



Past Life Regression Therapy

How can learning about your past life experiences help you implement positive change in your life today?

Past life regression therapy, is based upon the premise that we are eternal beings (souls, if you will,) who carry forward learning and experiences from one human lifetime to another. As eternal souls, we experience physical life on Earth in a series of human bodies and associated personalities. On a soul level, we choose each life circumstance as a means of challenging ourselves with new situations and opportunities for learning. For those who believe we live only one human lifetime, the stories elicited by this therapeutic approach serve as marvelous symbolic metaphors for the issues and situations being faced in the present time. Whether uncovering 'real' past lives or not, the approach has helped many people resolve issues and get past stuck points that were resistant to other therapeutic approaches. In addition, it's a fascinating way to experience other aspects of your self and your personality.

I met up with Karen Willis who practices past life regression therapy at Harford Acupuncture & Associates in Aberdeen, to learn more about this unconventional treatment. Karen started her career as a special educator, working at John Archer and

Meadowvale Elementary School for 15 years, before she began to feel restless. "I just had a feeling I was supposed to be doing something else, but I didn't know what," she explained. When she had her own past life experience, everything clicked for her. "I knew then that it was my mission in this life, to help others find healing the way I had experienced it," said Karen. She began studying and training with experts in the field. She received her Hypnosis Certification from the National Guild of Hypnosis, and her Advanced Past Life Regression Certification with Henry Leo Bolduc; a certified hypnotherapist with 45 years of experience in past-life exploration research, and a respected author. She also trained in Quantum Healing Hypnosis with Dolores Cannon.

Karen's religious background is firmly rooted in Christianity. The fact that reincarnation is not part of Christian doctrine, doesn't bother her. "For me, exploring past lives is complimentary to my Christian beliefs. I think Jesus is the pattern, and we are given opportunities to come back and learn lessons that will enable us to be more like him," she said. "It made me a much more spiritual person, not necessarily a more religious one," Karen added.

So how exactly does Karen help people connect with their former lives? It's a combination of hypnosis, progressive relaxation, and guided imagery. Contrary to how hypnosis is sometimes portrayed on television or on stage, you do not lose control over yourself under hypnosis. Hypnosis makes you more open to suggestions. But you cannot be forced to engage in behavior that is not acceptable to you. You are fully alert and aware... just very relaxed.

"We carry residue of previous past lives, and sometimes just earlier in this life. If pain from the past is not recognized, processed, and ultimately released, the wound continues to infect the current life until healed. Past life regression can allow you to see repeating patterns, people, places, values and life lessons that all contribute to who we are in this world. Sometimes unfinished business is carried over from life to life, and this experience can help you identify and come to a new understanding of the people and events in your life from a larger perspective. Given enough information, we can make different choices. Deep healing can happen with the simple realization of past influences affecting our lives today," explained Karen.

To get a better idea of how the whole process works, Karen agreed to do a past life session with me. I wasn't sure what to expect, but I was determined to go into it with an open mind and experience what I could. The challenge for me would be to relax (not something I do easily) and refrain from trying to analyze everything. Karen invited me into her office and I sat in the enormous overstuffed chair. Karen reclined the chair and tucked a blanket around my legs and feet. "Are you comfortable," she asked. "Very," I replied, and we began.

Karen sits next to me, and begins to speak in a slow melodic tone. She asks me to close my eyes, and we begin breathing... inhaling beautiful thoughts, and exhaling any stress.. I try to concentrate on her voice, and push aside any other thoughts. Karen continues to talk by my side, gently encouraging me to relax every part of my body. She begins a visualization exercise, and ask me to place myself in an urban environment. "Describe what you see," Karen says. She switches things up, and we move to a new location. Again, she ask me to describe what I see. She continues to speak, guiding me towards a more peaceful relaxation. I hear her tell me not to judge, or think about what I see, not to worry if it seems like I'm making things up... just experience them. She continues to speak. I feel more relaxed than I can remember, but I'm worried I'm not being hypnotized. I feel like I could just stand up and walk away. I try to stop thinking... I focus on Karen's voice, forcing other thoughts aside. She asks me to imagine a giant pyramid consisting of pure white light. This is my protection from any physical or mental harm. She begins to guide me down a stairway, symbolically taking me deeper into my subconscious. I let my imagination be guided by her voice and we arrive in a beautiful place, my happy place. She asks me to describe it to her, and I do... in more detail than I've ever imagined it before. We stay here for a while, and then she guides me on.

We float up to a fluffy cloud, which is our mental mode of transportation for the rest of the journey. I follow her voice, carried by the cottony cloud, back in time and space to another place with information I need to know. "We're looking for the most appropriate time and place to stop," she says slowly. "Gently drift off the cloud and float back down to the earth... Where are you," asked Karen. At first I didn't know. She asks me to describe what I'm wearing, starting at my feet. Eventually I recognized myself, not as another person, but as a younger version of myself. "That's ok", Karen replied. "Sometimes we need to deal with things in this life first." As it turns out, I had several places to visit in this life, before I was to get to my past life experience. I was really shocked as memories that I hadn't thought of in years resurfaced. Karen guides me through visualizing the process of forgiveness and letting go. "Whenever we hold unforgiveness towards others, we imprison ourselves along with them. Forgiveness will set you free," she said.

After several stops in my past we journeyed far enough to reach a past life. Again, Karen asks me to describe myself and my environment. She never leads with any information, just gently asking questions, allowing me to supply the content. I have the distinct feeling I'm making this up, it doesn't feel like a memory, but I don't judge... I respond with whatever comes to mind first. I'm shocked when I realize I'm a man (something my conscious mind would never imagine), and not a happy man either. The past life I described was full of loss and loneliness. I can't go into too much detail, because the experience is intensely personal. I freely admit I occasionally felt a tear slip from beneath my closed lids.

After the past life experience, Karen asked me if I would like to visit my spirit guides, which I very much did. She guided me from my fluffy cloud, to a place of total acceptance and unconditional love, populated by beautiful beings made of pure light. In my mind I could see them all around me, alien but familiar. One light approached, and I felt that I recognized my aunt's smile. I love her very much and was heartbroken when she passed away last year. The being didn't look like my aunt Anne, who had been frail and in pain when I had seen her last. This light radiated strength and love, and for some reason I knew it was her. I smaller light playfully danced around her, inviting me to play some imaginary game. I instantly knew it was Paul, Anne's brother, my uncle... who had died in an accident as an infant. I was hoping to see my father who had passed away only a month ago. I didn't see him there, but Karen reassured me. "It's ok, he's on a mission. They are all here to help guide, teach and support us," she said calmly.

Slowly Karen guided me back to earth... back to the present time and space. I did feel very relaxed, and calm despite the emotional nature of our journey. The most widely expressed criticism among skeptics of this type of therapy is whether the past life experiences really occurred or not. Theoretically, it doesn't matter. If the story someone creates in their mind causes a greater understanding of one's self or behaviors, and incites resolution, then that is what really matters. After experiencing the process for myself, I can't tell you whether or not I travelled into my past lives or really met some of my spirit guides. I don't know if it was a memory or a creation of my imagination. In retrospect, if it was my imagination that created the experience out of nothing, I am very surprised at what it came up with. I can't see myself imagining that I was a man, for example, under any other circumstances. Or why I wouldn't have imagined seeing my father's spirit, since I wanted to so badly. On the other hand, if I was actually in touch with my subconscious and accessing information which is normally unavailable to me, than it was truly a miraculous experience. Either way, the fact remains, my spirit felt lighter and brighter after my session with Karen. The process took 3½ hours, although it seemed much quicker to me.

So who is a good candidate for past life regression therapy? Almost anyone who feels they have unresolved issues, or wants to strengthen their bond with the spiritual world. People who suffer from unexplainable phobias can find answers and solutions during past life regression. Karen was terrified of large bodies of water for most of her young life. After experiencing several drowning deaths in past lives, Karen is no longer afraid. Individuals who suffer from obsessions, or who continue to make the same wrong choice in life, may be able to find answers and healing in their past lives. If you feel a little cut off from your spiritual self, this is a great tool to reconnect with your faith.

If you are interested in trying past life regression therapy, I would highly recommend Karen. She is also experienced in guiding people through life between life experiences which is a spiritual adventure of self discovery where you explore your spiritual history and uncover soul memories of the spirit world between lives. I liked her from the moment I met her. The twinkle in her eye and her peaceful demeanor, made me feel confident enough to let my guard down, and explore the experience as unhindered as possible. I shared very personal things with her, and found solace and understanding in her interpretations. If I had to come up with one word to describe the experience, it would be "liberating."



Karen Willis

To learn more about past life regression log onto Karen's website at
www.willislifejourneys.com