm like it's kind

1650

01:02:01,990 --> 01:01:59,680

of months in advance to have a a an

1651

01:02:04,950 --> 01:02:02,000

appointment but at the institute i train

1652

01:02:06,710 --> 01:02:04,960

people and i i chosen a few people who

1653

01:02:08,069 --> 01:02:06,720

are really qualified so if people want

1654

01:02:09,829 --> 01:02:08,079

to start with a past life regression

1655

01:02:12,549 --> 01:02:09,839

with some of people i've trained it's

1656

01:02:15,589 --> 01:02:12,559

also possible well great it's it's

1657

01:02:17,910 --> 01:02:15,599

really great work and it's been terrific

1658

01:02:19,670 --> 01:02:17,920

covering the many topics that we did and

1659

01:02:22,069 --> 01:02:19,680

i really appreciate you coming on thanks

1660

01:02:24,309 --> 01:02:22,079

so much for joining me today on skeptico

1661

01:02:26,309 --> 01:02:24,319

thank you alex it was a pleasure thanks

1662

01:02:28,470 --> 01:02:26,319

again to jean charles chabot for joining

1663

01:02:30,230 --> 01:02:28,480

me today on skeptico a couple of

1664

01:02:32,549 --> 01:02:30,240

questions on my tee up from this

1665

01:02:35,430 --> 01:02:32,559

interview the first relates back to the

1666

01:02:38,950 --> 01:02:35,440

introduction i'd ask what does hypnotic

1667

01:02:41,109 --> 01:02:38,960

regression and hypnosis in general tell

1668

01:02:42,470 --> 01:02:41,119

us about consciousness

1669

01:02:45,190 --> 01:02:42,480

talked about that a little bit at the

1670

01:02:47,349 --> 01:02:45,200

beginning love to get your take on it

1671

01:02:49,910 --> 01:02:47,359

the second question is

1672

01:02:52,950 --> 01:02:49,920

do you think it's possible to access

1673

01:02:55,270 --> 01:02:52,960

memories of a time before you were born

1674

01:02:57,750 --> 01:02:55,280

this is after all the claim that's being

1675

01:02:59,270 --> 01:02:57,760

made by people who do past life between

1676

01:03:01,270 --> 01:02:59,280

life regressions

1677

01:03:03,109 --> 01:03:01,280

how do you sort out the evidence for

1678

01:03:05,270 --> 01:03:03,119

that how would we know how would we sort

1679

01:03:07,270 --> 01:03:05,280

through that question so of course the

1680

01:03:09,910 --> 01:03:07,280

place to answer those questions and

1681

01:03:12,390 --> 01:03:09,920

engage with other skeptico listeners is

1682

01:03:15,109 --> 01:03:12,400

either on the skeptico forum or in the

1683

01:03:17,109 --> 01:03:15,119

comments section of the skeptica website

1684

01:03:19,990 --> 01:03:17,119

you can reach both through the website

1685

01:03:22,630 --> 01:03:20,000

at s-k-e-p-t-i-k-o

1686

01:03:25,349 --> 01:03:22,640

dot com you'll also find their links to

1687

01:03:28,309 --> 01:03:25,359

over 200 previous shows a link where you

1688

01:03:31,109 --> 01:03:28,319

can subscribe for free on itunes to all

1689

01:03:32,870 --> 01:03:31,119

of our shows in an email and a facebook

1690

01:03:35,029 --> 01:03:32,880

link to me well that's going to do it

1691

01:03:37,349 --> 01:03:35,039

for this episode i have a number of

1692

01:03:39,589 --> 01:03:37,359

interesting shows piled up so please