



Evolve Hypnosis
Professional Clinical Hypnotherapy



PAST LIFE REGRESSION - INSIGHTS & RESOLUTIONS

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YOUR HYPNOSIS AUDIO PROGRAM

- ✓ Read e-books **Hypnosis Session Guide** and **Skillful Self-Hypnosis**, and listen to the **Hypnosis Success MP3** – all available free from www.evolvehypnosis.com
- ✓ Write down your goals for the sessions, such as gaining insights into the symptoms or relationships that may have past life influences. Specify how these are affecting you in body, mind and soul. Describe how you'd like to act and feel once these influences have been released.
- ✓ Listen to your **Past Life Insights MP3** a few times a week for a few weeks or until you experience significant past life recall via seeing, feeling or knowing.
- ✓ Listen to your **Past Life Resolutions MP3** following a significant experience of past life recall in order to apply a skillful therapeutic solution. Reinforce this closure by listening to *Past Life Resolutions* a few times during the next week to complete the resolution and integration process.
- ✓ It's best to have a focused, specific goal to enter into a program of sessions. Once you've resolved a core, top priority issue you may then repeat the process with a new written goal. This could be a related or periphery issue that now becomes the top priority, or a new goal that opens up because you are now ready to move up to the next level.

I recommend that before you start your personal program that you have access to a qualified hypnotherapist who can fully explain and resolve your experiences with follow-up personal sessions if required.

YOUR HYPNOSIS AUDIO PROGRAM

1. Past Life *Insights* MP3

Allows you to explore in-depth the key moments and flow of events in one particular life-time. Your subconscious may well give you information from other related lives, but the suggestions on the MP3 are orientated towards an in-depth experience of one primary life. In subsequent sessions, you mind will be able to go easily into other related lives, also in comprehensive detail.

You may find that it takes a number of sessions listening to **Past Life *Insights*** to fully develop a meaningful past life experience; it may go something like this;

- You may find the first sessions are simply deeply relaxing with a spacious sense of peacefulness, or drifting attention.
- Seemingly random images, symbols, metaphors, thoughts or feelings arise.
- The snapshots may then turn into a movie or other form of clearer insight, and include an emotional connection.
- Finally there's a sense of things falling into place with an underlying knowing.

The insights and knowing alone may be all you need to resolve a particular issue. Some issues benefit most by completing the process of understanding and resolution with the second MP3...

2. Past Life *Resolutions* MP3

Provides a therapeutic way to resolve insights from one or more of your past lives gained during **Past Life *Insights*** to transcend any unhelpful influences from the past.

It also creates the opportunity to reorientate towards future progression for your optimal future life or lives, completing closure and ultimately returning you fully and completely into the present moment with greater clarity and peace.

Past Life Applications

Emotional; Repetitive Relationship Patterns with Family or Partners, Career Crossroads, Integrating Significant Life Changes, Depression, Loss, Soul Mates	Spiritual; Viewing the journey of soul from the perspective of your Higher Self to clarify progress on current life lessons, primary purpose & future possibilities.
Mental; Irrational Fear / Aversions, Obsession / Compulsion, Over-Reactions, Mental Blocks, Déjà Vu, Intuitions, Dreams	Physical; Inexplicable or Unresponsive Conditions, Syndromes, Chronic Pains, Breathing Issues, Birthmarks

QUESTIONS TO PREPARE FOR PAST LIFE REGRESSION

Why Should I Do Past Life Regression?

Past life regression can be a powerful therapeutic tool to resolve a wide variety of physical, emotional or mental issues that show an incomplete response to treatments based on causes in the body or mind from this life. Past life exploration is also a powerful means of gaining profound personal experiential spiritual insight.

The objective of past life regression therapy is to gain insights into past lives that are most useful for your current situation. A skillful therapeutic solution resolves unnecessarily *unhelpful* influences from past life events and allows *helpful* influences to benefit you more fully. You'll return to enjoy being more fully in the present moment as you progress towards your optimal future lives.

Remembering Past Lives by Genevieve & Stephen Paulson includes a list of ways "going on regression helps you;

- ✓ Understand abilities and talents from previous lives and bring them to this life.
- ✓ Develop better relationships through understanding previous connections.
- ✓ Get a sense of being eternal, thus giving this life more importance.
- ✓ Understand the current life better.
- ✓ Release blocked energies.
- ✓ Become aware of attitudes that may enhance or hold you back in this life.
- ✓ Overcome fears such as death or water.
- ✓ Understand bleedover (the energies of strong events without resolution, which can run into or bleed over into other situations.)
- ✓ Experience other awareness's and ways of being.
- ✓ Research interests from the past.

In regressions people feel a real 'me' in the past incarnations and a sense that this 'me' is eternal... the sense of the individuality continuing is comforting even if the past or present are difficult."

Remembering Past Lives by Genevieve & Stephen Paulson

Is Past Life Regression For Me?

Your subconscious mind as a strong tendency to protect you, and to only allow insights that you are able to handle and integrate now, even if this poses something of a helpful challenge. Due to the highly individual nature of past life experiences, the audio program is primarily a guide that gives your personal wisdom a vehicle to express itself and heal or help you the way that best suits you.

Past life regression is not always required for certain people at certain times in certain situations. In this case these MP3s may not trigger a past life experience, and this would be the best thing for you for now. We tend to get what we need when we need it, whether that fits with our expectations or not. You could still be capable a regression experience with a hypnotherapist or with the MP3s at a later date, or for a more compelling issue.

You will still benefit from the extended session of deep, expansive relaxation, and from planting the seed of opening to universal experience and your personal inner wisdom. You may also find that with repeated use your ability to access those aspects of consciousness slowly but surely strengthens.

The benefits of regression therapy extend far beyond the alleviation of symptoms. Regular practise will foster your physical and emotional health and will open up spiritual vistas that can endow your life with new meaning.

Just about everyone of my patients practices meditation and / or regression exercises between their visits to my office – for the more they practise, the faster and deeper they go. It's important to be patient even if you don't notice immediate results.

Mirrors of Time – Using Regression For Physical, Emotional and Spiritual Healing

Brian L. Weiss, M.D.

I've Already Experienced a Form of Past Life Insight – Can The MP3s Help Me?

You may have already experienced past life recall in some form, such as a hypnotic regression, spontaneous images in meditation, from external triggers or from a guru or psychic who told you their perceptions. This audio program can allow you to continue with your own direct experience to gain further insights or provide closure.

If you've already had a past life regression experience with a hypnotherapist the MP3s are a useful tool to develop and reinforce your initial insights and solutions. Many people are ready and able to experience useful events and understanding with MP3s, and benefit from the general therapeutic guidance that let's you resolve past issues.

What Can I Expect In The Past Life Regression Experience Itself?

A deeply relaxing hypnotic induction precedes the regression, that varies from person to person – for some it's like seeing scenes like a movie, for others it's still images, or primarily a sense of hearing sounds or phrases, feeling or knowing. There's generally a degree of emotional detachment allowing a calm review and understanding of events.

The insights and objectivity it brings means even apparently unpleasant events can be seen through the perspective of higher wisdom that understands the nature of life and death with a sense of acceptance, understanding and deep peacefulness.

Do I Have To Believe in Reincarnation?

Whether you believe in reincarnation or not, and whether you take the 'lives' you recall literally or as having only symbolic value isn't of primary importance. What matters is experiencing helpful images or feelings that create a therapeutic solution. You don't need to believe in reincarnation as long as you can be open and non-resistant to the process. You can experience the whole process and still don't have to decide one way or the other what you believe or create a fixed opinion either way.

In fact, past lives themselves are a relative term in the context of the ultimate reality which is beyond time and space, so anything that exists in time or duality is part of a lower level of truth – the ultimate reality is oneness, unity, indivisible infinity.

On a daily basis we operate in a relative reality, and function as soul-mind with a human body in the physical world in the present day. But our Soul also consists of our Higher Self that is merged with the Universe, God or Spirit in the timeless Spirit World. All the lower selves are connected to the higher self forever, since there is no time for the Spirit.

This is part of the reason why past lives affect the present, because the subconscious creates a program based on what it's learnt without knowing that it isn't an appropriate response in the circumstances of this life. In fact, all the events from the past in this and other lives have an influence on our present moment, so past life regression can clean out unhelpful influences, and reconnect us with helpful past life influences.

Normally we operate in the conscious mind and identify with that one existence. Under hypnosis we can go deep into the subconscious mind and access the memory of all our past lives. Under instruction you can be guided to temporarily and partially shift identification with this life to expand to identification with your higher-self. Your higher self is a source of immense wisdom and will guide and protect you, whether you are aware of it or not.

What If I Recall Dying?

Past lives inherently imply that there was also a past death. And yet here you are, alive and well, enjoying an interesting and enlightening experience on the eternal journey of your soul. Physical bodies are mortal – because you are having this experience you are also inherently discovering the aspect of your being that is immortal.

Seen from the point of view of the soul, death is actually a pleasant and enlightening experience; the soul leaves the limitations and pain of the physical world and enters the spirit world, a place where we may want to linger to experience the greater knowledge and bliss available outside of the body. In fact, from the point of view of the soul, a far more traumatic experience is that of birth.

By experiencing death and seeing for yourself the transitory nature of suffering and the relief of being out of a body, you'll lose the fear of death and carry that experience of calm acceptance and understanding into everyday life.

What If I Recall Difficult Experiences or Pain?

You may already be experiencing difficult circumstances or pain in this life, due to unnecessary influences from past lives. If you were to recall difficult experiences or pain you could feel very grateful that you have successfully traced them to their root cause so you can be free of them once and for all.

The deeply relaxing, wise and protecting hypnotic state means you are always in control, so you can float above the scene and see it from a distance, seeing it through for your highest good, but with an emotional detachment. By staying with the event, you'll come to experience it with an overall sense of acceptance, understanding and deep peacefulness.

Any physical pain or strong emotion is simply a message that you have discovered something of great value. Continue to see it objectively, aware that your primary reality is this moment, reclining in the 21st century. Wait and watch the progression of sensation or emotion without resistance or judgment. If necessary you can say to yourself "I ask to move forward in time" or "I no longer need and release this pain" Allow your mind to assist you with a helpful response or wording in the moment. You'll discover that it will naturally flow from anything difficult to understanding, and can be a satisfying achievement.

You are also always able to simply take a few deep breaths into your solar plexus and return to full waking consciousness. You may find that you are able to integrate the experience yourself later, and feel more able to handle the situation more fully and allow it to continue in a subsequent sessions.

You could also refer to a qualified hypnotherapist for assistance in understanding, integrating and benefiting from the experience, most likely as a blessing in disguise.

What If I Want A Regression But I'm Unsure About Using An MP3 Program?

Meet personally with a qualified hypnotherapist. They can prepare you for your individual journey and allow you to start on the best footing for your particular situation through personal one-on one sessions first. You may benefit most by clearing issues from this life first.

The MP3s can then be a useful tool to support and extend your journey, and resolve and integrate your experiences in a highly personalised manner with follow-up sessions if required.

If you have any significant psychological issues you should speak directly with an appropriate trained professional.

These MP3s should not be used if you are not trusting or confident in the ability of your inner wisdom to manage and integrate the experience for your highest good.

Do I Need To Do A Past Life Regression Now?

If can't find a compelling need or focal point, then you could choose to leave past life regression for another time.

If you have serious concerns, uneasy feelings or doubts that remain after reading this ebook, and books on Past Life Regression by authors such as Dr. Brian Weiss, then you could choose to leave past life regression for another time.

If you have a compelling reason or a strong interest, and a feeling of calm, clear, respectful confidence and trust in your inner ability to manage and integrate the experience, then you're ready for past life regression experience using the *Past Life Insights & Resolutions MP3s*.

I recommend that before you start your personal program that you have access to a qualified hypnotherapist who can fully explain and resolve your experiences with follow-up personal sessions if required.

QUESTIONS ABOUT MY PAST LIFE EXPERIENCES

How Can I Understand My Experiences More Deeply?

Writing; Get into the habit of writing down your experiences the moment you conclude your MP3 session. Do so in a matter-of-fact, non-judgmental way, editing nothing. Include notes about symbols, images, feelings and background thoughts.

Allow conclusions and insights to ‘feel right’ on their own. If you feel unsure about the meaning of some events or the whole session, don’t force it or try to analyze it.

They may simply be the first pieces of a jig-saw puzzle that will come clear in latter sessions, or as you reflect naturally on the connections it has with similar patterns you barely notice in this life. Let your mind relax and prepare itself for the next session at a subconscious level – let go of conscious analysis of a subconscious process.

Continue with the process in an easy-going manner and may come to a point when you effortlessly know, or even transcend having to know but feel peaceful and at ease.

Reading; The books of regression therapists such as Dr Brian Weiss contain helpful case studies that detail the resolutions, interpretations and lesson of a wide variety of past life experiences. Let your experiences stimulate you to discover your own areas of interest. Refer to the worlds wisdom texts to integrate your experiential ineffable knowing with written universal truths.

Talking; with a qualified hypnotherapist, and with yourself. Your inner wisdom grows when you give it time and space to arise; give it credit and trust to let it guide you.

Did I Imagine The Whole Thing?

This is a common feeling, even if people also say – ‘...even though I felt a strange emotional connection to that person / place / event.’”

On one level, everything we think is ‘real’ is actually more accurately our perception or imagination of it. And it’s helpful to have to ask this question. It means that we didn’t lose track of our current reality. We weren’t overcome a physical or emotional event.

Even though it may seem like a dream in retrospect, notice in what ways the experience has allowed you to move past the ‘nightmares’ of being angry, unforgiving, self-loathing or stuck in repetitive, unhelpful limited thought patterns.

Continue to follow the program patiently and persistently to allow the insights to deepen and the therapeutic solution to be reinforced and accepted completely. Then check back against your written goals – you may be surprised at how far you’ve come as subtle subconscious changes gradually create significant circumstantial benefits.

How Can I Allow Myself to Go Deeper During The Regression?

1. Set a clear, written focus for your session, then drop all expectations or assumptions about what you want to or think you will experience.
2. Give yourself a totally unedited, totally unanalyzed commentary of your stream of consciousness of what you actually experience, whatever that may be. Talking or whispering out loud can help this process. Speak as if you're describing it to someone else who wants to know every detail, and is perfectly accepting.
3. Work with everything that arises, and know that you are always in control. Allow whatever comes full room to grow and develop without judgment – therefore there is no such thing as nonsense, or impossible or contradictory things arising. Let it come, grow, and become clear. Don't judge and cut it off at the root and miss the clarification.
4. If you get stuck, give yourself instructions to move forward or backward to get more information. Experiment with your ability to modify images, thoughts or sensations for your benefit. Keep asking yourself questions, and wait for a part of you to answer.
5. If you get blank, just relax, don't try to force it. Create a space for something to arise. Notice the type of blankness – if there's darkness, look for a light switch or stars. If there's a white out, notice if there are translucent figures or points of light that you can move towards. Return to your sanctuary, a previous scene, another route. Or just enjoy your spacious emptiness – meditators *try* to achieve this, you've naturally got it!

What If I Feel Anxious About Doing a Regression?

Look at any anxiety and see if you can discover an element of excitement. A worthwhile adventure should stir you. It takes a worthy challenge in order to feel a deeply satisfied achievement.

There's a natural human tendency to be afraid of the unknown, even if the known is frightening and the unknown is healing. Your fear may be keeping you stuck in fear, and preventing you from discovering how to overcome existential fear.

How do you feel about your fear? You can be happy to know that you have enough fear to bring a respectful, careful approach to the sessions. You can *choose* to allow only enough fear to protect you, but not so much that it prevents you from growing in self-knowledge and wisdom.

You could take a practise run by listening to the MP3 without relaxing deeply to build confidence in the skillful and responsible guidance it contains. But notice the limiting paradox of choosing to remain tense as your strategy in response to your tension.

Be clear about how much fear you need, and when you can let it go. If it's still too much, give yourself the day off, gather your resources, and check back later.

How Can I Deal With Strong Emotions During a Regression?

You may spontaneously and passively receive a feeling or thought. But you have the power to *decide* how you feel *about* the feeling. You have the power to decide how you think about the thought - and interpret any thought in a way that makes you stronger.

You may experience a deep sadness. But you can decide to be happy about this sadness. If you had been stuck alternating between feelings of anger then fear then anger – congratulations, now you've broken out of the pattern and gone deeper. Since you've done this once, you can continue to experience new transitions and emotions. Sadness can then lead to empathy, understanding, exhaustion with the old cycle, motivation to do something new, relief, and peace. All thanks to your initial feeling of sadness.

You may experience moments of fear. These will pass, and can helpfully vivify the story you're receiving that helps you move through and beyond fear. Ask yourself, if the fear had a message, what would it be? If the fear had an antidote, what would it be?

If you can, stay with the story and allow the fear to resolve therapeutically on its own. While it does that for you, you can focus your attention on breathing into your solar plexus, and holding your hands over your solar plexus. Fill your body with the quality of 'antidote emotions' such as understanding, forgiveness, acceptance, patience, resilience, compassion, love. You may give these qualities a color, like indigo or gold.

How Does A Rich/Poor, Holy/Violent Life Reflect On Me Now?

Your soul has experienced a wide variety of opposites to gain a holistic experience of the human condition, and to learn and graduate from lessons in various aspects of life.

1. If I was poor/violent then, how does knowing that help me now?

Your soul doesn't judge life-times as good or bad, or based on material circumstances. You may recall old helpful lessons to use again, or identify old unhelpful patterns that persist today – your insights into those subconscious influences empower you to make a new conscious decisions to release that cause, and their affects, for good.

2. If I was rich/holy in a past life, haven't I slipped in this life?

Wealth alone doesn't tell much about a life's helpfulness in your spiritual evolution. A life of wealth and comfort could hamper spiritual growth, or accelerate it my teaching lessons about managing power. A life of poverty can help you move beyond pursuing 'fools gold', or help balance karma from a previous abuse of power, by learning humility. A life as a monk can develop qualities of discipline and solitude, but your growth may require you to develop equally spiritual qualities of love and forgiveness with a family.

Your higher self can ultimately answer your questions as you continue to deepen your **Insights** and integrate your **Resolutions** with the MP3s. The process of interpretation and clarification can also be expedited with a hypnotherapist.