



What can I expect from a Past life Regression Session?

Is it real or imagined?

- Everyone experiences a past life regression in their own way.
- Frequently people experiencing a regression for the first time think they have “made up” their experience while in hypnosis or feel they have imagined all of it.
- Regardless of whether you believe the experiences are real or imagined there can be symptom relief or healing.
- Watch for small synchronicities that validate experience.
- Some people have experienced clues about past life. If you are drawn to or have a strong negative reaction to a certain time in history this may be a clue.

How can I get the most out of past life regression experience?

- During the session keep an open mind and don't analyze your experience at that time. You will have plenty of time to analyze after the session.
- Let information flow into your mind without questioning it.
- Don't ignore first impressions or flashes of information.
- As the regression progresses and with practice, images or impressions will become stronger.
- Regardless of the way you experience continue to answer the questions that the therapists asks you – allowing information to travel freely.

What will I See?

- When you are instructed by the therapist to walk through a door and through the light into a past life time you may experience one of several different reactions:
 - You may see yourself quite clearly.
 - You may see quick impressions.
 - You may only seem to “know” without seeing.
 - You may not see anything, but feel as if someone is telling you what is happening.
 - You may get impressions before the therapist asks the questions.
 - If at any time an image is uncomfortable you will be able to “float above the scene” or detach from the experience. You are in complete control.
- Remember: *Regardless of the way you experience continue to answer the questions that the therapist asks you – allowing information to travel freely.*

Mary E. French
MSW, LCSW-C
Psychotherapist

10632 Little Patuxent Pkwy
Suite 343
Columbia, MD 21044

Inner Bridge Wellness Center
2324 West Joppa Road
Suite 100
Lutherville, MD 21093

T 301-873-3959
F 443-583-0528
www.maryfrench.com