

Spirit Rising Sanctuary of Light, LLC



A Center of the Spiritual Arts

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Past Life Regression

Past Life Regression (PLR) is a powerful way to move through blockages and fears, understand difficulties in relationships, discover why you feel powerfully drawn to (or repelled by) certain people, places and circumstances, gain clarity regarding the conditions in your current life, and the lessons to be learned, and much, much more. PLR offers down-to-Earth tools from the exploration of other lifetimes to enhance *this* lifetime.

The average PLR session lasts about 1.5 hours. If you are experienced with PLR and wish to uncover something from a particular life, it is possible to complete the session in one hour. If you have not experienced hypnosis or past life regression, I would prepare you appropriately. I would ensure that you are comfortable with me and the PLR techniques, and help you dispel any fears about the process, so that you could relax and let go completely. I have nearly 20 years experience with PLR, as well as more than 30 years as a Yoga instructor, deeply relaxing clients/students and taking them into peaceful, altered states.

A PLR session includes the following elements:

- We will discuss why you wish to experience PLR, what you hope to achieve and discover, the best way to regress you, and many other aspects involved.
- You will be given choices of how to move through a lifetime, out of it, view it, *review* it, and so on. You are in *complete control* during the regression. You must feel that you can trust me and feel comfortable with me, so are able to *allow* yourself to let go and really participate in the regression.
- I will lead you through a thorough relaxation, and you will begin to experience the light trance state which is necessary to genuinely explore a past life. Some people experience emotions such as crying or laughing, but most are totally absorbed in the "movie" unfolding in front of their eyes. It is important to relax, be very still, and feel safe and protected.
- PLR sessions are interactive. I sit beside you as a facilitator, speaking with you as the session unfolds to keep you on track. I use a worksheet to stay firmly with the focus/intention you've chosen, so you are able to experience the best outcome of our time together. You will receive a tape of the session, as well as the original worksheet.
- When you feel finished with the regression, you will be brought out of the hypnotic state. We then make time to process the session completely, to ensure your understanding of what transpired, and how to best use the discoveries as spiritually useful tools in *this* particular life.

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