



Past Life Regression Therapy

Past Life Regression Therapy is a form of therapy that takes an individual back to their previous lives to heal the current life issue or to understand lessons to be learnt in the present lifetime. It is based on the belief that our Past lives can influence our present life as for the soul one life is a continuation of the previous life.

Past Life Regression therapy can be used to help understand why one is experiencing specific issues in current life or if there is a pattern in life of failed relationships or any other pattern in professional life as well. Past life regression therapy can also help to release the carried forward emotions and energies associated with past lives which no longer is serving and reactivate positive feelings and forgotten positive experiences and latent talents as we not only carry forward issues but also resources from past lives. During the past life regression therapy session, the therapist will guide the client into deep relaxation. Once the client is relaxed, the therapist will help them to access memories of their past lives which are stored in the subconscious mind. When we go to the past life we come to know what happened and we heal and close what was unfinished or unhealed.



Past life regression therapy is an effective way to feel more 'complete' and happier in the present moment and live a fulfilling life in a more creative, healthier, and meaningful way. Past life regression therapy is not something that you should do on your own. Finding a qualified practitioner who can help you explore your past lives safely is essential as not only viewing of past life but its appropriate closure is important for healing to happen.

About Past Life Regression Therapy

What is Past Life Regression Therapy ?

Past Life Regression Therapy is based in the belief that the soul is eternal and undergoes multiple incarnations till the time it achieves nirvana, each lifetime carrying lessons, unresolved emotions, and experiences. These experiences stored in the subconscious mind which might influence behavior, emotions, and relationships in the present life. According to the theory, unresolved issues, traumas, or attachments from past lives can manifest as fears, phobias, chronic pain, or relationship difficulties in the current life. We might have had millions of past life but we only do therapy for something which is troubling us in the present life and go to the originating past life and heal and close it. For e.g if someone died because of drowning he/ she might be scared of water or swimming in the current life healing the associated past life may heal the fear of water. Also another example of past life regression therapy is if someone died because of a fall from a height might be scared of heights in the present life. Through past life regression therapy we can cure the issue in the present life.

The Healing Power of Past Life Regression Therapy

Past Life Regression Therapy has immense healing potential and so even in the western world its widely researched and followed. I do not recommend doing Past Life Regression Therapy just for curiosity and only recommend it to be done for therapy purpose only. Also past life regression therapy has no side effect and in certain cases it was the only way to heal as conventional therapeutic methods were not effective. Though in my practice I have seen many different types of healing I am listing down some of the most common types below-

- **Emotional Healing and Release:** One of the most profound benefits of Past Life Regression Therapy is its ability to resolve emotional issues. Clients often report feelings of relief and peace after releasing unresolved emotions from past lives. For instance, someone suffering from unexplained anger may discover that the root cause lies in a traumatic event from a previous life. By re-experiencing and processing these emotions in a safe therapeutic setting, the individual can release long-held emotional pain, resulting in healing. If the origin of any emotion we cannot link in the present life it might be coming from a past life.
- **Resolution of Phobias and Fears:** Many people experience irrational fears or phobias that seem to have no basis in their current life. When we see and heal the past life through past life regression therapy in which the emotion originated its easy for the client to release it. For example, a person with an intense fear of cold might discover that they froze to death in a past life. By understanding the root cause, the client can release the fear and regain control over their current life.
- **Physical Healing:** While Past Life Regression Therapy is primarily focused on emotional and psychological healing, some clients have reported relief from chronic physical conditions after undergoing regression therapy. According to some practitioners, physical ailments such as chronic pain or unexplained illnesses may be linked to traumatic experiences from past lives. By addressing and resolving the emotional causes through past life regression therapy, the body may respond with physical healing. As emotions are stored in the body and though we have a new body after death the soul carries imprints of the emotions. For e.g a client experienced unexplained pain in the back during the past life regression therapy session, the client regressed to a lifetime where he was stabbed to death and when the past life was healed during the session the pain was also healed. The client had been treating the pain for many years. Some issues are only healed by a Past Life Session. So any issue you feel is not healing despite enough effort its best to experience Past Life regression therapy.
- **Improved Relationships:** Past Life Regression Therapy can also help individuals improve their relationships by revealing patterns or unresolved issues carried over from past lives. For example, clients may recognize past-life connections with people in their current life, leading to a deeper understanding of

their relationships. This can promote healing, letting go and a greater sense of empathy toward others, ultimately leading to healthier, more fulfilling relationships. For e.g. knowing that we were the perpetrator in the past life and in this life we are the victim even the awareness of it can cause healing and in effect changing the relationship dynamics.

- **Spiritual Growth and Self-Awareness:** Beyond emotional and psychological healing, Past Life Regression Therapy offers a pathway to spiritual growth and self-awareness. The process of exploring past lives can help individuals gain a broader perspective on their existence, understanding the cyclical nature of life and death, and the continuity of the soul's journey. This expanded awareness can lead to a deeper sense of purpose, spiritual awakening, and inner peace. Even knowing the root cause of issues in the present life can give a lot of peace.

Healing external energies, black magic, curses and oaths

We might carry external energies, black magic, curses and even oaths from past lives which might affect our current life. For e.g oath of celibacy taken in a past life if carried forward to the current life may cause difficulty in marriage in the current life. By going to the originating past life we can heal the particular aspect and free the current life from it.

What Happens During a Past Life Regression Therapy session?

Past Life Regression Therapy typically involves the use of hypnosis or deep relaxation techniques to access memories from past lives. There are different methods to go in to past life. The client is guided into a relaxed, meditative state, where they can access the subconscious mind. This state allows the client to bypass the conscious mind's defences, accessing memories or experiences that may have been suppressed or forgotten.

During the past life regression therapy session, the therapist asks the client to recall specific memories, feelings, or images. These recollections may emerge in the form of visualizations, sensations, or emotions that are linked to past-life events. The therapist then helps the client explore these memories, understand their significance, and release any emotional or psychological attachments associated with them. Closure of past life events, and understanding the learning, doing energy exchange with past life characters and at times future pacing to step into an abundant space are some of the steps done during the session.

Key Benefits of Past Life Regression Therapy

- **Emotional release** from past trauma and unresolved issues causes resolution of many aspects in current life
- **Relief from phobias** and irrational fears that have no clear origin in this life.
- **Improved relationships** by understanding karmic connections and healing past bonds with people around us.
- **Healing physical symptoms** that may be linked to past-life trauma.
- **Understanding life purpose** through insights gained from past-life experiences.
- **Overcoming limiting beliefs** that may stem from past-life experiences.
- **Increased self-awareness** by exploring the soul's journey across lifetimes.
- **Spiritual growth** through deeper understanding of reincarnation and soul evolution.
- **Clarity on current life challenges**, understanding them as lessons from past experiences.
- **Release of fear of death**, seeing death as a transition between lifetimes.
- **Healing ancestral or family trauma**, by uncovering past-life connections to ancestors.
- **Reducing anxiety** and stress by releasing deep-seated fears or unresolved issues.
- **Addressing recurring dreams** or nightmares with past-life connections.
- **Improved mental clarity** and focus after resolving subconscious conflicts.
- **Healing karmic debt** and breaking free from karmic patterns.
- **Greater sense of peace and fulfillment** by aligning with the soul's purpose.
- **Understanding talents and skills** that may have been developed in past lifetimes.

- **Integration of lessons** from past lives to live a more balanced and aware present life.
- **Enhanced creativity**, as past-life insights may inspire new ideas or artistic expression.
- **Resolving fears of failure** by understanding past-life challenges and achievements.
- **Understanding recurring life themes** whether professional or in relationships and in turn helping to break free from negative cycles.

Past Life Regression Therapy at Antaratma Happiness

Experience Past Life Regression Therapy at **Antaratma Happiness**:

- One-on-One Sessions
- Description of personalized in-person or online sessions.
- Duration and process overview: **60-90 minute session**
- Booking options: **Book a Free Consultation**

Frequently Asked Questions

▶ What is Past Life Regression Therapy?

▶ Is Past Life Regression Therapy safe?

▶ How many sessions will I need?

▶ What can I expect during a session?

▶ What if I don't believe in past lives?

If you are interested in Past Life Regression Therapy, **Call us on 9742089992** & Email Us : info@antaratmahappiness.com



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