

The Past Life Regression Process

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Past Life Regression is a name for a somewhat open ended process. There is a protocol and I do create a container, but it's very much a self-guided experience and all sessions are different. Most importantly, it's a long process that takes 4 or 5 hours, and because of that, it's fairly expensive. You pay for my time, as I'm with you for the whole experience.

A minority of people interested in Past Life Regression will find it difficult, or unprofitable. If you find hypnotherapy difficult, then you'll know this in advance. If you've had success with hypnosis, then you'll find the process easy, and the results transformative.

Because it might not work, I give you the option of discontinuing the process before we've gone halfway, and if you do decide to exit, I only charge you half.

The process is this. We meet in a private, rural setting, and discuss your situation before beginning. This may take up to an hour. A slow relaxation and trance induction follows, leading to a dream state where ideas start to form.

You tell stories while I take notes, guide you forward, and help you navigate. Your first stories have an intentional feeling to them, but they get more spontaneous and less recognizable, as time goes on.

Sometimes there is an unfamiliar life-narrative, other times there are scenes from this lifetime. My job is to record it, and encourage clarity, and relaxation. I accompany you safely through difficulties, or take you out and around them. I provide support; you provide the journey.

When it's over, you're tired. We putting things back in order, and return to the end of an otherwise relaxed day. I type up and send you the session notes. We'll later speak by phone to discuss the outcome.

It is important to enter the process without preconceptions. There is nothing you need to do ahead of time.

For more information, see: <http://www.mindstrengthbalance.com/spiritual-hypnosis/>

For current price, see: <http://www.mindstrengthbalance.com/product/past-life-regression/>