List of Top Facts About Past Life Regression by Jackson Swift

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Psychics believe that each of us carry within us a series of scenarios or memories that were part of the karma from previous lives buried deeply within our psyche. These scenarios are said to be just waiting to be called-upon in order to 'surface' and reveal themselves to us.

Past Life Regression

If one intends to open-up this data-pool, one could take the process of Past Life Regression.

Past life regression is a technique where a psychic or a hypnotist uses hypnosis or deep relaxation to take you back to a past life in order to recover memories of past lives or incarnations.

Top Facts about Past Life Regression

Past Life Regression is different from a past life psychic reading as in Past Life Regression you are guided into hypnosis and then led back into your past and you, yourself, will be the one to see your past life. In past psychic readings, the psychic will be the one to do the looking at your past lives and talk about what they see.

Past life regression is typically done to find the underlying cause of some problem that a client wants resolved.

In Past Life Regression, the subject is asked to answer a series of questions while being hypnotized in order to reveal identity and events of alleged past lives.

In the West, past-life regression practitioners make use of hypnosis and suggestion to promote recall, using a series of questions that is designed to elicit statements and memories about the past life's history and identity.

There are some practitioners who make use of bridging techniques from a clientâ€™s current-life problem to bring "past-life stories" to conscious awareness.

Many practitioners believe that the cause of their patients' problems are the unresolved issues from alleged past lives.

During Past Life Regression, there are ways to pull back that psychics or hypnotists use so that you will be able to observe that past life without feeling the suffering.

During Past Life Regression, you are also in control and can come out of the meditative state at will.

During Past Life Regression, the time duration for one to see a past life varies. There are some subjects who can quickly go into an altered state and access material while there are others who take longer. It is recommended that people work with meditation tapes or some form of meditation, if possible, if they want to have fluency with the altered state so that it will be easier to enter.

There are some people who use Past Life Regression to be able to be healed from their illness, emotional trauma or relationship alienation patterns that had resisted every other effort.

There are also others who use Past Life Regression to find clues to traits they have long wanted

without any ability to integrate until the 'memory' found from the 'self-fragments' of past memories made it all seem 'natural' and easy.

If you want a satisfying Past Life Regression, you must try to first get to know your psychic and let her get to know you. Trust must also be established and make your intentions clear.

Past Life Regression is a great tool to resolve issues like:

Insecurities and fears of abandonment. This is said to often be related to past life memories as a child, separation during war, being orphaned, left to die in times of famine.

Depression and low energy. This is said to often be related to past life memories of loss of parent, unfinished grieving, suicide, deportation, massacre etc.

Phobias. This is said to often be related to every kind of trauma in a past life e.g. death by fire, water, suffocation, natural disasters etc.

Guilt. This is said to often be related to past life memories from feeling responsible for the death of others.

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Jackson Swift is the author of this article for Universal Psychic Guild that offers free a zodiac signs readings, freea online psychics advice or a tarot card reading.

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