

WHAT IS PAST LIFE REGRESSION?

Past life regression hypnotherapy can help to make sense of the struggles or connections that you may experience in this lifetime.



BELIEF SYSTEM

Some people believe in God and other people don't.

People may refer to themselves as agnostic and don't have faith but also don't disbelieve in God. Or you may refer to yourself as an atheist and believe there is no God, greater being, or higher power. Both belief systems believe that when you die, the body is buried in the ground and that completes this life cycle.

Maybe you are in the middle and hope there is a God, and when we die there is something else, but you are not sure what the something else is.

Perhaps, you believe in God and when we die, there is an afterlife. If you have been a good person in this life, you may reach the ultimate glory and go to Heaven or another realm and there you will have eternal happiness. Or, worse, if you have been a bad person in this life, you will go to purgatory or hell and will be destined to suffer for all time and eternity.

If you can stretch your imagination to believe there is a heaven or a hell after this life, perhaps you can be open to imagining the possibility of human life before this life that you are living right now. That is what is referred to as a past life. The possibility of living more than one human lifetime is known as incarnation or reincarnation.

EMDR 808 PACIFIC COUNSELING

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WE ARE ENERGY

We know that everything has energy, and energy cannot be created nor destroyed, this is referred to as the conservation of energy according to the law of physics. Therefore, energy never dies and will only transform into another energy form. More about this under Energy Interactions.

In fact, everything has energy even inanimate objects, AND for the interest of this discussion, human beings, you and me, and other beings.

There are two categories of energy, kinetic energy and potential energy. Kinetic energy is energy in motion. Potential energy is stored energy.

Three simple examples of objects having energy in two different forms are when riding a bicycle that is in motion (kinetic energy) and then comes to a sudden stop (potential energy). A yo-yo being released is kinetic energy, and when rolled back up becomes potential energy. Putting a book on the shelf and lifting it is kinetic energy and placing the book down on the shelf is potential energy. With the examples above, anything in a resting position or steady is potential energy. Anything moving or interacting with other energy is kinetic energy.

Energy also has different frequencies. Many animals can hear higher-frequency sounds that humans may not be able to hear. X-rays or gamma rays are also considered high-frequency energy. Low-frequency energies would be a radio, an electric blanket, or household wiring.

Now let's consider the matter of energy or the energy of matter.

Chemists look at things in the construct of atoms, molecules, and mixtures of properties that comprise matter. Any substance in the universe that has mass and occupies space is considered matter. Therefore, mass is the quantity of matter contained in an object. In scientific terms, mass describes the density and type of atoms in any given object. The substance of what all materials-inanimate or animate- are made of is matter and the interactions of these.

As humans, we are made of atoms, molecules, cells, organs... and, energy.



ENERGY INTERACTIONS

Have you ever walked into a building and felt uncomfortable and got shivers down your spine? You don't know why; it doesn't make logical sense, but you get creepy vibes. It may be residual energy or lingering (potential) energy in that place. Matter of fact, when you walked (kinetic energy) into the building your energy interacted with the potential (mass) energy in the building. With the energies now interacting, it created a vibration or frequency that sent shivers down your spine.

Have you ever met someone for the first time (that you can remember) in your life and felt an automatic attraction or easy draw to them? Something about them gave you a sense of comfort and an easy connection. It may even seem, although you just met them, that you have a familiar easy-going feeling with the person, and it may even feel mutual between you and feel familiar.

Sitting at a restaurant and visiting with the people you are with; you get an uneasy feeling or sense that someone is watching you. You glance across the restaurant to see someone looking at you with a fixed gaze.

Did you have an intuition, sense, or gut feeling that something bad happened to someone you know and later found out what it was?

Did you ever get a hunch about what someone was going to say to you before they even said it? And your reaction was, "I knew it." But you don't know how you knew.

Your phone rings and before you even look to see who it is, you know who is calling.

You have a dream about someone you know, who isn't deceased, dying in the dream. You get a call later telling you that person died.

Above are examples of energy, frequency, and vibrations that are stored (potential) or interacting (kinetic) energy. Energy emits a frequency and is directly related to each other. Everything in the universe has mass and takes up space and becomes matter. Particles in a matter are very small and constantly in motion. The frequency of a particle is relative to its energy. For instance, if the particle reaches a high level of energy, the frequency of the matter will be greater. This is a hint as to what happens when a person leaves the body when they pass. You have probably heard of people that experienced a near-death experience (NDE) and saw themselves floating above their body watching what was happening to them. The energy interaction or friction moves the energy out of the body into space. Space for the purposes of this reading is not only the sky or what we see above us or where astronauts float. Space is referring to the never-ending field of energy that exists through all dimensions in time and place.

BRAIN WAVES

Brainwaves are used daily in anything you do or say and are regulated by frequency or energy. There are four levels of brain activity that is used in our daily life. The wavelength that we use in the past life regression is the Theta state.

Theta waves or frequency measure between 4-5 Hz. People who meditate can reach this level of brain waves or the deepest somnolence state. This is the part of the brain we access in hypnosis. We are not sleeping although the eyes may be closed, it is a state of sleepiness and deep relaxation with awareness.

EXPERIMENT

Open your left palm facing up like you are getting ready to receive something in it. Put your right hand over it, without touching your left palm. With your index, middle, ring, and pinky finger move your right hand slowly in a circulation motion. In the center of your palm, up and down your fingers. Do this for a few seconds to a minute.

Do you feel a sensation? It may feel like a tingling sensation, a cool sensation, or like someone is drawing on your palm. If you feel it, that is your energy.

Whatever your belief system, it doesn't matter. Because we are energy, and as we know that energy never dies but just transforms, we can explore the depths of our mind with hypnotherapy.

HYPNOTHERAPY

Hypnotherapy through the years has received a lot of negative criticism based on attitudes often by people who know very little about the therapeutic procedure. From the 1960s to the 1980s early practitioners misused it for shock factor and thought exposure to traumas would help people inoculate and desensitize from the trauma assuming it would improve the person's life.

As early as the mid 1880s to 1890s Sigmund Freud began using hypnosis with his patients but later abandoned it due to patient resistance to change and temporary results for symptoms. Freud was criticized by other colleagues for hypnosis and eventually was known as the father of Psychology. And, despite the criticism that Freud received in the earlier years of the mid 1850s and on, by the 1890s more interest grew in the study of hypnosis.

Perhaps, you may have seen it in a movie where the person seems to be controlled under hypnosis and is manipulated to do things they would not otherwise do- that is far from the truth. Mind control does not happen under hypnosis in fact, it is impossible. The person is not told what is happening or what to do, it is the person telling the hypnotherapist what is happening, or what they are doing.

Inaccurate and sometimes bizarre depictions of hypnosis may create fear and apprehension to consider this treatment, including the illusion that a person is unconscious or sleeping. Although the person is very relaxed and has their eyes closed, they are very aware of what is happening inside of their body and what is happening.



HYPNOTHERAPY STEPS

Interview

The initial step in hypnosis is an interview. During the interview, we will discuss several things: Intention, assessment, questions or concerns, goals, and objectives. Everyone has a reason for doing a past life regression. Someone else may be recommending a past life regression because they had a positive and intriguing experience. An objective may be that you are curious if you did have a past life. Sometimes, you want answers about your life or the struggles you have had that don't make sense, baffle you or simply happen repeatedly.

The therapist will do any assessments that may affect a regression. If you have any injuries, illnesses, or physical limitations, it will be determined at this time if a past life regression is appropriate.

If you have any questions, about the process or concerns, we will determine the best way to address them, so it does not impact the possible results of the regression. We will review the questions you brought to treatment and clarify as needed.

Induction

The induction is the first process of guiding you into a state of relaxation, concentration, and focus. The hypnotherapist will make suggestions to get you into a relaxed state and lower the inhibitions of consciousness by using guided imagery. Focusing on the images that are suggested promotes and invites you to relax and calm down.

The consciousness may interfere with the relaxation phase and prevent accessing higher energy information if it filters, analyzes, or questions the experience. There are many ways to achieve the induction state. I use a brief induction that lasts about 25- 45 minutes depending on the person. If you have anxiety and it is difficult to relax and focus, the induction can take longer to achieve a deep state of relaxation.

Trance

In a state of relaxation, or what is known as trance it is easier for the person to block out distractions and look internally for information- we bypass the conscious brain.

A trance state can improve focus and concentration creating an altered state of awareness. In the altered state of awareness, a person will see things that naturally come up. Seeing is not in the terms of what we understand from the conscious part of our brain, like when reading words on paper, looking at a picture, or watching a movie. The seeing that happens in a hypnotic trance can be an enhanced sense of smell, taste, feeling, or hearing ... a memory of ... a feeling of ... an image or picture of...

Indications that a person is in a trance state would be a slower breathing rate, relaxed and sometimes slumped body, smooth facial features, immobility, lower volume, and a relaxed tone in response to questions.

Once in a trance, we then begin to regress to a past life. The past life that spontaneously and naturally comes up may be from this lifetime or a previous lifetime. When we have reached the past lifetime, we begin to explore and look for answers to help in this lifetime.

How many past lives appear is impossible to predict. The higher self or soul self will bring up what is appropriate for your specific needs or purpose for the session.

Different words people use to refer to their soul consciousness may be higher self, higher consciousness, spirit, or super consciousness is irrelevant because the real self, the god-like energy doesn't need a label or name to connect with you.

After we have touched on several areas of your past life/lives, we ask permission to speak to the higher self. The higher self will reveal information and answers to help you in this lifetime. Often, we see a correlation between a past life and your current lifetime. If your soul has not learned what it intended to in a past life, it is at this point that we are reminded about it. The higher self will reveal the purpose of the struggles, we have in this lifetime. It is up to us to integrate the information and make the adjustments and changes needed to live a peaceful and fulfilling life now. In conclusion, speaking to the higher self, we set everything back to where it belongs, leaving the past in the past, and bringing forth the enlightenment and answers to apply in your life now.

Coming out

Ending a past life regression session is done by doing a reverse relaxation to complete awareness and connection to the physical body and present time. When opening your eyes, a feeling of complete relaxation and calm is felt. On occasions, people report feeling pleasantly "floaty" or "tingly."





WHY PLR?

I have found through the years that although we may have processed trauma from this lifetime and the person has skills, and knowledge, they still have unremitting triggers, symptoms, or issues that can't be explained. It is then that I inquire about the person's belief system about life and death.

I've found it interesting that a person may be affiliated with organized religion and may believe in heaven or hell after this life but may not entertain the idea of a previous life before this life. They may believe in the spirit world before this life, and if so, that is opening to explore other realms or possibilities with them.

As a trauma therapist and a self-proclaimed spiritual person- I believe in the afterlife, the before life or past lives, in a spirit world, fairies, extra-terrestrials, dragons, Atlantis, time travel, and many other unexplainable, scientifically impossible to prove or disprove things (for lack of a better word), and what we refer to as Heaven.

I'm still human and have flaws and many human qualities, but I am not limited to my physical form. I don't and have never claimed to be a perfect person, far from it, I am. It is a constant awareness and alignment of my energy that I commit to the work that I do as a therapist offering PLR. I know in my energy that there is so much more than we can possibly conceive with our human limited minds.

My purpose for providing past life regressions is for several reasons: healing, knowledge, clarity, and purpose.

Healing can occur during and, or after the regression session. After the regression session and during sleep, more answers and insights may come to you in dreams. In your waking hours, more answers may come to you then too.

Knowledge can happen without cause or reason. People also report symbolic signs appearing in their day or Deja Vu. Or more subtly, a knowing. A peaceful, effortless, unconscious understanding or knowing.

Clarity is a deep understanding as life happens and purpose becomes clearer. For example, a person I worked with that had multiple regression sessions was born with type 1 diabetes. They asked the higher self if their diabetes could be healed, and the spirit told the

person it is there (diabetes) to remind them about self-care. This person throughout their life would put their own needs and wants aside for the sake of others, often at the expense of them getting hurt, betrayed, disrespected, or sick.

The purpose of our life is self-determined by the truest part of the self. We determine how, what, when, with whom, and where things happen. We have more control over our destiny in this life than we are aware of. More so, then we give light or credit to. When we are living our life's purpose, we experience peace. We are content. We still strive to accomplish and achieve aspirations and desires because that is part of our evolving energy. We don't stop learning, creating, living, loving, connecting, sharing, and being. In being, there is bliss. We become more aware of what we have and with gratitude and appreciation for the big and minute favors in life.

We are the creators of our life. We may have forgotten that because of life experiences even as far back as childhood experiences. And because of those experiences, we may feel like life just happens and we are at the mercy of it. Struggling through life from time to time, or worse, all the time is not what is meant for us- all of us. We have choices and control to determine our happiness or hardships.

PREREQUISITES FOR PLR

The criteria you need are an open mind, curiosity, and time. With that, past-life regression is possible.

Open mind & curiosity: You may not believe but you are curious, and the curiosity leads to the possibility of creating. If you have enough of an idea about the possibilities of a past life, that can become a powerful reality in accessing information from within. Contrarily, if you doubt you shut down any possibility of creating. Doubt is a self-suggestive undermining the ability to create or be curious.

For the PLR, I ask that you try to come up with 10- 20 questions that you want to be answered. There is no right or wrong question. All the questions could start off with, "why...?" Again, there is no right or wrong answer. With permission from your higher self, I may ask a question or few on your behalf, if I think it could help you gain a deeper understanding of life.

Although you may come into this experience with hesitation if you can be hypnotized or doubt what comes up, if you are making it up, or not, it doesn't matter. The worst that could happen is that you get a relaxed and calm experience out of it.

Time: Scheduling a date and time for the PLR will be coordinated between us. I ask that you choose a day when you don't have any out-of-the-ordinary things to do. As an example, if you're hosting your parent's 50th wedding anniversary surprise party that day, that is out of the ordinary. That's an extreme example but you get the gist. Regular non-demanding or daily activities are fine. Designating quiet personal time after the session is recommended. After the session, this is the ideal time when more things begin to settle and integrate into the nervous system or the body's energy.



PAST LIFE REGRESSION SESSION

- **Communication:** During the PLR hypnotherapy you will be talking to me throughout the session. I guide you through a visual imagery portion and going into trance you will talk to me and provide me feedback to help me guide you through the process. If you have any mouth or dental issues, postponing a session is recommended if it creates discomfort.
- **Awareness:** You will have a relaxed deepened awareness of what is going on. You cannot be made to do or say anything you would not do or say if you weren't hypnotized. You are aware of your body to the point that if you need to use the toilet, you will feel it, know it, and tell me about it. I will say a few words to maintain the sleepy state and you will go use the toilet and return. When you return, I will say a few more words to get you deep into a trance again.
- **Length of Session:** A PLR can last up to 3.5 hours. I find that anything longer than that, will leave a person more groggy and 'floaty' than it is beneficial.
- **Recording:** We will record your session so that you can listen to it when you need to reorient back to your soul's path. Or any other time you are interested in hearing part or the entire session. Fully charge your cellphone before your session so we can get an audio recording for you to listen to your PLR immediately after. Also, bring an SD card for video recording. I will set up my digital camera and when done, you will take your SD card for your reference.
- **Blanket & Comfort:** Everyone is asked to bring a blanket. Your body temperature will drop when you are in trance. If you are normally cold, dress warmer than usual and dress comfortably. If you have a pillow that you like, you are welcome to bring it with you otherwise I will provide pillows.

Cost

For current clients, the first hour will be billed under your insurance. Any time after the initial hour is an out-of-pocket cost of \$175/hr. and pro-rated. PLR is not covered by insurance after the 1st hour.

For non-clients seeking only PLR, the cost is \$175/hour payable at the time of the session. You may also prepay to hold a time in the future.



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