



PAST LIFE

INFO

Private Session
60 minutes

Group Session
90 minutes

Most people are suitable candidates for this type of therapy but I reserve the right to exclude or refuse admittance to anyone who I feel may be disruptive to the group or whose motives lack credence.

Exclusions:

- Under 18s
- Mothers-to-be in 1st or 3rd trimester
- Anyone under the influence of alcohol or drugs
- Anyone with suspected or diagnosed psychosis

Past Life Regression Therapy

"Reincarnation is the religious or philosophical concept that the soul or spirit, after biological death, begins a new life in a new body." [Wikipedia](#)

Are you suffering...

inexplicable ILLNESS, ANXIETY, FEAR or PHOBIA ?

Are you willing....

to try something NEW ?

Whether you believe in reincarnation or not, **Regression Therapy** can often identify the root cause of inexplicable illnesses, pain, fear or phobias and initiate healing. Be prepared for dramatic changes!

Or, are you just curious.....?

You don't have to be suffering an illness or be in pain to take part in the sessions. Stay open to the process and allow your subconscious mind to present whatever you need to know on the day. It may offer a much clearer perspective for whatever is going on in your life right now and that can't be a bad thing, can it?

SESSION FORMAT

A short questionnaire will determine how you view your current state of being, what likes and dislikes you have, any strong preferences or birthmarks.

This is followed by a short induction to relaxation; vital for anyone who is new to meditative practice.

When everyone is settled, the therapy session will commence. This usually lasts about 45 minutes. No-one is required to speak out loud during regression as each person will have their own internal experience and will be able to recall it in detail immediately afterwards.

While everyone remains quiet, a post-session questionnaire is then completed.

These findings can provide a unique insight into the way you are living your life and help to identify patterns of behaviour that may have been holding you back.

There will be time to discuss any aspect of the session afterwards but please remember, this is your personal experience and is, therefore, subjective.