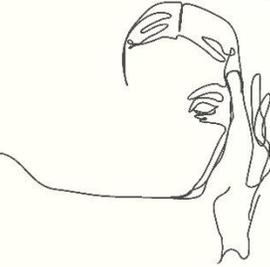


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Past Life
Regression
Therapy



Past Life Regression Therapy – Your reading

Past life regression therapy (PLRT) is the process of using the memory of former lives for healing in this life. It can aid you to become more confident and effective with your journey now. Exploring your past, to improve your future Going backwards is to go forward... Life makes a lot more sense when you have a deeper understanding of the bigger picture.

Does a PLRT session have to be done face to face?

No, a past life session does not need to be done face to face. It is perfectly effective via Zoom | Phone | Messenger | Skype while you are in the comfort of your own home.

Is PLRT where I am put under a hypnotic state where you tap into my subconscious to remember my past lives?

I undertake a Crystal Cosmic light healing with your Aura and align your Chakras, your ley lines, and channels (meridians) with Reiki and Seichem. This heightens your energy/vibration to take you on your journey back to your last life. With a light meditation, to allow you to be in a meditative state of sub consciousness, you still have control of your journey. You will feel very relaxed and tranquil with your energies balanced. It's like being in a sleepy state of mind. I will tap into your Akashic Chronicle with the guidance of her divine guide.

I work in two different methods.

1. I tune in to your cellular story with spiritual guidance. This is where you describe your journey in your past life and I help you understand this journey that you had once chosen, while releasing any Karmic lessons that are of no value for you anymore.
2. I will go into a light channelling state and share what has been given by your Spirit guide about your journey in your last life or eons ago. This will help you understand the path you have chosen and to be able to release the lower energies that are no longer required.

The benefits of Past Life Regression Therapy (PLRT) are numerous, and often life changing. PLRT can heal deeper and get results much more quickly than many other therapeutic approaches. Many of us are curious about past lives and that may be the only motivation to explore this therapy further. Sometimes, the source of these issues can originate from a former life and once we have discovered the origin, we can understand it further and heal.

Occasionally, I find several past lives to reveal hidden past problems. Together, we can identify the difficulties in your life and release your fears or challenges.

I conclude the PLRT session by bringing light to more answers using her Psychic abilities.

Past-Life Therapy Can Help:

- Clear emotional stress, trauma, and physical issues
- Calm feelings of anxiety and/or depression
- Chronic physical ailments, pain, and sensations
- Heal troubled relationships
- Clear away phobias
- Understand and change behaviours, patterns and tendencies
- Reveal past life souls you know from this life: e.g., a partner, siblings, and parents.
- Reconnect with your Spiritual Centre

PLRT is used to heighten your life by allowing you to rediscover your own gifts, abilities from past lives; and to carry forward wonderful emotions for healing and growth.

Testimonials

“Judie Roberts is something rare and special: the Real Deal! What a pleasure it was to have a past life reading with such a skilled practitioner! Days later things are still slotting neatly into place, and my current life is making a whole lot more sense. I’m also very grateful for the healing I received during our session. I’m so happy to have found you, Judie, thank you so much!” – Jane / Tauranga

“I have had past Psychic readings with Judie, which have been extremely helpful. She validated information that no one else could have known. She is authentic and loads of fun to connect with.” - Rah / Auckland

“I visited Judie recently, face to face... and had a Past Life Reading which gave me insight from where I came from, what lessons, cause and effect I am having in my life now and where I am heading. This was an amazing insight and an experience which made soooo much sense to me.” - Tayna / Auckland

“She also added in more Psychic questions if I needed to ask anything and healing. Thank you Judie for this amazing experience Judie, I got so much more than I anticipated. I would recommend Judie for all the different areas I have endorsed, in relation to my experiences, I can vouch she certainly is a person with gifts to help people on many levels. Look forward to keeping in contact Judie XOX” - Jeff / Brisbane QLD

Do past life influence our present, everyday lives?

- Do you sometimes wonder where a certain habit, fear, or other unusual behaviour comes from?
- What will you encounter in these past lives?
- Why do you think you have been to another country or place before?
- Have you ever wondered why you had an instant connection with certain people?

- Are you curious to know who or what you were in a past life or even who you were married to in a previous life?

These questions and sensitivities to energy can be answered through PLRT – It's a great way to piece the puzzle back together.

Déjà vu explained

Most of us have experienced the eerie feeling of déjà vu – the sudden, surprising feeling that an event we are going through at the moment has happened exactly this way before. Déjà vu has three placements as described below and they are connected to our past life experiences.

- Déjà vécu – an event already experienced or lived through.
- Déjà senti – already felt, perhaps triggered by a voice or music.
- Déjà visité – a place so familiar we feel we've been there before.

Déjà vu is fleeting memories of past lives. Déjà vu is when you enter a house or building, perhaps in a town you've never visited before and every detail of that building is familiar and you know what's in the next room or up the stairs. Déjà vu is when you have the overwhelming feeling that you've been there before. Have you – in a past life?

Memories - how we connect to them.

Generally, children under the age of 7yrs old have "memories" of childhood events that we know never really happened. Why under 7yrs old are the memories normally not retrievable? primarily because of society and our schooling system rejects the concept of children having tangible and real memories. Could it be that our children are remembering a created fantasy, or even a dream that they now interpret as their reality? Or is it they are remembering something that happened to them before they were born into this lifetime?

Human memory is fraught with mistakes and clashes, and I'm sure many of us have memories of things that family and friends can attest never occurred. Perhaps we could then ask: Is it faulty memory or, a remembrance of lives past? Between the age of 2 and a half and 3 and a half my daughter used to tell me I was not her mother, so at times I would be her Aunt Judie. Now as a young woman when she wants anything, I suggest that she asks her Aunt Judie :o)

Dreams and Nightmares – are they memories?

Recurring dreams and nightmares also have been suggested as being memories, or at least clues of past lives. I have experienced this type of recurring dream. There are two locations with specific details that crop up in my dreams several times a year, yet they are places I have never been to.

A reoccurring nightmare started about the age of 4yrs for me. It was set in American Western times. I still have recurring dreams of how the Apache Indians rode down the hills and killed most of us. When I was older, I went and got regressed and saw my father in this life as my father in my last life. I still to this day do not enjoy the drums and singing of Native American music...

These are not memories of places or events that have happened in this life, yet they recur in my dreams often. Are they memories of something important that happened in a past life?

Can nightmares be reflections of past life traumas that have clung to our spirits and haunt our sleep?

Fears & Phobias

Where do your fears and phobias come from? Fear of such things as spiders, snakes, and heights seem to be built into the human psyche as part of our evolved survival instinct. Many people suffer from phobias that are completely irrational to others, whatever form they take.

My second reoccurring nightmare, is where I am in a desert, buried in sand with only my face showing – my tribe slashed my face in 4 strokes – then the ants came! To this day I am still scared of ants. Other people can judge me with the odd eyebrow rise or say, ‘Really? Ants!’ “Yes”, I always say, and add, “but you scarcely just see one, there is normally quite a few.”

While several years on a psychologist’s couch might get to the root of those odd fears, those who believe in past lives wonder if they are carried over from a previous lifetime. Does a fear of water indicate a previous death by drowning? Could a fear of the colour red suggest, for example, that a person was struck or killed by a red streetcar? PLRT may connect the dots for you and set free those irrational fears or phobias.

Affinity for Foreign Culture

You probably know a person who was born and raised in another country but is passionate to the point of obsession with another culture. You might also know someone who can think of little else but getting dressed up and acting the part of another era. Were we as children really playing dress-ups or merely trying to find familiarity in a culture in which they lived 100 years ago? 1,000 years ago?

My eldest daughter was one of these children. From the age of 3yrs my darling blonde, blue-eyed daughter was in love with Japanese dolls to the stage where she would reshape her dolls eyes with black markers. Her second language was Japanese which she ended up majoring in at University. At the age of 16 she went and lived in Japan for a year of schooling.

Intense interest in a specific subject might be totally natural, of course, but might there be a past life connection in some cases?

Inexplicable Pains

Do you have aches and pains that the doctors cannot quite pinpoint or find a medical explanation for? You might be labeled a hypochondriac – a person who imagines his or her ailments. Or, as past life proponents suggest, those mysterious pains, sores, cramps and more, could be reflections of suffering you endured in a previous existence.

Birthmarks

Birthmarks have been publicized as evidence of reincarnation. In one fascinating case, a South Asian boy claimed to remember the life of a man named Maha Ram, who was killed with a shotgun fired at close range. This boy had an array of birthmarks in the center of his chest that looked like they could possibly correspond to a shotgun blast. So the story was checked out. Indeed, there was a man named Maha Ram who was killed by a shotgun blast to the chest. An autopsy report recorded the man’s chest wounds — which correspond directly with the boy’s birthmarks. – <https://www.amazon.com/Children-Remember-Previous-Lives-Reincarnation/dp/0786409134>

In a similar way, various other physical traits – even deformities – have been suggested as having their precedent in a person’s former life.

Although there is some compelling case evidence for reincarnation and past lives, it is not a proven fact.

Those reincarnated souls are usually your closest friends or family in one life to the next. But your father in one life may be your daughter in the next. Have you ever met someone, and they seem so familiar to you but you just can’t

figure out why, because you've never met them before? Then they end up being an incredibly significant part in your life. I've had 2 people in my life like that. They aren't family in this life, but it wouldn't surprise me if they were in a past life – knowing past lives exist.

We do have people who stay with us through many lives, either because of an intense attachment to each other, or because we still have something to learn from each other. People that travel from life to life with you are usually referred to as "Soulmates" ...Which is not necessarily a romantic thing like so many think, but just a term to describe people we are "destined" to meet in more than one life. I have met and identified a few of these people in my own life, but I must mention that it is exceedingly rare to meet, *much less recognize*, your soulmates. With the knowing I have; I do believe it's possible.

It's an exciting journey piecing together your feelings and sensitivities you don't quite understand. I look forward to working with you.


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