



## Past Life Regression: answers to frequently asked questions

### Quelling fears—

- All that is revealed will be in your highest good, and all you experience in session, your soul has already experienced. Lean into this and trust!
- Don't fret about stage hypnosis stories: You will remain fully awake, aware and in complete control.

### What is hypnosis and what is PLR?—

- Hypnosis helps bypass the conscious mind, allowing you to experience expanded consciousness. Your conscious mind is still present, and actually works to help keep you safe.
- Hypnosis is a state of being that is part of everyday life: daydreaming, those moments when first waking up or drifting off to sleep, being fully engaged in a movie that brings you to tears or makes you laugh, being engrossed in a novel so that you only barely acknowledge all that is happening around you. Even worrying is a state of hypnosis...
- Imagination is the door to the unconscious, so play, engage, "make it up," imagine. It may feel like "making it up" but you are tapping into specific stories and experiences. Once you open that door, then your facilitator can guide you in the process and take you where you want to go.
- PLR allows you to walk through the experience of a past life, one your soul has already experienced, so you can be in the learnings, embody the lessons, and embrace the healing opportunities offered from that experience to this one.***

### What will the experience be like?—

- You cannot do this wrong. If you are having any difficulties, share that with me and we'll adjust.
- You might literally "see" the experience visually, but you might just feel, sense, or have an "inner knowing" instead. This is your experience and there is no right or wrong.
- Acknowledge and address any interference from your conscious mind, and we can address it.
- Communicate freely with me: name your physical, mental and emotional needs during the session. It will help you have a deeper experience.
- If you are going somewhere other than where I guide you, share that. Trust your higher self. If you led somewhere prior to being guided there, let me know and we can jump ahead.
- If you have trauma in your history, let me know beforehand. You may need to process through that prior to a PLR or may be able to address it in the session.

### virtual session logistics:

- If we get disconnected during session, we'll just reconnect as smoothly as possible.
  - Have your computer with camera charged and *plugged in* during the session.
  - Keep your phone nearby, on silence, in case we need to use a different device.
  - If the wifi connection goes out, on either end, interrupting the session and we can't reconnect, we'll reschedule a new complete session for no additional charge.
- Choose a spot where you have a strong internet connection.
- Situate yourself in a private, quiet location free from distractions of people, pets, and other.
- Ideally, you'll want to recline slightly so your head and back are supported; couch, recliner, and even propped up in a bed work fine.
- Plan some time to decompress, to journal, reflect, walk. And plan to hydrate in the same way you would after a massage or body work.
- Text me if you have questions afterwards!