

What are the benefits of a Past Life Regression

Past Life Regression therapy is believed to offer several potential benefits, including:

1. **Healing Trauma:** It may provide an opportunity to revisit and heal unresolved traumas or emotional wounds from past experiences, offering a pathway to emotional release and inner peace.
2. **Insight and Understanding:** Past Life Regression can offer insights into recurring patterns, behaviors, or relationships, fostering a deeper understanding of one's present life circumstances and personal dynamics.
3. **Spiritual Growth:** It may facilitate a deeper connection to one's spiritual journey, allowing for exploration of soul lessons, life purpose, and a broader understanding of existence beyond the current lifetime.
4. **Resolving Fears and Phobias:** Past Life Regression can assist in addressing and resolving unexplained fears, phobias, or anxieties that may have roots in past life experiences.
5. **Self-Discovery and Empowerment:** Through the exploration of past lives, individuals may gain a deeper sense of self-awareness, personal empowerment, and a broader perspective on the interconnectedness of life experiences.

Exploring Different Hypnotherapy Regression Techniques

1. **Age Regression:** This technique involves regressing to an earlier age, often in the current lifetime, to explore and address past memories, experiences, and emotions. It can help in identifying and processing unresolved issues from childhood, leading to emotional healing and increased self-awareness.
2. **Past Life Regression:** By visiting past lives through hypnosis, individuals can gain insights into unresolved issues or relationships from previous incarnations, leading to healing, understanding, and spiritual growth.
3. **Progression Therapy:** Contrary to regression, progression therapy involves guiding individuals into a hypnotic state to explore potential future scenarios, possibilities, and goals. It can aid in visualization and goal-setting, fostering a positive outlook and motivation for achieving desired outcomes.
4. **Life Between Lives (LBL) regression** delves into the inter-life period between past incarnations, allowing individuals to explore the spiritual realm & gain profound insights into soul lessons, relationships with spirit guides, & the broader context of their existence. The potential benefits include a deeper understanding of life purpose, spiritual growth, & a sense of connection to the broader journey of the soul beyond individual lifetimes.



**PAST LIFE
REGRESSION & LIFE
BETWEEN LIVES**

*Agape In
Action
Hypnotherapy*

About Belle

Belle, a Hypnotherapist, PLR, LBL & CIAYT Yoga Therapist embarked on a transformative journey after experiencing the toll of a high-stress career in 2014. Her passion for guiding others on their path to peace & transformation led her to Yoga and many other holistic wellness practices including Hypnotherapy, Past Life Regression, and Life Between Lives. Belle is dedicated to leveraging her expertise to connect clients with the tools needed to overcome trauma & consciously shape their lives.

TO BE ABLE TO LOOK
BACK UPON ONE'S
PAST LIFE WITH
SATISFACTION IS TO
LIVE TWICE- JOHN
DAHLBERG ACTON

What is Life Between Lives

Life Between Lives (LBL) regression explores the inter-life period, offering insights into soul lessons, guides, and life purpose.

- Soul journey exploration
- Spiritual insights
- Understanding life purpose
- Connection with spirit guides

Contact Belle

Packages recommended for Regression work:
Past Life Regression
3 90 minute sessions- \$390.00

Must have Hypnotherapy experience to schedule Life Between Lives session package \$444

Schedule your complimentary discovery call today! Text or call - 208-495-6839

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