



The 7 Steps to Successful Past Life Regression

A warm welcome to your '**7 Steps to Successful Past Life Regression**' free report!

If you find yourself reading this page, it's very likely there's a relevant past life experience calling you!



There can be many different reasons for this – there could be a particular problem you've had for a long time that you'd like to resolve, a series of events that continue to happen in your life no matter what you've tried to do to change them, an opportunity to learn more about your eternal journey through time, or an intuition that you feel you may have lived in another time and body.

Perhaps you just have a healthy spirit of curiosity?

Whatever your reason for considering a Past Life Regression, there are steps involved to having a successful and rewarding experience.

I've written these steps to provide information about past life regressions, to help give you clear guidelines for preparing for your session, and to answer questions that are frequently asked by those seeking a past life experience.

Step 1:

Prior to the session, decide what you'd most like to achieve or learn.

On most occasions, people are very aware of the reasons they are seeking a past life regression. There's usually an issue they would like to explore and help to resolve, or there's a specific outcome they have in mind.

In these cases the focus for the regression is very clear, and the person is directed to the most significant unconscious memories of past life events, creating the best possible conditions for resolution.

If this is you, the structure of your past life regression is virtually ready – your unconscious mind and soul self know exactly where you need to go to help learn, resolve and integrate limiting experiences from prior lifetimes. All you need to do is turn up, relax, let your mind step out of the way, and be open to learning what the issue is about.

Occasionally clients enquire about a regression with no idea what they want to get out of the session - they're simply curious about whether they've had a past life.

Curiosity is an absolutely valid reason for exploring your past lives and you can definitely have a successful experience, but do take some time to consider what your intention for a regression is. Your interest in the subject suggests that on some level of your consciousness there is something to learn by reviewing your past life experiences.

Giving some thought to a satisfying outcome helps to bring focus to the session. Without it, there's not much motivation and therefore not much direction for the unconscious mind – if it happens it happens, if it doesn't it doesn't.

Ultimately, if we really don't mind where we end up, anywhere is good enough. Your unconscious mind may feel a bit the same if you approach a regression in this way, and it's possible that not much will happen.

If you're not sure of your reason for revisiting a past life, questions such as: "If I could experience myself in a past life, how would it help me in this life?" or "What do my past lives have to tell me about my purpose in this life?" are very useful in helping to decide a focus for the session.

Of course you don't have to have a reason, aim or objective in mind and still have a successful past life regression, but giving yourself some focus and direction is recommended!

Step 2:

At the session relax!



The essential key to any successful hypnotic experience is to simply relax. The hypnotic state is very pleasant and refreshing, so be willing to explore just how deeply relaxed you can become – it's a totally natural experience that's available to everyone.

In the modern world, slowing down, internally focusing and relaxing can sometimes be difficult for people. We're constantly 'doing' - forever juggling responsibilities, running around here and there, and usually focusing on the wide variety of tasks that the average day presents.

Being able to put your daily concerns aside for a couple of hours and explore your inner world is an essential and relatively easy step to having a successful past life experience.

If you are completely new to hypnosis or meditation I would highly recommend using a relaxation CD at least a couple of times before having your session. Put some time aside, pop on some headphones, and get used to relaxing internally. Some simple body relaxation, deep breathing or guided visualization can be great preparation for achieving a pleasant, deep trance. There are many good relaxation CDs available if you would like a recommendation.

If you are experienced in hypnosis or meditation the process of entering a past life experience should be more familiar to you. If you have a favourite method for relaxing or exploring your inner world, mention this before your session and it can be utilized to match what works best for you.

Step 3:

Let go of expectations

Clients will sometimes arrive and ask to view a *specific* past life they believe they've experienced. They may have been told by a psychic that they lived in a certain time and place, they may have glimpsed a past life memory in a dream or prior regression, or they may just have an intuitive feeling that they've lived in a certain place, such as feelings they've had on an overseas holiday.

If you *consciously decide you must* see yourself in a specific time and place, you may be disappointed. Usually the most vivid and effective regressions occur when you completely let go of expectations and *allow* yourself to be guided by your higher self to the life that is most relevant for you.

Your unconscious mind and your higher self know where the most significant moments and lifetimes are - being willing to let go and trust these aspects of yourself is essential to going where you need to go. Once you do, you'll very often find yourself in unexpected places, recounting your experience in such detail you'll know beyond all doubt that it's an authentic lifetime.

One of the primary concerns I've heard from clients is that they're afraid they will "make up" or imagine the details of their regression - by relaxing deeply, letting go, and giving up all expectations to go along for the ride, you'll be amazed at the kind of experience you can have. Clients who do this will often say they had no idea they would end up in the lifetime they found themselves in, nor did they expect to be able to experience the amount of detail that occurred.

Giving up expectations completely allows the experience to unfold, and it's a wonderful convincer to the conscious mind at the end of the session that there's no way it could've been a figment of the imagination.

One last note on 'imagining' past lives - if you're considering a past life regression and are concerned that the therapist can 'cause you' to imagine the experience, rest assured that no leading questions will be asked throughout the regression. Most of the questions will simply ask you to describe your experience and then work with the memories that present themselves.

A leading question, for instance would be something like:

"Go to the past life you had in England when Henry the Eighth was king!"
or "Go to your life as a soldier in World War 1".....

Questions like these will never be asked.

Non leading questions, such as “*describe your surroundings*”, “*describe what you’re wearing*”, “*what’s happening now?*” “*what happens next?*” etc are the standard questions asked during a regression.

If you were to state “I’m seeing myself as a soldier in World War 1”, then I may ask questions about the war based entirely on the information you describe. Most often, questions will simply direct you to describe what your experience in as much detail as possible.

Questions to help you resolve or learn from difficult memories will also be asked at the appropriate times.

Step 4:

Follow the instructions



Like most processes in life, whether we’re programming electrical appliances, cooking a meal, assembling furniture from a DIY store, or anything that requires instructions if we follow the instructions, we usually get the best result!

Hypnosis is no different, and following the instructions allows you to successfully experience a past life regression.

Like Step 3, following instructions requires letting go – letting go of the usual need for control, and allowing the therapist to instruct you on what to do. The instructions are always simple, always pleasant, and always designed to help you relax completely into the experience with absolutely minimal effort on your part.

Step 5:

Always pay attention to your senses, and stay with the experience

As I mentioned earlier, most of the questions in a past life regression will simply be asking you to describe your experience, so paying attention to what you are *sensing* is essential.

What you are *sensing* does not only have to be visual – you may also be hearing, feeling, or even able to smell or taste certain sensations.

Studies over the last few decades have determined that approximately 40% of the population use vision as their primary sense, approximately 40% use feelings as their primary sense, and approximately 20% use their hearing as their primary sense, so it's quite possible you may be a person who tunes in to feelings or sounds more than vision in your everyday life. It's very possible to experience the key elements of your regression by feeling or hearing the events just as clearly as seeing them.

Most people have a strong expectation that they will vividly “see” all of the details through the eyes of their past life body, and can become frustrated if they can't “see” it clearly enough. This expectation to have to ‘see things clearly’ can cause a person to ignore important sensory information from *different senses*.

Not all regressions are seen with crystal clarity through the eyes of the past life body – they can sometimes be hazy, or sometimes be witnessed in the third person.

If this is happening for you in a regression, first of all relax, and then tune in to your different senses. Feelings, sounds and any other sensations are very valid, and can provide all the information you need to have a great regression.

It can also be interesting to hear or feel the details of a past life, so do pay attention to the experience as it unfolds.

Some of the biggest emotional releases I've witnessed in past life regressions using Timeline Therapy™, have occurred without the person being able to see the experience at all.

A final note on sensory awareness – if you are concerned you'll come across a scene that is unpleasant or violent and are worried you may relive an old trauma, it's important to know that there are different approaches to healing these circumstances, and this will be carefully managed during your session if such a scene arises. In fact, allowing emotions to surface so they can be transformed is a very important part of the healing process.

Step 6:

What happens if your conscious mind interferes?

In many forms of clinical hypnosis it's common for the person to enter a deep trance and have little recollection of what has occurred during the session. They've been able to completely drift off into a dream like state, and allow the therapist to suggest instructions while they've been in this peaceful trance.

This is usually a common expectation for past life regression clients as well – that they'll be completely unaware of what's happening and only remember it when they listen back to the recording at a later stage.

While this can and does happen in past life regressions, there are a couple of elements that are different to a clinical session, most notably that *you will aware enough to describe your experience while in trance.*

Because you are both having the experience *and* describing it, you may occasionally notice conscious thoughts creeping in – if this occurs, it does not mean that you are not still in trance!

It just means that your level of trance has temporarily changed and your conscious mind has become slightly more active.

Past Life and Life Between Lives Regressions do induce a very deep trance state, and they have to be managed in such a way that you are deep enough to access the memories, while aware enough to speak. You may be fully connected to the experience for long periods of time and then notice that your mind is a little more present – this is nothing to be concerned about.

If you notice your regular thoughts surfacing, the best thing to do is encourage more relaxation, let the thoughts flow through, and refocus on the sensory details of the experience. If you find your mind starting to become too active, mention it and some time can be used to deepen the trance state before continuing. Once you've re-established a deeply relaxed state, you can pick up where you left off and allow the experience to continue.



Step 7:

Relax!

There it is again – relaxation!

A quiet, peaceful state of being is the key to having a successful past life experience. The more you're able to let go and promote a relaxed state of mind and body, the more the session will effortlessly flow and your experience will be highly rewarding, sometimes in ways that can surprise and delight you.

We're usually either relaxed, *or* tense.... we're not both at the same time. Learning to relax at will is a skill and a choice - by choosing to allow yourself to experience deep relaxation, you're choosing the natural ability to open the doorway to your past life memories, and allowing yourself to navigate them with trust and ease.

If you follow these 7 steps, you'll find a past life regression is a very valuable and insightful experience.

After successfully experiencing a past life regression, the next step is to experience what happens when a life is completed.

We don't just end a life and start a new one....there is a period of time and space when the soul returns to it's home, often referred to by clients as the spirit world - what Buddhists would call 'the Bardot', or those of the Christian faith would call 'Heaven'.



A Life Between Lives session allows you to experience yourself in soul form, and to navigate your memories in the spirit world when you are not incarnated in a body.

The value of experiencing this state of being is profound, and perhaps the easiest way to describe it is by metaphor.....

If you are seeking insight into events in your current life, it's as if you walk into a shop in a crowded shopping district looking for answers. From in here, your focus and range of attention is on the inside of this one shop. There are plenty of products, details and things to focus on.

To expand your range of possibilities, you may walk back out into the street and notice that there are many other shops, similar to noticing that you have lived in many different bodies. From here your focus and range of attention is on the street, and all the different experiences that have been available to you in human form. To expand your range of possibilities further, you go to the foyer of a tall building, ride the elevator to the roof, and walk over to the edge. From here, the street and all the shops look way smaller – and you can see so much further in any direction. You can see the street, the rest of the city, the sky, the river, and all the way out to the edge of the city and beyond....

This is more akin to the perspective of the soul, and the way in which you view yourself, your life, and all of your lives, looks very different from this vantage point.

A Life Between Lives experience will provide an incredibly expanded view of the purpose of your current life – a profoundly peaceful, insightful, and unforgettable experience.

After your past life regression, I'd highly recommend you allow yourself the view!



If you would like any further information regarding Past Life and Life Between Lives Regressions, or wish to book your session at my Sunshine Coast Practice in Queensland, contact me on 0420 249 592, or by emailing ynotcollins@hotmail.com.

Sessions can also be held in the Brisbane area, and may be possible at other locations around the country depending on how many people would like to participate, and depending on my training schedule in various capital cities. Please visit the website for travel dates, or contact me for more details.

Thank you very much for your interest and time in signing up for this report, and I look forward to seeing you in a Regression session soon!



Tony Collins

- Certified Past Life Regression and Life Between Lives Hypnotherapist
- Master NLP Practitioner, Coach and Timeline Therapist ®
- Dip, Clinical Hypnotherapy, LCCH
- Certified Hypnosis and NLP Trainer
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