



PAST-LIFE REGRESSION EXPECTATIONS

As used by Sylvia Browne's Society of Novus Spiritus (www.novus.org)

Everyone experiences hypnosis in their own way. Hypnosis is a different state of mind just as daydreaming is a different state of mind. You are not unconscious. You do not say or do anything you do not wish to. Because you are aware of the room and yourself, the first time a person experiences hypnosis they may think they have “made up” their experience or feel they have imagined all of it. But then little things will begin to happen that slowly provide validation for what you experienced. Let your thoughts flow.

To get the most from a past-life regression, keep an open mind and don't analyze your experience during the hypnosis session. You can analyze after the session. Simply let the information flow into your mind without questioning it. Just report whatever comes to your mind. It seems odd to sense being in a different time and place when you are aware of being yourself in the room in the present moment. Most people have experienced clues about prior incarnations. Are you drawn to a particular country, group of people or a specific time period, like the Civil War? If Grecian architecture attracts your interest, you may have lived during the time Greece flourished. The same is true if you feel negative about a place, nationality or historic time period. You may still feel the emotions of love, hate, rejection, or any other emotion that relates to a past life. We call these past-life “carryovers” and they can directly relate to the life you are now living. Any strong affinity or aversion or phobia may be a clue to a past life.

During a regression, when the hypnotist instructs you to step through the light into another time and place things may be fuzzy at first. Allow time for the thoughts to settle in your mind. You may experience one of several different reactions:

- You may have quick impressions.
- You may only seem to “know” without seeing.
- You may have complete darkness, yet you can sense what is around you.
- You may see yourself quite clearly.
- You may not see anything but feel as if someone is telling you what is happening.

Regardless of your initial reaction upon entering your own past, you will need to answer the questions as the hypnotist asks them. Take your first impression. Report what you feel or sense or know even if it makes no sense at the time. Do not think about your answers. Let your impressions flow. As the regression progresses, you will find the impressions become stronger. If you actively analyze the process while in session, you will only impede the impressions. Your mind is on a journey through your soul's experiences of lifetimes. Let your mind travel freely. Analysis can wait until your session is finished, after you have collected all the data.