



The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

Past Life Regression

Have you ever wondered how you have lived in past lives and the impact it is having on the present?

PLR is a therapeutic process that uses your unconscious mind to trigger memories of past lives and lives between lives. The client is able to safely go to the heart of past memories, connecting with events, significant relationships and possibly sources of physical ailments that are the root of repeated psychological and emotional patterns in this life so that the client may be assisted in gaining wisdom as well as repairing and releasing trapped or repressed energy of the past so that it may be transformed easily and effortlessly into healing energy for the soul.

Connecting with the true essence of your soul is putting all the pieces. From this process the soul can identify lessons learned at a conscious level and find compassion and forgiveness for self and others. Travel to past lives is always purposeful and meaningful within a safe protected environment.

Past Life Regression may be combined with a Soul Genesis Reading and this is encouraged as the information that comes up relates to your soul journey and the two therapies are complimentary.



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