



## Hypnosis, Current Life & Past Life Regression Therapy

Hypnosis uses your own natural ability to access the subconscious mind to safely bring about positive changes.

Simply learning how to access the states of relaxation and calm that can be achieved through hypnosis can be life changing, but most people go one step further and use these states to bring about positive, effective change in their lives for specific issues.

Hypnotherapy should be thought of as a professional partnership between the hypnotherapist and the client. It is completely safe as the client remains in control and cannot be hypnotised unless they agree to it.

Hypnotherapy is an effective, established tool for permanent change, it is effective for many issues including:

- ❖ Relaxation & Sleep problems
- ❖ Stress management & Coping with exams
- ❖ Panic attacks, Fear & Phobias
- ❖ Confidence issues & Fear of public speaking
- ❖ Sports performance
- ❖ And many more.

### Current Life Regression

Current Life regression takes a holistic view of the mind, body, and spirit, recognising the significance of their interconnection. Our personality is shaped by the memories of events we experience during our life, early childhood events particularly can have a significant effect on our lives.

Healing involves reconnection with the root cause of the problem, sometimes the cause is a traumatic experience below the level of conscious awareness, which may have been affecting your wellbeing.

The subconscious mind is a store house of memories and hypnotism is used to access these memories of past events, experiences may go back to early childhood, prenatal or into stories from the subconscious that may appear to be a past life. Accessing these memories allows you to understand deeply the issues associated with the problem before they are resolved at a physical, emotional and spiritual level.

All your experiences are treated in an accepting and authentic way. Some of the issues that can be relieved with regression therapy include:

- ❖ Low Self Confidence
- ❖ Phobias and Irrational Fears
- ❖ Intrusive or Obsessive Thoughts
- ❖ Guilt and Martyrdom
- ❖ Unexplainable Pains, Tensions, and Numbness
- ❖ Panic Attacks

- ❖ Anger or Rage
- ❖ Post-Traumatic Stress
- ❖ Relationship Challenges
- ❖ Depression
- ❖ Feeling detached or isolated

Regression therapy can provide a wealth of information for greater understanding of current situations. It reaches further and heals deeper at the physical, emotional, mental and spiritual levels than most other therapeutic approaches.

*"Regressing to significant childhood events, to infancy, or even to past lives may provide considerable relief and benefit in the present time. Sometimes, just through the act of remembering, symptoms can be removed. Memories can lead to understanding, and understanding frequently leads to healing."*  
*Dr Brian Weiss*

### **Past Life Regression**

Within each of us appears to reside the events of past lives. A migraine, chronic lower back pain or knee problem may be telling a story from an old accident or wound. A chronic sore throat may derive from strangling, hanging or choking. As the soul energy returns to life over and over these traumatic memories are re-created in our current life often making little sense, and keeping us from living peaceful lives.

Past Lives can be brought to our conscious awareness by anxiety, panic attacks, anger, depression, phobias, obsessions, nightmares and unexplainable physical pain. Past life regression allows us to see beyond the confusion and illusions of this life and brings about a healing of the past life that resonates into our present life.

Past life regression can help satisfy our curiosity about previous incarnations, often giving unexpected insights and the chance to remember previous talents, positive experiences and recurring relationships.

### **Your Current or Past Life Regression Session**

Whether you have a specific issue you wish to address, are seeking answers or are just curious about your past the aim is for you to leave your session having gained understanding and reached a healing resolution, enabling you to move forward positively.

At the start of the session you will be guided into a trance state, the whole process is very easy and similar to meditation. People do not "get stuck" in a hypnotic state, nor do they "get lost" in their past. Just as everyone can recall memories from their present lifetime, most people can also safely access stored past-life memories with special guidance.

A Regression session is usually 1.5 or 2 hours in duration, various psychotherapies may be used in the regression process such as gestalt psychology, psychodrama, body therapy, inner child work, together with various transpersonal and energy techniques.

Regression therapy quickly and effectively resolves and releases many suppressed or repressed issues that can pose a challenge in your life. A simple issue may be resolved in one session, more complex issues may require a number of sessions to gain complete resolution and healing.

*At any given moment you have the power to say..... This is not how the story is going to end!*