



What to Expect in a Past Life Regression Session

Why a Past Life Regression Session

First, it's helpful to know what needs addressing so, make a list. It might be a fear, a hurt, or a painful relationship you don't understand. Or, maybe you just want insight and are looking to explore their life's purpose.

Also, some people have energies attached to them that aren't their own and are creating problems, so I clear them. For example, a loved one from a past life that won't let them go. It can be a profound experience.

The Session

During a typical session, you relax in a reclining position and I guide you to a deeply meditative (hypnotic) state using breathwork and relaxation techniques. The idea is to return to prior life spans in search of information that can improve your life today.

People with chronic health issues that have no known origin, those with inexplicable phobias, as well as persistent pregnancy issues.

Past life regression therapy is also beneficial for anyone having a run of bad luck, who is trying to figure out what to do with their life, as well as a person interested in knowing if they can work as a healer or intuitive.

It's not always about uncovering past traumas. Sometimes, you're shown happiness in a previous life which can be inspiring and help you remember how to live a good life today. Seeing how you shined in a past life, can remind you of your worth and power.

My Job

My job is to be a conduit for you. I act like a bridge and help connect you to your own power. A PLR session is a power healing tool across dimensions, generations, and your life.

**Blessings,
Joyce**