

## About PAST LIFE REGRESSION

Past Life Regression is a technique that uses hypnosis to recover previous incarnations. It is a profound spiritual experience that very often leads to positive therapeutic results. A person guided by a hypnotherapist often gets answers to his own questions, problems and relationship issues. Often a person will experience insightful glimpses leading to realization at very deep personal level.

### What is hypnosis?

Hypnosis is simply a level of high suggestivity to an individual in a very relaxed physical state. It is a condition between being awake and asleep where the recipient maintains full awareness during the session and can interrupt it at will. One example of a hypnotic state in daily life is experienced during long distance driving, when a person does not remember the details and time spent driving. Some people spend much of their lives in various stages of a hypnotic state and are not even aware of it.

Historically, past life regression goes back to the scriptures of ancient India where the reincarnation concept is a part of their culture. It is believed that current problems originated in past lives and realizing the source of them through regression helps the person to experience self-empowerment and clarity instead of being a victim of circumstances. Many questions you may have about who you are and why your life is the way it is and why you act the way you do can be discovered through past life regression.

Throughout life times, consciousness accumulates impressions that travel into future lives. You can think of it as programming at a subliminal level, like a program that's running in the background of your computer, yet it affects everything you do on your computer. This past "programming" from your past life experiences is affecting your life in this lifetime.

The best books on the subject I found are by Brian Weiss M.D. They are easy to read and provide comprehensive, thorough deep description of past lives regression experiences. The information is very valuable in a sense that it comes from a traditionally trained psychiatrist who initially was a disbeliever in anything that appears to not have a logical, scientific explanation or common sense.

### My personal experiences

Speaking from personal experience, in my most recent past life I was an officer for government security in a militaristic non-integous country. Though I did my job for my highest truth the way I understood it back then, I fully realized falsehood and negativity of my job toward the end of that lifetime. As a result I understand why my current life focuses on the healing arts, both traditional and holistic. I moved from destructive service to intergrous, creative and meaningful service as a step in rectifying my non-integous past life.

Another example from my personal experience is my unexplained heavy-duty fear of flying that I could not relate to this lifetime. I discovered that I had spent several lifetimes as a spirit trying to find a body or shell after a premature accidental death as a child more than once. It was not easy at all to find it. I literally hated to fly and could not understand why until it all became crystal clear in my personal past life regression. This fear lasted approximately 150 years based on the look of people's clothes and transportations I saw in my regression.

So, welcome to past life regression experience!!!!