

**A Welcome to the World of Past-Life Regression,
Holistic Healing, and Spirituality
from Henry Leo Bolduc**

Congratulations! You are entering the most important and productive time of your life.

I recall my own excitement when I began my experimental work in the field of hypnosis and past-life exploration. Now, four decades later, I am as excited as ever. We are involved in the most amazing profession on earth- one with vast potential and with a record of benefit to humanity.

In this column, beyond offering practical professional advice, I want to share something more with you- something that you will observe in the coming years, just as I did.

Let me start by saying that, to be an effective hypnotist or regressionist, you must work with people honestly, squarely, and fairly. Consider your clients to be a priority over material gain. **Choose service above profit.** By so doing, you will be giving honest service and earning money as a result. Most of all, strive to build trust and goodwill between yourself and your clients.

You can build trust by really listening to people. Let them tell their stories. Every person has a story to tell--and something to teach you! By listening, you allow your clients to open up and to share with you their innermost truths. Such truths are their gifts to you. Cherish them! **Be willing to learn from your clients.** You will gain from their wisdom and you will learn to follow your truth wherever it will lead.

Always be willing to try new things. Be open to honest experimentation and be guided by your own integrity. Dare to venture into new territory. Be ready to delve into your discoveries, testing everything for soundness.

You are working in one of the very few professions that can help people understand every aspect of their lives (past, present, and future): physical health, mental well-being, emotional fulfillment, financial balance, and spiritual harmony. It is the study and utilization of the mind's potential. The mind is powerful and its capacity is vast. As you venture into the realms of the mind, wrong turnings are possible and you might feel as if you are floundering. **Accept mistakes as opportunities for learning.** Many pioneers make mistakes and blunders; we have heard about their corrections. If, out of fear, you attempt nothing, you make the greatest mistake of all-- not trying to achieve anything!

In your enthusiasm for your new-found profession, you probably feel as if you want to charge forward to change the world! First, though, you must conquer Self! Be the best that you possibly can be. **Be true to yourself.** Maintain integrity, a sense of humor, a willingness to be of service, kindness, and a spirit of thankfulness.

You have the potential to do great things. Be glad for the things that you can do but avoid becoming egocentric, vain, smug, or self-serving. **Remain humble.** Serve your clients to the best of your ability. The pursuit of knowledge with its application is both an exciting and a humbling experience.

Throughout your work, in all of your activities, be sure to take time for rest and for the evaluation of your current life (and previous lives). Smooth your own rough edges and enhance your innate strengths. Schedule time for your own sessions in self-healing and inner work. Healer, heal thyself! By healing and helping yourself, you will develop skills that can nurture all of humanity.

Impress upon your clients the true value of their work. Suggest how they can utilize their natural abilities to build upon unique strengths and innate gifts. Teach them how to stretch, to grow, and to excel.

You are able to exercise informal instruction on an individual basis while at your daily work. You can strive to reach out to your community by offering to teach small groups of people. If you are willing to speak to an audience, of any size, you will benefit greatly. First, you will learn more by teaching than by almost anything else that you do. Secondly, people will be impressed by your work and will become your clients. Thirdly, --and here is added value of speaking to groups--the people who become your clients will work well with you in a professional setting because trust already has been established.

Be willing to write about the results of your work. You will hone your writing skills through the very act of writing. As a beginning, compose articles for local community newspapers or newsletters and, later, write for a much broader readership. Express yourself in dear, simple language with meaning and sincerity. Although we say that actions speak louder than words, the written word reveals much about who you are. Teach and encourage others through your written materials.

In writing and speaking about your profession, you will lift your standing a few notches above average. Soon, you could become a spokesperson and a leader in your field. **Your written material and public talks are contributions to humanity.** In return, the world will show you a measure of appreciation and respect.

Your teaching could encourage thousands, inspiring them to become involved in the work. Your creative writing could enlighten millions. The number of people reached and helped by such work is increased exponentially.

Everyone likes the rewards of attention and the accolades. Peer acceptance is desired. You must realize, right at the beginning, that **your inner knowledge of accomplishment far exceeds the applause of the public.** Immediate attention is a great delight for the ego. If you should be in that category of fame, use your prestige to spur you on to further achievement. Some people seem to do just a little work in a short time with a specific focus and receive outstanding acclaim. They get both credit and cash; they become both wealthy and famous. Who knows why? Maybe it is good karma from other lives finally coming to them or, perhaps, they are well-connected with the media/power brokers. A good agent helps. Perhaps they are in the right place with the right idea at the right time. Most people have to wait.

Often, true success is not heralded by the world; everybody does not get immediate attention. You might have many successes before your work is recognized. In every era, a few individuals become rich and famous by making long-term contributions to society. Maybe it could happen to you. Many people work diligently for years before they are they are recognized. This second category of fame takes a little longer to achieve. You have been developing your inner life---your inner awareness. When you become aware of a breakthrough in your work, and you do not seem to receive much support, you will know that it is recorded on a different level.

I'm sure that you can name many great men and women who were not appreciated in their own times. Many years later, the world recognized that they had planted the seeds and did the early cultivation. Growth was slow because conditions were not right for the expansion of the concept. Those people died believing that they had failed to contribute anything of value to the world. Learn from that third category. **Contributions of lasting value, if not acknowledged in your lifetime, will be remembered and applied when the time has come---when humanity has matured to the point of acceptance.** An idea before its time is a part of our developing civilization. Perhaps you have heard someone say, "Someday, people will appreciate my idea." Depending upon the idea, it could take a hundred years or more.

You know by now that the concept of time is theoretical; it is developed for measuring experiences. The concept of non-time, while difficult for us to understand, has limited meaning on the grand scale of the universe.

Plant your seed and start the process of cultivation. Allow the process of germination to take as long as is necessary for strength. When the grain has ripened---when the time is right---the harvest will be ready for humanity to assimilate. Sometimes, the great ideas need more time to gather momentum before being put to practical use. You could get credit and fame in the annals of history. Nobody can guarantee fame and fortune but, I can assure you, your knowledge and wisdom will increase when you do your work wholeheartedly.

Shakespeare wrote, “The evil that men do lives after them; the good is often interred with their bones.” That statement might seem true if you are thinking only about the present. **The good that we do is recorded as part of each soul’s journey.** All that we do is recorded on the skein of time and space. We call it the Akashic Records. Although the media might fail to proclaim an event which could have immense implications for humanity, perhaps you are given the honor of waiting for the maturation of the true value of your idea. On the larger scale, the ephemeral applause is absent but your work has lasting value.

Respect comes when you respect others---when you show the higher spiritual qualities. Honor comes when you honor others---when you show integrity and truth. The way you treat others---clients, peers, the public---is the way they will treat you. Display the way in which you want to be valued. You have gained knowledge and wisdom. You have the right and the responsibility to share your truths with humanity. Be optimistic and take the calculated risk of instilling optimism in others. Your immediate gain is an inner reward; it is the inner knowledge that you are making a contribution in the creating of unity in humanity.

It is good to become an active member of professional groups or organizations. Find and work with any local group available. Should there not be a group in your area, be willing to form one. **Active involvement with groups of like-minded professionals, on a regular basis, is conducive to long-term success.** No matter how small the group, shared interaction is always of benefit to every member. In this way, you help to encourage each other in enhancing professional skills. As a unified professional group, you will stand strong together in your community. This strength will give you the confidence to sponsor local programs and out-of-town speakers for the benefit of those interested in learning more about your field.

Pursuit of such productive activities assures you that you will keep your mind alert. Your life will be as exciting as your work! In the midst of this rich and absorbing interest in your chosen work, remember to keep a space free for quality personal time: for yourself, your family, and your friends. All work (however fascinating) and no play is never a good practice. By enjoying your own personal interests and cultivating the companionship of loved ones, you will return refreshed and restored to your professional activities. **Balance is the key. Quality personal time brings excellence to your professional life.**

You are a vital member of a holistic healing profession: a profession with a dedication to serving humanity, a profession with a vision that looks ahead to the future, a profession that seeks to make positive change for a better world. Together, we can open the door to a more enlightened future.