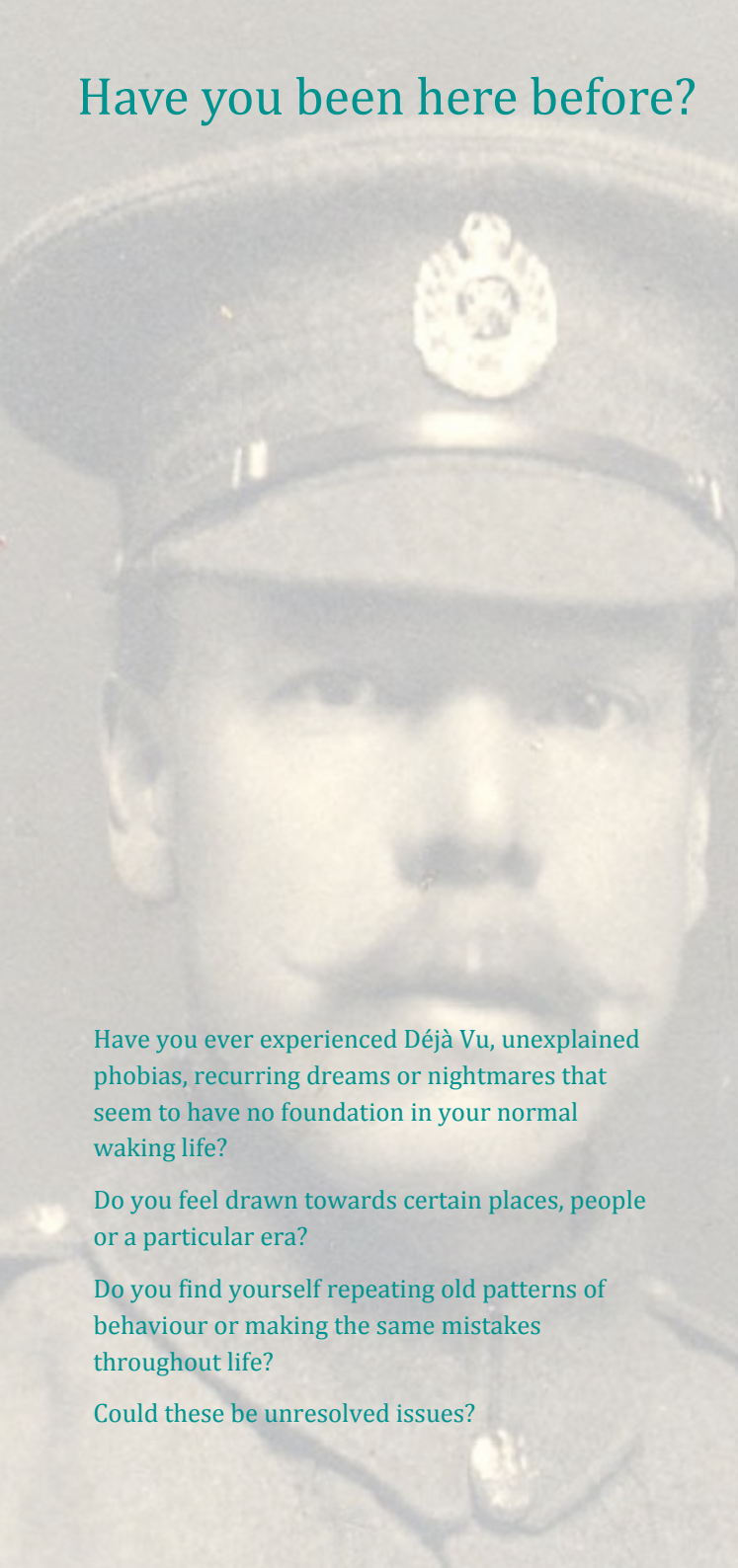


Have you been here before?



Have you ever experienced Déjà Vu, unexplained phobias, recurring dreams or nightmares that seem to have no foundation in your normal waking life?

Do you feel drawn towards certain places, people or a particular era?

Do you find yourself repeating old patterns of behaviour or making the same mistakes throughout life?

Could these be unresolved issues?



Judy M Harrison  
Dip.PLT Dip.Hyp MIGHT

More than three quarters of the world's population believe in an afterlife of some sort.

Many fears and phobias have been cured by re-viewing a past life experience

"Close  
Your  
Eyes.  
And  
Relax"



  
Judy Melissa Harrison

gentle therapy for not so gentle lifestyles

Judy M Harrison

Past life regression

## PAST LIFE REGRESSION

Does a past life influence your present, every day life?

Do you sometimes wonder where a certain habit, fear or other unusual behaviour comes from?

Do you sometimes feel you've been somewhere before? Perhaps you have!

Past Life Regression is an exciting trip into your own past lives, unlocking doors in your mind that open other worlds that were yours in another time. This gentle, relaxing hypnosis will allow you to steer your way on an exciting and fascinating trip into other lives you have lived.

With access to modern technology, many historic and interesting facts from a regression can be confirmed and dates, names and places traced.

## Discover Who You Really Are

Have you ever visited a town or village and suddenly felt "at home" there? Perhaps you have an affinity with a particular country or culture.

Have you ever met a stranger and felt an immediate feeling of recognition and friendship? Often these people become important in our lives, sometimes we even marry them but have you known them before?

Who you are now is strongly influenced by who you were before, your very character is carved from experiences, both in this life and in other lives.

## How Does It Feel to be Regressed?

With the aid of visualisation and relaxation techniques I will gently lead you into a comfortable, calm state of mind referred to as 'hypnosis'.

Hypnosis is a perfectly safe and natural state and is similar to daydreaming, which we all experience daily. You will not fall asleep and will remain in control and fully aware of what is happening. This enables you to experience past lives in your mind's eye, as if you are actually there as it happens.

Sometimes we bring the effects of a traumatic experience from a previous life into this one which can result in pain, irrational fears, phobias, behaviour patterns or recurring dreams. Using regression, we are able to deal with these issues and release you from the negative effects.

## Appointments

Appointments are typically 1-2 hours long, although for some therapy work they can be longer. Initial appointments always require an additional 20 minutes which is free of charge. During this time I will ask you questions about your health, mental status, any phobias you may have and what it is you wish to achieve from the session.

Then, before putting you into a gentle state of hypnosis, I shall answer your questions to ensure you feel comfortable and at ease.

My fee is £30 per hour and home visits can be arranged.

Please contact me if you would like further information or an informal discussion.

Contact details:

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