

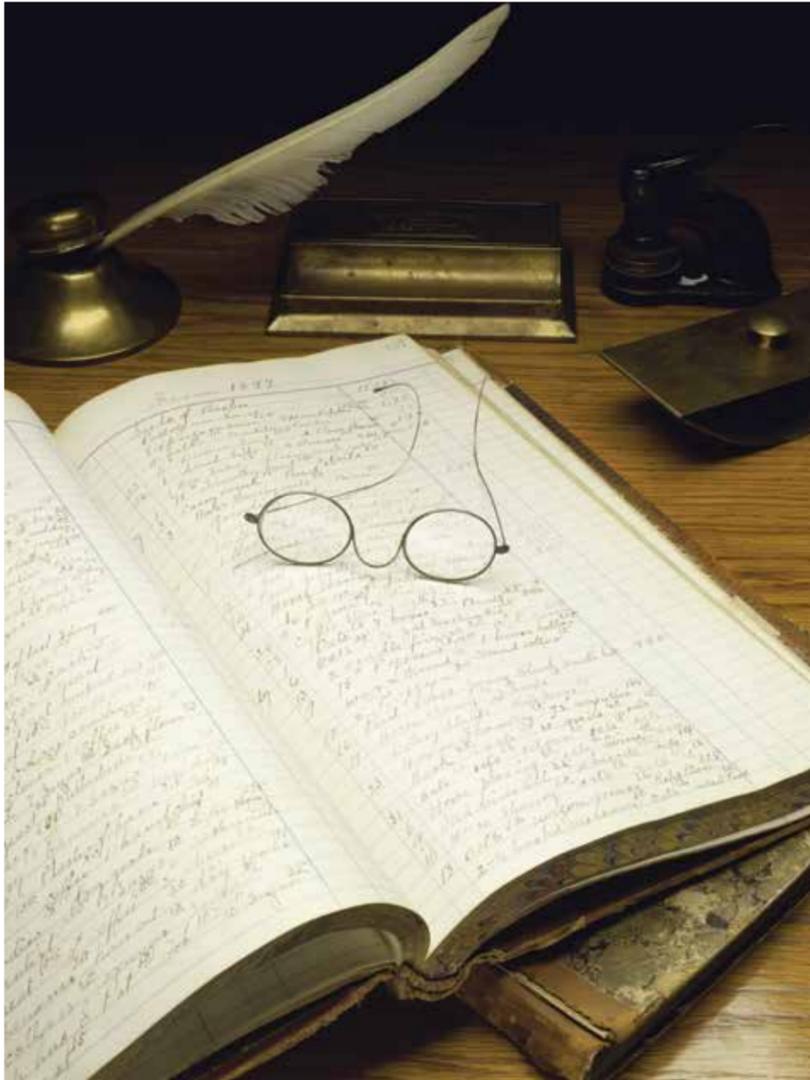


POCKET WATCH IN SAND/THINKSTOCK

Life *Before* *Life*

Is it possible that our souls have lived more than one lifetime?
We examine the technique of past life regression and how
our 'past lives' can affect our well-being

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CLOSE-UP OF AN ACCOUNTING LEDGER WITH EYEGLASSES/TINKSTOCK
ALTERNATIVE MEDICINE FOR HEADACHE TREATMENT/TINKSTOCK

Gita, Sri Krishna says, “As a man, casting off worn-out garments, takes new ones, so the dweller in the body, casting off worn-out bodies, enters into others that are new”.

The process of past life regression itself has been documented in ancient texts like Patañjali’s *Yoga Sutras* where he referred to the regression process as *prati-prasav* – meaning ‘reverse birthing’. Used by mediums for centuries, the modern era of regression therapy blossomed in the 1950s with the legitimate credentials of the psychologists and psychiatrists who advocated it. Some renowned authorities are Dr Michael Newton and psychiatrists Dr Brian Weiss and Dr Roger Woolger.

Past life regression is a technique that

uses hypnosis to recover memories of past lives or incarnations. Dr Shomit Mitter, a London-based past life regression therapist explains that our past lives act like picture slides that we unconsciously project onto the world, and when something in our present life resonates with it – the old trauma is woken up and we viscerally relive the trauma or block. Past life regression offers a window of insight to the root cause of a fear – as seen when an individual with an unexplained fear of fire discovers that they might have been burned at the stake for heresy in the 12th century.

To witness a past life during a regression can be extremely empowering because it allows the subconscious to release the

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journey. In effect, this process allows us to change the slides that we see the world through and thereby change our relationship to the outer world.

While this may sound like past-life tourism, our past lives offer valuable insights into the root causes of things that we struggle with in our present life. During a regression, we naturally go to the past life experience that is relevant to us at this time so that we can receive messages and lessons that will assist us to grow and heal in our current life. So once we experience, forgive and complete a past life we release the traumatic events that manifest as current life afflictions – to the point that they drastically improve and are even cured.

It’s a sunny afternoon in London and I am sitting in a leather club chair listening to the voice of Dr Shomit Mitter, who sits a few feet away. Dr Mitter is not the bearer of unfortunate news nor is he conducting Freudian analysis about my unhealthy attachment to my MacBook. I am meeting with him because since I was a child, I have had an unshakeable feeling that this is not my first – nor my only life. I recall as a child speaking to my mother about places I had been and feeling puzzled by her lack of knowledge of the places and events that were so vivid to me. Around this time, I also distinctly remember looking up at the night sky in its infinite darkness and knowing deep in my bones that there was more beyond this life experience.

Many people are not certain if they

believe in past lives and the reasons often relate to growing up with a religion that denies reincarnation and the nebulous issue of evidence. If, however, you’ve ever wondered why a new place or a person you’ve just met feels strangely familiar, you could well be touching on one of your past lives. Past lives are said to be an extension of your soul’s journey, and like genetic DNA that can be traced back through generations of your family, the soul can be traced back through different lifetimes.

Reincarnation is central to Buddhism and Hinduism, however they are certainly not limited to them as evidenced by the many ancient civilisations and present world cultures that believe in past lives. The Egyptians believed that it took 3,000 years to complete all the lives that one had to live and in the Hindu narrative the *Bhagavad*





and trust when you meet him again in this lifetime, reducing the possibility of you both healing your past life wounds and growing.

Despite this, children are much more apt to spontaneously remember a past life before the age of eight when the memories fade out. Dr Ian Stevenson dedicated more than 50 years to interviewing more than 3,000 international children who spontaneously recalled their past lives without hypnosis. His scrupulous and strict scientific research protocols are convincing to even the biggest sceptics as all possible 'normal' explanations for the child's memories are systematically ruled out.

Sceptics may argue that this in itself does not validate reincarnation, but truthfully this does not matter according to Fiona McKeand, past life regression therapist at The Sanctuary Hong Kong. She speaks for all therapists and their clients when she says that, "whether the experiences gained during regression are due to past lives – a theory supported by a wealth of research into reincarnation and regression – or the result from tapping into a universal consciousness or simply the subconscious mind using metaphor and symbols to convey valuable insights, immeasurable benefits can be gained from the therapy". In her experience, the emotional healing that comes from past life regression is guided by what the subconscious mind feels needs to be healed.

It is natural to feel a little nervous when having a past life regression, however McKeand assures that even though hypnosis allows us to access the subconscious mind – we are not under its control and are able to "come out" at any time. She further shares that while it is possible to self-hypnotise or follow a guided CD regression, until you know what to expect, it is best to do a past life regression under the guidance of a therapist who can hold the space for surfacing emotions and can support you to surrender the conscious mind.

While we may secretly wish to discover we were someone of historical influence and fame – this is not often the case and nor does it really matter since there is strong evidence that regression therapy rapidly benefits the health and harmony of the individual in their current life. I am personally both grateful and humbled by my past life regression experience and the striking connection between the challenges I face in my current life and the past life that revealed itself that day. 🌿

FOR MORE INFORMATION

Dr Shomit Mitter
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Dr Mitter is not alone in believing that every illness goes back to a block – that is, a wound from this life, a past life or even an ancestral wound. The unconscious speaks the language of pictures, so if we take the block away through a combination of past life regression and exercises to empower (eg meditation), we are able to create a new reality in our mind.

And so I find myself in the office of Dr Mitter who verbally guides me to relax my body to a point where an image appears. Not knowing what to expect I am both relieved and surprised at how easy the process is as our dialogue flows unencumbered and I share what I see in the unfolding images that tell a story behind my closed eyes. The emotions I experience under hypnosis are deeply meaningful, intense, emotional and

cathartic – not only a good indication of a genuine past life experience, but also very convincing to me personally.

The subject of past lives can be a sensitive topic for some, but for a growing number of people, it offers a chance to heal and grow spiritually by:

- Healing repressed memories of trauma experienced during: accidents, surgeries, childhood, birth, prenatal and past-lives and the concomitant phobias, anxiety, anger, guilt, shame, addictions, unexplained physical pain, blocked feelings etc
- Healing relationship difficulties
- Helping to heal diseases, illnesses and ailments of a psychosomatic nature (born in the mind and manifested in the

body) by going to the root cause and illuminating the body/mind connection

- Resolving issues like lack of spiritual direction, low energy levels, unexplainable changes in behaviour, emotional outbursts etc
- Overcoming negative mental limitations like low self-esteem, lack of trust, poverty consciousness and allowing you to realise your full potential
- Reconnecting and aligning with your life purpose
- Overcoming the fear of death (adapted from www.liferesearchacademy.com)

There is no doubt that the mind is complex and it is only natural to ask why we don't have conscious recollection of

WORLD MAP WITH COMPASS SHOWING EUROPE AND THE MIDDLE EAST/THINKSTOCK; MEMORIES/THINKSTOCK

our past lives? Norman McClelland, author of the *Encyclopedia of Reincarnation and Karma* describes the Chinese religious deity Meng Po (aka 'Lady of Forgetfulness') who prevents souls from remembering their past lives by giving them a bittersweet drink to erase all memories before they climb the wheel of reincarnation. In truth, it doesn't serve us to recall our past lives because we live out our many lives with the same soul group – often our family members and loved ones. While our gender and relationship configuration may change, it would be daunting for us to have access to a myriad of experiences with the 'soul mates' that we have relationships with in this lifetime. Can you imagine knowing that your current husband betrayed you in a past life? It would be very difficult to build a relationship

