

PAST LIFE REGRESSION/THERAPY SCRIPT

*The Soul is a Spiritual Being having a Human Experience¹
You don't have a soul. You are a soul, and you have a body.*

Pre Session

Past Life Therapy is a gentle, healing technique that takes you on a hypnotic journey, safely into a past life time that you may want to explore.

Your Higher Self, guardian angel, spirit guides, are invoked to accompany you and make sure you are well and safe no matter what you choose to explore.

We will also go into the death experience and the "interlife", the place between lifetimes, before we conclude this journey.

You will come away from this session with a much broader concept of who you are, and perhaps things will come up that will explain the source of some of your issues in this lifetime.

This kind of work helps release our fear of death as we come to understand the eternal nature of the soul, journeying through lifetimes to accomplish its own divine purpose.

Questions

Have you ever been hypnotized before? What was it like for you?

Have you ever had a "past life regression? What happened?

What do you hope to accomplish in our session today?

Do you have any special issues that you want to explore?

Induction

Become aware of the feelings and physical sensations in your body....

Notice how your body feels in your chair . . . how your feet feel within their shoes, or on the surface of the floor... where your arms and hands are resting . . . how your head, shoulders and neck feel . . .

You may notice the various sounds in the environment ... or catch a scent of something in the air.

Notice all the sensations you are experiencing, seeing, hearing, smelling, feeling, tasting
...(Pause)

And realize how these feelings and sensations may change or alter from second to second, minute to minute, hour to hour, and yet *you* remain.

And now, contemplate the emotions, if any, which you are experiencing right

¹ *The Refraining of Reframing in Past Life Sessions* by Holly Holmes-Meredith, D.Min., MA, MFT

now...and notice their quality...(Pause)

And realize how these emotions may alter from minute to minute, hour to hour, day to day, and yet *you* remain.

And now contemplate any thoughts and ideas that are occurring in your mind... random thoughts as they ebb and flow ...Not mooring onto any of them, just being aware...(Pause)

And realize how this continuous flow of thoughts may alter from hour to hour, day to day, month to month, and yet *you* remain.

Your feelings, sensations, emotions, and thoughts are only a part of you. Your core is distinct from all of these, separate and yet still a part of you. You are like the vast blue sea, and your feelings, sensations, emotions and thoughts are the swift fish who swim through that sea. The sea includes them, they are part of the sea, and yet the sea is distinct from them. The sea itself remains.

The Hypnotic Journey

Would you like to journey to a place inside your own imagination, where you can find sanctuary, a place of healing and self discovery? It already exists deep within your unconscious mind, but let's see if we can make it easier for you to access the sacred place whenever you need it . . .

Let's start by counting slowly from one to ten. With each number, you grow more and more relaxed . . .

One . . . your eyes are relaxing, you can close them if you want . . .

Two . . . your body is loosening, becoming unstrung from the soles of your feet . . .

Three . . . up your legs and torso, resting and letting go of stress . . .

Four . . . your chest, back, shoulders, arms, hands, fingers relaxing

Five . . . your neck, back of your head, your ears, face, mouth, nose, eyes releasing

Six . . . The crown of your head eases and loosens the muscles

Seven . . . Your whole body slackens and . . .

Eight . . . You feel a comfortable, light, floating sensation

Nine . . . You are in a trance state . . . weightless

Ten . . . You feel light and comfortable and safe

I invite you to step into an environment that makes you feel safe and peaceful. It can be a woodlands, garden, meadow, beach, mountainside, someplace you remember, or a place you have made up. Experience the sights, sounds, smells, feeling, even the taste if appropriate, until this scene seems real to you.

You will come upon a path, meandering through your scene, and if you like, you can follow that path. It takes you deeper into trance with every step you take. The sights and sounds, more vivid, the smells more pleasant, the feeling more comfortable. This is your dreamscape. If you like, you can tell me what you are experiencing and how it makes you feel as you travel deeper into your own inner landscape.

Let me know when you have established this scenario and you are ready to move deeper into the experience.

You may now step into a sacred area in your inner landscape. There is some kind of structure, perhaps a temple, in the center. It feels both safe and sacred to you. It is your own inner resource, recording all that your soul experiences through eternity. Explore the environment around the structure, but do not go inside just yet. Enjoy, using all your senses, note what you see, hear, smell, feel, and even taste. If you like, you may share what you are experiencing with me. When you are ready for the next experience, let me know.

I invite you to notice a benign figure in your sacred place. It can take any form you like. It is your own Higher Self, perhaps your vision of Deity, guardian angel, a spirit guide. It may feel familiar or new, and it feels loving, helpful, and safe. Spend some time with this being, and pay attention to how you feel, what is said, what is exchanged between you.

You have come here for a special purpose, to discover a part of your Soul Self, perhaps a life lived before this present life. This knowledge exists deep within your soul, and you can retrieve whatever you need to know, learn what relevance a past life might have on your present life, what connections you might have with people in this life that came from a previous life, or perhaps what Karma is being balanced in this lifetime. Your Higher Self is within you, making this a safe experience no matter what happened before.

When you are ready, you may wish to visit inside this temple where you can discover your past lives. On entering it, you may discover a long curving hall of mirrors. Even if the structure appeared small on the outside, you may find that it is vast on the inside. The mirrors might look different, some framed in dark wood, some in light, or other materials. Some mirrors might be ornate, some plain, some frames decorated or carved. There may be some mirrors that are oval, some rectangular, and some irregular shapes. Each one could appear different than the others. The mirrored hall seems to curve on endlessly, perhaps in a spiral through the temple,

As you look into these mirrors you might see versions of yourself at different ages in your life. You might even see yourself in a familiar mirror from your childhood, or teen age years.

And then again, as you continue down the curving hall, you may see older versions of yourself as you appeared in other lifetimes you've experienced. You may find yourself drawn to one particular mirror. When you are ready, you may approach it. The mirror may show you a clear vision of yourself in another time.

The mirror may turn to a soft mist, and like Alice in *Through the Looking Glass*, you may wish to walk through the shimmering surface. On the other side of the mirror, you may experience yourself as you once were, knowing that your Higher Self is acting as guardian and guide, making this visit safe. You may feel a sense of time shifting as you visit your past. Know that you will be guided safely back to the present when you are ready.

I invite you to turn around and observe yourself in the mirror from this side. What do you look like? Can you tell what gender you are? What race? What age? What size and body type? Do you notice any distinctive physical characteristics? What are you wearing?

You may look down and notice your feet – are you barefoot or wearing shoes? What does the ground look like?

Know that the mirror-portal will remain where it is (like the lamp post in Narnia), and be easy to find when you are ready to leave. You may now wish to move into this new environment and explore.

What are you seeing, hearing, smelling, feeling, even tasting? What are you feeling emotionally?

Notice what is around you. Can you ascertain what time period in history it might be now? Perhaps noting the terrain, the structure of any buildings, the modes of transportation, clothing of other people?

Can you hear voices? What are they saying? Is there music?

What are you smelling? Is there a taste in your mouth?

What are you feeling physically? What is the temperature like? What is the weather like?

Do you get a sense of your place in this environment? Where you might live, what your place in society might be, what work you do? What your skills and talents are? Do you know your name? What kind of family you come from?

What are your dreams? What are your fears? What are your passions? Tell me more about yourself . . .

Are there any people in your environment? Or special animals? What is your relationship to them? What is occurring between you?

What important events are happening to you? What decisions are you making? What direction are you going? If you like, we can move to any significant time in your life. What is emerging for you?

Let's move forward to your death in this past lifetime. Know that your soul is a spiritual being having a human experience, and flows in and out of different life forms throughout all eternity. Death is nothing to fear, it is simply a gateway between lives and the "interlife" between lives. Your Higher, Eternal Self will be there to guide you through this experience, as always.

How did you die in this lifetime? What were your feelings about the process? What may have changed after you went through the process?

Now see your soul self in the *Interlife*, the safe and healing space we retreat to between our lifetimes. What is it like for you? What do you perceive about this place? Is it familiar? Do you recognize anybody else there with you?

The Interlife can be a place to heal and review our life. (If appropriate, I can add: This is a special place to heal from the traumas of a life, review what we have learned, and what we still need to learn, perhaps understand how karma worked through this lifetime, and even make new agreements about the future.)

For the moment, you are between lifetimes, recognizing the mirrored versions of yourself . . . moving gently between who you once were to who you are now.

What lessons have you learned from this past lifetime? What lessons might be carrying over to your current lifetime? Do you recognize anyone from this past lifetime in your present lifetime?

What agreements have you made with them? Are there any issues that are still being worked out?

If the person you were from the other life could talk to you now, what would she or he have to say to you? What do you need to do to bring healing to the past and present? Is there any resonance between this past life and your current life?

When you are ready, let me know, and I will help you come back to a state of full awareness of the world in your current lifetime.

It is now time to start to return to full awareness in your outer environment, the here and now. Know that what is held within is always there. You will find that you remember everything that has occurred on this journey, and you may find that more information will come to you as you process and integrate the information to support your wholeness and continued growth and healing.

Begin by thanking your Higher Self, the living bridge between you and the Divine, for guidance and protection. Know that this sense of a helping being is always there when you need it. It is the Divine and Eternal part of you.

You may also wish to thank the part of yourself that you just visited for his or her presence in this journey. Reassure them that they are remembered and their experience is honored.

Now you find yourself back in the *Hall of Mirrors*. You may retreat from this place, back down the path you have enjoyed earlier, leading back to your outer world.

You may, if you want, look back over your shoulder and see the sacred place shimmering. It is always there, you may come back at any time. The discovery of yourself is an endless adventure.

As I count from ten back to one, you will feel more and more in your body, more aware of your physical world.

Ten . . . Feeling relaxed and good . . .

Nine . . . Sensation and feeling returning to your physical body . . .

Eight . . . Feeling stronger and healthier . . .

Seven . . . You can begin to stretch your muscles . . .

Six . . . Feeling the vitality of your body through every fiber of your being . . .

Five . . . Feeling a sense of well being and contentment . . .

Four . . . You are feeling more alert . . .

Three . . . Movement is easy and languid

Two . . . Feeling mentally alert and refreshed

One . . . Your eyes are open and you feel well and rested . .