

CONNECT TO THE GUIDANCE WITHIN



A Past Life Regression session is a form of hypnosis that directs you to uncover information about previous lives you have incarnated as. Not all regressions come through as past lives. Sometimes you may discover and uncover other aspects of your spirituality. This may include meeting spirit guides, exploring the Akashic Records, exploring between life phases, and more. For this reason some practitioners label this as Soul Regression.

There has been increasing research showing physical ailments and chronic issues are commonly connected to past lives that need additional healing. Once a past life event or pattern is recognized as a source of manifestation for an illness in this life it opens doors for a higher and more permanent level of healing. It is like pulling an issue out by the root so it does not grow back or manifest itself again.



A prayer of protection is always in place before doing any of this work.

EDGAR CAYCE ON PAST LIVES

Research on Past Life Regression is largely based off the work of Edgar Cayce. He tells us that we have had 10's of thousands of past lives. Just like dreams can connect us to current events happening in our life, so can past life recall.



"Life is continuous, and is Infinite."

- Edgar Cayce

For many, receiving a session online is surprisingly preferable as it allows you to be in the comfort and safety of your own space. It is a little easier to relax which allows for a better connection and experience. Online sessions are done via zoom. Headphones strongly recommended.



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Explore previous incarnations with

PAST LIFE REGRESSION



*Recognize why you embody certain traits, fears & beliefs.
Understand the deep soul dynamics within your relationships.
Heal yourself of trauma, stress, anxiety, depression and other issues.
Uncover clues to your life's purpose.*



DETERMINING YOUR PURPOSE

You may not have a specific reason for a regression and that is ok, however results are more focused when you have a purpose in mind. Some examples/ideas to focus a session are below.



Before Your Session

Determine your purpose for the session. You may just have general curiosity for the process and want to keep this open, or you may have specific questions or things you want to explore.

During Your Session

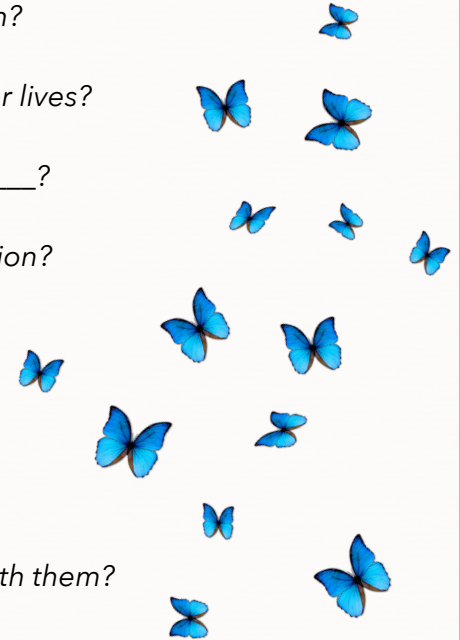
You will be guided in meditation into a deep state of relaxation. Once you are in this relaxed place you will verbalize any experiences you are having - thoughts, smells, colors, shapes, visuals, etc, and guided deeper into those experiences.

After Your Session

Sessions are usually 90 min in length. It is recommended to plan free time after your session for mental processing or journaling. Things may continue to unfold for you weeks or months after a session. Pay attention to dreams and synchronicities. More clarity can unfold in time.

- * *What is my mission in this lifetime?*
- * *How can I move to the next level of my soul's evolution?*
- * *What karmic issues am I working out in this lifetime?*
- * *What special talents have I brought with me from other lives?*
- * *What is the source of my chronic issue?*
- * *What is the source of my relationship issues with _____?*
- * *Why am I drawn so much to do or be with _____?*
- * *Why do I lack self-confidence? have anxiety? depression?*
- * *Why do I feel held back by _____?*
- * *Why am I so affected by _____?*
- * *Why am I so fearful of _____?*
- * *Why do I feel so strongly about _____?*
- * *Why do I over eat or under eat?*
- * *Why do I carry anger and resentment for _____?*
- * *Why do I have this birthmark?*
- * *Who are my spiritual guides and how can I connect with them?*

...be creative with this, the possibilities are endless!



Is this for everyone?

Unfortunately, no. Not all people can be hypnotized. This is a right-brained activity. (creative, intuitive, and dreamy) so people that are strongly left-brain dominant (analytical, pragmatic, scientific) may have trouble. A simple test to determine if this will work for you – imagine anything in your mind's eye - example: a dog. Now with your imagination see it as a large or small dog, or change it's color. If you are able to play with your imagination like this regression is likely to be successful for you. Please refrain from alcohol or any other mind altering substances before a session as it can negatively affect results.