

# past life regression hypnosis

**past life regression hypnosis** is a therapeutic technique designed to explore an individual's previous incarnations through guided hypnosis. This method aims to uncover memories and experiences from past lives, which some believe can influence current behaviors, fears, and relationships. As a form of hypnotherapy, past life regression hypnosis is used both for personal insight and spiritual growth. It often involves entering a deeply relaxed state to access subconscious memories that may not be readily available in normal waking consciousness. Many practitioners and clients report profound emotional release and healing during these sessions. This article provides a comprehensive overview of past life regression hypnosis, including its history, methodology, benefits, and potential controversies. The following sections will delve into the process, scientific perspectives, and practical considerations for those interested in exploring this hypnotic technique.

- Understanding Past Life Regression Hypnosis
- The Process and Techniques of Past Life Regression Hypnosis
- Benefits and Uses of Past Life Regression Hypnosis
- Scientific Perspectives and Criticisms
- Preparing for a Past Life Regression Hypnosis Session

## Understanding Past Life Regression Hypnosis

### Definition and Origins

Past life regression hypnosis is a therapeutic practice that uses hypnosis to help individuals recall memories from previous lifetimes. The concept is rooted in the belief of reincarnation, the idea that the soul undergoes multiple lifetimes in different bodies. Hypnosis serves as a tool to access the subconscious mind, where these memories are thought to reside. The origins of past life regression date back to early 20th-century hypnotherapy, with significant influence from spiritual and metaphysical traditions. This approach gained popularity in the 1950s and 1960s, notably through the work of Dr. Brian Weiss, a psychiatrist who documented cases of clients recalling past lives under hypnosis.

## **How It Differs from Traditional Hypnosis**

Unlike traditional hypnosis, which often focuses on behavior modification or symptom relief, past life regression hypnosis specifically aims to uncover and explore past life experiences. While both methods use similar induction techniques to reach a trance state, past life regression emphasizes guided imagery and narrative recall related to previous incarnations. This distinction makes it a unique subset of hypnotherapy with a spiritual or metaphysical orientation. The focus is on memory retrieval rather than suggestion for change, although therapeutic benefits can arise from insights gained during the session.

## **The Process and Techniques of Past Life Regression Hypnosis**

### **Induction and Deepening**

The process of past life regression hypnosis begins with an induction phase, where the hypnotist guides the client into a relaxed, trance-like state. This deep relaxation is crucial for bypassing the critical conscious mind and accessing subconscious memories. Techniques such as progressive relaxation, guided visualization, or focused breathing are commonly used. Once the client reaches a deep hypnotic state, the hypnotherapist may deepen the trance to enhance memory recall and increase receptivity to past life experiences.

### **Exploration of Past Life Memories**

During the regression phase, the hypnotherapist asks the client to visualize or describe scenes, emotions, or events that emerge spontaneously or in response to specific prompts. These memories may include details about places, people, relationships, or significant life events from alleged past lives. The client's descriptions are encouraged without judgment or skepticism, allowing the subconscious to provide its narrative. Some practitioners use age regression techniques to explore different stages within a past life, while others focus on a single significant event.

### **Integration and Debriefing**

After the exploration, the hypnotherapist gradually brings the client back to full awareness. The debriefing session involves discussing the experiences, emotions, and insights that arose during the regression. This phase is important for integrating past life memories with present-day understanding and addressing any emotional responses. The therapist may also provide guidance on how to apply the insights gained to personal growth or healing.

Follow-up sessions can further explore unresolved issues or deepen the regression experience.

## **Benefits and Uses of Past Life Regression Hypnosis**

### **Emotional Healing and Trauma Resolution**

One of the primary benefits reported from past life regression hypnosis is emotional healing. Many clients find relief from unexplained fears, phobias, or emotional blocks by uncovering their origins in past life experiences. Revisiting traumatic events from previous incarnations can facilitate catharsis and allow individuals to release negative patterns that affect their current life. This process may also promote forgiveness and self-acceptance by providing a broader perspective on life challenges.

### **Spiritual Growth and Self-Discovery**

Past life regression hypnosis can serve as a powerful tool for spiritual exploration. By accessing memories of past incarnations, individuals may gain a deeper understanding of their soul's journey and purpose. This awareness can foster a greater sense of connection with the universe and enhance personal development. Many seek past life regression to discover talents, relationships, or life lessons carried over from previous lives, enriching their present-day experience.

### **Applications in Therapy and Counseling**

Some therapists incorporate past life regression hypnosis into their practice as an adjunct to traditional psychotherapy. It can complement approaches like cognitive-behavioral therapy or trauma counseling by addressing subconscious influences that are otherwise inaccessible. Additionally, it is used in holistic and alternative medicine contexts to promote mental, emotional, and spiritual wellness. However, practitioners emphasize that it should be conducted by qualified professionals trained in hypnotherapy and regression techniques.

### **Common Uses of Past Life Regression Hypnosis**

- Resolving recurring nightmares or phobias
- Understanding relationship dynamics and soulmate connections

- Discovering hidden talents or unexplained interests
- Alleviating chronic physical or emotional conditions
- Exploring spiritual beliefs and metaphysical phenomena

## **Scientific Perspectives and Criticisms**

### **Psychological Explanations**

The scientific community generally views past life regression hypnosis with skepticism, attributing recalled memories to psychological phenomena rather than actual past lives. Researchers suggest that memories retrieved during regression may be confabulations, fantasies, or constructions influenced by suggestion and imagination. The hypnotic state increases suggestibility, which can lead to the creation of false memories consistent with cultural or personal expectations. Cognitive biases and the power of storytelling are also considered factors in the formation of these experiences.

### **Critiques and Ethical Considerations**

Critics argue that past life regression hypnosis lacks empirical evidence and can potentially harm clients by reinforcing false beliefs or unresolved trauma. Ethical concerns focus on the risk of implanting false memories, which could interfere with genuine psychological healing. As a result, reputable hypnotherapists emphasize the importance of informed consent, clear boundaries, and the integration of regression work within a broader therapeutic framework. The technique remains controversial, and its acceptance varies widely among mental health professionals.

## **Preparing for a Past Life Regression Hypnosis Session**

### **Choosing a Qualified Practitioner**

Preparation for a past life regression hypnosis session begins with selecting a skilled and credentialed hypnotherapist. It is essential to verify the practitioner's training in both hypnosis and regression techniques, as well as their experience with spiritual or metaphysical counseling. A professional who maintains ethical standards and provides a safe, supportive environment will enhance the effectiveness of the session and safeguard client well-

being.

## **Setting Intentions and Expectations**

Clients are encouraged to approach past life regression hypnosis with an open but discerning mindset. Setting clear intentions for the session can help guide the experience and focus on areas of personal interest or concern. It is important to understand that outcomes vary widely, and not all sessions result in vivid or detailed memories. The goal is often insight and healing rather than definitive proof of past lives.

## **Practical Considerations**

To maximize the benefits of past life regression hypnosis, clients should plan for a quiet, uninterrupted session and ensure they are well-rested. Avoiding stimulants or substances that might impair relaxation is recommended. Some practitioners suggest journaling thoughts and experiences after the session to assist with integration. Preparing emotionally and mentally can contribute to a more meaningful and productive regression experience.

## **Frequently Asked Questions**

### **What is past life regression hypnosis?**

Past life regression hypnosis is a therapeutic technique that uses guided hypnosis to help individuals recall memories or experiences believed to be from previous lifetimes.

### **How does past life regression hypnosis work?**

During past life regression hypnosis, a trained therapist guides the person into a relaxed, trance-like state to access subconscious memories, which some interpret as past life experiences.

### **Is past life regression hypnosis scientifically proven?**

Past life regression hypnosis is considered a controversial practice and lacks scientific evidence; memories recalled may be influenced by imagination, suggestion, or the subconscious mind rather than actual past lives.

## **What are the benefits of past life regression hypnosis?**

Some people report benefits such as emotional healing, resolving fears or phobias, gaining insight into current life challenges, and experiencing spiritual growth through past life regression hypnosis.

## **Are there any risks associated with past life regression hypnosis?**

While generally considered safe, past life regression hypnosis may bring up intense emotions or false memories, so it should be conducted by a qualified professional to minimize psychological risks.

## **Who can perform past life regression hypnosis?**

Past life regression hypnosis should be performed by licensed therapists or certified hypnotherapists who have specific training in regression techniques to ensure safe and ethical practice.

## **How can I prepare for a past life regression hypnosis session?**

To prepare, it is helpful to have an open mind, be relaxed, avoid distractions, and discuss any concerns or goals with your hypnotherapist before the session begins.

## **Additional Resources**

### **1. *Many Lives, Many Masters* by Brian L. Weiss**

This groundbreaking book by renowned psychiatrist Dr. Brian Weiss explores the concept of past life regression through hypnosis. It recounts his experiences with a patient, Catherine, whose sessions revealed memories of past lives that helped her overcome psychological issues. The book blends spirituality and psychology, offering insights into reincarnation and the soul's journey across lifetimes.

### **2. *Journey of Souls: Case Studies of Life Between Lives* by Michael Newton**

Michael Newton presents detailed case studies from his work as a hypnotherapist specializing in past life regression. Through hypnosis, his clients describe their experiences in the spiritual realm between incarnations. This book provides a fascinating exploration of the soul's purpose, the afterlife, and the lessons learned across multiple lifetimes.

### **3. *Past Lives, Future Healing* by Sylvia Browne**

Spiritual medium and psychic Sylvia Browne discusses how understanding past lives can aid in healing physical and emotional ailments. She offers

techniques for self-hypnosis and regression to uncover hidden memories from past incarnations. The book encourages readers to explore their soul's history for personal growth and transformation.

4. *Through Time Into Healing* by Roger J. Woolger

Psychotherapist Roger Woolger combines Jungian psychology and past life regression hypnosis in this insightful work. He shares case studies where uncovering past life traumas leads to profound healing in the present. The book serves as both a guide for therapists and a resource for individuals interested in exploring their past lives.

5. *The Search for Past Lives* by Helen Wambach

This classic book delves into the scientific investigations of past life memories under hypnosis. Helen Wambach, a psychologist, collected extensive data on subjects who recalled previous lives, analyzing the psychological and therapeutic implications. The work bridges the gap between clinical research and metaphysical exploration.

6. *Many Lifetimes, Many Masters* by Brian L. Weiss

A continuation of Weiss's pioneering work, this book offers more case studies and deeper insights into past life regression therapy. It emphasizes the transformative power of uncovering soul memories to resolve present-day conflicts. Readers learn about the therapeutic process and the spiritual lessons embedded in reincarnation.

7. *Past Life Regression Made Easy* by Richard Webster

Richard Webster provides a practical guide for beginners interested in exploring past life regression hypnosis. The book includes step-by-step instructions, scripts, and tips for safely conducting regression sessions. It is designed to empower readers to access their own past life memories for self-discovery and healing.

8. *Between Lives: An Investigation of Reincarnation* by Dolores Cannon

Dolores Cannon shares her extensive research into the memories of subjects under hypnosis who recall the period between lives. The book explores themes of soul planning, spiritual guides, and the reasons behind reincarnation. Her work offers a unique perspective on the soul's journey beyond physical existence.

9. *Past Lives: A Guide to Your Reincarnation History* by Tom Shroder

This book combines investigative journalism with personal stories to examine the phenomenon of past life regression. Tom Shroder follows the work of hypnotherapist Brian Weiss and others, providing an accessible introduction to the subject. It explores the therapeutic benefits and spiritual implications of recalling past lives.

## **Past Life Regression Hypnosis**

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**past life regression hypnosis:** *Journey Within* Henry Leo Bolduc, 2010-11 Well endorsed, The Journey Within states on the back cover, Your past-life memories are closer to you than you may realise, and many exciting discoveries are being made in the search for these timeless memories. One exciting discovery is coming from a unique form of hypnosis, regression, which is proving to be an excellent tool for uncovering past-life memories. This is the story of research hypnotist Henry Bolduc's twenty-five years of studying and practising hypnosis. We get to share in the unfolding of a fascinating exploration into the human mind. A good portion of the book is devoted to the development of channeling in two individuals who were able to repeat the Cayce Effect -- channelling information as the great North American Mystic Edgar Cayce did. These sessions are documented with profound readings as Edgar Cayce referred. Included are Channeling guidelines for those new to the concept.

**past life regression hypnosis: How To Conduct Past Life Regression Online** Laura Whitworth, 2021-02-09 Looking to transition your hypnotherapy practise online in the current circumstances? Don't know where to start? In this manual Laura Whitworth runs through step by step everything you need to know in order to make the transition from face to face to online hypnotherapy. Laura uses her extensive experience through conducting hundreds of online past life regression sessions, to lay out the process of transitioning to online past life regression. In this manual you will learn what you need to consider before you even move online. What equipment you will need. What to do prior to conducting an online session to set you up for success. What to include in your Client paperwork. How to structure an online session. What safety checks need to be covered off prior to conducting the session to cover both you and the Client. How to prepare the Client for the online session in order to ensure that they receive their best session. How to deal with technology issues. A step by step guide on how to conduct an online past life regression session including scripts to follow written by Laura. Things to consider regarding your tonality and pace as a hypnotherapist when conducting online sessions. A detailed structure to follow when moving Clients through an online past life regression session. How to progress Clients through their lifetimes. How to deal with and help clients release trauma during the session. How to identify that the Client has an Entity and to remove it during the session. How to identify types of Entities and deal with them accordingly. How to help the Client reintegrate a fractured part of themselves. How to encourage healing in the Client through collaboration with the Higher Self. Guidance on your questioning technique whilst in your Client session. How to ask questions during the session so as not to bring the Client out of the Theta state. How to bring the Client out of the Theta state. How to conduct the post session wash up with the Client and ensure that they are fully integrated back into their body. In this manual you will learn absolutely every step of the process to Online Past Life Regression and you will receive Laura's own scripts that she uses Online. Laura Whitworth is a Clinical Hypnotherapist and Psychotherapist and Level 2 Quantum Healer trained in the process of Dolores Cannon. She is also trained in Neuro Linguistic Programming and Spirit Releasement Therapy. Laura brings her extensive experience in Past Life Regression, gleaned both in a face to face environment and an Online environment to produce this one stop manual.

**past life regression hypnosis:** Past Life Regression Hypnosis Mindfulness Hypnosis Academy, 2021-01-15 Have you always felt like there was something inside that's been holding you back from making your dream life a reality? Perhaps you have an old pattern of negative behaviour you're not presently aware of but is still embedded in your subconscious? Do you want to uncover your hidden past lives? Would you like to explore your past and access memories buried deep down in your subconscious mind, still causing you pain and suffering? Today, a very big part of human population believes in reincarnation and past lives. Some people know that they have lived before. Some believe

that they have had multiple lives, stretching far back into history. They believe that each of us have lived many lifetimes - lifetimes that may cause us to hold onto traumatic or painful memories. These memories can carry over into our current lives causing pain and traumas. In this book, you will find: A brief introduction explaining the power of Hypnosis to drive the sub-conscious mind into a more profound and enlightened state of being How to Discover information about your past lives How to know and understand your past selves How to access hidden memories Guided Past Life Regression Hypnosis: step-by-step session to remember your past lives. Guided Past Life Regression Deep Sleep Hypnosis: the golden method to go in a dream-like state and to connect with your past selves. How to instantly relieve stress, calm energy, increase your inner peace and practice mindfulness Tips & Tricks about Hypnosis You can help yourself improve the quality of your life with past life regression hypnosis form now, even if you are a beginner. You can start - wherever you are - from this moment. You have only to close your eyes, keep an open mind, and take deep breaths... It's often said that one should learn from past mistakes. By knowing more about your previous lives, you can take new and constructive action at present to lead a better future... You will be amazed just how effective Past Life Regression Hypnosis can be at helping you destress, calm the mind and increase positive emotions. Scroll Up and Click the Buy Now Button to Get Your Copy!!!

**past life regression hypnosis: Past Life Regression** Mary Lee LaBay, 2004-12-10 The quest for self-knowledge and awareness has gained increasing popularity over the past several decades, with an explosion of beliefs and methodologies. Central to these practices is the exploration of past lives. From the curious layperson to the traditional doctor of medicine, people are employing various techniques in an effort to facilitate this experience. Certified hypnotherapy instructor Mary Lee LaBay has written *Past Life Regression: A Guide for Practitioners* as a comprehensive text for beginning as well as veteran therapists. Ms. LaBay covers both basic and advanced techniques in a philosophical context, to help practitioners generate maximum healing and change during the past life session. Through case studies and concise instructions, the author demonstrates practical and elegant uses of these techniques that allow the client to discover life purpose, aspects of their relationships, roots of disease, addiction, and phobias, as well as a wide range of other life issues.

**past life regression hypnosis: The Complete Idiot's Guide to Past Life Regression** Michael R. Hathaway, D. C. H. Hathaway, 2003 Judging by the more than 2 million web pages dealing with past lives and past life regression (PLR), people aren't only - seeing dead people, - they're interested in finding out whether or not they were some of those dead people in a previous life. Going way beyond a belief in reincarnation and karma, 'regressionists' want to know who they were and what their lives were like - and reputable psychiatrists are using hypnosis to reveal the past life issues that are keeping their patients from living better lives today. In *CIG to Past Life Regression*, a board-certified past life regression therapist reveals the ins and outs of PLR. Is past life regression for real? Are children really closer to their past lives than adults? Can I be hypnotized - and can I trust the hypnotist and what he/she tells me? What will a session be like? Is one session enough? And what about self-hypnosis? How can knowledge of past lives make my life better today?

**past life regression hypnosis: Past Life Regression: Healing Relationship Patterns Through Past Life Regression (Remember Forgotten Memories and Access Emotional Healing With Sleep Hypnosis)** Michael Flowers, 101-01-01 Past life regression therapy is built upon the idea that we're eternal beings that move from life to another in different place and time. As perpetual spirits, we come across bodily existence on earth in a series of persona and physical bodies. On a spiritual level, we choose every lifetime as a way to learn the lessons we've to head off for ourselves. Exploring our life in the past through a therapy for apparently inexplicable physical or mental issues is known as past life regression therapy. It works together with beliefs of reincarnation and takes us back in earlier life to get a better understanding of our life we live in the present. Inside, you will discover: • How your previous lifetimes are deeply woven into your present discomfort - gain insights for profound changes • An immersive exploration into the fascinating realm of past life regression, opening new pathways to comfort and renewal • Strategies for setting powerful intentions that direct your subconscious toward relief and self-realization • Ways to tap into your soul's repository

of records - access your own google search the soul across timelines • Hands-on methods for revisiting your past lives, shedding light on your present identity Past life regression hypnosis sessions can help you uncover your previous lives, remember forgotten memories, and access emotional healing to unlock unresolved emotional issues. It's normal to feel a little apprehensive about exploring your past lives. After all, this is something that most people don't do every day. But hypnotherapy is a very safe and effective way to access your subconscious mind, so that you may overcome certain patterns of behaviour from previous incarnations.

**past life regression hypnosis: Past Life Regression Hypnosis** Elliott J. Power, 2020-11-26 Do you want to travel back to your past lives to help change your future? Could spiritual awakening help you find the success you seek? Regression hypnosis and guided meditation can help you to discover your full potential! We have all lived before, in lives that stretch back to the beginning of time. Each of these individual lives presents us with an opportunity to learn and to improve our current life, by seeing what we did wrong and how to change what we do in the future. But how do you transport yourself to a past and revisit what you did? This new book, Past Life Regression Hypnosis allows you to open your mind to a spiritual awakening through a simple concept of sleep hypnosis, with chapters that include: - The benefits of past life regression - The way to discover information about your past lives - Accessing the concealed memories we all have - The secrets of guided past life regression hypnosis - Advanced Hypnosis techniques And more... By practising this unique form of hypnosis, you will find the ability to make changes in your life for the better, allowing you to uncover the success that may otherwise have eluded you. And Past Life Regression Hypnosis is the perfect book to get you started. Scroll up now and click Add to Cart for your copy!

**past life regression hypnosis: Past Life Regression Hypnosis** Hypnotherapy Solutions, 2020-04-29 Ever need to find out about yourself, while finding since quite a while ago overlooked recollections you've encountered? Covered profound inside your brain are the responses to why you feel, act, and live how you do today. The more you think about your past selves and your past recollections - the more profound your comprehension of yourself will turn into. OK, prefer to help manage your companions and family members into a meditative state when they can review their own covered up past life recollections to assist them with the individual difficulties of their present lives? If along these lines, this book is for you. This book will help you with finding the long excursion of your spirit - regardless of whether your latest manifestations were in the far off, removed past or from a somewhat newer time of history. You'll find how significant occasions of your past life make slants and can significantly affect your present life. You'll perceive how individuals, family, and companions help make karmic resonances and causal waves from pasts since a long time ago overlooked. data to go about as a previous life consultant to help other people. Right now will learn: how to utilize the included guided reflection content to support customers and others recuperate their own lost past life recollections how to recognize genuine past life recollections and recollections invoked by a bogus memory disorder how to instigate profound, profound conditions of unwinding in yourself and customers to start testing the openings of their brains the nuts and bolts of and the differences among hypnosis and guided contemplations how to focus on specific past life recollections how disasters and significant occasions in recent manifestations drastically influence your present life conditions If you are even remotely interested in past lives and how to support yourself as well as other people go into a perspective to recoup their covered up past life recollections, this book is unquestionably for you. I trust you appreciate this book as much as I understand making it.

**past life regression hypnosis: The Power of Past Life Regression** Steve Burgess, 2020-03-27 Welcome to the exciting world of past life regression! Hypnotherapist Steve Burgess has conducted many thousands of past life regression sessions and this book details some of the incredible healings his clients have experienced as a result of past life therapy. Each of the client's stories is vividly re-told using the words that they spoke whilst in trance in their regression sessions. They paint exciting pictures and describe in detail the events that took place in the past lives, often giving a fascinating insight into life in former times. If you're interested in spiritual issues or in

learning more about reincarnation and how our previous lives affect our present life, you'll be fascinated to read the journeys of Steve's clients as they release the traumas of their past lifetimes and achieve wholeness in this life.

**past life regression hypnosis:** *Life Between Lives* Michael Newton, 2004 The founder of the Society of Spiritual Regression provides a guide for hypnotherapists and the general public to access the spiritual world.

**past life regression hypnosis: Past Life Regression Hypnosis** Katerina Campbell, 2021-04-14 Do you want to travel back to your past lives to help change your future? Could spiritual awakening help you find the success you seek? Regression hypnosis and guided meditation can help you to discover your full potential! The experience of a past life regression can be a potent tool. Many believe that each of us has lived many lifetimes - lifetimes that may cause us to hold onto traumatic or painful memories. Sometimes these memories can carry over into our current lives, causing pain and trauma. If you are exploring a past life, you might discover some karma that helps explain some of the challenges you are going through in your current life. This new book, *Past Life Regression Hypnosis*, allows you to open your mind to a spiritual awakening through a simple concept of sleep hypnosis, with chapters that include: The benefits of past life regression The way to discover information about your past lives The secrets of guided past life regression hypnosis Advanced hypnosis techniques ..And more This book is designed to help you through the journey of past life regression through sleep hypnosis. By practicing this unique form of hypnosis, you will find the ability to make changes in your life for the better, allowing you to uncover the success that may otherwise have eluded you. And *Past Life Regression Hypnosis* is the perfect book to get you started. Scroll up now and click Add to Cart for your copy!

**past life regression hypnosis: Spiritual Regression for Peace & Healing** Ursula Demarmels, 2016-03-08 Explore the Love, Light, and Joy of Spiritual Regression The benefits of past-life regression are many: recognizing the divine plan for your life, losing the fear of death, and meeting your soul guides. In *Spiritual Regression for Peace & Healing*, discover how to use regression to better understand and resolve fears, health issues, and karmic relationships and discover your special skills and talents in this life. Join author Ursula Demarmels as she shares dozens of fascinating case studies from more than 4,000 past-life regression sessions that she has conducted in her professional practice. Intimate and inspiring, these stories include heartwarming tales of people being reunited with their loved ones, friends, and even animal companions in spirit.

**past life regression hypnosis: Past Life Regression** Rodgers, 2023-04-11 This essential past life regression hypnosis bundle contains 9 powerful hypnosis sessions, that can help you do just that. Past life regression is not just a method of exploration, but also a therapeutic tool that can help people heal from the traumas of their past lives. It can also help them to understand their current life situation and make better choices in the present. Inside this guide, here is just a small fraction of what you will discover: How to perform plr hypnosis by yourself... learn the entire process in just a few simple steps The scientific evidence of reincarnation that can turn a skeptic into a believer What to expect during a plr therapy - plus the different techniques used to ensure a successful session each time How your subconscious can lead to deep healing and transformation... harness its power to improve your current situation This book will help you discover the long journey of your soul - whether your most recent incarnations were in the distant, distant past or from a slightly more recent period of history. You'll discover how important events of your past life create trends and can significantly impact your current life. You'll see how people, family, and friends help create karmic resonances and causal ripples from pasts long since forgotten.

**past life regression hypnosis: The Past Life Regression Project** Kevin Linehan, 2012-10-01 Have you ever visited a place for the first time yet it felt like home? Have you ever had a powerful attraction to a person you've met for the very first time? Maybe you feel a special connection to Ancient Greece or the Wild West. Would you want to discover why you have a burning passion for the outdoors, or baking bread, or singing? The answers to these questions may be found in a past-life. The subject of past lives is gaining mainstream attention as more and more people become

intrigued with the notion that we have each lived many times. The Past Life Regression Project follows thirty volunteers as they recall their past lives using hypnosis. Some of these experiences are ordinary although many others are quite distinct. Recalling certain past lives can be an extremely emotional experience felt as deeply as emotions are felt in your current lifetime. The intent of this book is to show what you can expect from a single hypnosis session dedicated to visiting your own past lives.

**past life regression hypnosis: Through Time Into Healing** Brian L. Weiss, 1993-09  
Discovering the power of regression therapy to erase trauma and transform mind, body, and relationships--Cover subtitle.

**past life regression hypnosis: The Complete Idiot's Guide to Past Life Regression** Michael Hathaway, 2003-09-02 A guide to the mysteries of your past . . . In this fascinating book, a board-certified past life regression therapist goes beyond reincarnation and karma to reveal everything people want to know about the ins and outs of this phenomena. This book covers: • Whether past life regression is for real • What to expect from hypnosis • Whether children are closer to their past lives than adults • How knowledge of past lives can help resolve issues and improve the present

**past life regression hypnosis: Five Lives Remembered** Dolores Cannon, 2009 THE BEGINNING What do you do when you discover information that is before its time? What do you do when your curiosity takes you on an adventure that is so bizarre that there is nothing normal to relate to? This is what happened to Dolores Cannon in 1968, long before she began her career as a past-life hypnotherapist and regressionist. Travel back with us to that time when the words reincarnation, past-lives, regression, walk-ins, New Age were unknown to the general population. This is the story of two normal people, who accidentally stumbled across past-lives while working with a doctor to help a patient relax. It began so innocently, yet it crossed the boundaries of the imagination to open up an entirely new way of thinking at a time when such a thing was unheard of. It went totally against the belief systems of the time. It was so startling that they should have stopped, but their curiosity demanded that they continue to explore the unorthodox. The experiment changed the participants and everyone involved, and their beliefs would never be the same. Dolores Cannon is now a world-renowned hypnotherapist who has explored thousands of cases in the forty years since 1968, and has written fifteen books about her discoveries. Her books are translated into more than 20 languages. She is teaching her unique form of hypnosis all over the world. When she lectures people ask, How did you get started on all of this? This is the story of her beginnings. The book was written in 1980, her very first book. It has laid dormant, gathering dust, until now, waiting. Now is the time for it to come forth. Enjoy the adventure!

**past life regression hypnosis: *The Book Of Hedu: Insights from Past Life Regressions A Study of 17 Clients Journeys into Their Past Lives*** Mr. Hedu, 2022-11-28 THE BOOK OF HEDU My name is Heduviges and they call me Hedu. In 2005 I became certified in the Quantum Healing Hypnosis Technique® in Mount Shasta California with the Dolores Cannon Academy. I am a Level 2 practitioner with over 200 hypnoses under my name. I have lived on the island of Aruba all my life, we are a Dutch Colony with means I hold a Dutch passport. At Mount Shasta California we were 150 students , we were all there to study Quantum Healing Level 2 and we were supposed to practice a lot on each other. My first client in Mount Shasta was Cecile, we were sitting together in the classroom and she asked me to do a regression session with her. It was a short induction and she went right into trance. I need you to come down of the cloud very slowly and when you reach the floor tell me what you see.

**past life regression hypnosis: Heal Your Life with Past Life Regression Techniques** J.D. Rockefeller, Have you ever felt that certain emotions you feel are just unexplainable? Do you feel that no matter what you do or what treatments you undergo, your anxiety and panic attacks or your phobias will never go away? Do you feel that you need to get to the root cause of these emotions, but you just don't know how? If so, you may find the solutions to all your problems in your past life, and in order to do this, you will need past life regression. Over the last few years, many people have

found past life regression therapy to be a wonderful way to release fears, phobias, and feelings. Regression techniques help you reach the deepest part of your consciousness through hypnosis. It allows you to relive your past life and heal and grow your mind, body, and soul. It helps you to become a more focused, relaxed person, and it strengthens your relationship with yourself as well as others. While many prefer to go to therapists specializing in past life regression, there are certain techniques you can use yourself in the comfort of your home to heal your past life experiences, pains, and hurts. The aim of this book is to help you know what past life regression is, what benefits you can expect to achieve with it, what actually happens in a session, and how you can do your own past life regression at home any time you want.

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