



TONI REILLY explores the use of Past Life Regression and its capabilities for self healing.

Self Healing with Regression

Exploring your past life, between life and earlier in current life memories, is not about dredging up the past. They hold profound knowledge and core experiences to improve current life and assist you to live your life to the fullest and most rewarding extent possible.

Experiencing past lives, earlier in current life or soul life memories can bring clarity around current behaviours, fears, phobias and patterns in relationships. It helps identify the source of these feelings and fears. Understanding an event, which created a fear, phobia, or a recurring dream, can remove the current symptoms and free you to live a happy, fulfilled life.

It is possible to relieve and heal physical symptoms which medicine has no explanation for or has not been able to cure. You may realise your self-worth, feel empowered through the process of understanding yourself and others as well as the circumstances you have endured in your life, or you may even embrace talents and traits which you have mastered in previous incarnations.

Residue from past life memories can create issues in our lives. You may have a fear of drowning because you drowned in a previous lifetime. You may experience claustrophobia or anxiety because you suffocated in an earlier life. You may carry weight because you were starved or were mistreated in a past life. Perhaps

you feel unable to speak in front of others now, because you have been ridiculed or persecuted for stating your beliefs. You may feel unnoticed, disempowered or victimised, and all these feelings and many other issues can originate from incidents that occurred in previous incarnations.

Another important aspect of regression is to understand why we chose our circumstances. Whether that is to drown, or to lose a child early, or why we have a self-centred, distant parent. Regression is a pathway to access your life plan. You will discover why you behave in a certain way and why you may possess challenging traits. You can be sure that events in your life will create opportunities to learn the particular lessons your soul chose this incarnation for.

It is far more effective in eliminating a symptom when a person remembers their situation, rather than being told about it by someone else. Catharsis, or reviewing the memory at the core event, is where miraculous healing is accessed.

You are taking responsibility for yourself and your life by seeking regression, as it opens up a pathway to answer who you really are and why you are here. Whether you experience a past life memory, visit between lives or have a spiritual experience, you can be sure you are in fact communicating with your soul, the eternal, pure part of you that knows everything about your past, present and future.

Toni Reilly is an internationally recognised Past Life facilitator and professional trainer. After training with Dr. Brian Weiss she devised her own unique techniques. As the founder of Toni Reilly Institute she developed the Diploma of SoulLife™ Psychology, a professional qualification for intuitive holistic practitioners. www.tonireillyinstitute.com | www.tonireilly.com.au | info@tonireilly.com.au | + 61 0413 088 970

