

Introduction to Past Life Healing

Past life memories are the autobiography of your eternal soul—personal stories that explain who you are now and why you're here on Earth. *Past life regression* is a therapeutic technique for accessing and re-experiencing your past lives directly. A branch of hypnotherapy, past life regression therapy has grown over the last 50 years to be an important addition to the healing arts. Some people try past life regression simply out of curiosity to see who they were in the past. But for most, it's a path for personal growth and healing.



With the help of a trained guide, past life regression can help you:

- See personal relationships in a new light
- Energize talents and abilities from the past
- Release fears and anxieties linked to past life traumas
- Release past life traumas at the root of physical problems
- Experience the transitional states of death and beyond
- Understand and align with life purpose

How Does Past Life Regression Work? While in a light trance, with me as your guide, you experience each past life yourself. You see it, sense it, and feel it. You are the central character deeply involved in the past life story. Regression therapy is not to be confused with a *past life reading*, which is a passive process. Past life regression is an amazing, full-sensory experience. You might experience the memory as a vivid movie, or see only vague flashes of images that prompt the narrative. You might hear gunshots or explosions on a battlefield, or music at a dance. It is possible to recall smells too: smoke from a fire, leather from a saddle, or the sweat of a dirty body. As the story unfolds, you feel real emotions appropriate to the story. You may cry when you re-experience deep sadness at the death of a beloved child, feel despair in the pit of your stomach as you witness a massacre, or elation at a long-awaited homecoming from war. And just as you can recall strong emotions, you feel the pain of an arrow piercing your body as you are dying, or the heaviness of a load you're carrying on your back. These physical sensations and emotions are very real in the moment, but pass quickly as you move through the past life story and death. If you are feeling uncomfortable with this, please let me know, and I can hover you over your body, so you will feel nothing and witness the event like you are watching a movie. You will be dialoguing with me during the whole process, so there will be ample opportunity to lift out of the situation as it occurs.



How the Healing Works Past life regression heals the mind, body and soul. You were born not as a blank slate, but as soul rich with both the wisdom and scars from many lifetimes. We all carry memories from past lives into this life—unconscious memories that carry an energetic charge and continue to affect us. They can be things left undone, vows made, accomplishments, failures, mistakes, success, emotional debts, guilt, gratitude, traumatic and sudden

deaths, wisdom, and love. These charges from the past set up patterns which are continually triggered and repeated in our present life. These patterns can be positive or negative. They can affect our relationships, behaviors, motivations, and even our physical bodies and health. Positive patterns can feed talents, bestow wisdom, influence tastes, and energize life purpose. Negative patterns fuel destructive, compulsive behavior, cloud judgment, cause injury, and block your way. By making these memories conscious, we can release the patterns that no longer serve us, freeing us to live more fully in the present. Beneficial patterns life therapy works People often ask me, “How can past life therapy help me? I have enough to deal with in this life.” The short answer is, you’re affected by your past lives whether you’re aware of it or not. Past life experiences create the dominant patterns in your present life.

Past Life Therapy is a direct way to access the origins of these patterns and heal present-life issues. As I said, you are not born as a blank slate written upon only by early experiences and heredity, as conventional science would have us believe. You are so much more. You come into this life as a soul impressed with the wisdom and wounds from many other lifetimes. These impressions are encoded in an “energetic template” that informs your present personality, physical body, and some external circumstances in your life. This template also carries the emotional charges from unfinished lessons from previous lives, and the plans and blueprints for the present life.

Past Life Regression Therapy involves going back to earlier lifetimes normally using hypnosis or hypnotic visualization to retrieve memories, patterns and events that may still negatively influence our lives today. Regression Therapy explores the psychological, physical and spiritual unresolved residues from our present and past lives. It is a comprehensive method for transforming them in a way that is both safe and structured. Regression works with the content of past experiences and extends the time line to allow past life stories to emerge. A client is guided back and encouraged to relive and resolve the conflicts from the past that have previously been inaccessible to the consciousness. Often they are past lives that are still influencing and distorting a client’s mental and emotional stability.

Regression as a therapy covers past lives and includes current life memories some of which may be below the level of our conscious awareness. It enables the conflicts from the past that have

been distorting our mental, emotional and physical well-being to be resolved. An example from the current life may be a phobia such as Post Traumatic Stress stemming from a childhood trauma or a life threatening situation. The symptoms may include panic attacks, emotional outbursts, blocked feelings, self-harm, numbness, unexplainable physical pain or recurring relationship problems. The therapy works by going to the root of the problem and includes body therapy to transform it in a way that is both safe and structured. Regression therapy reaches further than most other therapeutic approaches as it heals deeper at the physical, emotional, mental and spiritual levels.

With PLR you can move through and heal the root cause of a present situation, resolve and understand karmic patterns, complete old unfinished business, understand current relationships, lift old restrictions and blocks to healing, and gain a spiritual perspective of your life situation. You can go back to previous lifetimes for the purpose of understanding and learning, pure curiosity or even to discover talents, values, feelings and gifts you possessed in other lives. It can be a transformative and insightful process for anyone. Regression therapy has provided patients with an array of benefits. Some patients reported having more confidence in themselves. Others reported that emotional and spiritual trouble, irrational fears and other issues dissolved away after a few sessions. Many reported an increase in their overall wellbeing. At the bare minimum, this therapy can help clear up the psychic clutter prevalent in most minds.



A lot has been said about this type of therapy and the practice has many skeptics. Often they point out the inability to confirm or deny what the patient saw or they pounce on inaccurate details the patient may give. While regression therapy is not a fail proof technique, it can help you get past mental blocks that may be stumping your emotional and spiritual growth. Taking a journey into the past life can be very rewarding. It is worth trying at least one time. Who knows it could be the very thing you needed to move forward in your current life. The bottom line is, for the skeptics, is if the emotions and imagery feel real to the client, and promotes an abreacted reaction, then healing occurs and life gets better. Personally, after having many PLRs myself, I believe fully in the process!

How Past Lives Heal Can a past life still affect us in our current life and if so, can this be changed? Our past lives can have an influence on our current life in both negative and positive ways. Lifetimes of achievement can make us achievers today. Lifetimes of failure can make us under achieve today. It's not who we were, Kings or paupers, warriors or hermits, but what we experienced through our emotions. It is the emotions that add to our soul memory. As we move through the cycle of death and re-birth we may live many lifetimes all with unique life experiences. As a past life therapist I have seen that in many of my clients memories from previous lifetimes there can often be a repeating pattern that have similarities to problems in

the current life. Unresolved issues at the end of a life can carry over to the next. Laying down unresolved issue, upon unresolved issue creates what I term the layering effect. The emotional issues then can become more deeply embedded within the psyche.

As a way of illustration I will use anxiety as an issue that may have passed down over several lifetimes. This anxiety may quite clearly appear to have a cause in the current lifetime, but this may only be a part being played out by karma in the present. Remember, karma is about the balance of energy and not about punishment as some traditions teach. So, if we transcend the time line beyond the present life another life maybe found where anxiety was an issue carried in the psyche at the time of death. If we were to explore the time line even further back in time we may find the same anxiety issues. In affect the anxiety has been carried over (law of karma) to every preceding lifetime until the anxiety issues can be resolved. Only then will any subsequent life times be changed from this repetition. Imagine for one moment a piece of string and at one end is tied a knot. With every lifetime that anxiety may have been issue a bead is threaded on to the string, with past life therapy the purpose is to attempt to discover the root cause (the knot) and remove it so that the beads of anxiety can simply slide away from the time line. Past life regression as a therapy is very much about healing the present and future by exploring the deep past. Helping the individual gain insight and understanding of who they are, why they feel the way they do about themselves or others, helping them to reconnect with their higher self so that they can begin to understand their life purpose.

Changing the Past Although you can't literally change history and past world events with your thoughts it is possible to alter the emotional attachments that you may have with the past. Whatever may have happened to you in the past, both negative and positive is a building block to your present reality. Any negative thought patterns that you may still be holding either on an unconscious or conscious level can be affecting your life right now in a negative way. Limiting your beliefs in yourself, stopping you achieve your goals, affecting your relationships, etc. Our present reality, the here and now, this moment, is not only being influenced by what happens in the world immediately around us it is also being simultaneously affected by our perception of the past and the future.

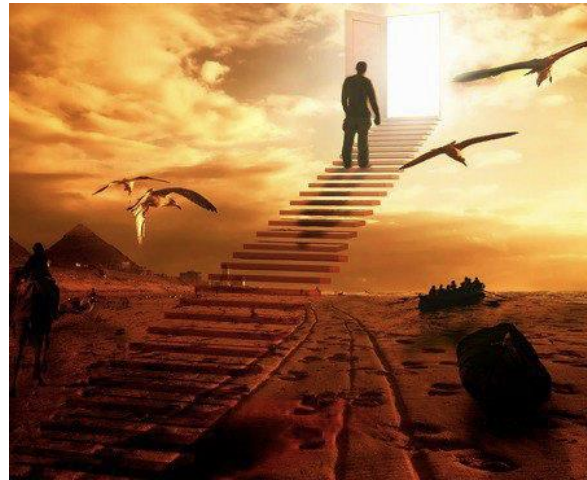
SUMMARY ON HOW PAST LIFE REGRESSION HEALS



This is your opportunity to clean house, put your issues to B.E.D! Modern hypnosis has evolved into a well-respected practice and today Certified Hypnotherapists, doctors, psychologists and law enforcement use it. Those individuals who are successfully hypnotized are people who are creative, intelligent and have few religious conflicts. Since hypnosis is a natural state of mind, you do not have to work hard for hypnotherapy to be effective. In fact, just the opposite is true. The first rule anyone should learn about hypnosis is

this: The harder you try, the more you fail. So don't try to be hypnotized...simply remain receptive and let it happen. Simply intend for it to happen, relax into it. Expect it to happen. Let it happen...and it will happen. Hypnotherapy is a natural mental process. Suggestions are the heart of any hypnosis session. They come at a time when you are most responsive. They arouse your deep sub-conscious mind to achieve the desired results. Hypnotherapy is a pleasant and enjoyable way to unlock the potential of your sub-consciousmind and can help you to improve your life.

In this superconscious state, many surprising things can happen. You can objectively review the past life just experienced, and gain a sense of understanding of lessons learned in that lifetime, and what thoughts, feelings, and physical sensations may have carried forward from that life into the present. If more than one lifetime is recalled during the session, general soul patterns can be observed, shedding tremendous insight into where you've been and where you're going in your journey through incarnations. Some people move into a highly energetic state where they experience healing energies coming into their bodies, imbuing information, love, and understanding. These energies may be experienced as orbs, colors, and other amorphous forms. Or, the energy can take on the form of spiritual beings who give guidance and answer questions. Groups of souls may appear and act as agents of teaching and healing. This type of healing usually occurs spontaneously, without any prompting from me. These healings have been described by clients as one of the most significant, life-affirming events of their lives. For some, it is the first time they've experienced absolute peace and unconditional love. In this state of soul consciousness, deceased relatives can suddenly make contact both viscerally and telepathically. A presence is felt in the room. Their forms are recognizable. I encourage these telepathic dialogues, because I believe there is a reason why these loved ones show up during a session. For those who experience this contact, they are left with a sense of wonder and often relief, deeply knowing that their loved ones are present. This extraordinary state of consciousness has been described by mystics, near-death experiencers, and past life therapists for more than forty years.



*"Most people walk through the world in a trance of disempowerment. Our work is to transform that into a trance of empowerment."
~Dr. Milton H. Erickson*