

What is Past Life Regression?

Past life memories are the autobiography of your eternal soul—personal stories that explain who you are now and why you're here on Earth.

Past life regression is a therapeutic technique for accessing and re-experiencing your past lives directly. A branch of hypnotherapy, past life regression therapy has grown over the last 50 years to be an important addition to the healing arts.

Benefits of Past Life Regression

Some people try past life regression simply out of curiosity to see who they were in the past. But for most, it's a path for personal growth and healing. With the help of a trained guide, past life regression can help you:

- See personal relationships in a new light
- Energize talents and abilities from the past
- Release fears and anxieties linked to past life traumas
- Release past life traumas at the root of physical problems
- Experience the transitional states of death and beyond
- Understand and align with life purpose

How Does Past Life Regression Work?

While in a light trance, with Sheri as your guide, you experience single or multiple past lives yourself. You see it, sense it, and feel it. You are the central character deeply involved in the past life story.

(Regression therapy is not to be confused with a *past life reading*, which is a passive process and has little therapeutic effect.)

Seeing, Feeling, Sensing Past Lives

Past life regression is an amazing, full-sensory experience. You might experience the memory as a vivid movie, or see only vague flashes of images that prompt the narrative. You might hear gunshots or explosions on a battlefield, or music at a dance. It is possible to recall smells too: smoke from a fire, leather from a saddle, or the sweat of a dirty body. As the story unfolds, you feel real emotions appropriate to the story.

How the Healing Works

Past life regression is healing. You were born not as a blank slate, but as a soul rich with both the wisdom and scars from many lifetimes.

We all carry memories from past lives into this life--unconscious memories that carry an energetic charge and continue to affect us. They can be things left undone, vows made, accomplishments, failures, mistakes, success, emotional debts, guilt, gratitude, traumatic and sudden deaths, wisdom, and love.

These charges from the past set up patterns which are continually triggered and repeated in our present life. These patterns can be positive or negative. They can affect our relationships, behaviors, motivations, and even our physical bodies and health. Positive patterns can feed talents, bestow wisdom, influence tastes, and energize life purpose. Negative patterns fuel destructive, compulsive behavior, cloud judgment, cause injury, and block your way.

By making these memories conscious, we can release the patterns that no longer serve us, freeing us to live more fully in the present. Beneficial patterns are reinforced, negative patterns are neutralized.

Past life regression is the process of healing the soul by healing the past.