



What to expect from a PAST LIFE REGRESSION

What is Possible?

- You *may* see people you know from this life now (this often helps us to understand the present life relationship dynamic)
- You *may* have been male or female, poor or rich, from any country, and had any occupation or life situation
- You *may* experience “between lives” states
- You *may* reconnect with loved ones who have passed over from this life
- You *may* gain clarity and/or relief from physical or psychological issues in your life now
- You *may* experience an emotional release (most people experience strong emotional connections to their past life experiences, just as we do in this life. This includes all emotions e.g. love, grief, joy, anger etc.)
- You *may* see lives that you have dreamt about, ‘had a feeling’ about, or been told about by psychics or other types of readers (or you may not)

Things to keep in mind when you are having your first regression experience:

1. A BUSY MIND

Ultimately what nearly everyone tells me (and I agree from my own experiences) is this: the most challenging part is stepping past your conscious mind (the part of your mind that knows only this life) so that you can access the information from your subconscious/higher mind (knows everything you have ever experienced in all lives and in between). Because of this, especially at first, your conscious mind will perhaps tell you that you are ‘making it up’ or that it is ‘not real’. This is normal.

2. EXPECTATIONS

Everyone experiences regression differently. Most people have read books or watched YouTube clips these days and, therefore, can have an expectation of how their experience will be. Try not to have any expectations as this engages the conscious mind (which does not have past life information) and makes it harder to relax and simply be present to YOUR experience.

I also make no promises about what will happen for you as a result of your regression session/s. This is very personal, and depends on you and where you are in your journey now. Some people have reported big changes in their health, happiness and relationships but this is not always the case. We are all a ‘work in progress’!

3. HOW WE REMEMBER & RECALL

Information from past life experiences (similar to how we ‘remember’ and ‘recall’ experiences from this life) can be stored as images, sounds, feelings, smells or ‘knowing’ type of memories. This means that you may get some or all of these during your regression. From my experience only about 5% of people have really clear, powerfully ‘visual’ experiences. Most of us get feelings, ‘knowings’, sounds and some imagery. It is generally the ‘feelings’ (emotional connections) that make the most impact.

The Process:

- We will start by having a chat about why you chose to have a regression, and what you hope to resolve, learn, uncover etc. I will ask you a few questions to learn more about you so that I can help guide you in the process.

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- I will ask you if you want to record the session on your phone, we will set this up before we begin
- You will lie down on my massage table, and we will make sure you are comfortable.
- Once we are ready to begin, you will close your eyes. You may choose to use one of my eye pillows (I always recommend doing so as it makes it easier to access the subconscious and disconnect from the conscious mind)
- I will play relaxing 'theta music' and take you through a relaxation process (to help your mind and body to be still, calm and in the present moment)
- Then we will begin a guided meditation, during which I will be asking you to imagine certain things, and ask you questions about what you 'see' or 'sense' – this is like a practice run for when we are exploring the past life/s. We will be communicating throughout the experience.
- We will set your intention for the regression journey with your higher self
- I will then guide you into a past life experience

Please note: Whilst you will be in a relaxed meditative state, you will be conscious the whole time (able to scratch, move, and hear sounds in the immediate environment). Also, I personally have no control over what you see, or how many lives we visit... this is all controlled by your higher self (and your guides or guardians, depending on your beliefs); you will be shown what you need to see/experience for your highest good right now. It seems to range from one life in detail, to up to three in one session.

- My intention is always to help you resolve or 'heal' any trauma re-visited during the regression – the focus is always on your current life... and disconnecting from any past traumas so that you can live your life to your maximum potential now (this can include physical or mental health issues; relationships; life path; self-worth; or forgotten gifts/talents). This healing, and/or integration, can happen in a variety of ways and depends on what you need on the day.
- Most people report having 'realisations', or increased clarity around an issue/relationships/life situation, within the session, and also after the session as time goes on.

Preparation

There is nothing that you 'must do' prior to your regression. However, it can be helpful to make time to do some **guided meditations** to become more accustomed to being verbally guided and allowing yourself to explore your consciousness, beyond your conscious "monkey mind". You can find free guided meditations online.

"Many lives, Many Masters" by **Brian Weiss** is a wonderful book for anyone who is new to reincarnation and past life regression. Brian Weiss also has meditations that you can access online.

I hope that this has helped to explain what you may experience in a past life regression session with me. Please let me know if you have any specific questions that I have not answered for you here.

With love & gratitude

Natasha