



There are many viewpoints regarding the topic of past life regression and those viewpoints can be the topic of many lively discussions. It doesn't matter what your beliefs are around this therapy, it can help to eliminate and relieve many physical and emotional distresses.

The theories behind this therapy are: 1. That our souls reincarnate and move on to experience other lives; 2. That we are simply connecting with the collective unconscious, the Universe's memory store house, 3. That we are using our ever accessible imagination to create a story or experience, and 4. That we are recalling without realising, something we have previously seen or heard, and adding our own scripts to a memory recall.

Nevertheless, you needn't be concerned about whether or not the life really existed. The information uncovered will always give many insights into your current life circumstances.

Through the use of hypnotherapy, you are relaxed into a trance state. You are then guided through a visual and sensory journey to a past life. You may experience this as if you are an observer, watching from afar. Or you may be 'in the experience', feeling as if you are actually there. The important thing is that there should be no pressure to do one or the other. And in fact, you really won't know what you will experience, until you experience it. One is not better than the other.

If a traumatic physical or emotional distress has occurred, it is often encouraged that you experience it as it is, so that it can be re-lived to be released. Your soul will have a memory with senses and feelings, and you will only go into the experience as much as your soul needs to, to gain understanding. Remember, do not compete with yourself for an idea that you may have of an 'experience'. Put aside what you have read in books about other people's experiences with past life regression. Everyone's soul's journey will be unique to them. So be excited about your own soul's journey and trust that whatever happens was meant to happen.

Several sessions may be needed to fully move through this process with a cathartic release. Anxiety disorders such as panic attacks, phobias and even physical illness can be regressed back to a connection to a past life. You may have been a victim of injustice, or a cruel and angry person and you find that people walk all over you today.

On many occasions, people do recall very enjoyable past lives. Through this insight, people are often able to rekindle, reignite and restart different creative and mental endeavours that they had put into the background. Writers, artists, and many other creative people find that past life regression gives them a glimpse and an experience into another world, broadening their perspective of their lives in this world. A past life regression session can often shed light onto ego-driven personalities or even narcissists, who think they are talented in one area, but find themselves stuck and not moving forward. In these cases, a past life can reveal why. Actors and politicians often find this is the case when they don't excel in getting elected or obtaining acting roles. They are often on the wrong path.



The important thing to know is that in order to experience a past life regression, ***your ability to achieve a sufficient trance state in hypnosis will be a key element.*** You must give yourself time to feel comfortable with the process itself, and most importantly, to relax, but also time to fully understand what you would like to achieve. Fear, interference, uncertainty, lack of knowledge, or not having trust in your therapist to help you with the process can and will hinder you achieving a successful past life regression session.

Further along the sessions are outlined for you to review if you need several sessions before the regression for proper preparation. If you are used to regression or even hypnosis, one session will likely be sufficient, and is often the case.

**\*\*P**lease read the section on Hypnotherapy. As is the case with all hypnotherapeutic sessions, the more relaxed you are about your session, the more comfortable you will be to allow yourself the full experience.

If you have seen movies, read books or heard stories about other past lives, be sure to put that out of your mind before you attend a session. You do not need fantasy invading your thoughts and eventually sabotaging your session. Whilst this is extremely rare, I thought it important to mention. Your session and past lives are unique to you and you only. They should not represent or be similar to anything else except your own soul's journey. The majority of people who have past life regression will not be quoted in books or replicated in movies.

Lastly, it is important to know that many challenges or problems that you are creating in this lifetime, are not connected in any way to a past life. Many of our problems stem from this present life and will be largely a product of your own upbringing. Some people find themselves stuck in this lifetime and go through years of therapy to challenge their issues. They will often uncover the information through therapeutic means, but because they refuse to change their behaviours and beliefs, they think that it must be due to a past life. Whilst this may sometimes be the case, more often it is not so.

Past Life Regression can shed light upon and bring learning to your soul's journey. However, just as you were responsible for your own life in the past life, you are fully responsible for your own life in this life. Remember, knowledge isn't power until it is applied.

You must make every effort to actively challenge your beliefs and change your behaviours, working at it like it is a mission in life. It can take months and sometimes years. It all depends on how much



time you spend working on it. What we do know is that nothing stays the same, and eventually something will change.

### **PRESENT LIFE REGRESSION**

Present Life Regression works in a very similar way as Past Life regression. The same basics apply. The difference being the obvious one, in that we access your subconscious mind for this life's memory bank.

There have been times when during a regression session, someone has gone back to a past life. In this instance, we would move through the life and right back to where we need to be. I will state that this is indeed a rarity, as we always make clear our intention before the regression.

In addition to this, when this has happened, the past life has always been quite significant to our current intention of seeking information from this life.

### **FUTURE LIVES**

We can progress forward, similar to what happens during Time Line Therapy, and other therapies that project forward. This can be helpful in seeing where perhaps the collective unconscious has already in mind a plan for you. Keeping in mind that we have all been given 'free will, this is a glimpse into your future. It can be extremely insightful, and we have evidence that in some cases, all of what has been seen does occur.

There is still speculation amongst some whether or not this is a psychic ability or if the person is using their subconscious mind. Some say they are one in the same. Nevertheless, you do not have to believe in future, present or past lives in order to reap the benefits of the therapeutic process.

A session of Past Life Regression lasts 2 hours. The process takes much more time than other sessions because of the recall of information, and the process of moving through all the information.

A session of Future and Present Life Regression is usually 90 minutes. However, some regression sessions are 60 minutes. This may depend on our previous sessions, and if we have done hypnotherapy before.

### **SESSIONS ARE AS FOLLOWS:**

#### **For Past Life Regression:**



A. You may need 2-5 sessions. This may be changed if you have had past life regression before or if you have had hypnotherapy before.

**B. You may only need 1 Session and most of my client only need 1.**

**Session 1: (2 hours).** We access your life and what your main areas of concern are at this time. We also delve into what you would like to achieve. I also sometimes have a brief hypnotherapy session with you to determine your receptivity.

**Session 2: (2 hours).** This involves a regression session but in this life. You may even go as far back as to the womb. This will give you a good indication of what to expect with past life regression itself, but also to become accustomed to my way of working, hypnosis, and your own way of going regressing.

**Session 3: (3 hours).** This will be the past life regression session. But this will take place only if we both know that you are able to achieve a sufficient level of trance state and you are comfortable with the process. We may find that you need additional sessions for preparation. If this is the case we would schedule them in. Otherwise, we will have all the information and you will have all the practiced tools for which to use to achieve and experience a successful past life exploration.

Additional or follow-up sessions are often scheduled to review or even continue the past life journey.

C. If you are used to taking yourself into a trance state, you may be comfortable in one session. All sessions are 2 hours long. (Always check the fee before booking as fees may vary between the Clapham and West London clinics)

#### **For Present & Future Life Regression:**

We follow a similar guide as is outlined for past life regression, however there is rarely a 3 hour session. Sessions are usually 2 hours long.

#### **Further Information:**

**PLEASE NOTE:** In no way do I advocate Past Life Regression as a quick fix or alternative to helping with deeply rooted psychological problems. Behavioural problems like personality disorders, addictions, and other problems need long term counselling or psychotherapy to uncover the root of your behaviours.



Therefore, one session of past life therapy will usually not 'cure' or 'fix' you. Sometimes it may effect quick change. ***However, you will be able to learn some information about your karmic progression and your soul's journey, which can help you in this life.***

I would also point out that this is not a psychic reading. The process is a therapeutic one in which the goal is to begin the healing process. So whilst a session can help to see what may lie underneath a certain problem, it is in no way 'the answer' to all your problems.

If you are truly dedicated to making yourself 'whole', then you will be willing to dedicate the time, effort and resources to allow this growth to take place. You will not have developed these problems overnight, and it is unrealistic to expect these problems to be solved within one session. Be kind, patient and gentle with yourself.

NOTE: If you want the session taped, please discuss this with me before our appointment, as I do not always carry taping equipment.

If you have any question, please do not hesitate to contact me.

Happy Regressing 😊