

**Past-Life Regression Q&A<sup>©</sup>**  
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- **What is past-life regression?**

Past-life regression uses hypnosis to help you relax and allow conscious access to memories (and associated emotions) of events from past lives that are buried in the subconscious mind.

- **Why do we need past-life regression?**

A major part of past-life memories is the emotional component, what we were feeling at the time the events in the memory occurred. These emotions or feelings are often quite intense, and became “trapped” energy which was not released at the time. It is the emotional part of the memory that needs to be released in order to raise our vibration. This is a necessary requirement for soul evolution. In other words, we need to release the emotional energy we have invested in events and people from long ago, but which we are carrying in our subconscious mind today.

- “It is wonderful to clear all conditioning from the soul. But what about all the subconscious fears, doubts, etc., that have been placed there subconsciously? It is those that you need to be aware of. When you become aware of them, then you truly can become your own person.”

~ Maitreya

- **Why past-life regression versus other methods of releasing past-life energy?**

Good question! The primary purpose of releasing past-life energy is soul evolution. This is a journey of clearing emotional debris from past-life memories which keep us from raising our vibration. But it also is useful for the healing of many physical and emotional problems as well.

There are many healing modalities that can be used to clear past-life energy, but there is a big difference between just releasing the energy and learning any lessons associated with it. Both are necessary, but neither one alone is sufficient. Keep in mind that learning by experience (KEY WORD: EXPERIENCE) is most likely to result in actually learning spiritual lessons and consequent soul growth/evolution. In past-life regression, one can re-experience the circumstances, people (actually soul energies), and emotions from previous lives. It is the experience of these old, low-vibration energies which provides the opportunity to actually learn the lessons necessary for soul evolution as well as releasing the energy.

Again, there are other modalities that possibly can provide experiential learning (e.g., journaling, meditation / contemplation / self-examination), but these are supplemental methods of self-release that usually are most successfully accomplished by souls in the more advanced stages of soul evolution on the earth plane. Past-life regression is more likely to be of assistance (especially in the earlier stages) because you have a trained professional to help you go where you need to go. But even past-life regression can become a self-release method with a little training and practice.

- **What is the difference between hypnosis and past-life regression?**

Past-life regression uses hypnosis as a tool to help you relax and consciously connect with your subconscious mind. Hypnosis is a natural, altered state of consciousness that you go through at least twice a day, just as you are drifting off to sleep and just as you are waking up. The purpose of hypnotherapy is to reprogram the subconscious mind by passing hypnotic suggestions to it from the conscious mind. In past-life regression the direction is reversed. Soul memories buried in the subconscious mind can more easily filter into conscious awareness while one is in the hypnotic state.

- **Will I be asleep or unconscious while I am in past-life regression?**

No. You are deeply relaxed, but you are also awake and fully conscious of everything that is going on. In this relaxed state, the barrier between the conscious and subconscious minds breaks down, and the subconscious memories can more easily filter into your conscious mind where you can look at them once again. This is because the Lower Self, or Ego, is not present to block us from receiving the past-life memories.

- **Can I be hypnotized against my will?**

No, you cannot be hypnotized against your will. If you really don't want to be hypnotized you can counteract almost any effort to be hypnotized. However, if you are willing to try hypnosis, you are far more likely to successfully be hypnotized.

- **Can I be made to do things against my will?**

No. Hypnosis is a state of hyper-suggestibility, but you cannot be made to do anything that you wouldn't do under other circumstances. You have to be willing to do something outside of hypnosis in order to comply with a request under hypnosis to engage in a particular behavior. In other words, *you are in control* of what you allow yourself to do under hypnosis.

- **What does past-life regression feel like?**

Let's try a little participatory demonstration. Get yourself settled in a comfortable chair in a room with soft lighting and little or no outside noise. OK, are you ready? Now close your eyes, relax, and focus on your breathing. Just pay attention to your body and how it feels as you slowly inhale, hold your breath for a few moments, and then slowly exhale, just paying attention to how you feel as you breathe in and out. Just completely relax. Breathe in and out a few times, and then just focus on the peace and quiet you feel while relaxing and breathing. That's it! You are relaxed, but fully conscious and paying attention to how you feel. That's what both hypnosis and past-life regression feels like. You are very relaxed, but alert, and completely aware of everything that is going on around you.

- **What kinds of problems can be helped with past-life regression?**

The short answer is this: since we live 80-85% of our lives in "past-life mode" by far the majority of problems people deal with in their daily lives have their roots in past-life energy. Yes, people do have issues which are related to their childhood or earlier life in this incarnation, but most of those issues have their roots in earlier incarnations. They showed up in this lifetime because of karma, unlearned lessons, and emotional residue from previous lives. This is not to say that past-life regression either can or should take the place of qualified medical care when it is needed. The physical body is the physical body, and that fact cannot be ignored. However, once the physical/disease stresses on the physical body are either removed or rendered tolerable by conventional medicine, the underlying cause of those stresses is more often than not will be found in past-life energy. Past-life regression is one of the best ways to deal with this energy to try to remove the *cause* of disruptive problems in peoples' lives.

- **Who is a suitable subject for hypnosis?**

People who are somewhat more intelligent make better candidates for hypnosis than those who are somewhat less intelligent. The same is true for those who are more imaginative, people who are accustomed to taking orders, and those when work in occupations or jobs that are somewhat boring, routine, or repetitive. Age is not a factor, although very young children tend not to be good candidates for hypnosis. There are no gender differences in being a suitable candidate for hypnosis.

- **Is the process safe?**

Yes, the process is perfectly safe when done with the assistance of a trained, professional. Hypnosis is not for parlor games – and in my opinion, not really for stage shows although that is what most people think of. It is not "dangerous" per se, but one can certainly have a bad experience with it if they don't know what they are doing. For example, there is no point in having to re-experience a traumatic death in all its full-blown, gory detail. One only has to (and I'm going to use a flaky word here) "touch" the energy to understand where it came from and why in order to have the opportunity to learn from it. That can best be done with the help of a trained professional.

- **How will I be hypnotized?**

The procedure is fairly simple and straightforward. You will be guided through a progressive relaxation exercise to get you into a deeply relaxed state and to prepare you for the actual regression. In your "mind's eye" you will then be taken down a tunnel to your own past. When you mentally step out of the tunnel, it will

be into one of your own past lives. At that point, the entire experience is yours. The past-life therapist is only a tour guide to help you go where your own subconscious mind needs to take you.

- **What if I can't get into past-life regression?**

Sometimes clients are interested and very much want to have a past-life regression, but are not successful in their attempt the first time. This is usually a matter of what I call "readiness." There are several aspects to the concept of readiness to release past-life energy:

- *The soul has chosen not to be hypnotized before they incarnated* (part of soul contract).
- *Receptivity to the experience* of releasing the energy (fear, self-limiting beliefs).
- *Resistance to learning a lesson* – One can release the energy, but be resistant to or run away from learning a spiritual lesson. This may alleviate some of the symptoms temporarily, but the lesson will still have to be faced and learned in the current or a future lifetime. It is important to have a well-qualified, spiritually-oriented therapist to help provide perspective and insight to the client.
- *Heart chakra open* – With the heart chakra open, one is better able to release past-life energy more completely. While one may be stronger spiritually, they are also more sensitive. Thus, not all of the energy may be released at once.
- In any event, *we are never given more than we can handle* – even if it doesn't feel that way at the moment! Releasing past-life energy may take some time, so be prepared. Just stay with it – hang in there – and it will happen in an appropriate way at the appropriate time.

- **How long will it take for me to completely clear the past-life energy through regression?**

That depends on how intense the trapped energy is, how deeply it is buried in your soul memory, and how "ready" you are to release it at the time as we have just discussed. The less "read" you are, the less trapped energy can be released all at once. Soul evolution takes time, and most of us have many layers (like an onion) to strip away, so more than one session may be required to release a particular past-life energy. It also depends on whether you actively use other methods to help release the energy in addition to past-life regression. The more tools you can bring to bear on the problem, the more quickly the energy can be released – all subject, of course, to the "readiness" factor of time and timing.

- **What will I feel after the regression?**

As with any modality that releases trapped energy, some clients may feel somewhat "drained" by the experience for a few hours, depending on the intensity and depth of the emotional release. I always recommend that people drink a lot of water and rest as much as possible for the remainder of the day to help them to process their experience and to flush out any toxins from the body. Most people feel that they have had a very deep and meaningful experience.

The process of releasing past-life energy is not necessarily a one-shot event. Sometimes all of the energy that can be released at that point in time occurs during the regression session. In most cases, the energy release will continue for a few hours or days. I always tell clients that they will continue to have new insights over the next few days or weeks as they are going about their daily business. This "processing time" is an important component of the past-life regression experience for those individuals who choose to make the most of it. Most people are amazed at what they have experienced and the new perspective they have gained about events and issues in their current life.

- **Will past-life regression help me release all the trapped energy?**

That depends on how intense the trapped energy is, how deeply it is buried in your soul memory, and how "ready" you are to release it at the time as we have just discussed. The more intense the energy is, the deeper it is buried, and the less "ready" you are to release it at the time, the less trapped energy can be released all at once. In one session you may see as many as 8 or 9 past lives. But we have all lived thousands of lives previously. Fortunately, the energy may already have been released from many of them, but for most of us there are many, many more that need to be released. Again, soul evolution is a journey of clearing emotional debris and it will likely take a considerable length of time.