

Past Life Regression

In many cultures around the world past life regression is something that helps you to identify your purpose in life, or at least which direction you might want to head to reach fulfillment. The idea of past regression may seem complicated but it is actually very simple, though achieving this kind of spiritual understanding may not be so easy to do. If you think you may want to explore past lives, here are some steps you could take:

- 1) First and foremost, if you want to access past experiences in your previous life it is very important that you deeply desire to change. Meditation and past life regression are processes that are most effective when employed by the sincere desire to improve your life, find answers to certain mysterious personal questions, or solve specific problems.
- 2) Secondly, you must let go of your personal prejudices, your misconceptions about life or the world around you. Trying to control everything in your life impedes the universe's will to provide you with the things you need to succeed.
- 3) Third, you can combine any or all of the tools you might have. This means that along with your past life regression exercises, you might also want to consider meditation or even hypnosis to help clear your mind or access other parts of your sub conscious.
- 4) Fourth, take personal responsibility for every one of your past lives. This is important because the Law of Karma associates everything you have done with your most recent existence—basically, everything comes back to, both the good and the bad.
- 5) Fifth, no matter what happens to you in your life, it is important that you think about it in the context of a greater plan. Choosing to view things this way helps ensure your spiritual endurance persists.
- 6) Finally, let go of the past. It will only way you down.