

Table of Content

Introduction	1
Chapter 1	
When and When Not to Do Past Life Regression Sessions?	5
Chapter 2	
Intake	11
Two Commonly Asked Questions.....	16
Chapter 3	
Confidence Building Exercises	21
Converting to a Past Life Regression	25
Chapter 4	
Induction	29
Finger Spreading Induction.....	29
Bright Light Visualization.....	34
Suggestions to the Unconscious Mind	35
Chapter 5	
Entering a Past Life	39
Going Downstairs and a Hallway of Many Doors.....	39
Crossing The Bridge of Time to a Past Life	43
Through the Rainbow and Down to the Earth Chamber ..	45