

Past Life Regression Therapy



Past Life Regression Therapy is a mental process of going back to an earlier time to retrieve memories that may still negatively influence our lives today.

Using this technique, clients have been able to rapidly alleviate chronic lifelong symptoms, such as specific phobias, panic attacks, unexplained fears, repeated destructive relationships, physical pain and illness, which would ordinarily take lengthy and costly therapies to alleviate.

Many times people find that they repeat negative patterns in their lives. It can be very difficult to alter these harmful patterns and often there is a need to repeat or act on impulse in spite of an understanding that these actions are harmful or self destructive in some way.

There are two main techniques used to help people access past life memories, one is hypnosis and the other is a progressive relaxation technique. Both techniques can facilitate a deep state of relaxation and focused concentration. With the client in complete control, he or she can access the subconscious mind to gain insight and transmit creative solutions to problems, which can facilitate great healing.

Past Life Regression Therapy is well documented by the 20+ years of work and research by Brian Weiss, M.D. (graduate of Columbia University and Yale University School of Medicine and former Chair of the Department of Psychiatry at Mount Sinai Medical Center in Florida) and other notable physicians and psychologists.

This is an innovative approach not fully supported by independent research and there are differences of opinion in the professional community about PLR. However, there is substantial clinical and anecdotal evidence that this approach is clinically useful and of therapeutic value even if one does not believe in the validity of past lives. Neither the therapist nor client must believe in the validity of past lives for symptom relief to occur.

Recommended Reading List

Brian L. Weiss, M.D. *Many Lives, Many Masters*
 Through Time into Healing
 Only Love is Real
 Messages From the Masters

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