

Past Life Regression Session Preparation

Thank you for booking a Past Life Regression session with me. Your Past Life Regression session started when you pressed the “Book Now” button.

The purpose of this information sheet is to prepare you for your session, and for you to have a life-changing experience.

During the session think of me as an old friend and confidant to whom you can tell anything and who will not judge you.

Please download the MP3, this will assist you to quiet your mind and get used to the sound of my voice if you can sit up straight with your head fully supported. Or you can do it lying down.

Download MP3 - Download

Please complete the questionnaire

To complete the Form, click here

Watch the video on Hypnosis: [Click here](#)

Imagination

How good is your imagination?

I don't know if you know, but our Higher Self communicates with us through our imagination. Your imagination forms a very important function in the Past Life Journey, (It is not that you are going to imagine the Past Life) it helps us to process all the information from the Sub Conscious Mind and supply the information in a more understandable format.

Let's test your imagination, Let's Play some games.

First Game

You wake up tomorrow morning, and at the end of the bed stands a small horse.

- 1. What do think, how did the horse get there?**
- 2. What does the horse look like? How big, colour is there anything on the horse**
- 3. Now that the horse is there, what do you do?**

Second Game

Let's play the package delivery game.

1. Who is delivering the Package?
2. What does this person look like?
3. How are they dressed?
4. How big is the package?
5. What colour is the package?
6. Do you notice any labels?
7. How do you feel receiving this?
8. What is in the package?

Third Game

Look at the picture below, then use your imagination and answer the following questions.



1. Who is the man in the picture?
2. Whose home, is it?
3. What is your purpose there?
4. Whose dog, is it?
5. What does the temperature feel like?

6. What time are you in?
7. Are you there alone, or is there someone else?
8. If someone else, who is with you?
9. What is the firearm used for?
10. How does the place make you feel?
11. If it is you in the picture, what type of work do you do?

What is Hypnosis?

The short answer without confusing you is. Hypnosis is purely an ultimate state of focus.

You enter a hypnotic state quite often in your life.

Think of the time when you watched a suspense film or a Rugby game, something was about to happen in the movie, and you reached out your hand to get popcorn, and on the way to the bowl, your hand was suspended in the air because you are so focused on what's happening on the screen, that if you moved you will miss what happens, so you don't even realise or notice your suspend hand midway.

Or

You get in your car, and you start driving, you start thinking of something and you are so focused on the internal thought, that the next thing you have reached your destination, and you can't remember how you got there, that is also a state of hypnosis.

What does Hypnosis feel like?

Hypnosis is not being awake or being asleep, you are not out of there. Hypnosis feeling is almost like when you watch TV late at night. You almost fall asleep, but you can still hear what is happening on the TV, and you begin to form mental pictures in your mind and maybe create your own story.

I cannot hypnotise anyone that does not want to be hypnotized, only you can put yourself in hypnosis, all hypnosis is self-hypnosis. Think of me as a Garmin, you know where you want to go, I know how to get us there, and together we go there.

What to expect

Don't come with any expectations.

Intention

Set an intention for the session. If you are coming to resolve a problem, set an intention to resolve the problem.

The Night Before

Don't drink any alcohol or use any recreational drugs the night before your session. It is very important to have a good night's rest.

Drink plenty of water the more hydrated you are the better the session works.

See you on the day of your session.

Should you have any questions, don't hesitate to get in touch with me on [061 517 7025](tel:0615177025) or [WhatsApp](#)