

Past Life Regression



Workshop Manual

Facilitator

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What is Past Life Regression

A past Life Regression or (PLR) is a therapeutic technique in which the client is urged to imagine going back in time, past their birth, and to remember a former lifetime.

The client is able to retrieve memories of previous lives, and this recall of memory can be achieved by a process of hypnosis, however some processes use meditation techniques.

Past Life Regression aims to resolve any unconscious, survival-based soul scripts that could be negatively affecting your present quality of life, health or behaviors.

PLR can help you to uncover patterns, soul agreements or death bed decisions that no longer serve you and are detrimental to this life, keeping you stuck in negative patterns.

Such as Revenge, Death before Dishonor or Submission to Authority. Heart commitments like “I will always love you” or “you are the only one for me” or “ I am yours forever”.

If a past life was one of a Healer, Spiritual or in Religious service you may have taken vows of Poverty, Chastity, Obedience, Silence or Secrecy, or vows that prevented you from personally benefitting from healing energy.

Often we re-create similar experiences unconsciously in this life as an attempt to complete or heal an unresolved past life experience. A PLR can bring these unconscious decisions or vows up into the conscious mind where you can resolve them.

A wonderful metaphor for this is the movie “Ground Hog Day”, where Bill Murray has to keep on repeating one day in his life until he finally works out his lesson and changes his behavior. Once these negative patterns are uncovered they can be cleared.

PLR helps you to know and understand that death is not a threat and that loved ones haven't been lost forever, but they have merely travelled to another place.

And can help to give purpose and meaning to your live, because you realise each life is devised for learning.

We learn more deeply from hardships and pain. These can help us to understand our karmic lessons and we see first hand how the laws of karma work.

The following is a list that may help you to identify patterns or connections to possible past lives:

- Do you have any peculiar allergies or health issues that don't seem to be environmental, but just occur at times of stress.
- Are you drawn to the look and feel of another era, such as England's King Arthur, Ancient Egypt and the Pharos or Ancient Greece.
- Are you frightened of something for which there is no obvious or rational basis, such as snakes, spiders, storms, drowning, burning or being poisoned.
- Are you sometimes surprised at your own appearance-at times you don't look or feel at home in your body.
- Are there certain people to whom you feel drawn too.
- Do you sometimes feel as if you have done this before (deja vu) in situations that should be unfamiliar to you such as visiting a new place for the first time...
- Do you know things about other cultures, places and languages without having read about or experienced them.
- Have you visited another country or place and felt like you have arrived home after being away.

If you agreed with three or more of the above, you can be assured your not living your first lifetime.

You can do your own detective work by investigating your home, interests and hobbies and note any themes that keeps coming up in your life.

Reincarnation Explained

Reincarnation is the theory that man's consciousness or soul, survives death and returns to be reborn into a different physical body and life in order to learn and grow.

It is the belief that for the soul to truly evolve, the soul must experience many lives in various races and social classes. This creates a balancing out process, which in turn generates compassionate acceptance of all souls.

Its important to understand that the purpose of karma is not to punish each other, but to learn from life situations, because as we learn we then give our souls the opportunity to live in harmony with each other and the universe.

If you think about it, one single lifetime is equivalent to only one scene in a play!

Life Between Lives Regression Therapy

An LBL takes regression to a deeper level as the focus is to pass through the Past Life and death and then move into the Inter Life. This is the place we all go to after death, where we can communicate with our spirit guides and loved ones who have passed over, where we can learn many things about our souls purpose.

The Inter Life (or Bardo State Work) is particularly helpful to clients who:

- Are terminally ill and need to lessen their fear of death.
- Wish to resolve relationships with those living, in spirit and especially the unborn .
- Want to discover or review their life purpose.
- Want to address a variety of intense decisions (vows, oaths, agreements, covenants, judgments) that currently hinder present life health, wealth, achievement, intuition, leadership, power and relationships.

The benefit of LBL is that you experience yourself first hand as a spiritual being, giving you another perspective. An LBL can often enhance a psychic or mediums reading, because you experience the Interlife as an actual conscious experience.

This procedure requires entering a deep trance state, although the client is always fully aware and awake through the entire session. Sessions take up to 4 hours and usually are recorded onto a CD for the client to take home.

Before being guided into an Inter-Life Regression session, it is highly recommended that prospective clients first experience a Past Life Regression (PLR).

What is Hypnosis /Hypnotherapy

If you have never experienced hypnosis before you may have a number of misunderstandings about what hypnosis really is and how it works. Quite simply, Hypnosis is a relaxed focused state of concentration.

Hypnosis enables this relaxed state, whereby your memory is enhanced and the limits and constraints of the logical, conscious mind can be bypassed. In this state it is easier to call up images, symbols and past memories, just like we do when we're dreaming.

In hypnosis, however, you are NOT "asleep."

Other than being very relaxed, you remain aware and conscious of what is going on around you, while also being able to focus on inner images and feelings more completely.

For those who meditate, it feels familiar to a meditative state. You do not "give up control" to the therapist, in fact it is interactive and you give feedback and remain in control of the session at all times. And although the therapist can give you positive suggestions to help you in your normal conscious life, (for example, when hypnosis is used to stop smoking, or lose weight), no one can "program" you to do something that goes against your desires or beliefs.

Hypnotherapy is simply being in the state of hypnosis while receiving therapy, there are many forms of therapy a hypnotherapist can use to help the client.

The stage show hypnotist who has people acting like chickens on stage uses volunteers who already have a streak of exhibitionist in them. If the stage hypnotist chooses subjects carefully they have willing participants. A hypnotist can not make you do anything that violates your moral code or values, if that were possible all the hypnotists in the world could make you rob a bank and bring the money back and then we would be rich and rule the world. Obviously this is not the case.

How the Mind Works

We all have four states of consciousness the mind moves through:

1) The full wide awake conscious state is called Beta.

2) The Alpha states involve light, medium and deeper trance levels.

The lighter states are used for meditation, and are associated with recovering childhood memories and past trauma. This state is useful for behavior modification, such as stop smoking or weight issues. The deeper state of Alpha is used to access Past Lives.

) The Theta state is as deep as we get before losing consciousness and going into sleep, which is the Delta state. The Theta state uncovers the area of the superconscious mind that reveals the spiritual life between lives activity.

4) The Delta state is our final deep sleep state.

We all go through all these states in the natural process of sleep every night, which is then reversed when we wake.

The Conscious Mind

Technically speaking, each of us only has one mind. But this one mind has three parts to it.

- Conscious Mind.
- Subconscious Mind.
- Superconscious Mind.

Your conscious mind is only 10% of your mind and is the part that thinks, analyses and contains your short term memory only.

However, the conscious mind power is limited and the most important conscious mind power is the power to decide. It has the power to decide what information will enter into your subconscious mind.

Your conscious mind also has the power to reprogram your subconscious mind, mainly through repetition. For instance, can you remember the first time you learnt to drive a car, when you had to consciously think of which peddle to press and which gear to shift.

You no longer have to consciously think of these actions.

They have become automatic, i.e. you are able to do it subconsciously.

Through repetition, you have programmed your subconscious mind and created a habit and once a habit is in your subconscious, it becomes automatic. While it's true for driving a car, it is also true for achieving success in life!

Subconscious Mind

Your subconscious mind is much bigger than your conscious mind and is 90% of your mind. This part of your mind is like a computer, and plays many different roles in your life. The subconscious mind is concerned with emotions, imagination and long term memory.

This part of your mind also governs your autonomic nervous system, which automatically controls your internal organs: how you breath, send oxygen to your blood cells or walk without using the conscious mind. This is also the part of your mind where your habits and addictions, fears and trauma are stored. The internal mind or subconscious mind runs on autopilot and is not logical and can be compared to the hard drive on your computer.

This inner part of your mind is made up of lots of programs like on a computer. These programs communicate to your outer logic mind through your thoughts and feelings. Once a program is installed in your computer mind it just runs automatically unless you decide you no longer need it and then you can uninstall or delete it if you know how. Most people don't know how. An example of a negative program running in your subconscious mind is the habit of smoking.

Superconscious Mind

The first two minds are within us, but the Superconscious Mind is without.

- The Superconscious Mind is the mind of our Higher Self, beyond the ego .
- Your Subconscious Mind is linked to the Superconscious Mind or Universal Mind and is your link to the spirit realms and to your guides and is responsible for helping you to learn your soul lessons.
- The Superconscious Mind gives you dreams, thoughts, visions, inspiration, speaks through other people, gives you synchronicity, psychic and divination experiences, and so on.

However, if you do not learn the easy way it will set up lessons of tough love to help you learn what you need to learn.

It will never give you more than you can handle. It is a completely unconditionally loving consciousness, whose job is to help you become an Enlightened Being and Integrated Spiritual Master.

There is only one Superconscious Mind (the Universal Mind), to which all of our minds are connected to and is Infinite Intelligence.

This is the part of the mind we access when we experience a Life Between Life Regression session.

What if I don't experience anything?

Most people wonder if a regression will really work for them.

It is only on rare occasions that clients do not bring up past life material. Instead, a memory from early childhood that seems pertinent to the issue of concern comes up. Or we find that current life situations or anxieties intervene and need to be worked on first.

What works best is to approach the experience with an open mind, not expecting anything in particular. For example, if you approach a regression just knowing you're going to discover a lifetime when you were a queen, this might get in the way of what really comes up.

Over the years I have regressed many people and I have been regressed myself by some of the best hypnotherapists in Australia, and each time I was regressed I felt like I was making it up and almost every time I have regressed someone else they have told me the same thing. Yet I have verified many of my past life regressions. What I saw in hypnosis was real although I had no possible way of knowing that at the time.

Over the years many of the clients I have regressed have let me know of their own verification and the therapeutic results of knowing the past. When its time for you to receive past life impressions, just trust what ever thoughts or visulisations come into your mind. Most people like my self perceive these impressions like an imagined fantasy, just like you will imagine a directed visualisation of a garden or beach scene. Many people expect that they're going to see their past life vividly, in great detail. This isn't always the case, especially when experiencing your first regression.

A few people including the best subjects I have ever worked with simply perceive an awareness without visualising a thing. Although some clients find they "see" things in their mind's eye quite clearly, others may find the impressions somewhat vague, only portions coming in clearly.

Information comes through in a number of ways.

- Physical sensations (like feeling hot or cold).
- Hearing what people are saying around you and just knowing something intuitively all of a sudden.

The best approach is to focus on the thoughts, images and feelings you experience, don't worry about whether it makes sense or is "real" or not, just use your imagination and trust whatever comes up at the time.

Typically, people who have a regular meditation or relaxation practice move most quickly into a past life regression experience. This shows that regression is a skill that can be learned. It is helpful if you have a specific question or issue you would like to explore, but it can also be left open to your inner guidance to bring up a memory that is relevant for your current life.

About The Author

Lorna Simmons is a professional Clinical Hypnotherapist, who practises at her “HypnoResults” clinic in Hillcrest, Brisbane, Queensland. Since 2002 she has assisted thousands of people and her clients list includes: sales motivators, psychologists, medical professionals, business people, homemakers, and children. She sees people from all walks of life who are facing such challenges as, stress disorders, nicotine and drug dependence, gambling additions, panic disorders and phobia, depression. Lorna has chosen to specialise in Past Life and Interlife Regression Therapy.

Lorna has been on a journey of personal development and spiritual discovery for many years. Before Hypnotherapy she embraced a number of jobs and professions including child care, salesperson, tarot consultant, clothing designer, phone crisis counselor, owned and operated a successful new age retail business for many years. She loves sharing her knowledge and has facilitated many personal and spiritual development workshops over the years.

Contact Details

Lorna’s studies and training over the years have included the following modalities:

Hypnosis, Psychology, Crisis Counseling, Reiki, Gestalt psychotherapy, EFT (emotional freedom techniques), Metaphysics, Reincarnation, Astrology, Tarot, Dowsing, Meditation, Psychic/Intuitive Development.

Lorna is available for workshops or private sessions and can be contacted on 07-34022990.

To join Lorna’s emailing list or to find out more about her services please visit:

www.hypnoresults.com.au

Qualifications

Graduate: Australian College of Clinical Hypnotherapy and Psychotherapy.

Diploma Clinical Hypnotherapy /Psychotherapy.

Graduate: The Australia Academy of Hypnosis. Bachelor of Hypnosis.

Member: International Medical and Dental Hypnotherapy Association.

Secretary: Clinical Hypnotherapists Council of Australia Inc.

Age, In-Utero & Past Life Regression Hypnotherapy, with Paul Aurand from Dr Michael Newton Spiritual Regression Institute for Life Between Lives.

Psycho-Spiritual Hypnotherapy, Lucy Baker, CHT.

Gestalt Psychotherapy, with Gestalt Association QLD.

EFT Advanced Training, Steve Wells & Dr David Lake.

Early Childhood Development Cert 3, TAFE QLD.

Crisis Phone Counseling, Life Line Brisbane.

Reiki, Ususi & Ryoho.

Resources

Across Time and Death. A Mothers search for her past life children, by Jenny Cockell.

The Search for Lives Past, by Peter Ramster.

Journey of Souls and Destiny of Souls ,by Dr Michael Newton.

You Were Born Again to be Together, by Dick Sutphen.

Many Lives, Many Masters, by Brian Weiss.

Other Lives, Other Selves, by Roger Woolger.

Life Before Life, by Helen Wambach

Coming Back, by Raymond Moody.

