

PAST LIFE REGRESSION THERAPY



What Is Past Life Regression (PLR)?

Past life regression is an extremely powerful healing therapy. I use a very deep hypnosis trance for PLR.

Once in a trance, and under my guidance, you will be able to remember past life issues that could be in the cellar memory and then heal from them. The altered state regression will allow you to access images and information from a past life.

Benefits Of Past Life Regression

PLR is in and of itself a fascinating subject. It is even more intriguing as a therapy.

Although some people ask for a therapy focused on PLR just out of curiosity, some want to know who they were and where they came from in another life. A number want to know why they chose to live in this present life. Others want to know who their parents or significant persons in their life were.

Aside from curiosity, Past Life Regression can serve in many beneficial ways. For example:

- It can elevate you in your spiritual growth.
- It can help you bring peace to a resentful spirit.
- It can bring you to appreciate and validate yourself more.

- It can enlighten you on habits you have.
- It can help with constant and recurring issues, such as phobias, traumas, nightmares.
- It can alleviate unexplained physical pain.
- When it comes to relationships, it can bring light to karmic connections.

PLR is a vehicle that can transport you to wonderful and unknown worlds that belong to you and enable you to see things from a unique perspective that you, yourself in your conscious mind, did not know were inside you.



How Does PLR Work?

PLR therapy is based on the belief that we are eternal souls and that we had we all have lived many lives.

First, I will guide you into a state of deep hypnosis. When you will be in the altered state of the hypnotic trance, I will ask you questions. Before guiding you into a past life, I may ask for a divine light to brighten your path or provide you with a protective amulet, metaphorically speaking. I insist on the idea that the session belongs to you, and I will count on you will tell me what you want to achieve and what you want to stay away from.

Once in the chosen life, we can look for the problem and the issue to resolve or for the question to you want an answer for. Remembering a past life, and with my guidance, you will be able to resolve issues and can heal yourself from traumas and karmic patterns.

What are The Drawbacks of a Past Life Regression - Fear of the Unknown?

Through this process of PLR, you can open yourself emotionally and travel to places inside you that you might have totally denied and forgotten about. You may discover experiences requiring cleansing and healing. **This healing happens with my guidance.**

Disbelief in the process of PLR?

Does it matter if you believe or not? Does it matter if you understand it or not? What matters in PLR is how it helps here and now when it comes to healing your physical ailments.

How Should I Prepare?

Primarily, the first to remember is that whatever you see, sense, visualize or imagine may or may not be true. Nothing that you remembered from a past life memory is admissible in court. During the PLR therapy, you will become aware of images, times, places and people, and none of these memories can be taken as evidence as they may be true or not. What is true? Issues will be resolved, and situations and discomforts will get cleared up.

What should I expect?

A PLR session works best when there is a goal, a purpose, and an intention in mind. Therefore, establishing a goal before embarking into a trance that may take hours is helpful. You might experience strong emotions and feelings. You will be able to extract more wisdom, experience, and new lessons from those feelings while in this magical trance.

I will guide you and give you parameters. You will observe the scene rather than feel that you participate in it. I will also give you a key word that you can say when and if you want to come out of the trance and wake up because you are still unsure that you are ready to confront those feeling if they arise during the session. **YOU WILL BE IN CONTROL AT ALL TIMES.** You do not have to face memories and things that you are not ready confront.

PLR may be an eyeopener for some people as it will make them understand that they, themselves, chose to live this life and the issues they are facing. For others, this visualization will be enough to heal them.

**YOUR PAST WILL BE YOUR FUTURE
UNTIL YOU HEAL IT IN THE PRESENT!**