

# **An Introduction To Past Life Regression**

**Have You Lived Before?**

**By Todd Wissler**

**A Publication of Horizon Communications**  
**Your Rights To This Information**

**You have the right to share this information with anyone you wish. Feel free to print it out and make copies for friends and relatives or email it to them.**

**LEGAL NOTICE:**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

Readers are cautioned to rely on their own judgment about their individual circumstances and to act accordingly.

This book is for information purposes only and is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting, and finance fields.

This report is only available at:

[www.MindPowerAssociates.com](http://www.MindPowerAssociates.com)

## **About The Author**

Todd Wissler has been a student of the Subconscious Mind and human psyche since 1972. He is currently a Mind Power Coach, Certified Past Life Therapist, Self Improvement author, and owner of the website:

[www.MindPowerAssociates.com](http://www.MindPowerAssociates.com)

Being a source of enlightenment to others is the greatest accomplishment of his life.

## **Back to the Present**

We've all seen movies or science fiction episodes on TV of people traveling in a Time Machine, back through history and seeing what the world was like. You may have even thought how cool it would be to go back in time.

If you would like to find out how you lived in different times throughout history, Past Life Regression or PLR can help you do that. It can allow you to uncover unexplained hurtful feelings from previous lives you're experiencing now.

Or perhaps you're dealing with fears or phobias that you don't understand. Maybe you have medical conditions doctors are unable to diagnose and/or treat. Or you feel everything gets in the way of you having a great life...you feel you can never get what you want...bad luck always follows you...your life is in constant turmoil...you struggle with money even while having a full time job that pays fairly well. If so, PLR can help you resolve those mysteries.

Those situations -- called patterns -- are most likely unfinished business from previous lives that are embedded in your Subconscious Mind making your present life difficult.

## **True or False?**

The idea of reincarnation has been debated as either fact or fiction since its Indian origins, particularly in Hinduism. Reincarnation says that some time after a body dies the soul reincarnates into a newborn body. It becomes a new and different person with a new body, chemistry, genetic makeup and a new conscious mind.

The only thing that travels with the Spirit into the new person is the same Subconscious Mind, which houses all the memories, experiences and judgments a person made about themselves during all previous lives. It can be said that your Subconscious Mind **IS** your Spirit...that your Spirit **IS** your Subconscious Mind...that they're one in the same.

While some people do consciously remember at least parts of their previous lives, most people don't. A new conscious mind for most of us holds no memories from previous lives. And that's what makes the idea of past lives difficult for many to accept.

## **Where's the Proof?**

Science has been unable so far to produce any concrete evidence about Past Life Regression or even the existence of us having past lives. I know why that is.

Science relies on studies conducted over a number of years before a theory is accepted as a proven fact. Our conscious mind is our logical or rational mind, or our analytical mind. It evaluates

information -- such as the findings from scientific studies -- and then decides to either accept or reject it based on logic. It can't accept ideas that don't make logical sense.

But our Subconscious is our illogical or irrational mind. It will believe **ANYTHING** whether it makes logical/rational sense or not. It doesn't analyze ideas and then decide to accept or reject them. It never questions anything.

The concept of Past Lives is illogical or irrational because past life memories are stored within the Subconscious Mind. You can't make logical sense out of something that's illogical. So science may never be able to logically prove the concept of us having past lives or the benefits of PLR.

But I have all the concrete evidence I need. My current life had been a struggle until I was introduced to the concept of past lives and worked to resolve unfinished business from a previous life that carried over to my current one, causing me to live "Hell on Earth" before I resolved it all.

And many others have their own proof.

## **PLR Studies: 1976-2000**

One study in the 70's found that about 40% of the subjects while undergoing PLR mentioned names of people that they didn't consciously know beforehand.

In another study conducted in the 1990's subjects were able to describe vivid recollections and detailed descriptions of past life events they recalled during a regression exercise.

And in a more recent survey, upwards of 75% of Americans said they believe that the Spirit reincarnates.

By experiencing PLR yourself and uncovering past life memories ridding yourself of fears, phobias and negative situations that you can't "logically" explain will be all you'll need to **KNOW** -- not believe – in having past lives.

## **A Brief History**

While history provides only limited accounts of PLR, the Hindu scholar Patanjali has written a great deal about it. He says the soul is always burdened by its Karma or past life memories.

According to Patanjali a subject will revisit those memories to uncover issues in his/her present life with a technique called "Prati-Prasay" – or reverse thinking – which is currently being practiced in Yoga.

Many people credit Madame Helena Blavatsky – originally from Russia and co-founder of the Theosophical Society -- for reviving PLR in the Western world.

In the 1950's, PLR started to gain credibility when medical practitioners began to advocate it as a possible way to improve patients' mental health. British psychiatrist Dr. Denys Kelsey was the first such M.D. to use PLR as a therapy in 1967.

There are many practitioners of PLR in the United States and more studies are being conducted. Accounts of reincarnation and

repressed memory studies are present in the history of man, and his natural curiosity would only encourage him to know more about Past Life Regression.

## **The Practice of Past Life Regression**

Studies have been done about religions that believe in reincarnation of the Spirit. But they didn't take into account nor accept the idea of Spirits holding onto repressed memories from previous lives.

PLR allows subjects to experience those memories by entering a deep state of relaxation, allowing those hidden memories to rise to the conscious level. Discovering unresolved issues from previous lives and releasing them is the key to healing a subject's present life issues.

## **As Seen On TV**

Perhaps you saw on Oprah Winfrey's show in May 2008 an example of what PLR can do for people. A guest on that show was Dr. Brian Weiss who's originally a traditional psychotherapist.

He began to investigate PLR after one of his patients – while in a state of deep relaxation -- began to recall past life traumas that seemed to be the source of her recurring nightmares and anxiety attacks.

Dr. Weiss was astonished and skeptical at first. But his skepticism ended when the patient began to channel messages

from "the space between lives" ...the time our Spirits spend in between incarnations. The messages contained remarkable revelations about Dr. Weiss's family and his dead son. Using Past Life Regression, he was able to cure the patient. He's now one of the leading practitioners of PLR.

On this particular Oprah show was a woman named Jodi. She had sought Dr. Weiss' assistance because of her extreme fear of dolls.

While in a state of deep relaxation, Jodi started to cry after describing what she believed to be a car accident she was in during a past life. She died leaving her young children without a mother. It eventually became apparent that dolls brought back hidden Subconscious memories of the past life children she was unable to care for because of her death. By coming to see how past life memories were affecting her current life, Jodie's fear of dolls vanished.

## **Healing Through Past Life Regression**

Several months later, Jodie saw an Oprah show in which entertainer Marie Osmond handed Oprah a doll. Jodie had no trouble watching. She said if she had not been healed she would have immediately turned off the TV.

## **Another Example**

Acclaimed Psychic reader Per Hogseth of Norway wrote in an article that a client had dealt with a weak arm his entire life. Doctors – the scientists who depend on logical proof to make a proper diagnosis – were unable to determine why.

During a past life regression, the client learned that in a previous life, his arm was cutoff in a sword fight. After having that revelation, the client's arm gradually regained full strength.

## **Doing Your Own Past Life Regression**

There are many modalities offered in the Spiritual world – the world of the mysterious...the illogical/irrational world...the unscientific world -- that can help you resolve unfinished business from a previous life, one of which is Past Life Regression.

While I am a Certified Past Life Therapist, I prefer to teach people how to do regression exercises for themselves. If major past life issues are negatively affecting all aspects of your life – beyond a fear or phobia caused by a single past life event – there's a reason for them, and it's important for you to get involved in the process, to take responsibility for your healing, to face your demons.

It's something you'll have to address everyday until you're healed. If you're not consistent with trying to resolve your dilemmas – doing a regression one day, then skipping several days and not

trying to resolve your problems on a regular basis – it will only take you longer to heal. Plus, learning how to do a regression and interpreting the information yourself will save you money. Past Life Therapy is not covered by insurance...at least not anywhere I know.

## **How It's Done**

While the process of past life regression is quite simple, it can take some time before memories from previous lives are brought to the surface. When they are, it could hit you right then what it all means, or it could take additional time to determine how that information pertains to your current life.

Below is a description of what you'll be doing to conduct a typical regression exercise.

1. You need to be very relaxed in a quiet environment although relaxing music in the background can be helpful. I prefer that you do this while sitting up and during a time when you'll be less likely to fall asleep because of the deep state of relaxation you'll be entering.
2. You don't want to rush through this. Let it take about 10 minutes for the body and conscious mind to relax. You want all the "junk" to clear your conscious mind so it can focus on the task at hand. This part of the process is quite simple.
3. Aside from relaxation, visualization is another key component. You'll be imagining scenes such as being on a very peaceful vacation, perhaps soaking up the sun at the beach or strolling through the forest on a beautiful day. The purpose is to get further

relaxed, and to get the mind visualizing things. This starts the process of bringing up memories from your Subconscious Mind.

4. The next step could be to visualize yourself in a house. You can imagine you're in a room surrounded by framed pictures of a family. You can visualize what they're wearing, whether they're smiling, etc.

Then you convince your Subconscious Mind that you're in a house you lived in during a previous lifetime and that the people in the pictures were your family members then.

5. You could then start to imagine you're looking at objects in the house that are covered with dust and cobwebs, taking you further back in time. You'll want to stay with these visualizations as long as you can...a good 20-30 minutes will really help stir up memories from your Subconscious Mind...perhaps not the first time you try it, but possibly the second or third time.

6. When you're finished and if realizations about a past life didn't occur to you while doing the regression, you'll then have to think of what you experienced. What was it about the peoples' actions you noticed? What was it about the faces in the pictures you saw? Did your observations bring up any hidden memories?

Did any of the faces bring up any emotions as you looked at them? If so you need to think why those emotions have left you with issues that are unresolved.

Past Life Regression is just the first step in uncovering why your life has been so difficult. You now have to sift through the

information or emotions you've uncovered to determine if they have any correlation to your current life patterns.

If during a regression you uncover a very painful past life experience and start to cry and become extremely fearful, just open your eyes and come out of the regression. Let the tears flow. You're conscious and very aware of your surroundings during the exercise. You're not in a state of mind that you can only arrive to while doing a regression. You're just in a very deep state of relaxation. And you cannot get stuck in a past life. You're only remembering it.

If the above scenario happens, it's a good sign. It means you've made a connection. It could be you've uncovered the source of your problem. It could be all you need for it to be released, never having to deal with it again.

## **Keep an Open Mind**

Remember, it's always wise to keep an open mind while undergoing PLR. Try not to anticipate outcomes. Not everyone reports positive results. You might not have similar outcomes as those who've had positive experiences with Past Life Regression. So make sure that you also keep an open heart while trying it.

## **Different Levels Of Hurt From Past Lives**

For those dealing with fears or phobias that are haunting them – such as the case with Jodi's fear of dolls – those problems are usually caused by a single event in a previous life. Uncovering

them can be rather easy. Maybe only one regression would be all it takes.

But for those dealing with major issues that affect every aspect of their current life – not being able to succeed at anything, always struggling with money, relationship problems, a life of constant turmoil – those patterns could have been building over several lifetimes and therefore, can be more difficult to fully resolve.

If that's your situation, you don't want to give up trying. If you do, your current life won't get any easier. It will actually get worse over time and you'll carry the unfinished business into your next life.

If suicide seems like a solution, it won't free you. It will just make your next life tougher than this one as you try again to resolve it all.

## **Past Life Hurts - Present Life Problems**

Some people experience being haunted by ghosts of their past. They can be plagued with recurring thoughts or dreams of their unresolved and repressed fears, phobias and traumas. They suffer from this without knowing why or from where their fears come.

Others who've been significantly hurt by emotional events during a past life can be dealing with certain psychological troubles in their current life which conventional psychotherapy can't cure. Only PLR can bring about a healing by releasing these withdrawn thoughts from the Subconscious.

## **Questions To Help You Decide**

Past Life Regression is an amazing journey into your Spirit allowing windows of your “very old” soul to open up to your current consciousness.

If you’re having trouble deciding if you should try PLR, ask yourself the following questions:

- Am I experiencing unexplained phobias or other fears I don’t understand and can’t eliminate? Do I have a medical condition that doctors can’t diagnose and/or treat?
- Does bad luck always seem to follow me? Do I never get what I want? Is my life in constant turmoil? Is something holding me back from enjoying life that I can’t explain? Is traditional therapy not helping?
- Am I prepared to know about the pains I may have encountered in past lives that could be affecting me now?
- Am I confident I can control my reactions to whatever I may uncover from a past life?
- Am I willing to accept whatever consequences PLR might bring me?
- Am I willing to commit myself to doing Past Life Regression exercises -- and evaluating the information they reveal -- on a consistent basis to attain a complete healing?

If you answered “yes” to most of those questions, then Past Life Regression Therapy could be what you need.

## **PLR And Your Spiritual Journey**

Whether you know it or not or don't even want to believe it, you are on a Spiritual journey...in your Subconscious Mind. I said earlier that your Subconscious Mind is your Spirit...your Spirit is your Subconscious mind. If you want to examine your journey and learn all that the Spiritual world can offer you, a good place to start is by examining your past lives.

If you're not experiencing any of the problems I mentioned in this report -- your life has been a positive and happy one so far, you're able to get what you want most of the time, you don't see anything keeping you from enjoying life to the fullest and you want to investigate your Spiritual journey – you can still make for a greater life now and also help to shape your future lives. To help you in that endeavor be sure to get my book, “**Exploring Your Past Lives: The First Leg Of Your Spiritual Journey**”.



It's available at Create Space – which is a division of Amazon.com – by clicking here:

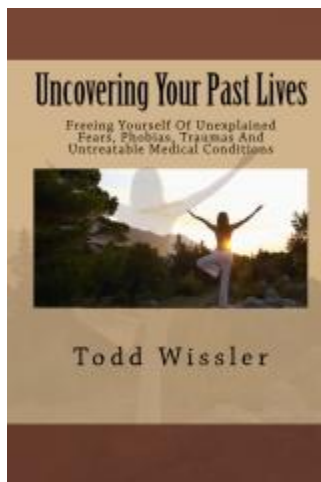
[www.Createspace.com/3476782](http://www.Createspace.com/3476782)

I've heard other Past Life Regression experts warn that PLR could be a dangerous endeavor if it's used only out of curiosity. So heed that warning if you so choose.

You may uncover very traumatic and painful events that could be extremely disturbing causing heart palpitations and/or your blood pressure to rise and in cases of uncovering extremely traumatic past life memories, heart attack could result for those with heart problems. If you're under a doctor's care for a cardiovascular condition -- or a specialist's care for emotional and/or psychological issues -- I urge to undergo Past Life Regression only with the assistance of a Certified Therapist.

However you experience PLR, uncovering the good, the bad and the ugly from past lives can enlighten you as to what this “Life-Death-Reincarnation-of-the-Spirit Cycle” is all about and can lead you to a life of greater greatness.

If you’re dealing with unexplained phobias, fears or traumas that are disrupting your life, or you have a medical condition in which standard treatments can’t help, then another book I’ve written could help you. It’s called **“Uncovering Your Past Lives: Freeing Yourself Of Unexplained Fears Phobias, Traumas And Untreatable Medical Conditions”**.

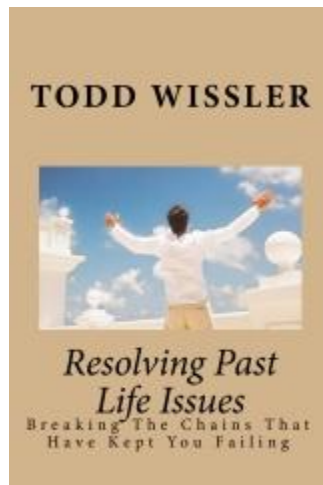


It’s available at Create Space from the following link:

[www.Createspace.com/3476754](http://www.Createspace.com/3476754)

If you’re dealing with major past life issues that are affecting every aspect of your life -- you feel as though you’re a loser not being able to get anything you want, you have problems with money, relationships, bad luck -- then be sure to get my other book

**“Resolving Past Life Issues – Breaking The Chains That Have Kept You Failing”.**



It's available at Create Space:

[www.CreateSpace.com/3481437](http://www.CreateSpace.com/3481437)

Here's what others say about this particular book:

*“This is a good honest look at the reincarnation process and the opening of that awareness. Useful knowledge in these pages is given with a bright voice that comes through in these words. You will have all your questions answered about reincarnation and enjoy the journey as you read”.*

-- Christine Breese, PhD., founder of the University of Metaphysical Sciences in Arcata, California [www.umsonline.org](http://www.umsonline.org)

*“Your book is truly inspirational and your integrity and sincerity shine through it. I read your book in less than two days and immediately put the ideas that you presented into practice and I must say that I have made many changes in myself so far. I believe that if someone has ever wondered about past lives and wanted to do it on his own, here's the book that can show him the way”.*

-- Jamal Mirpour, Oceanside, California

## **It's Up To You**

Past Life Regression can be an extraordinary experience. It can provide a Spiritual awakening to help people empower their lives, conquer their fears, allowing them to face their demons so they can end their struggles. PLR provides one the best vehicles in discovering past life issues and conflicts that are making someone's life a living “Hell on Earth”.

After recognizing that you have unresolved issues hampering your life, PLR now becomes a beginning step to solving these problems. It can remove your clouds of thought since you're consciously unaware from where the problems originated.

But keep this in mind: Past Life Regression by itself does not and will never guarantee absolute solutions to your problems. It's only a tool. Your willingness to accept and face your fears, painful memories and traumas along with a strong commitment to resolve

them will definitely play the most important role in your healing. But no matter how ready and willing you are to give it a try, you'll never know what will happen as the process progresses.

Your past lives influence and can even dictate your present and future lives in negative unwanted ways if you let them. But when you resolve unfinished business from previous lives, you're taking control of your destiny.

Be sure to visit my website often:

[www.MindPowerAssociates.com](http://www.MindPowerAssociates.com)

Being a Mind Power Coach, Certified Past Life Therapist and Self Improvement author, I'm coming out with new books all the time. You may find others to be of help to you.

I wish for you everything you want in life.