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Past Life Regression Therapy | Personal Coaching & Teaching**

## **What are Past Lives?**

Past lives are previous incarnations of our soul. Most humans living on planet Earth at the present time have had many previous lifetimes on Earth. This is not the first human incarnation for most souls.

## **What is Past Life Regression Therapy?**

Our soul remembers every experience and all knowledge from its various incarnations. It is also imprinted with any unresolved trauma – hence the term “wounded soul”.

When a soul chooses to incarnate in human form, it agrees to amnesia – to experience life from the perspective of a new arrival. So we are born without a conscious memory of all our lifetimes of experiences. But our subconscious remembers.

Past Life Regression (PLR) Therapy is a technique for accessing the memories and knowledge of our soul. PLR uses hypnosis – which is really *focused concentration* through *deep relaxation* – to tap into our subconscious mind.

## **How can Past Life Regression Therapy Help You?**

Soul wounds – unresolved trauma from previous lifetimes – can manifest in our current lives in many ways. For example, unexplained and seemingly irrational fears and phobias may have originated from an experience in a

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prior lifetime. Dysfunctional relationship dynamics, compulsions and addictions may also have a past life origin. Unresolved and persistent grief may have a basis in prior lifetimes, but can be triggered by loss in this life.

Good stuff is also remembered by our soul – the soul memory is *not only traumatic experiences!* We carry the memories of *what* and *who* we have *loved*. We may carry with us passions and talents that were tellingly not nurtured in our upbringing – such as singing, music composition and art. We may from an early age be driven to do or be a particular thing – like study architecture, or visit a particular place half way around the globe.

But as with all therapy – we don't need it when all is well in our lives. If we are truly happy and fulfilled and whole, why would we seek therapy? PLR is perhaps the exception to this as some people may simply be curious to have a past life experience – for example, to see if they have known someone before. In such cases, the therapy component may not be required – a simple experience may be enough to satisfy the curiosity.

Generally PLR may be able to help you if you have fears, phobias, anxieties, unresolved grief or anger, blocks to living your full potential, or unhealthy patterns in your life which do not appear to (solely) have a basis in this life.

**Recommended reading:**

*Many Lives, Many Masters* and *Through Time into Healing*. Brian Weiss, M.D.

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