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## Aiming Group Regression

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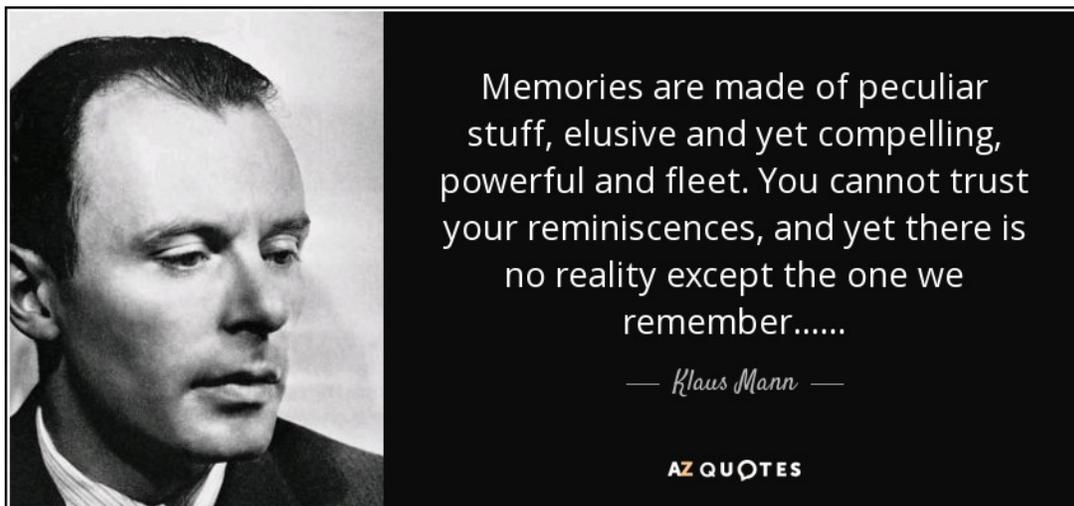


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## Memories

Past life regression is the process of creating memories of which you were unaware. To ask if the “past life” actually happened is to miss the point that the memory exists and affects the present. Past life regression is literally the process of expanding one’s reality. It is learning in its most basic form, through the awareness of experience. Gaining memory enlarges consciousness.

Past life regression is a risky business. Some recollections are constructive, some are harmful. There is a danger of evoking damaging trauma. I believe you can get more out of the experience when you approach it with skill and awareness. To this end I have assembled some basic training.



## Guidance

Three essential skills are entering deep trance, contacting positive internal guidance, and using imagination to recall experience. These skills can be taught and enlarged through practice. With them the past life experience is more likely to unroll like a thriller with a surprise ending.

A group regression requires a structure to contain and protect those making the journey. The facilitator acts as a shepherd giving the group a goal, a path, and a boundary. This makes up for the facilitator's limited ability to support individuals, circumscribing a positive experience without preventing it.

The facilitator suggests a common direction, asking everyone to bring to consciousness a life memory dealing with a particular issue, such as a life of great effectiveness, creativity, or leadership. The path consists of suggestions leading participants to memory elements that the unconscious assembles and invigorates like a living jigsaw puzzle. The boundary provides safety and is built from each person's ability to navigate inner space, and connect with inner guides.

The goal is a new frame of mind, a flash of inspiration, or an opening of the heart. Something retained over the long-term. We often don't notice changes in us, but instead see them reflected in the world around us. Do new memories change us, or do we reveal new memories when we open to change? Past life regression is a conundrum.



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