



What is Past-Life Regression Therapy?

Past-life therapy is a tool used today in a variety of mind-body healing modalities. Psychiatrists, psychologists, hypnotherapists, and counselors, are among the professionals who are applying it as a useful adjunct in assisting their clients to experience more understanding in their lives. Whether past-lives are real or imaginary is not the point.

Some people look for answers to questions such as: What is my purpose in life? Why do I continue to attract the same type of job or relationship over and over? Why did I end up with the parents I did?

People's memories are stored in various parts of the subconscious, and when one is relaxed they can access them. Repressed adult trauma memories are stored in the cortex, repressed childhood memories are in the temporal lobes, and repressed infant memories are stored in the hippocampus. Higher wisdom and feelings of a more positive nature are accessed from the frontal lobes. A skilled regression counselor will guide the person into accessing this higher wisdom.

People do not have to have trauma in order to have a past-life regression session. Sometimes a person wants to figure out what their purpose in life is, or what gifts and talents they possess. Here are some other frequently asked questions:

Q) What if I cannot be hypnotized?

A) Generally everyone can be relaxed and taken through a guided imagery process. That is all that is required to access one's inner source of wisdom.

Q) What if I cannot see anything?

A) A person can also sense, feel, or even hear their inner guidance.

Q) What if I am just making it all up?

A) If there is a feeling of peace and resolve inside, than regardless of what came through, the insight was the truth. There is a moral to every story. The most important aspect is that the message was understood.

Q) I am nervous. Will this interfere with my ability to have a successful experience?

A) Most people feel anxiety, because they are afraid some buried trauma will emerge, which they will not be able to handle. I have yet to see this be the case in the years I have been practicing. The human psyche seems to have an inbuilt safety mechanism, which prevents someone from remembering that which they cannot handle.

Q) Will I need more than one session?

A) Everyone is different. How much information a person is seeking, and how much information is revealed are some factors. Sometimes after a session a person wants to do another simply because new questions have surfaced. I like to see everyone after their very first session just to make sure they were able to integrate the information they received. I can answer questions that may have arisen.

A common challenge seems to surface for most people during a session - the negative, self-doubting ego inner voice. When this happens, I give a post-hypnotic suggestion that will allow the person to continue forward with their session.

There is a word of caution. If you are going to explore past-life regression therapy to help resolve a particular issue, please seek guidance of a trained professional in the counseling field. I have had people who have come into my office feeling traumatized after seeing someone who took him or her through an ordinary hypnosis session. This person did not have the necessary skills to help the client work through the strong emotions that surfaced. The whole idea behind doing regression work is to heal the trauma, not to invoke more.

I would like to say that I have witnessed the lives of many people, including my own, change for the better due to past-life regression therapy. The risks are having to sacrifice guilt, shame, judgment, anger, blame, sadness, and many other emotions. What is gained are usually peace, joy, contentment, insight, and self-awareness!



To contact me:

Phone: (909) 792-2094 3# or my cell phone: (951) 313-8541

Email: kathrynleeman508@gmail.com