

## **PAST LIFE REGRESSION**

Before we start the regression for memory and easy recall, it is important to allow some deep, pleasant relaxation.

I'm just a guide. If I make a suggestion which you believe is not right for you, you may adjust it in any way which seems appropriate. The process of relaxing and enjoying the bringing forward of another stage of the souls journey is safe, smooth, and easy. All you have to do is to allow your imagination to do its best job to get you started.

Get into a comfortable position so you can relax easily. Take a long, deep breath. Exhale slowly. That's good . . . and as you breathe normally, just become aware of the rhythm of your breathing. Prepare to enter a level of relaxation which is right for you at this time.

Hold your hands in a comfortable position. Please sit comfortably. Adjust your body as necessary for your comfort. It's OK to move at anytime. That's good . . . and as you breathe normally, just become more aware of the rhythm of your breathing. Become aware of your hands as they touch your body. As you rest there, become aware that you are beginning to experience a sense of comfort, calmness, and inner peace. Become aware of the texture of the chair (or the floor). It is just right for your purpose. Become aware of the temperature of the room. It is just right for this experience and it can help you to gain access to what you are seeking at this time.

Become aware of the sounds around you. Those sounds contribute to your accessing what you want to experience now. Those sounds, whether loud or barely audible, are cooperating in

helping you to relax and to be at ease and at peace. The sounds are easing you into deeper and deeper relaxation. They are a part of all things; they belong there. It is normal. Should you notice sounds of others in the room you'll be able to blend that sound, too, into your experience. The sound of my voice will go with you as a guide.

Now that you are ready, just look forward or upward; you may focus your eyes on a spot or you may choose not to focus your eyes. I am going to count down slowly from ten to one. With every descending number, just slowly blink your eyes, as if in slow motion, with every number.

Ten, that's good, do it nice and slowly.

Nine, that's good

Eight (2 second pause)

Seven (2 second pause)

Six (2 second pause)

Five (2 second pause)

Four (2 second pause)

Three (2 second pause)

Two (2 second pause)

One.

Now just close your eyes, and I'll tell you why we did that exercise. That was just to relax your eyelids. Right now, there is a feeling of relaxation, or a comfortable tired feeling or a pleasant heavy sensation... Whatever the feeling is, just allow that to multiply, to magnify, and to become greater. This is something that you do; nobody else can do it for you. So just take your time...

Now, just allow this feeling of relaxation to move outward, as in imaginary waves or ripples, to your entire face. Just think about relaxing all the muscles in your face. Feel the relaxation going outward and now allow this relaxation to flow down your

neck, to your shoulders, down the arms and into the hands, relaxing that entire area.

Take a deep breath and fill your lungs with relaxation, and allow that relaxation to flow to the solar plexus, to your spine, slowly down your spine to your hips, to your legs, your feet, and all the way out to your toes, filling your entire body with relaxation. Now, just slow down a little bit and mentally examine your entire body. If there is any area that is not completely relaxed, then just allow that part to catch up and to become as relaxed as the rest.

(Pause a few seconds)

Now allow yourself to slow down just a little bit more, then a bit more, and I am going to count downward once again from ten to one. This time, with every descending number, just allow yourself to slow down, becoming more still, more centered, with every number, and at the count of one, enter your own natural level of relaxation. I'll count more rapidly now — ten, nine, eight, seven, six, five, four, three, two, one.

You are now at your own natural level of relaxation, and from this level you may move to any other level with complete awareness and may function at will, because you are in complete control at every level of your mind. This is something that you want. It is here and it is now. You are safe and protected...

(Pause a few seconds)

Now let us begin by comparing your mind to the surface of a quiet pond. On the surface everything looks peaceful and still, but below the surface there is great depth and much is happening. Think of my voice as a breeze whispering in the trees along the

shore. (Pause briefly)

Not everyone realizes his or her full capacities, and you have to discover those capacities in whatever way you wish. Your subconscious mind can listen to me and, at the same time it can also deal with something else. Perhaps you can remember as a child in school, gazing out the window while the teacher was talking. (Pause) Maybe you recall walking with a friend and talking to that friend at the same time. Two separate things, yet happening at the same time. Your subconscious mind is here and can hear every word. You are in a place where you can let go safely. Just relax.

You may take a deep breath now, and you will notice that a drifting might occur. You may feel light, you may feel heavy, or you may feel that your body is asleep, although your mind is alert. There is less and less importance to be attached to my voice, and more and more significance to be given to your own inner reality, to your own inner experience. Stored deep in your subconscious mind are wonderful memories of other times and other places. Your subconscious mind can call upon and access those memories, memories you only thought you had misplaced. Experiences that you only thought you had mislaid.

In due time, in your own time, your subconscious mind will reveal those memories to you in a dream, or a daydream, or sometime when you are not especially thinking about it. You may experience those memories of other times and other places.

By looking deeply into the recesses of your mind, you can see your vision and hear the voice of your heart. With this insight, comes new growth and new understanding. Later, you can apply this knowledge to understand yourself and the world better. In a

moment now, we can begin a series of exercises that will lead into memory recall and future possibilities.

Stored deeply in your subconscious mind are memories of other times and other places. You are able to retrieve those memories. At this time, you will be able to gain access to the record of the soul's journey. By looking deeply into your subconscious mind, you can see, hear, feel, or sense--- perceive in some way---scenes from the past. Those memories can be processed to provide you with new understanding and insight.

Later, you can apply your insights to understand yourself better. Now, you are going to begin a process of recalling some memories. Whatever you recall will be just what you need at this time.

You may begin by moving yourself backward in time, going back now to a time when you are about 15 years old. You are about 15 years old now. Choose a pleasant, happy memory of this time, if possible. You will find it is very easy for you. Choose one specific memory or one specific event you wish to process from the time you were about 15. Note what is happening. (Pause) What are you doing? What do you see or feel?

I'll be quiet now to give you ample time to enjoy your event. You may hear voices, you may see or sense other people. The images may be in vivid color as in a cinema movie, or they may be black and white, or only vague outlines. You may hear memories whispered in your inner ear, or you may only sense the memory. It really doesn't matter how you perceive the memory, just let it happen. You are about 15 years old now. Notice what is happening...

(45 second pause)

Now take this memory with you as you continue to move backward to the time you are about four or five years old. Again, choose a pleasant, happy memory, an impression, an episode, an experience in your life, then focus on that memory, look at it clearly. See what you are wearing; become aware of any people around you. Look around and listen to what is going on. Reach down deeply and feel it. You are now four or five years old. What are you doing? (Pause) What do you see or feel, or even hear, as you are about four or five? Again I'll be quiet while you process your experience.

(45 second pause)

Take this memory with you also as you continue going back, very quickly, through the years of three, two, and one, moving on through the time of your birth and going to that very safe, warm, and secure place where nothing can harm you. A place where you feel surrounded, protected, and loved. This is a good place, a place of development and growth. (Pause)

Now you find that you can go on beyond this, going into a beautiful mist; this safe beautiful mist surrounds you and protects you. This mist is a time of inner peace, of quiet movement, of gentle sounds and easy rhythms. It is a time of renewal, and a time of great patience. This peaceful mist is a time without measurement, a place without distance or boundaries: a timeless place in a place-less time.

Your mist is the avenue from the heart to the infinite. Even though you are so very comfortable and happy here, a part of you longs for something more. A part of you longs for activity and experience, and this longing grows to become a great desire. This

desire guides you to look toward the horizon, or through a long tunnel, or to walk down a long corridor. You perceive a light. You realize that the light is good, so you begin going, growing toward the light.

You travel toward the light, not on the pathway of the head or the intellect, but on the pathway of the heart and feelings. For through the avenue of the heart, all things are revealed to you. Soon you come into the light. The light comes in through the top of your head and fills your entire being with light. The light heals you, it surrounds you and protects you, and you feel the life energies throughout your entire being.

Take a deep breath. Feel, see, or sense yourself being drawn to earth. As you move toward the earth, you place your feet firmly there. The movement is happening automatically. Just allow it to happen . . . and as your feet touch the earth, wherever it might be, you know, at the soul level, exactly what your purpose is. Good. You are doing well. As you step firmly onto the earth, trust the impressions that you receive.

Simply allow it to happen.

If necessary, use your creative imagination to get the process started. If nothing is there, pretend that you are turning on a television...the moment it goes on you see a scene...you can step aside and allow the scene to unfold...

Mentally look down and note what you are wearing on your feet. What do you perceive on your feet? (Pause one minute)

Going slowly up your body, note what you are wearing. How does it look or feel? Feel the texture, see the colors. (One minute

pause)

Do you have anything on your head? (Pause) Do you have anything in your hands? (Pause) What gender are you? (Pause) What are you doing? How do you feel? Let the story tell itself.

(Pause for one minute)

Now in your mind's eye, slowly look around the place where you are standing, and make a mental note of what you see. Look around and note what you perceive. Again, I'll be quiet while you make a complete turn, looking in all directions about you, making a note of the important things that you see. Process the information and record it so you can bring it back later.

(Pause one minute).

Note your home or dwelling place. (one minute).

And now, you may look for other people, or a time when you feel yourself near or with other people. Make a note of the people, your impressions, and feelings. Perhaps there is someone special, someone with whom you have a close bond, an affinity, or a strong connection.

(Pause one minute)

Now look for some vehicle of transportation, something you might have ridden on or in, something that feels familiar when you sit in or on it. Or note anything that others are using for transportation. Make a note of the methods of transportation.

(Pause one minute)



At this time you might also wish to taste some food. What are you eating? Can you smell the food cooking? Can you taste it? Make a note of it; record the information.

(Pause one minute)

Now, if you listen carefully, you may hear your own name being spoken by a friend or someone calling out to you. What do they call you? What is your work or profession? What are you learning?

(Pause one minute)

As you look for clues, can you tell what land this is? Perhaps you can perceive what century or what period this is. Record this information. (Pause)

Now move to the time of an important event in your life, a significant episode. Note what is happening. (Pause) What do you see or feel? (Pause) Do you hear any sounds, or notice any smells? (Pause one minute) Move now to the next important event or another significant time in that life. What is happening now? (Pause) What are you doing? (Pause one minute)

You may move now to the event and circumstances that lead to your death, and to the death experience itself. Detach yourself from any physical pain or discomfort but note the events and the death experience, itself. (Pause one minute)

As you pass from that life, you may float safely and gently above your body and above the life, going to that timeless place and placeless time where all things are revealed clearly in all their

fullness.

From this higher perspective, what were the lessons you learned from this life? (Pause)

How did you grow? (Pause)

What could you have done better? (Pause)

What brought you the greatest happiness or fulfillment in the life? (Pause)

What caused the most sadness or hurt? (Pause)

What did you learn or accomplish in that life that can help you in your present life? (Pause)

In light of those new discoveries and understanding, please relay a message from your past-life self to your present-life self.

What does your past-life self wish to communicate to the present-life self? (Pause)

In return, give a message from your present-life self to your past-life self. (Pause)

What does the present you say to that part of your past? (Pause)

What task or activity could you perform in your current life that would help to heal and to balance that life? (Pause one minute)

Now look into the eyes of that past-life self from your present eyes and send your blessings, your love, and your compassion. (Pause) Bless that part of you and let it fade.

Look into the eyes of everyone you saw, those you have loved, that person who was special to you, and send love. And as you do this important step, as you bless them and send them your love, release them, let them fade. As they fade, let them go as they bless and forgive you. Let the veil slowly drop. Allow the curtain to close slowly. Allow a full healing of that life and that time. (Pause one minute)

Now as you prepare for the journey back, you will bring back with you only that which is helpful and beneficial for you in this life. Bring back something special — a gem of wisdom, but only what you want. You may release other feelings, memories, or impressions now, and retain in your conscious mind only that which is important, helpful, and beneficial for you to retain at this time.

Now slowly you return through the mist, traveling on the avenue of the heart, where all things are revealed to you through that warm and safe place where nothing can harm you — returning through the levels of your mind and bringing back the information that you have recorded. Slowly come back through the years into what we call the present life.

#### OPTIONAL FUTURE PROGRESSION BEGINS HERE

Now move forward in time to five years from now. (Give the current date.) What is happening now? (Pause) What do you see? What do you feel? What is going on? (Pause) Now move forward

to ten years from now. It is now ten years later than the current year, trust the impressions. What are you doing? (Pause) What is happening?

(Pause) Move on forward to the time of an important event in your life beyond 2010. What are you doing? (Pause) What is happening? (Pause one minute)

The final exercise is optional, only if you wish to do it. You have full understanding and realization that death is merely the next step in every life. With this understanding, if you wish, you may move to the events and circumstances leading to your death.

What are the events and circumstances that lead to your death and the death experience? (Pause one minute) now as you review your present life from beyond death, what was a pattern or lesson of this life? (Pause 30 seconds) How did you gain or grow in this life? (Pause 30 seconds) How did you lose, or what could you have done better? (Pause 30 seconds) What brought you the greatest happiness or fulfillment? (Pause 30 seconds) What caused you the most sadness or hurt? (Pause 30 seconds) What were your greatest strengths — what worked well? (Pause 30 seconds)

Remember this information so that you may bring it back with you in order that it may be of help and betterment in your eternal journey, in your evolution through time and timeless time.

**OPTIONAL FUTURE PROGRESSION ENDS HERE**

It is now time for you to return to what we call the present time, this day and this place. As you return, know that you have

done very well. You have opened in trust and thankfulness. In a moment, I'll count from one to ten. As I count, you can reorient yourself fully into the present, and at the count of ten you will be wide-awake, refreshed, feeling better than before.

Right after you open your eyes it will be time to synthesize the information you received. Gather your subconscious memories and write them down. The process of writing them will help to open even more impressions and feelings, and it will sharpen your recall. You could draw or sketch scenes or objects that you saw.

Later, when you can evaluate that information, you can begin the process of slowly and wisely changing your behaviors. Changing behaviors will change patterns. Allow yourself to take realistic steps, proceeding from a place of strength based upon your new-found knowledge and guided by your ideals.

I'm going to count now:

One, stepping firmly and fully into the present.

Two, feel total normalization at every level of your being.

Three, feel the life energies returning to your body.

Four, not opening your eyes until you know that deep profound changes have occurred that help you improve every day...

Five

Six

Seven, coming up to your full potential.

Eight, reenergizing.

Nine, Revitalized, and

Ten, slowly open your eyes. You are wide awake, wide awake. Welcome back.

