

By: Kaz Thorpe



## Welcome to our College Column

Each issue watch for interesting articles about contemporary esoterism and holistic healing. Many of the subjects have relevance to our **Diploma of Intuitive Sciences**.

### **This month:** *What is Past Life Regression Therapy?*

*Just curious? Trying to break free from subconscious patterns? Or seeking your life's purpose? Perhaps Regression Therapy holds the key....*

Regression therapy is a technique that looks at the source of present blockages, fears, phobias and negative patterns whether the source is from childhood in your present lifetime or from an experience in a past life.

Past life regression is a means of getting to those traumas that continue to wreak havoc in the present, recognising them as redundant and resolving the issues around them.

#### **Is a belief in reincarnation necessary?**

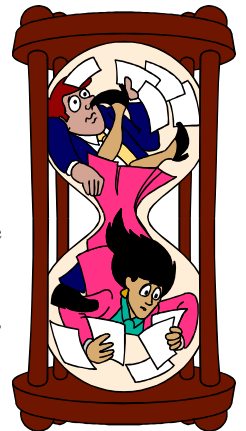
In order to experience past life memories

The exploration of past lives is based upon into a succession of lives in the physical enlightenment. Fate does not smile down circumstances with or without body and we must accept the natural consequences of our actions.



you just have to be *open* to the possibility.

the concept of reincarnation where the Soul is born world in order learn, grow and ultimately achieve at some and frown at others. We freely choose our life's



In my work as a regression therapist, I have been privileged to share many, many past lives experiences with clients and witnessing their practical application, I cannot doubt the validity of this doctrine.

#### **What specific problems can Past Life Therapy assist?**

- ❖ Repressed emotions (eg: helplessness, unworthiness, aggression); past hurts.
- ❖ Malaise, depression, free floating anxiety and stress.
- ❖ Unexplainable illness, weight problems, pain, guilt, fears, phobias.
- ❖ Relationship difficulties and patterns (eg: family, parents, partners and friendships).
- ❖ Addictions and compulsions....and MUCH MORE!!!

Re-experiencing past lives releases repressed emotions and frees you to become who and what you really are!

#### **What are the benefits of Past Life Therapy?**

Regression therapy uncovers the forces which have driven you without your knowledge, releasing you to:

- ✓ Develop latent talents and unlock potential for personal growth.
- ✓ Develop power, control, choice, confidence in all your actions.
- ✓ Reveal the meaning and purpose of life.
- ✓ Become a person of action, rather than reaction.
- ✓ Bring abundance into your life.
- ✓ Overcome the fear of death.

#### **How can I access Past Life information?**



- **Hypnosis** - health professionals trained in hypnosis are finding the therapeutic benefits of regression hypnotherapy to be greater than anyone suspected. Hypnosis is just an altered state of consciousness. As all hypnosis is self-hypnosis – the client is always in control of the process. A professional regression therapist will use the specific problem you wish to heal as the key for opening the door to an unresolved past life.

Many clients are relieved of their problem in only one session. Re-experiencing the events of past lives just once can relieve the blocks to living. Other clients require a series of sessions to accomplish this.

- **Shape shifting** – focussing on a partner or observing your own face in the mirror, triggers an open-eyed altered state of awareness that participants into the past. You may observe the face changing, taking on different features from past existences.
- **Psychometry** – touching something owned by another can sometimes trigger altered states of awareness related to the object, the owner or yourself.
- **Interests & Feelings** – making a list of places with which you have a connection or always wanted to visit, historical periods to which you are drawn, food you enjoy/ dislike, philosophies that interest you and so on, can give an indication of past life circumstances.
- **Dowsing** – use a pendulum and ask it for information on a past life's that is currently influencing you. For example, draw up a time line and program your pendulum to indicate the time period of this lifetime. Hold your pendulum over a world map and ask questions which indicate the continent, country and location of this important lifetime.
- **Meditation** – meditate upon the traumas and patterns which you believe may have their origins in a past life and allow this focus to trigger an altered state of consciousness. Alternatively, focus upon the feeling in your body triggered by the blocked emotion and use this sensation as the focus for the meditative state.



Kaz Thorpe is available for **Past Regression therapy**. She has studied Esoteric Hypnotherapy and Psychophysical Healing at the Academy of Esoteric Sciences and holds a Diploma in Relaxation Therapies – Associated Stress Consultants. Kaz has also completed many units of study at the Newcastle College of Esoteric Sciences. In addition, Kaz is a Reiki & Seichim Master/Teacher and has practiced regression therapy, counselling, psychic and energy healing for a number of years. She also holds memberships in several associations and societies.