
Between Lives – Spiritual Regression

For those clients who have previously experienced Past Life Regression and are now looking for more profound experience, Life-Between-Lives (LBL) Regression is both an extension and evolution beyond Past Life Regression. This is because the techniques of LBL therapy allow access to our soul memories in the higher state of consciousness we call the Superconscious mind.

This session will allow you to enter the 'in-between-lives' realm where we reside when we are not incarnated. In this dimension, decisions are made about upcoming incarnations and the reasons why you decided to be born on Earth. It is a breathtaking experience that connects you with the Soul Group that you incarnate with on a regular basis, your Council of Elders that love you and oversee your progress throughout incarnations, the Hall of Records where all your lives are recorded, and the Life Selection Room where you choose your family and even the body that you now inhabit!

Click [here](#) to read more about LBL Sessions or the Spirit World.

“For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges.”

~ “Journey of Souls” by Dr. Michael Newton

What Life Between Lives Regression Session offers you

1. Purpose of LBL Session

- To experience the incredible peace, love and joy of the Spirit world we call Home.
- To be able to recognize that your soul identity never dies.
- To gain clarity of your place in universe, your purpose for this life and the motives for the choices you make

“Each soul enters with a mission.
We all have a mission to perform.” ~ Edgar Cayce

2. Some Benefits of LBL Spiritual Regression Hypnotherapy:

- Understanding your Eternal Authentic Self, your character, your purpose in this life, your destiny as a soul.
- Seeing your connection with the people who play a significant role in your current life.
- The fear of death will diminish or disappear as you watch the continuation of your lives.
- Receiving sacred knowledge from your Counsel of Wise beings and your Guide.

- Reuniting with your soul group, who often reincarnate with you and help you to achieve your goals.
- Connecting with strength, abilities and talents you once possessed.
- Gaining clarity why you chose the particular challenges that you are currently experiencing and what their meaning and purpose is from the perspective of your soul.
- Understanding why you chose this particular family and this particular body and how they serve you to achieve your current mission.
- Seeing the bigger picture of you as a soul.
- Creating more love, laughter, health and wealth in your everyday living.
- Learning how to be at peace with being you.

There are unlimited possibilities and resources for inner discoveries, and each person will find the answers that they are looking for in their specific life situation.

Logistics of Your Life Between Lives Sessions

1. Please, take note that the actual Life Between Lives session can take up to 3-5 hours, though it is recommended that you allow a longer period to give yourself ample recovery time before you depart for home.

2. As we are all unique so are our experiences. Therefore it is important to undertake this soul adventure with an open mind and heart.

3. During the session you may gain the knowledge of some or all of these fundamental facets yourself;

- Your soul name, soul character, color of your soul energy
- Names of your spirit guide(s) and teachers
- Members of your soul group and whether you know them in your current life
- Meeting your Council of Elders who offer therapeutic opportunities and knowledge
- Why you chose this time, place and body in this lifetime
- Your life purpose

How to prepare for the LBL session

1. You should have experienced at least one successful Past Life Regression Session before coming to your LBL session. You will be familiar with the process of hypnotic regression, what to expect and how it feels. This makes your journey into Life Between Lives smoother and more profound.

2. Before the session please type the following lists and bring them with you to the session :

- A simple sentence that expresses your intention in doing this work as precisely as possible
- (For example, "I want to understand why I can't conceive a child" or "I want to understand the purpose of this lifetime.")
- "Cast of Characters" a list of the 7-10 people who have had the greatest influence on your current life along with a one sentence description of their basic character.
- A list of questions about your current life that you would like answered by your guides or other spiritual advisers.

3. Your session will be recorded, please bring a recording device such as your phone. Please note I will need the password removed to allow me to go in and record when the time comes.

4. To get the most out of your session:

- Be well rested. Eat a good meal and avoid too much water or caffeine.
- After the session you may be tired and your mind may continue to process the information. It is important to allow some reflection time afterwards. Schedule your session on a day when you don't need to undertake busy activities immediately.

5. Travels.

My practice is located in my home in the city of London. Address will be provided at the time of booking and pre-payment of your session. Parking is free. I have a Sphynx Cat named John who is my assistant. :)

What can I expect from an LBL session

Part 1 – Preliminary Discussion

For the first hour or two we will get to know each other. I'll ask you to share your life's journey and then we will go over your list of questions. When people come into a session, they come with a list of questions to ask, questions they might be wondering about but just don't have the answers.

In preparation for the session, I would encourage you to begin work on the questions. Think on them often so that you get the answers for which you are truly looking. Also, it is helpful to practice a little meditation to help get you into the spirit of the process. Ask your Higher Awareness to help you formulate your questions in the days preceding your session. You will be amazed by what begins to happen before your session even begins.

Part 2 – Hypnotic Induction and Trance

Most people are very curious about what the hypnotic state is like. Actually, as mentioned above, it's nothing strange at all. Hypnosis is very natural, just like falling asleep, just like entering a dream – something you do every evening. The only difference is that you are also alert and aware, fully able to discuss what you are experiencing.

The first part you'll be guided through some childhood memories and then into the womb, and through a brief past life.

Many people are also curious if they can be hypnotized. If you can visualize a gorgeous sunset or feel the warm sun on your face you're already an expert. Please do some guided meditations to get more awareness of what this might be like for you. There are many you can find on YouTube. Your sincere desire to explore the great mysteries of life has already put your mind in the perfect space for miraculous things to happen. You will be fully aware of what is happening the entire time, yet parts of the session may seem a little fuzzy afterward, just like when you awaken from a dream. That's why everything is recorded. You will be able to review every word and ponder the incredible wisdom of your own Soul's Higher Awareness. I'm always amazed and inspired at the beauty, love and wisdom that this level of consciousness offers, and I honor and respect it deeply.

The second part of the session is where we enter the higher realms of understanding and the where we reside when we are not incarnated.

Healing and miracles occur in this environment often. We'll spend time talking about this and how you can support and maintain healing after the session. The great part of these sessions is this isn't me healing you or counseling you. This is about learning why things are the way they are and how to move forward in the highest, greatest way. It's very powerful to hear the recording of your session to further understand deeply and expansively.

Part 3—Integration

You are gently guided out of trance to a fully refreshed, waking state of awareness, and we take the time and space needed to put everything into place. We will discuss your extraordinary journey through time and space, and examine the great wisdom that your Higher Awareness has offered. Often, many layers begin to unfold here, and much joy is experienced as the answers to long veiled questions are seen clearly. A key part of this work is the integration of your experience well after your session has ended. You will, no doubt, continue the process of unfolding for many days and weeks to come, in deep honor and respect for the answers your Higher Awareness has provided. Often, your Higher Awareness provides symbols and keys that will reinforce and deepen your healing.

A little bit about hypnosis

Hypnosis is a very natural state of being. We all go in and out of hypnotic states each day. Have you ever planned to pick up something from the supermarket while driving home? Suddenly you find yourself turning into your street, wondering why forgot to go to the shops. Where were you while the car was getting you home? You were in a trance. You were probably thinking about some problem, planned activity or responsibility. Your subconscious mind knows how to drive so you were on autopilot. You were not fully in the present.

Now if something unforeseen came up at the last minute, like a car veering your way, you would have popped out of the trance and slammed on the breaks. You only stay in trance while you feel comfortable. Any thing dangerous or threatening will immediately pull you out.

Going into a trance for a regression is similar.

Your mind is being taken away from the present into other experiences and realms. These reside in your inner world. In fact, you could think of your inner world as being your natural state, while being human and having a body is a temporary condition that focuses your attention onto the external, physical world.

There is a good reason why you focus on the physical world. Your physical body is vulnerable. You know you can hurt. You know you can die. Your focus on the physical world is all about keeping you safe.

Some people think being in a trance is like being asleep. It is not like that. You are actually alert in the trance, but in a different state of awareness. You are awake but with a tight, directed focus. Your focus is on the information that is arising into your awareness.

Being in the trance is a bit like being in a movie theatre. You know you are in the movie theatre but you are not focused on that. You are focused on the engaging story that is unfolding on the screen. In the trance, you are focused on the information that is coming to you, from within, while sharing what you are receiving with me.

When I ask a question, your first impression is the one to go with.

To deliberately go into a trance and explore other lives and other worlds, you need to be deeply relaxed and focused inwards. Trying too hard doesn't work well... "trying" is the about the mind. Letting go and relaxing works much better.

When receiving information in the trance, some people wonder, "Is this real?" Even though it is quite natural to have such a thought, it can interfere with the process. If such thoughts arise while you are in the trance, please tell yourself to let them go. You can decide later what is real or not. After the session, you have more information and more time to really consider your experience. During the regression, the more you trust, the more you relax and go with whatever is arising, the easier you will find it unfolds.

I always suggest you approach a regression with no expectations apart from knowing that you will get what you need.

You don't know how it will play out because every person is different. The information can download in unexpected ways, not just images. Just know it will come by staying open and curious.

You may have read books or watched videos and just know, everyone's experience is different. The universal energies and planetary consciousness is changing. As we expand, our understanding of the Earth system and universe also expands. We are able to receive and integrate information that was not previously available to humans. Thus, your experience may be quite different to those reported by others. All I ask is that you be open to whatever is given to you.

****Don't assume that because it's not unfolding the way it does in the books that you're doing it wrong or it's not working****

You need to know that you are in good hands when you go into a trance. I am experienced, confident and able to deal with any situation that arises. You and I are supported by your guides and my guides, as well as higher level beings who support this work.

By undertaking a regression, you are helping the planetary consciousness evolve. You help by changing and expanding your own consciousness. You gather more information, release any past energies that are holding you back and move forward with an increased ability to love and accept yourself and others. This adds to the positive energy that we are working to create on the planet.

Please feel free to email, call or text me if you have any questions or concerns.

In love and light,
Kristina