

PAST LIFE REGRESSION

Past lives: Is it real or just imaginary?

Many Eastern traditions accept reincarnation as real, but here in the West there is often deep scepticism about such matters. It is not generally a part of religious or cultural tradition within Western society. Many individuals, however, keep an open mind about the possibility that they have lived before and are curious to explore their experiences with the assistance of a qualified hypnotherapist. Some people accept any experience they have in past life regression as a real past life experience. For others, the experience may be viewed as the person's mind tapping into what is known in analytical psychology as the 'collective unconscious', the term having been coined by the Swiss psychiatrist Carl Jung. Yet other people may view the experience as being purely a product of their imagination, similar to what is experienced in a vivid dream.

What is the experience like and what is its meaning?

Most people who experience past life regression say that the experience feels very real and that the experience they have seems to have relevance for their current life situation. In a sense it does not matter whether the person thinks of the experience as the memory of a real past life experience or considers it as a metaphor. Even if the experience is thought to be a product of the imagination, it is still pertinent to ask: Why did the person's mind come up with *that* particular story and not another? What can be learnt from the experience? How does it relate to the person's current life situation, difficulties or symptoms they experience in this lifetime? Some people are just curious about the possibility of a past life experience and find that the experience of regression is sufficient in its own right. Other individuals like to do follow-up therapeutic work with a qualified hypnotherapist, to explore the issues that have been raised.

Does past life regression always work?

Many people do report having very vivid experiences in past life regression, which feels completely authentic. Some individuals, though, find that they do not have such an experience. This may be because of current life difficulties which make it hard for them to let go. This in itself can be an indicator that there are issues which need to be addressed – why does the person need to be so much in control, for instance? Some people may regress but to an earlier experience in their current life; this may be because of trauma or experience that still needs to be resolved before the person is able to regress to a past life experience.

Is it safe?

Sometimes people are worried that hypnosis may not be safe or that the hypnotherapist has them under their control. You can be reassured that, in fact, you are in control of your experience and if you needed to, you would be able to come out of hypnotic trance at any time. A hypnotic trance is another term for an altered state of consciousness. You are still aware of where you are. The role of the hypnotherapist is to act as a guide, as you see what you experience whilst you are in the deeply relaxed state known as trance. Within the trance state it becomes possible to have experiences normally outside of conscious awareness. Once a person has achieved hypnosis, an induction is used to enable past life recall.

Will the experience be traumatic?

Sometimes past life recall can involve remembering traumatic experiences, as this may have great relevance for what needs to be put right in the present life experience of the person. Many physical complaints, fears and phobias can be found to have their origin in past life experience. Once the past life trauma has been recalled, there is often significant improvement, or even complete resolution, to such longstanding problems. Indeed, this can be one of the main benefits of undergoing past life regression. The regression can be done in such a way that anything traumatic from that past life experience can be brought into awareness but without the accompanying pain or distress, unless the person specifically wants to do so for therapeutic reasons.

What about experiencing happy events?

It is certainly not the case that everyone will experience traumatic events. In fact many people recall perfectly happy and tranquil experiences from a past life. It is a myth, incidentally, that the past life recalled will be of someone famous. In most cases the past life events are of someone quite ordinary. Past life regression can be pleasantly revealing. It can be a way of exploring more of who we truly are and offers the opportunity to take another look at the way we currently view life. The recall of happy past life experiences can point to things that are missing in the person's current experience of life. For instance, the recall of pleasurable leisure time activities might be a way of the person recognising that they are placing too much emphasis on their work life and that they need to ease up and have some fun.

After-death recall and between lives resolution.

A final part of the experience can involve the stage after the end of the past life. The stage after death is one of review where the person reflects on what were the main lessons of that lifetime's experience. The person can also be guided to a meeting place between lives where there is the opportunity to meet with people who were significant in that lifetime and be able to say things to that person that were not possible during the lifetime. Feelings can be expressed and released and forgiveness can be given or received. This can be one of the most potent parts of the experience and can be very cathartic.

A healing journey.

Very often people say that they gain great insights through the experience of past life regression. Past life recall often brings about the resolution of longstanding symptoms, or helps to effect change in emotional responses or behavioural difficulties, even where other approaches have been unsuccessful.

How to book.

Sessions are available individually and are conducted at the clinics I practise from.

If you would like to book for a session, please contact Wendy on 07946 857074 or email on: wjm276@hotmail.com