

# Past Life Regression

Davina Desilver

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**Past Life Regression** Florence Wagner McClain,1987-03 Learn the secrets to overcoming fears and phobias which seem to have no source in this life, as you uncover the mysteries of reincarnation and what it can do for you, in *The Truth About Past Life Regression* by Florence Wagner McClain. The *Truth About Past Life Regression* will show you why past life regression is a valuable tool for enhancing the quality of your life today. In fact, you can experience the benefits of past life regression even if you don't believe in reincarnation. Discover how reliving past life experiences helps provide solutions to problems and great insight into yourself—and how it can free you from fears and detrimental habits that may be holding you back from achieving your true potential. ·Find out how and why past life regression can change your life for the better ·Read intriguing case studies of people who have connected with their past lives, with beneficial results ·Understand why you fear certain situations, people, or things—and how past life regression can rid you of those fears ·Learn about reincarnation and how it relates to spiritual beliefs and past life regression ·Free yourself from negative patterns and habits ·Gain valuable insights about your inner motivations The *Truth About Past Life Regression* will also help you to find answers to other questions. Have you ever traveled to some strange place only to find that it's familiar to you? Have you ever met someone and felt an immediate kinship or an intense dislike? If you want to know where this comes from, you have to get *The Truth About Past Life Regression*. Past life regression can help you become the person you want to be. Now is your chance to take the plunge and cease being a slave to your own past. Get *The Truth About Past Life Regression* today.

*The Past Life Perspective* Ann Barham,2016-06-07 Previously published as: *Nine lives (and counting)*.

Past Life Regression Mary Lee LaBay,2004-12-10 The quest for self-knowledge and awareness has gained increasing popularity over the past several decades, with an explosion of beliefs and methodologies. Central to these practices is the exploration of past lives. From the curious layperson to the traditional doctor of medicine, people are employing various techniques in an effort to facilitate this experience. Certified hypnotherapy instructor Mary Lee LaBay has written *Past Life Regression: A Guide for Practitioners* as a comprehensive text for beginning as well as veteran therapists. Ms. LaBay covers both basic and advanced techniques in a philosophical context, to help practitioners generate maximum healing and change during the past life session. Through case studies and concise instructions, the author demonstrates practical and elegant uses of these techniques that allow the client to discover life purpose, aspects of their relationships, roots of disease, addiction, and phobias, as well as a wide range of other life issues.

**The Power of Past Life Regression** Steve Burgess,2020-03-27 Welcome to the exciting world of past life regression! Hypnotherapist Steve Burgess has conducted many thousands of past life regression sessions and this book details some of the incredible healings his clients have experienced as a result of past life therapy. Each of the client's stories is vividly re-told using the words that they spoke whilst in trance in their regression sessions. They paint exciting pictures and describe in detail the events that took place in the past lives, often giving a fascinating insight into life in former times. If you're interested in spiritual issues or in learning more about reincarnation and how our previous lives affect our present life, you'll be fascinated to read the journeys of Steve's clients as they release the traumas of their past lifetimes and achieve wholeness in this life.

*Time Travelers: Stories of Reincarnation* Anna Maria Panici,2015-08-27 This book is the accumulation of five years of research, study, and personal experience with past-life regression therapy work. The individual past-life stories of these various hypnosis clients contain factual evidence, affirming the validity of this theory as something very important, real, and worth considering. Reincarnation is more than merely a theory; it is the key to set ourselves free from karmic cycles and provides profound healing of body, mind, and spirit.

**The Past Life Perspective** Ann C. Barham,2016-06-07 A unique, insightful, and practical look into the enormous power of past life regression therapy to unlock a healing pathway that can help you resolve enduring personal issues, enrich your life, and answer burning spiritual questions about your purpose on this earth. In this rare and fascinating intimate glimpse at past life regression therapy, licensed therapist Ann Barham invites us into her office as she helps her clients mine their unconscious memories for the key past life experiences that can provide specific guidance for their current situations. No longer simply the stuff of new age practitioners, past life regression therapy is a powerful tool that can improve your understanding of your personal challenges and deepen your connection with the world around you. Barham demystifies this intriguing phenomenon, sharing her client's astounding stories, each a clue to the profound influence the personalities of the past have on our thoughts and actions today. As modern science and technology advance at overwhelming rates, many of us crave the healing insights and feelings of eternal love that survivors of near death experiences frequently report. Through past life therapy, everyday people are able to experience prior lifetimes all the way through their deaths, tapping into abiding spiritual truths and answering essential questions about human existence.

Past Life Regression Mila Anderson,2017-05-22 Past life regression therapy is built upon the idea that we're eternal beings that move from life to another in different place and time. As perpetual spirits, we come across bodily existence on Earth in a series of persona and physical bodies. On a spiritual level, we choose every lifetime as a way to learn the lessons we've to head off for ourselves. Exploring our life in the past through a therapy for apparently inexplicable physical or mental issues is known as Past Life Regression Therapy. It works together with beliefs of reincarnation and takes us back in earlier life to get a better understanding of our life we live in the present. In this book, we will tell you everything you need to know about Past Life Regression and how you can even perform it on yourself without the help of a hypnotherapist.

**Life Between Lives** Michael Newton,2014-01-08 Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls* and *Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

**The Complete Idiot's Guide to Past Life Regression** Michael Hathaway,2003-09-02 A guide to the mysteries of your past . . . In this fascinating book, a board-certified past life regression therapist goes beyond reincarnation and karma to reveal everything people want to know about the ins and outs of this phenomena. This book covers: • Whether past life regression is for real • What to expect from hypnosis • Whether children are closer to their past lives than adults • How knowledge of past lives can help resolve issues and improve the present

**Meditation** Brian L. Weiss, M.D.,2002-05-01 Dr. Brian Weiss, author of *Many Lives, Many Masters* presents a new book to help with the practice of meditation (audio download is also included to help guide people through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, phobias, anxieties, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

**Children's Past Lives** Carol Bowman,2012-02-01 Has your child lived before? In this fascinating, controversial, and groundbreaking book, Carol Bowman reveals overwhelming evidence of past life memories in children. Not only are such experiences real, they are far more common than most people realize. Bowman's extraordinary investigation was sparked when her young son,

Chase, described his own past-life death on a Civil War battlefield--an account so accurate it was authenticated by an expert historian. Even more astonishing, Chase's chronic eczema and phobia of loud noises completely disappeared after he had the memory. Inspired by Chase's dramatic healing, Bowman compiled dozens of cases and wrote this comprehensive study to explain how very young children remember their past lives, spontaneously and naturally. In *Children's Past Lives*, she tells how to distinguish between a true past life memory and a fantasy, offers practical advice to parents on how to respond to a past life memory, and shows how to foster the spiritual and healing benefits of these experiences. Perhaps the most moving, convincing, and best-documented evidence yet for life after death, *Children's Past Lives* will stand alongside the classics of Betty J. Eadie, Raymond Moody, and Brian Weiss in its power to comfort, uplift, and transform our thinking about life after death

***Past Lives Therapy: Past Life Regression Special Edition with Past Life Therapy Center*** Dr. Morris Netherton, 2014-03-27 *Past Lives Therapy* was the first past life regression book to address the use of reincarnation as a source for therapy. It served as the foundation for on-going teaching programs in the United States. It also introduced the Netherton Method to clinicians in eight foreign countries where it has been translated. The book has remained a valuable source of information for those engaged in research and clinical practice since its publication. Although Dr. Morris Netherton is retired from full-time practice, his methods are continued at Past Life Therapy Center ([www.PastLifeTherapyCenter.com](http://www.PastLifeTherapyCenter.com)). **NEW Special Edition with Past Life Therapy Center.** Also new by Dr. Morris Netherton and Dr. Thomas Paul: *Strangers In The Land Of Confusion: Past Lives Regression Therapy With Past Life Therapy Center.* Table of Contents: Preface by Walter Steiss, M.D.; Introduction; I. Finding Past Lives: Confronting the Crisis, The Method; II. Casework: Claustrophobia (Corey), Ulcers (Carl), Epilepsy (Lee), Male Sexual Problems (Henry), Female Sexual Problems (Sarah), Relationships (The Gordons), Alcoholism (Ben), Migraines (Harrison), Hyperactivity (Chuck), Incipient Cancer (Kay); III. Life Cycles: Life in the Womb, The Experience of Birth, The Experience of Death, The Space Between Lives, IV. Past Life Regression & Past Life Therapy F.A.Q.

***Healing Through Time*** Laurel Phelan, 2010-03-19 Healing through time is the first combination of the ancient wisdom of reincarnation with the modern understanding of hypnosis to uncover problems and issues ranging from fear, anger and unworthiness to eating disorders and lost memory. Anyone reading this book will discover how to regress both themselves and others through any point in time to uncover the root causes of everyday problems. It answers the age old questions of abortion and fear of death along with religion . An indepth discovery into your innermost subconscious is possible with the techniques offered by one of the world's few experts in the field - Laurel Phelan

***My Mystical Past Life*** Venu Murthy M. K., 2013-12-24 This is a highly readable personal journal of how destiny mystically designs circumstances, from planting a seed of Near Death Experience, Reincarnation and such to nurturing these ideas with the conviction of personal experience and finally integrating it all under the expert guidance of Dr. Brian Weiss. Below are few words from an eminent author and publisher introducing this book:-The book starts in a very dramatic way and from the very first sentence draws you immediately to the series of events those are going to unfold. As you read along the book, the kindness of an American African touches your heart. Dr. Brian Weiss comes in front of you alive. You yourself really start hearing Dr. Weiss speak. There is a touch of humour also in the narrative to enliven you and lot of wisdom pours in. You will surely love this book. Well, here is the book itself in your hand. Go ahead and experience it for yourself. I always felt within my heart, the mystical side of Venu's personality. He is one of the rare individuals, who love to read great books and absorb the noble ideas and ideals contained in them. He is truthful, sincere to the core in his quest for God and has passed through amazing range of experiences in his life which makes him a very good channel of goodness and compassion through past life therapy. I have not found many persons with such pure, altruistic motives that Mr. Venu Murthy carries in his heart. The book has been dedicated at the holy feet of the all pervading eternal master of the universe. I bow down to that Guru and offer my salutations to that eternal master along with Venu Murthy. This narrative is written with noblest of the motives. It is highly readable and as you read along, you won't feel you are reading a book, you will be travelling and experiencing everything that happens along with the author!!!! And it will be a harbinger of a change in many people's lives. May the blessings of God be showered on all those who read it and on all those who come in contact with Venu Murthy is my earnest prayer to God and Guru Deva. - Divakar B.R. \*\*\*\*\*Strange that things which are mystical happen even, in the lives of Software Engineers! While the former is for the highly developed right brain, the latter demands an exploding amount of left brain activity! Venu Murthy wonders on how mystical his journey has been--from being a techie who bangs his head on computers, to being a Past Life Regression Therapist, systematically trained by the master on this subject Dr. Brian Weiss M.D, the ever compassionate Masters and his year old cute little daughter!

***Heal Your Life with Past Life Regression Techniques*** J.D. Rockefeller, Have you ever felt that certain emotions you feel are just unexplainable? Do you feel that no matter what you do or what treatments you undergo, your anxiety and panic attacks or your phobias will never go away? Do you feel that you need to get to the root cause of these emotions, but you just don't know how? If so, you may find the solutions to all your problems in your past life, and in order to do this, you will need past life regression. Over the last few years, many people have found past life regression therapy to be a wonderful way to release fears, phobias, and feelings. Regression techniques help you reach the deepest part of your consciousness through hypnosis. It allows you to relive your past life and heal and grow your mind, body, and soul. It helps you to become a more focused, relaxed person, and it strengthens your relationship with yourself as well as others. While many prefer to go to therapists specializing in past life regression, there are certain techniques you can use yourself in the comfort of your home to heal your past life experiences, pains, and hurts. The aim of this book is to help you know what past life regression is, what benefits you can expect to achieve with it, what actually happens in a session, and how you can do your own past life regression at home any time you want.

***Astrology and Your Past Lives*** Jeanne Avery, 2004-03-01 Understanding your previous incarnations can turn into a fascinating journey of self-discovery and healing. You can gain insight into destructive habits that may have begun in a past life -- and then create a more positive and creative new life. In *Astrology and Your Past Lives* astrologer and regression therapist Jeanne Avery provides a simple yet profound way to understand one's blocks and blessings. By focusing on the meaning of one planet -- Saturn, the planet of limitations -- Avery shows how we pick our own type of gravity that connects this life to our previous incarnations.

***Christians Remember Your Past Lives Learn How*** Douglas Casimiri, 2013-07 This book teaches you how to become a Certified Past life Regression Facilitator. Where your interest is for fun, self improvement, a new career or practice, you will find the information contained in this book fascinating and life changing. Who were you in your past life? What personality traits did you bring forward into this lifetime? Christians will especially find this book fascinating, as it allows them to follow Jesus and his belief in reincarnation. Did you know? Reincarnation was part of the early Christian belief system for almost 300 years, until the Church removed reincarnation from the Bible, then eliminated anyone who didn't follow this strict, revised doctrine, as set forth by the Church. Interesting note, some Biblical scholars believe that Jesus is the reincarnate of Buddha, who was the reincarnate of Kristina. Backed up with indisputable historical assumptions. A must read for anyone who strives for the truth about Christianity's original teachings.

***Past Lives*** Davina Desilver, 2013-11 *Past Lives: Incredible Past Life Experiences* Intrigued by the existence of past lives and past life regression? Fascinated by reincarnation and how it affects your life today? This is an insightful and sensitive account of what it's like to experience past life regression, the experience itself and the resulting learning that comes from that experience. These reincarnation stories are intimate and personal recollections. It's engaging and exhilarating, you won't want to stop reading. I trained

in Past Life Regression Therapy several years ago and have been asked many times to write down some of my own past life stories. I have been shocked, elated, stunned and at times frozen with fear These are my experiences, never anyone famous, just real experiences of past lives, usually with some pertinent reminder or similarity with events in my current life. With DeSilver's usual style, to the point and easy to read, the reader can certainly identify with her personal and truthful account and her natural sense of humour shines throughout. Her unique manner of combining the therapeutic viewpoint as well as that of the client is addictive. A must read for anyone interested in the existence of past life regression and reincarnation. My experiences of the existence of past lives has never been purely for entertainment purposes. I have loved being able to touch my spirit and that of others. Within all of us, lies the potential to access ancient memories, times long past. I do believe that the body holds onto such memories, even if we don't consciously know how. There is an intelligence in every single cell of your body. The mind is not the brain, it includes the brain but it is not limited to it. The brain is the physical organ, the mind is less tangible. It expands further than we think and communicates in ways I believe we have yet to master or fully understand. There may be things in this life that just don't make sense to you, a recurring thought or dream that seems to bare no relevance to your current life. Sometimes specific aches, pains and physical imbalances may not be confined to an event in this current lifetime you are experiencing. If that is the case for you, you will know it in your heart and in your gut as you read these words. Using the sensations and feeling ability of the body is one of the ways we access these deeply held memories, thoughts and beliefs. It's as if they are frozen in time, crystallised if you like, especially if they are associated with strong emotions and events of the time.

**Through Time Into Healing** Brian L. Weiss,2012-05-08 The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times bestselling author of Many Lives, Many Masters. Brian Weiss made headlines with his groundbreaking research on past life therapy in Many Lives, Many Masters. Now, based on his extensive clinical experience, he builds on time-tested techniques of psychotherapy, revealing how regression to past lifetimes provides the necessary breakthrough to healing mind, body, and soul. Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, uncover hidden talents, and ultimately shows how near death and out of body experiences help confirm the existence of past lives. Dr. Weiss includes his own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home. Compelling and provocative, Through Time Into Healing shows us how to help ourselves lead healthy, productive lives, secure in the knowledge that death is not the final word and that the doorways to healing and wholeness are inside us.

*Past Life Regression* Daniel Kai,2015-04-07 Have you ever wanted to explore your past lives to help better understand the purpose of your soul's journey through eternity? Would you like to help guide your friends and relatives into a meditative state when they can recall their own hidden past life memories to help them with the very personal challenges of their current lives?If so, this book is for you. This book will help you discover the long journey of your soul - whether your most recent incarnations were in the distant, distant past or from a slightly more recent period of history. You'll discover how important events of your past life create trends and can significantly impact your current life. You'll see how people, family, and friends help create karmic resonances and causal ripples from pasts long since forgotten.Author Daniel Kai has spent years investigating past life phenomena and helping others recover their own past life memories. By popular request, he has created this book to help show you how to achieve the same amazing past life recollection results in the comfort of your own home. By the time you finish reading this book, not only will you be able to provide your own past life regression, but you will have enough information to act as a past life advisor to help others.In this book you will learn\* how to use the included guided meditation script to help clients and others recover their own lost past life memories\* how to distinguish between real past life memories and memories conjured by false memory syndrome\* how to induce deep, deep states of relaxation in yourself and clients to begin probing the recesses of their minds\* the basics of and the differences between hypnosis and guided meditations\* how to hone in on specific past life memories\* how tragedies and important events in past incarnations dramatically affect your current life conditionsIf you are even remotely curious about past lives and how to help yourself and others enter into a state of mind to recover their hidden past life memories, this book is definitely for you. I hope you enjoy this book is much as I enjoy creating it.

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