

Past Life Regression Therapy

AS SEEN ON "OPRAH"

Everyday more and more professionals are opening their minds and discovering the transformational power of Past Life Regression therapy. Recently featured on the Oprah Winfrey show (May 13, 2008), these techniques are rapidly gaining widespread acceptance with both alternative and mainstream therapists around the world.

For over 20 years I have been conducting **Past Life Regression** (PLR) sessions with private clients. The results have been nothing short of amazing! I extend a personal invitation to you to embark with me on an incredible odyssey of experiential learning and self-discovery as we explore the mysteries of past lives.

Past Life Regression (PLR) is typically undertaken for one of two reasons. First, in a therapeutic setting it can be used in an attempt to resolve a whole range of emotional, psychological or psychosomatic problems. Second, it can be used by the curious for a spiritual experience.

Usually therapists use a light hypnosis trance inductions to regress clients into apparent past lives. Some PLR therapists also use bridging techniques from a client's current life problem to bring past life stories to conscious awareness spontaneously. Most PLR experiences contain few historical details. Some are even short and brutal. Occasionally subjects come up with a plethora of names, dates and places that can be checked.

PLR therapy has been progressively developed since the 1950s by a number of professional psychologists and psychiatrists from the US, UK and Australia. The key researchers and their published findings are Alexander Cannon's *The Power Within* (1950), Denys Kelsey's *Many Lifetimes* (1967), Morris Netherton's *Past Lives Therapy* (1978), Edith Fiore's *You Have Been Here Before* (1978), Helen Wambach's *Reliving Past Lives* (1978), Hans Ten Dam *Exploring Reincarnation* (1983), Roger Woolger's *Other Lives*,

Other Selves (1988) and Brian Weiss' *Many Lives, Many Masters* (1988).

More recently PLR therapy has been integrated with current life regression and is called Regression Therapy. The psychologists and their findings that cover this are Andy Tomlinson's *Healing the Eternal Soul* (2006) and Hans Ten Dam *Deep Healing* (1996).

As Ian Lawton states in his review of this material: "Nearly all of the early pioneers came to use PLR more or less by accident, or at least reluctantly, and were previously either Christian, agnostic or atheist. As a result, nearly all were profoundly skeptical of the results of their therapy at the outset, but gradually became convinced as their work progressed and they could no longer escape the obvious conclusion: that, as a therapeutic tool, PLR was able to produce dramatic, rapid and permanent improvements in certain clients who had spent years in conventional therapy with no significant improvement whatsoever. They all also emphasize that their clients existing religious beliefs, or lack of them, had no impact whatsoever on the success of their therapy."

A more formal study was conducted by Hazel Denning, who studied the results of a number of past life therapists with nearly 1000 subjects between 1985 and 1992. Results were measured just after the therapy, with a follow up five years afterwards. Of the 450 subjects who could still be tracked, 24% reported the symptoms had completely gone, 23% reported considerable or dramatic improvement and 17% reported noticeable improvement.

If you have questions about PLR or would like to book an appointment, please call me at 805-984-1237 or email me at Bunny@BunnyVreeland.com.