



*Integrative Balance*

## Integrative Balance Past Life Regression

### Useful Information - What is Regression?

A journey of the mind, usually in a state of deep relaxation, which leads to another time and another place, in another life that the soul has experienced.

#### **What can it/I achieve?**

- By accessing our past lives, we can see the patterns that exist beyond the present. This knowledge can help us make responsible choices in our actions and behaviour in the current life. Healing the past can heal the present and future. By uncovering patterns of behaviour in our past we can break the cycle of physical and psychological pain/distress. By understanding its source, we can let it go, enabling us to move beyond what is blocking us in our present life.
- Can help release chronic pain or illness
- Help deal anxiety, sadness, panic attacks
- Give sense of your life's purpose, greater perspective of who you are and who you could be, your relationships and connection with people in your life.
- Bring understanding about repeated patterns in this life
- Bring understanding and joy into the present life which might be dark and depressing
- Help explain the unexplainable!
- Find your true self

#### **What if nothing happens or I cannot recall a past life I be able to recall a past life?**

- You will enjoy the benefit of deep relaxation even if subconsciously you are not ready to recall your past life memories at this time.

#### **How many past lives will I have?**

- A soul may have experienced any number of lives and the time between these lives may vary considerably
- It is also possible, that your soul is new to the Earth plane, therefore, no memories of a past life can be brought forward.



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## **What happens during Regression?**

- Guided Relaxation – past life or lives are accessed by allowing the mind to go into the subconscious which connects with the soul and soul memories
- Protection and soul permission for the journey
- Regression into the past from the present life
- Past Life
- Questions about past life
- The process will flow without criticising or analysing, even if makes little sense at time. Afterwards, you will come to realisations.
- Death experience – safe and positive way to complete the life's memory. With or without emotion. You rise above the body and send love and compassion as part of closing
- Balance Karma
- Forgiveness – healing the past – mentally look into the eyes of yourself and everyone from that life and send love and forgiveness to them and yourself. Release them and let them fade.
- Return through life between lives, bringing back with you something special, understanding, awareness, forgiveness, recognition etc. Is there anything else you wish to understand in life between before returning to current life.
- Soul Lessons – what have you gained from the past life, wisdom, lessons, reasons, talents?
- Protective suggestions – you will retain in your conscious mind only that which is important, helpful, and beneficial.
- Return to present – with positive energy
- Disengage/re-alert
- Discussion and evaluation

## **What kind of information comes through and how?**

- Able to speak, hear, see, smell, taste, touch and feel at all times
- Some people experience life as if watching a film, others sense they are there and immersed but not seeing anything (feeling/knowing), others as if they are living the experience, seeing, hearing etc.





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### **What happens if I go through my death in a past life?**

- I will guide you safely through to the life between lives if that was previously agreed upon

Have I made it up?

- The information received is relevant and valuable. It is the usefulness of the experience rather than the truthfulness or reason.

Can it be proven?

- Past lives do not have to be literal to be helpful. Honest, open-minded exploration is more useful.

Do I need to believe in Past Lives?

- Results do not require belief. Open minded exploration is all that is necessary.

If you would like to any more information please do get in touch.



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