

# Regression

**Description:** a girl (27 years old) came with a question about her boyfriend, that they were having a difficult time communicating. She is also worried about the situation with her parents, that they are on the verge of divorce and that this may affect her future. She noticed that the relationship between her parents is very similar to her relationship with a young man.

**The main request:** 1) What to do with your current relationships, are they karmic? 2) How can I help my parents? 3) Everything is confused in life, what to do?

## **Session:**

- The purpose of this session is to find important past lives where there is a resource that will help you untangle yourself, be able to make the right decision about your relationship, and harmonize your inner state.

...And now you're moving gently and smoothly into a tunnel with doors. This is your memory space. You completely move into this space with all your sensations and feelings. Being in a state of peace and harmony, you are already here. Look, what do you see? Do you see the doors?

- yes.
- Which doors are these, big or small?
- Medium, black in color. One opened. There's a man with a gun.
- What kind of person?
- I only see the gun.
- Can you go in there, through that door? If it's difficult, you can stay and watch from the sidelines.
- Something is changing. The whole space is dark.
- Describe where you are now?
- That's strange. If there were any colors before, now all the doors have closed abruptly, only the door that I described remains open. The entire space is dark brown.
- Can you look at your feet?
- No, I'm lost.
- Relax, relax again... slowly and smoothly move to a place where you feel comfortable... Well... remember what kind of place it is where you feel so good.... Just remember with all your gut where you were comfortable....
- The cradle. There's a woman nearby. That was a long time ago. Either a tent or a booth. The campfire is nearby. It's like I'm a little kid.
- Do you see yourself from the inside or from the outside?
- From the outside.
- Let the events unfold further.
- The picture has changed. Now I'm back from the side, I see a door and two dogs. They're playing with each other. A poodle and a smooth-haired one.
- Why do you see dogs? Is it important to you?
- Probably because of the lightness and carefree attitude.
- It turns out that dogs are an image of an easy attitude to life? Will it help you remember past lives?
- yes.
- Take this image, absorb it. Let him help me remember even more. Remember that you can be anywhere you feel comfortable to get on the road. You can be among those dogs, you can move back into the tunnel with the doors. Just let your memories open up even more.

- That's it, I see. It's behind the doors. There's a gym there. A hall with a banquet table. A lot of people. A tablecloth was laid. They were waiting for someone's feast. I can't figure out whose. There's a table of plenty: food, candles, a bunch of everything. It's hard for me to breathe.
- Relax, it's okay. Watch from the side. What happens next?
- A girl comes in. Sophisticated, with a good figure, wearing a hat. Statuesque. And he looks down on everything.
- At whom, at the guests? Is she the owner?
- yes.
- Why did you pay attention to this girl?
- She doesn't know what she wants. She's kind of bossy, but on the other hand, she's fragile.
- Who are you to this girl?
- This is the most difficult part.
- Look into her eyes.
- I can't do this." She covers her face.
- Look carefully again, who is she?
- Maybe it's me. Yes.
- OK. What happens next?
- She greets the guests. The carriage arrives. Dancing, celebration.
- Why do you see this situation? Is there something so special or emotional about this memory? What's so important going on at the feast right now?
- Some man came. Handsome. She went out onto the balcony. He came, the door was opened for him, but he does not go inside. He doesn't see her.
- Is this man an acquaintance of hers, a relative?
- Not a relative. Not younger than her.
- How old do he and she look?
- She's 30, he's 35. She's waiting.
- Waiting for what?
- She's worried. I'm shaking all over. I can not.
- Why is this event so exciting for you? What was supposed to be?
- Some dazed fool ran into the house, wearing a cloak with a staff. I ran upstairs and then downstairs. He wanted to stun the crowd.
- Is this event so important for the soul?
- no. It's just crazy. He had no effect. I just remember how the girl was distracted from her excitement by this buffoon.
- Why are you worried? Is this a situation of choice? Take a break and tell me, what time is it outside? What century?
- 15.
- The girl is standing on the balcony, what's next?
- I'm worried. I'm waiting. The guests are separate, she is separate. Night. She's on the balcony. She wants to be alone. She went out, went downstairs, looked around so that no one was following her.
- Where is she going?
- Into the carriage.
- To that man?
- yes. He was waiting for her. They're in the carriage together.
- Where did they go late at night? Why is this so important now?
- She has a puzzled face. The state of such uncertainty.

- Who is he?
- He came to pick her up. The carriage overturned.
- What happened, why?
- He lost control. On the bridge. The carriage overturned. He saw it and ran away.
- Did he leave her and run away? Is she alive?
- She's dead. I hit my temple. He ran away.
- Does she realize she's already dead?
- yes.
- Can she give you information about where she was going and for what purpose? Has her body been found?
- There are a lot of people around. She thought they wanted to poison her or kill her at the feast. She got into the carriage, thinking that she was being rescued.. And in the end, death... (The girl cries).
- Why, why did she think that?" Were you jealous of her wealth?
- Yes, envy. A high circle. She feels lonely for some reason. She achieved status in her youth and beauty.
- Were there any relatives, parents or a man who could support her?
- She's left alone, she doesn't have a man.
- Immerse yourself in the space of the same past life, before this situation, where the reason for the girl's loneliness will be clear. Watch, feel, watch... What kind of man?
- A loved one said that it was time to break up. She accepted it, without scandal.
- Look at the reason for this situation, why did you break up?
- She saw him with another one. With another.
- How close was he? Does she love him?
- yes. But he doesn't have it.
- How did it happen that...
- He met another one. Changed it and that's it...
- Describe in detail the relationship with that man. Why is this so important now?
- She took everything in cold blood. This man gave her a status and therefore she accepted it.
- Did she manage to accept it inside herself? Does this affect further emotions?
- yes. I see her being buried.
- Are those people burying on the bridge?
- no. They told her ex-husband that she was dead. He was upset. But he organized and paid for the funeral.
- Observe the behavior of the soul at the funeral. Do I need to watch the movement after death?
- I don't know.
- Tell me, did that girl have parents?
- They don't show it. She doesn't think about them. She doesn't have any.
- Go deeper. What was so special about her childhood? What was the most significant event in childhood?
- She didn't have enough love. She was on her own. She had brothers and sisters to take care of.
- Please explain why she had to take care, and where are her parents?
- Mom's gone." When I was a kid, Dad was. Can't.
- Describe the inner state of that girl. What does he do?
- She's the boss. I was trying to earn my bread.
- How old is she now?
- 7. And the brothers are 2 years old. Small.

- Try to feel the condition of that little girl, how similar is it to your current condition?
- It looks like it." She went to school.
- Why is this so important to you now?
- She always wanted to be strong, well-formed, before her parent left. She was heading for it.
- I get it. Now describe how she met her future husband.
- It's so funny. At the bazaar! She's not poor anymore! I've saved up something.
- Very interesting. And what did she do to save up money?
- She's got an inheritance. She could afford not to work. It's from relatives, but not parents.
- Describe the moment of meeting your loved one. It's so important. And describe how they looked in front of each other. After all, you were brought together to create a family. Describe it in detail.
- She's wearing a hat, a full dress, and she's hanging out at the bazaar. Young. He's in a dark black suit, hat, tall, walking past her. They liked each other right away. They got married almost immediately. There were no children.
- If they got married right away, why did he switch his attention to another one?
- There wasn't enough lightness in the girl. She was serious. A man is not interested in this.
- You said about lightness, this is not the first time. Do you really miss her now? Is there another moment that needs to be reviewed in that life?
- I understood everything. It hurts. I can't imagine being a man and doing that.
- Immerse yourself in a space where you can take a resource from this life. The most important thing was to understand, accept, or see. Absorb it into yourself. Just by remembering, you are already releasing your emotions. You've already remembered part of your request. See what else can help us?
- I see something else. New. A room. A cabin on a ship. I can't go in.
- Describe everything in detail. The door slammed shut.
- Who are you? Look at your feet? At the reflection in the mirror?
- I'm the cabin boy.
- How long have you been on the ship?
- A month, two months.
- Where are you going?
- We're traveling.
- Are there many people on the ship?
- The ship is very scary. Black. With a sail made of bones. It's a pirate ship. The ship capsized. They had fun on it. There was a drink. A strong storm. The water overwhelmed. A lot of water. Everyone was fucked up.
- Is the ship sinking?" What about the people?
- He's drowning." There was a moment when the cabin boy washed ashore. Inaccurate images, vague. The cabin boy seems to have survived. A state of unconsciousness. Dizziness.
- Where is he now?" He's on land, where is it? Describe this cabin boy.
- I have a state of unconsciousness. He lost consciousness. I don't remember anything, he's dead or alive. It's an island.
- What happens next?
- He can't wake up. I don't understand, I'm between heaven and earth.
- Look at him from the side, without focusing attention. What can bring him to his senses? Can he get medical help?
- I can't.
- Why did he go into that cabin?" Does he remember that?

- yes! The captain's negotiations were there. They decided where to sail and what to steal. Yoongi was curious, and he was secretly eavesdropping.
- Did the ship capsize accidentally?" Or was the ship deliberately sunk in that cabin?
- By accident. Storm. It's a merchant ship, but with pirates. The cabin boy was there against his will. He was picked up at the dock. They saw the boy. He's a street kid.
- Was he hired as a laborer on the ship?
- yes. They have been swimming for 2 months.
- Why was he taken? What did his parents think about it, explain again, I did not understand?
- He was smart. They don't know about it. They probably don't exist. They saw a good future for him on the ship, these pirates. And the parents, I don't know. There are none.
- I see. He was an assistant on the ship. How old was he when he was taken on the ship? Does he regret leaving the pier? Where are his parents?
- 10 years old. I don't see my parents. There are none.
- And how did he live, for what?
- At the orphanage. He didn't like it there, he didn't want to live there.
- OK. Let's go back to the moment when he was taken on the ship. The ship was caught in a storm. Where is the boy now?
- On the island." I'm losing consciousness.
- Is he alive?
- I don't know. Trees. I'm trying to understand. I can hear the parrots. The boy is alive. He looks at the stars.
- Describe his condition. What is he doing?
- He gathers his strength and begins to think about how to make a home for him. I couldn't do that. He accepted it all calmly.
- OK. Remember his condition. Look a little further, through space and time, what happens then? Was he able to settle in? Did you find a way out? Where is he?
- I see different animals. Insects. Alive. They're moving. Everything is very close to me. I can see it from the inside. It's probably a boy's life. The spiders.
- Where is this island, are there any people there?
- He hasn't met anyone. He's been there for a couple of days.
- OK. Explore this event even deeper as a knowledge hole. What happens to him even further? Move even further, to some important moment in this boy's life, so that it is clear what happened to him after a while.
- Strange pictures. A man is flying in a helicopter. He explores the surface of the earth. Then he abruptly climbs the mountain in the company of other people. They stood up and looked around the space. It gave them a great boost of energy.
- It turns out that the boy has grown up to the one who climbed the mountain? Or are they different characters?
- The one who flew and who climbed the mountain is alone. He's a researcher. I don't know about the boy.
- OK. Why was he interested in research?
- He was exploring new points, he could easily move in space.
- How old is he?" Describe him.
- About 40. His life is quite passionate about traveling. It's his passion. Water, air. That was all he lived for. And he could not understand the reason for this passion. It was his everything. He wouldn't trade the vastness of these mountains for anything in his life. It was an incredible pleasure.
- Does he have a wife?

- no. He didn't want to get used to anyone. It seemed to him that if he went to the mountains, he might not come back. It's like a one-way trip. He didn't want to be expected.
- Where did he get such thoughts? Did he love anyone?
- He did not allow himself to love. In order not to suffer anymore.
- What was the most important emotion in his life?
- He believed that the love of mountains and nature could not be compared with anything. He had a relationship. But they were heavy. There was a scandal that the mountains are more valuable than the girl herself. The girl reproached him for trading her. And he was freedom-loving. And he went to the mountains for a month. He always had a balance: love or freedom?
- Why did the relationship end like that?
- The women couldn't take it anymore. They were leaving.
- Can we move into some initial event that preceded the constant choice between a partner and nature?
- He's here and there. The job is not permanent. He wasn't ashamed of it. He wasn't looking for a career. He provides for himself in order to go to the mountains.
- Was there any influence of his parents on his life?
- Everything was fine in childhood. My parents have grown old. The time has come.
- Did they die when he was a baby?
- It looks like it.
- Did he live in an orphanage afterwards?
- What do you mean?
- Did the boy who survived the shipwreck on the island grow up to be a man traveling in the mountains? That boy lived in an orphanage. And this man?
- no. It seems to be different. The man was overcooled. It was as if he was waiting for this death all alone, looking for it. He knew that even if the helicopter crashed, he would survive in the mountains. But the time came, and he froze in the mountains, his heart.
- Describe how it happened?
- A man is not a cabin boy. He's different. But he was lonely, too, and as if he were far from the world. He went to the mountains, sat there, even built a hut. Winter. Snow. Hypothermia. He's alone. No one could help.
- Do I need to continue watching something? Any important events from that traveler's life?
- no.
- OK. Try to return to the tunnel where the doors to your memories are kept. There's a place of healing ahead. You're walking through a tunnel. Look at the doors.
- They are white and closed.
- OK. Go ahead, into the space of healing. Remember that you entered these doors in order to take the resource you need to harmonize your relationship with your parents and loved one. Can you enter the healing space?
- Yes, I'm there.
- Can I ask you a question about where your healing resource is located?
- I hear the answer – inside!
- We ask the Mentor, guides to come to the rescue and give you signs or hints on how to open this resource?
- They give me a flashlight. I'm looking for a resource. I'm in a cave. I came in for the sake of interest.
- Who are you?
- I don't know. I am human. I'm holding a flashlight. I went out and saw an incredibly beautiful waterfall. Lots of green trees. Freshness.

- Does it look like a mine, a gorge?
- It's not a mountain for sure. It's like a tunnel.
- Where are you going, what are you looking for?
- I'm enjoying it.
- Go to the waterfall, look at your reflection.
- I can't see the face.
- I ask you to move a little earlier, before you entered the tunnel. How did you get there?
- This is a resource.
- Absorb it into yourself. This freshness, this beauty. If there is a need to return to the space of healing, you can imagine how a cloud descends behind you and carries you there, to a Mentor.
- I'm in the tunnel where the doors are. The cabin boy's door, the traveler's and the aristocrat's door are closed, I can't open it. All the doors slammed shut.
- Do I still need to watch any past lives for this query?
- no.
- Are there many doors at all?
- 7-9.
- And the door with the gun, remember, it's closed?
- It's closed. My hands are heavy now.
- OK. Get out of this corridor. This is a space of knowledge and truth. Gold color, maybe white or other. This is the place where all your questions are answered. Go there again.
- It's not that easy for me to get in there.
- What's stopping you?
- Gray tones. These are clouds.
- Turn around, look from the other side: What is this place?
- I see gray and clouds.
- What kind of cloud is that?
- This is the burden that was in those lives.
- What do you want to do with this cargo? Dissolve it, let it transform gradually. It can come out through drops or ether. May space help transform the emotions of these past lives and clear the cloud of its burden.
- I'm covered in waves. The cloud was blown away.
- Are you free from the cloud?
- It's lighter. The fog remained.
- what is it?
- The consequence of the clouds leaving.
- What should I do to completely clear the space?
- That's it, it's all gone. I'm in a train carriage. He rushes me forward.
- Can I ask your Mentor to come down to the train, to your carriage, to ask him questions? He entered the carriage. I wanted to hug him.
- Why did he show you those particular lives? What was the most important lesson in every life?
- They have one thing in common: everyone felt carefree and everyone knew the importance of themselves.
- If you look at your current life, can you be described as carefree and self-aware? Or do you have other tasks?
- That's exactly what I miss.
- Is this the main resource at the moment?

- yes.
- Can I ask my Mentor to give you this resource?
- yes. In the form of internal energy.
- Can you take it in?
- I can.
- Try it. Soak it up.
- It's warm in the area of the heart. It's easier for me.
- Okay, continue to absorb this energy further. There is another question: why do you have such promiscuity with your personal life? What was the original purpose of the soul about this question? What can you understand from what you've seen in your past lives?
- What happened is all the lessons. In order to relive the experience. This experience will help not to destroy the current relationship.
- Is it possible to say that the man who is with you now is karmic?
- Doubtful.
- OK. Together with your Mentor, clear the space inside your soul for your relationship. Their real relationship. What is it?
- I could do it. It's all good.
- OK. There is another question. About your parents. Based on what you've seen and learned, can you do something for your family that will help preserve it?
- 2 options. Talk to Mom so she doesn't leave. Or the second, the birth of a child.
- Are these options the same in the structure of events? Will your parents and you be happy in each of the options?
- With option 1, it depends on the mother's desire to work out the grievances. With option 2, everyone will be happy. They will switch their attention and forget their grievances.
- Is it possible to understand that those heroes from past lives, those heroes whom you loved, they are somewhere around you? Are there people from those past lives now in the current reality?
- There are none. No one. There is no karmic.
- Is there a soul you loved in another dimension?
- I don't see it.
- Is it possible to heal the emotions of the characters we watched, the boy's parents, the aristocrat's husband, etc.?
- There is no information.
- Is there anything else that needs to be done?
- No, I don't need anything else.
- OK. Thank your Mentor, accept all the knowledge and energy. Imagine how the train stops and the Mentor gets out. And then you followed. You see the stairs. This ladder is a return to the current body. You slowly approach the stairs and begin to descend....
- On the count of 10, you'll be completely here...
- 10.....1... Welcome back.

**The result:** the girl felt great relief after watching past lives. Considering that she is a Reiki Master, it was easy and comfortable for her. The body was light, the doubts about the choice of the path softened. It was one of my easiest sessions.

**Life changes:** the girl was impressed for a long time. She called, wrote, and shared her joy in life. In general, life began to play with new colors. The relationship with the man has softened and improved.