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Past Life Regression





- ❖ What is Past Life Regression (PLR)?
- ❖ How Does It Work?
- ❖ How can it help you?

REGRESSION THERAPY

also called past-life regression therapy is a **psychotherapy that is client-centred**. It focuses on the discovery of the origins of a client's problem. It is a dynamic and vital therapy. An important characteristic which distinguishes past-life regression therapy from other therapeutic approaches is in its focus upon the discovery of the original causes of a client's problem and in the acceptance that present life issues or problems may have their origin in past lives, real or symbolic, and in its willingness to explore this possibility with clients. It is of no importance whether or not you accept a concept of reincarnation. Taking your own experiences seriously and working on and in your own process of development and healing is what cures in this life, right here and now, quickly and effectively.

Past Life Regression

What is Past Life Regression?

In past life regression, we don't move back to the past experiences and to past lives, but to the "retained past" that we are carrying now. When we go back in therapy, we move to things of the past that continue to interfere with us now.

We carry the problematic past with us as unresolved shadows and undigested residue. Therapeutic regression, or past life regression, assimilates such episodes by discerning, reliving, and integrating them and releasing them so they don't need to haunt us any longer.

How does it work?

In a past life regression session, the client is invited to explore the origin of the issue which has presented in their lives which needs to be healed. This issue could be an emotional, physical or mental challenge and is usually one that no other intervention has been successful in treating. Once the original cause is uncovered and dealt with correctly, then the client will be released from the need to continue suffering with the problem.

PLR THERAPY CAN HELP YOU DEAL EFFECTIVELY WITH:-

Fears//Phobias
Behavioural Challenges,
Physical Ailments,
Low energy levels,
Anxiety, Anger, Guilt,
Depression, Panic attacks, Nightmares,
Unexplainable Physical Pain,
Blocked Feelings,
Loss of Life Focus and difficulty forming Personal Relationships.
Often these are problems that keep being repeated.

Why people come for PLR?

While we often explore past lives out of curiosity of who we were in other times in history, there are also more practical uses for taking a journey into another lifetime. We can gain a vast amount of information about ourselves, including the root causes of phobias, fears, blocks, and challenges, which often surface during regressions.

For instance, if we drowned in a past life, we may have an "irrational" fear of water in this life. It is really not so irrational when viewed from this bigger perspective. Seeing where these fears and challenges originated can help us move beyond them and create the life we want.

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LIFE COACHING

ANGEL COURSES

REIKI COURSES ALL LEVELS INCL:-

BEGINNERS PRACTITIONER MASTER/TEACHER

Regression therapy reaches and heals deeper, physically, emotionally mentally and spiritually, than most other therapeutic approaches.