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## What is Spiritual Regression?

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In Spiritual Regression you enter an hypnotic state where you alternate from being alert to being entranced, going back and forth. You are responsive but you are disconnected from the present. In these states you explore meaningful visions entirely of your own creation. For some reason these visions often present themselves as memories of another life, from a different time and place. These “memories” have a strong emotional impact and can lead to permanent changes in your life.

### **Past Life and Reincarnation**

Previously referred to as Past Life Regression, this therapy is presented as something new but it has an long history. It is a new container for the visions of trance built from memory and imagination. These visions have been the building blocks for mystical and religious experiences since our earliest history. What is new is bringing a second person to support and facilitate the person who is in trance. The facilitator, or therapist, helps move you into trance, and then guide you while you are in trance. The result is an experience as powerful as a psychedelic, but vastly more effective in positively changing the course of your life.



There is no way to distinguish a true from a false memory except by checking it against the historical record. Regression memories of past lives rarely provide enough detail for verification, and in those cases where they do, they usually are inconsistent. Whether one's memories are true or imagined is irrelevant for the regression process. In fact, most of my clients' experiences are closer to dreamscapes and experiences in the present than they are recollections from the past. What is important is your experience now.



After his regression session one of my clients wrote this:

"I am deeply moved by how much we are out of balance and so many people feel isolated and alone. And it is reflected in our relationships with each other and how we live upon our Mother Earth. For me the knowing, the feeling that i/we Belong and are connected to All is the medicine of our times..."



*Medicine of our times.*

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