

Past Life Regression

There are different techniques used for past life recall:

Hypnotic Techniques

Non Hypnotic Techniques

HYPNOSIS:-

Hypnosis is an altered state of consciousness during which a subject is taken to deep levels of relaxation. In this deep state, previously inaccessible memories are accessed.

Past Life Regression:-

In Past Life Regression, the subject is taken back, or regressed to another life-time. The Past Life Regressor does this process of regression, which slowly takes the subject to deep states by giving constant suggestions. After reaching a 'satisfactory level of consciousness', the subject is regressed gradually down to the 'in-utero' state wherein flashes of inter-life states, and memories of past-lives glitter in the consciousness of the subject making him/her deliver the description verbally.

Cause And Effect:-

Past-life-therapy is based on the principle of cause and effect (also known as law of karma). What has been set in motion some time in the past creates an appropriate effect on a person's current physical, emotional, mental or spiritual well-being, right now. The cause may be a past desire, a past thought, a past feeling, a past emotion, a past vow, a past promise, a past decision, a past evasion or a past traumatic experience.

PAST-LIFE-THERAPY:-

Past-life-therapy is a holistic therapy. It works on the body, mind, emotions, and spirit. The reason for undertaking past-life-therapy is to improve the spiritual quality of our life, right now. Its chief objective is to make our life easier, better and more fulfilling, in this present moment. Past-life-therapy does not deal with external symptoms, it addresses the internal cause.

NATURAL HEALING:-

In fully experiencing or reliving the past, in reconnecting to 'lost' parts of the self, in integrating previously unacceptable facets, or in allowing oneself to fully feel the feelings and emotions of that life, and in reframing and rewriting the past - profound natural healing takes place instantly and automatically.

Non hypnotic techniques:-

