



A Guide to Past Life Regression



Historically there have been numerous accounts of past lives being remembered but the acceptance of such accounts has depended to a great extent on the cultural and religious dogma at the time. Some religions, Buddhism for example have reincarnation as a central tenet of their faith. Others, such as Christianity initially accepted reincarnation, but then later rejected it because it contradicted and challenged their evolving concept of the afterlife.

The acceptance of reincarnation has become more widespread as claims of past life memories made, particularly by young children, have been independently verified by the media and researchers alike. It is hard to dismiss their claims when surviving relatives of the 'deceased' person are able to verify as true the information given by a child they have never met, or had any form of connection with, prior to the researchers making contact with them.

The above cases arise where a person spontaneously remembers a previous life for whatever reason, but we can also choose to revisit past lives using regression hypnosis or meditation exercises in order to access memories from previous incarnations to help us in this life and to help us progress along our spiritual paths.

There are many benefits which can be gained through undertaking a past life regression and listed below are some of the main ones:

1. **TO FREE BLOCKAGES** – it's quite common to have successful areas in your life but find that other areas remain blocked despite your best efforts. For example you might be wealthy, have a good career, have a nice home and be socially popular yet find it impossible to maintain close and loving relationships. It is possible that through a past life regression you may discover the reason for that block in an earlier life that can then be released allowing you to develop closer and loving relationships.
2. **TO FREE YOURSELF FROM IRRATIONAL FEARS** – everyone has fears, most of them will be totally rational and understandable. But some may appear from birth and seem irrational or like a phobia. If you have such a fear that cannot be explained in this life, such as a fear of water or of a particular place then it may be traced back to a traumatic event in a previous life, for example drowning, an accident, an execution or even murder. By undergoing a regression it will help expose the source of the problem and help you overcome what is no longer relevant to you in this life.
3. **TO UNDERSTAND YOUR DREAMS** – do you have vivid &/or recurring dreams? These may appear at the same age or time of life that something significant happened to you in a past life. The symbols and metaphors may contain messages from your higher self from lessons learned in past lives and can be interpreted in a past life regression. They may also be karmic in nature – reliving a traumatic event to work off karma and to learn from it.
4. **TO MANAGE RELATIONSHIPS** – there will always be some people in our lives with whom we just cannot get along with harmoniously no matter how hard we try. If they are work relatives, colleagues or neighbours then it is hard to avoid or walk away from them. By undergoing a past life regression you may discover the reasons for this through previous history between you. Once you are able to understand what is behind the hostile relationship then you can change and end the unhealthy dynamics. By forgiving what has happened in the past it will help with moving forward in this life.

5. **TO KNOW YOURSELF BETTER** – your current talents, abilities, likes, dislikes, attractions and aversions may all be clues to past lives. Perhaps you feel drawn to certain people, cultures or countries even though you may never have met or visited them before. You may find certain subject or languages are easy to learn or you are obsessed with certain historical periods or events. A regression may take you to a past life that you had in that particular time and place, in doing so explaining its importance to you.
6. **TO IDENTIFY YOUR SOUL FAMILY** – it is believed that we travel through different lives with the same group of souls and in doing so we learn spiritual lessons and accumulate or resolve our karma in our soul groups. For example, your child in this lifetime may have been your parent in a previous life. Have you ever experienced a sense of déjà vu when you feel someone you randomly meet is a person you've met before? This could be a sign that they are in your soul group. Another example is instantly clicking with a new partner as soon as you meet may indicate that you were lovers in a previous life with unfinished business. Light can be shed on these meaningful relationships by undergoing a past life regression.
7. **TO RECEIVE SPIRITUAL GUIDANCE** – wherever you may be on your spiritual journey, finding and exploring a past life may be that missing piece of the jigsaw puzzle you need to help you progress further along your path. By undergoing a past life regression you are not only learning about your own past history but also healing and enriching your present life allowing you to develop further spiritually than you might otherwise have done.

Just as there are benefits to be had by undergoing past life regressions, you also need to consider and be mindful of the following points:

- a. As with other forms of guided visualisation meditations, you may or may not experience things during the course of the meditation.
- b. Anything you do experience will be unique to you. There is no right or wrong way to experience something during the course of the meditation.
- c. Whatever you do experience, accept it. Do NOT try to analyse or critically think about it, instead DO try to absorb and remember as much as possible the information being given to you during the course of the meditation.
- d. Although the intention of the meditation is to access and recall memories from a past life time, please do not assume that what you experience is automatically a genuine past life. It is possible that the experience has been constructed by your subconscious mind in order to communicate a message or provide advice to you.
- e. To help eliminate the possibility of it being a construction of your subconscious mind it would be helpful to write down as much as you can remember from the meditation, from the big picture items down to the smallest details along with feelings and any other non-visual information gained.
 - Now go through the list and cross off anything which is an obvious memory from this current lifetime.
 - Whatever remains on the list should hopefully only relate to a previous life.
- f. If you are seeking to establish and verify the historical existence of that person in a previous lifetime you may need to re-visit that particular life several times through past life meditations in order to obtain sufficient information to start the searching relevant records. The more detailed information you have to begin with the greater the chance you will have to succeed.
- g. Unfortunately no matter how much information you can gather, historical records only go back so far and not every country keeps them to the same degree (assuming the life you are looking for is within the last 200 – 300 years), so it may never be possible to positively identify the person you once were.