



If you're curious about Past Life Regression but aren't quite sure what to expect, you're not alone. Many people have questions about hypnosis, what they will experience, whether they will remember anything, and even whether what comes through is "real." Below are answers to some of the most common questions I receive about the Past Life Regression experience.

What is Past Life Regression?

Past Life Regression is a guided journey designed to help you access memories, impressions, emotions, and experiences associated with another lifetime. During your session, we gradually move beyond the analytical conscious mind and invite your subconscious and higher mind to guide the experience.

The purpose is not simply to discover who you may have been. It is to explore the experiences, relationships, lessons, and patterns that may offer insight into who you are today.

Will I be hypnotized?

Yes, although hypnosis may feel very different from what you imagine. I often describe it as similar to a deeply relaxed, focused state of meditation.

The first 15–20 minutes of your session include guided relaxation and visualization techniques designed to help you become relaxed while remaining focused and receptive.

Will I be asleep or unconscious?

No. You are not asleep or unconscious during the regression.

Your conscious mind remains present and aware throughout the experience. You may hear yourself speaking, hear my questions, notice sounds around you, and even have thoughts about what you are experiencing.

In fact, your conscious mind may occasionally wonder, "Is this real?" or "Am I making this up?" That internal chatter is completely normal.

Will I lose control during hypnosis?

No. You remain aware and involved throughout the session.

I like to describe the process using the analogy of a car. In everyday life, your conscious mind is usually in the driver's seat. During regression, we invite that analytical part of you to move into the backseat while your higher mind takes the wheel and guides the journey.

Your conscious mind doesn't disappear. It simply allows another part of you to lead for a while.

**What happens before we actually explore a past life?**

We move backward gradually rather than immediately entering another lifetime.

After the initial relaxation process, I will guide you through two childhood memories from your current life. This gives you an opportunity to become comfortable accessing memories through sight, sound, smell, physical sensations, emotions, and other forms of perception.

From there, we journey to the experience of being in your mother's womb, before your birth, where we explore what I refer to as soul contracts involving yourself and your parents. Only after these experiences do we move through a doorway into another lifetime.

Why do we revisit childhood memories first?

Think of the childhood memories as practice for your subconscious mind.

Because these memories come from your current lifetime, they are generally easier to access. More importantly, they allow you to practice noticing more than what you can “see.” I may ask what you hear, feel, smell, sense emotionally, or even what you are wearing.

These same skills help you explore the past-life portion of your session.

Do I need to remember something from childhood that I've forgotten?

Not at all. This isn't a memory test.

You can choose childhood memories you already remember well—even happy or familiar memories that you have thought about many times. The purpose isn't to uncover forgotten childhood experiences. It is simply to become comfortable engaging your senses and allowing memories to unfold.

There is no right or wrong memory to choose, and there is nothing you need to prove.

What if I can't visualize?

That's completely okay.

Past-life memories aren't always experienced as vivid pictures or movie-like scenes. You may receive information through feelings, emotions, physical sensations, sounds, impressions, words, an inner knowing, or a combination of several senses.

There is no “correct” way to experience a regression. We work with however the information naturally comes through for you.

**What will we explore during the past-life portion of the session?**

Once you enter another lifetime, we'll explore enough of the life to understand its larger story and significance.

You may notice details about who you are, where you are, what you're wearing, your surroundings, relationships, and circumstances. From there, I guide you through significant events and experiences so that we can better understand the lessons and themes of that lifetime.

The experience isn't necessarily chronological. You may arrive in childhood, adulthood, the middle of an important event, or near the end of the life, and we can move backward or forward as needed.

Will I experience my death in the past life?

We typically observe how that lifetime ended because it can provide important context and insight into the experience.

However, you do not need to physically experience the pain or discomfort associated with the death. The intention is to safely observe and understand what occurred rather than recreate physical suffering.

Will I recognize people from my current life?

Possibly.

As significant people appear during the regression, I may ask whether they feel familiar or whether you sense a connection to someone in your present life. Sometimes clients immediately recognize someone. Other times, a person may feel familiar without the client knowing exactly who they are.

And sometimes there is no recognition at all. That's perfectly okay.

Not every person from another lifetime needs to be connected to someone in your current life and identifying them isn't necessary for the regression to be meaningful.

What if I can't answer one of your questions?

Simply say whatever comes to you—even if the answer is “I don't know,” “I'm not sure,” or “nothing.”

There is no test to pass during Past Life Regression.

My questions are there to help you explore your experience, not to lead you toward a particular answer. You don't need to force information, figure anything out, or perform in any particular way.



What if my conscious mind won't stop thinking?

That's normal. Your conscious mind is designed to analyze, question, rationalize, and make judgments, so it may continue doing exactly that during your regression. Some people's mental chatter becomes quieter as they relax more deeply, while others remain quite mentally active throughout the session.

If your mind begins questioning everything you're experiencing, you can simply acknowledge it and remind yourself that you'll have plenty of time to analyze the experience afterward.

What if I'm just making everything up?

This is probably the most common question I receive.

You do not need to decide during your session whether an experience is a literal past-life memory, imagination, symbolism, or something else. Allow the experience to unfold first and evaluate it later.

For me, the more important question is: **What does the experience offer you?**

If it brings an unexpected insight, helps you understand a relationship or recurring pattern, offers a new perspective, creates an opportunity for forgiveness, or supports healing and personal growth, the experience can be meaningful regardless of how you ultimately interpret its origin.

You also do not have to believe in reincarnation for the experience to hold personal value.

Do I have to believe in reincarnation?

No.

I personally approach Past Life Regression from a spiritual perspective and believe in reincarnation, but you do not need to share my beliefs.

You are welcome to interpret what you experience through your own spiritual, psychological, symbolic, or personal framework. What matters most is what the experience means to **you**.

What if I discover that I wasn't a good person in a past life?

There is no judgment in this space. If difficult behavior or uncomfortable circumstances arise, we approach them from the perspective of understanding rather than judgment. The question becomes: Why might this particular experience be meaningful for you to see now? What can you understand or learn from it through the perspective and wisdom you have today?

Whatever emerges, we explore it with curiosity, compassion, and the understanding that you are viewing that life through the lens of who you are now.

**What if something traumatic comes up?**

Past-life experiences can include grief, loss, trauma, difficult relationships, or other emotionally powerful material.

Throughout the regression, I am there to guide you through the experience. The intention isn't to leave you immersed in trauma but to help you safely observe, understand, process, and gain perspective from what arises.

You remain aware throughout the session, and we approach whatever emerges without judgment.

What are “soul contracts,” and will we explore them?

As part of my Past Life Regression process, we explore what I refer to as soul contracts before entering the past life.

While experiencing yourself before birth, we look at your relationship with your mother, your father, and, most importantly, yourself. This can offer insight into what these relationships may have been intended to teach you and what your own soul may have intended to experience, learn, or accomplish in this lifetime.

You do not need to believe in soul contracts—or even believe that we choose our parents—for this portion of the session to be personally meaningful.

What if I was adopted, estranged from a parent, or one or both of my parents have passed?

That's completely okay.

The exploration isn't dependent upon having a particular kind of relationship with your parents. Your parents may be living or deceased, your relationship may have been loving or difficult, you may be estranged, or you may have been adopted.

We simply explore whatever meaning and insight arise for you around those relationships.

Can I choose which past life I visit?

Rather than trying to consciously select a particular lifetime, I encourage you to allow your higher mind to guide the experience.

You may enter a life that surprises you or seems completely unrelated to what you expected. Often, its significance becomes clearer as the story unfolds or as you process the experience afterward.

The goal is to remain curious and allow rather than trying to direct or control what comes through.

**Will my session be recorded?**

Yes. Your session will be recorded for you so that you can relax into the experience rather than worrying about remembering every detail.

Listening to your recording afterward can also be valuable because you may notice details, themes, or connections that weren't immediately apparent during the session.

Will I remember the session afterward?

Because you remain aware during the regression, you will generally remember the experience. However, there may be a great deal to process, and some details may stand out more strongly than others.

Your recording allows you to revisit the experience afterward, when additional insights and connections may continue to emerge.

Is there a right way to have a Past Life Regression?

No.

Some people see vivid scenes. Some feel. Some hear. Some simply know. Some experiences unfold quickly, while others reveal themselves gradually.

Your experience is uniquely yours.

The most helpful thing you can do is arrive with an open mind, release expectations about what you think *should* happen, and allow yourself to experience whatever comes forward.

There is no test to pass, no story you need to produce, and no “perfect” Past Life Regression experience.