

Jane Osborne

# Past Life Regression





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# What is Past Life Regression?

Past life regression is a holistic therapy technique used to visit the past.

It allows you to explore times when your soul roamed the earth, and beyond, long ago.

We will work together to uncover recurring patterns that may be the cause of problems in your life today, using meditation and hypnosis techniques.

My sessions average two and half hours of exploration. You will visit times, places, dates, names and other detailed information. The sessions are recorded, I hold the copyright to the recordings. I may use some of the recordings, omitting personal information and anything you wish to keep private.

You are always in control during the session. It is your story; you provide all the answers totally detached from any fear, pain or emotion. You may experience it as an observer watching a movie, you may feel that you are in the story.

Many people choose a course of therapy sessions, each time uncovering golden nuggets of information. These provide deep rooted healing, allowing the jigsaw of life to fall into place.

We may come across a spirit attachment or entity. A spirit attachment is simply a spirit that has attached itself to your energy field. Many times, it is a spirit that wanted to be helpful, but you have out-grown the spirits' helpfulness. If the attachment has a strong, menacing character, they may impress their character on you. Releasing attachments and negative energy lifts your soul to a higher vibration.





There is no way of knowing for what you will experience during regression therapy. People's experiences can be very different. Some people may see glimpses of several past lives, whilst others may delve into one life in more detail, unearthing repressed memories that no longer serve them.

You may have been described by friends as an old soul or feel you have lived before. Some people can visit a place for the first time, yet instantly feel that it is familiar. Others speak of meeting someone for the first time yet feel as if they have known them all their lives. A sound, smell, dream or reaction to a situation can trigger memories of a past life experience. Perhaps the smell of a perfume that your mother wore?



Many religions believe we reincarnate many times in order to evolve. The memories of our ancestors are said to be imprinted into our genetic structure, the DNA. We now accept that DNA reveals genealogical past, could it not hold our memories too? These genes are passed down from one generation to the next and have bearing on our thought processes, helping to create our character and behaviour.

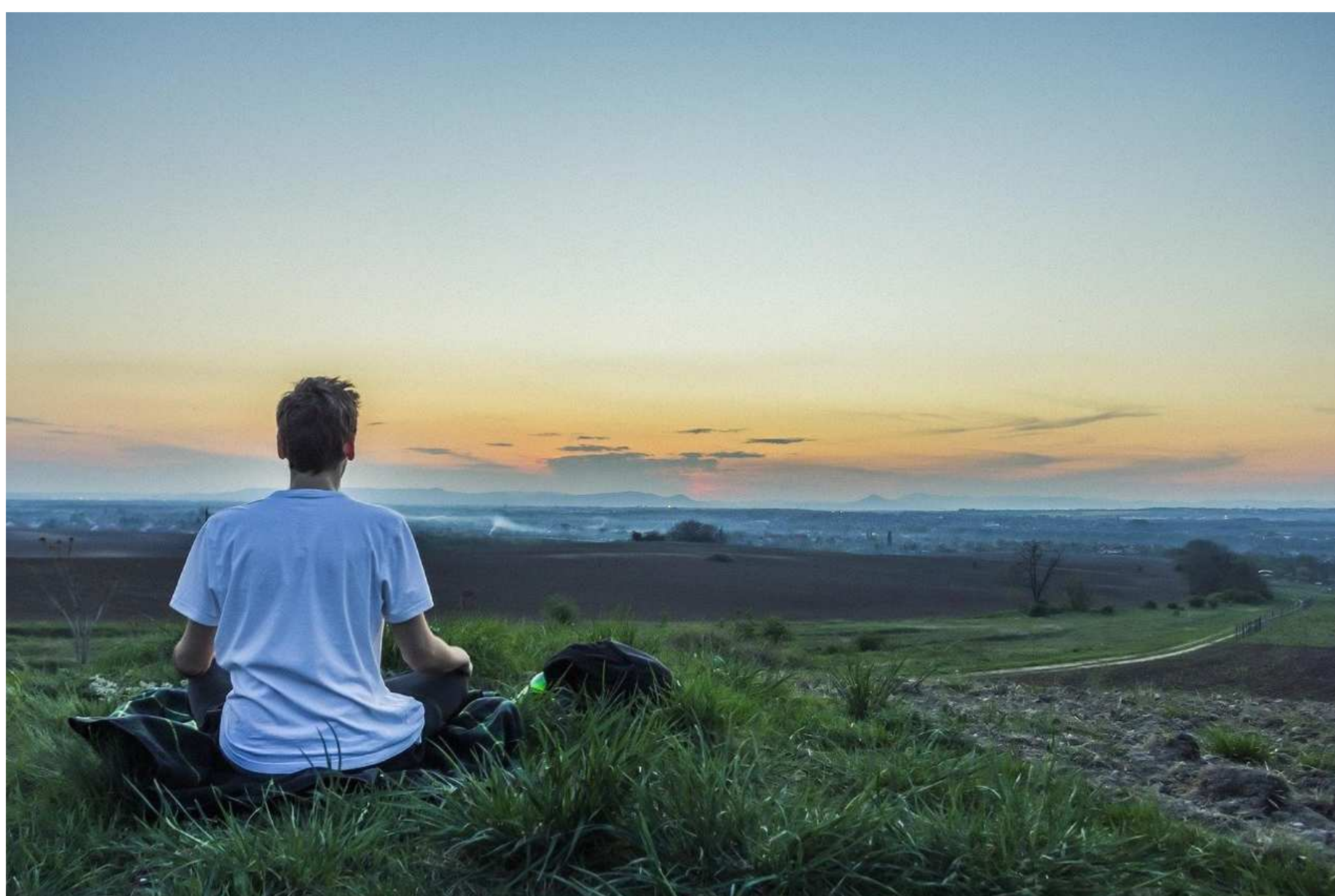
In past life healing the person experiences and understands past life traumas. Using hypnotherapy techniques and placing the client in a safe environment, these issues are dealt with as they are encountered with no trauma or stress to the person in this life. They will be detached from the emotion of events, instead watching as an observer as if it was on television.



Some clients talk of souls that have chosen to reincarnate together such as partners, siblings or friends to carry out tasks. An example would be a daughter who acts like the mother of the family or a strong connection with a relative who may have been your brother in a past life.

Some people may try past life regression out of curiosity, to see who they were in the past.

Others are in search of a path for personal growth and healing. Both are equally valid reasons for embarking on this therapy.







If you are feeling stuck in certain ways of thinking, feelings and behaviours, hypnotherapy can help enormously. It assists you in reframing negative thoughts and behaviours and encourages you to understand the reasons for this. It can help tip the feeling of loss upside down and allow you to view it in a positive way as you move to a higher understanding of situations. For example, instead of feeling like a relationship was a failure, hypnotherapy can help you see how the relationship helped you learn, understand, grow and become more compassionate.



I often say to clients that these experiences are lessons in their soul's growth, and not meant as a life sentence. Move on. Holding on to past trauma can leave you stuck in cycle of emotional pain. Releasing you from toxic thoughts and pain can only be a good thing, you deserve to feel and be the best you. It was a learning experience, a growth opportunity. Those lessons may include the fragility of love, and betrayal by romantic or business partners. You will choose more wisely and have a more realistic view of people and life in the future.







One client suffered re-occurring nightmares. Using past life regression, we discovered the root cause lay in a medieval battle outside Nottingham, England, where he met his death. By exploring and understanding those terrible events from a remote, safe distance, I was able to help him heal and discover acceptance. Since his session he has not had the nightmare again.





Some clients come to me with tales of alien, and extraterrestrial experiences. Others talk of life in other universes. Past life regression is an excellent way to explore these experiences more fully and provide and understanding of them.

Past life regression can uncover past trauma from this life. A client had suffered acute anxiety for as long as they could remember in this life. Through regression they were surprised to discover the root cause to be their mother. Not that the mother was uncaring, but they found it difficult to cope with her demands and high expectations. By changing how they dealt with the mother relieved the situation. Rather than visiting her home where they felt overwhelmed as she was in total control they would ring instead or suggest meeting up for a coffee and chat, thereby reducing stress levels. Over time their symptoms lessened.





Understanding trauma, releasing the fear and healing the past is a powerful therapy not found in conventional treatments. You can spend a lot of time and money in looking on the outside for the answers when they lie within.

All you need is an open mind; an intention and a few hours spare to explore your past and invest in your future.

For a free consultation or discuss whether past life regression is a way forward for you contact me by email [janeosborne123@outlook.com](mailto:janeosborne123@outlook.com).