

# PAST LIFE REGRESSION

**Past life regression is an exciting trip into your past lives, unlocking doors in your mind that open into other worlds. Worlds that once were yours yet experienced in another time and place.**

## What to Expect

**What happens when you come for Past Life Regression?** The most important thing that we want to happen is that you feel comfortable and at ease when you come for therapy. Hopefully, an explanation here will make your first approach nice and straightforward. On your first visit we will discuss exactly what you want from past life regression and a few notes will be taken.

We then have the first induction into hypnosis and start exploring your past lives.

Being induced into hypnosis is a gentle, relaxed process, guided only by my voice. There are no pendulums or bright lights; this is not stage hypnosis. In the hypnotic state, you are by no means asleep, even though you would appear to be. There is a heightened awareness, so you know everything that is happening around you, while still being able to recall very fine details of what you are seeing and hearing in your mind.

## Spirit Guides

In a relaxed and meditative state, it is possible to communicate with your Spirit Guides. This is a wonderful way to meet your guides and feel the unconditional love that they have for you. Their purpose is to guide us along our chosen path. They do this by infusing us with knowledge.

Although, most of us have not yet been taught how to listen to their infusion. During the session, it may be possible to get answers regarding situations occurring in your life.

**There are many possible explanations** - as to what past life regression experiences may be and you are free to choose whichever sits comfortably with you. Spirituality, unlike religion, has no rules, laws or ethic and it is a very individual experience. Some of these experiences may fall into some sort of category, which you may find helpful given the human need to classify things:

**Relationships** - have you ever met someone for the first time, yet feel you have known them all your life? Groups of interacting souls sometimes reincarnate together and take on different roles with each other than previously, the roles of relations, friends or even rivals. Many believe this happens to balance the laws of karma - the harmony or disharmony caused by peoples' behaviour towards each other.

**Therapy** - our individual characters today are mostly a result of our experiences in this lifetime but sometimes we have unacceptable elements or conditions, which seem unexplainable. It may be that detrimental past life events have been carried over into this life and through the use of past life regression therapy it is possible to resolve them. Our character today represents a culmination of all the experiences we have had over numerous lifetimes. These past life events affect many aspects of our behaviour, and in some cases, past deeply emotional traumas can cause psychological problems.

**Understanding** - exploring our past lives offers a whole new dimension to the understanding of your own personality and character. You may discover why you are drawn to certain places or have a particular interest in something.

**Curiosity** - people enjoy tracing their past lives purely from the point of curiosity. Some past life experiences produce great detail, producing names, dates and places. These details can be researched and hopefully authenticated, and often results in a profound change in an individual's attitude to life knowing that physical death is not the end.

**Karma** - Karma is said to be the law of cause and effect. It is not a punishment for wrong doing but rather opportunities for learning and advancement. Karma is primarily about learning and not 'action and reaction' as commonly perceived but 'right action'. In this way the effect of karma in determining the nature of one's present situation in life can be better understood and so provides possibilities for improvement.

**Reincarnation** - the belief that we return to this world many times in order to experience and evolve. We have repeated opportunities to attain spiritual perfection - but this is a huge subject and open to much debate.

**Fantasy** - are we just making it all up? I do get asked this occasionally. There are many cases that can be documented through historical research, which can prove the accuracy of the information, far beyond the chances of random imagination.

**Genetic Memory** - a theory suggesting that our memories are passed on from one generation to another through the cell structure or DNA. This can't explain why many people regress back to different cultural backgrounds.

**Soul Memory** - the idea that people can access the memory of another soul, through the 'Akashic' records - the spiritual record of everything that has ever happened. This can be quite acceptable to some, but it doesn't account for the continuity of character traits which seem to pass from one life to another.