



Past Life Regression  
Spiritual Healing

Exploring the Unseen Threads of Your  
Soul.

# **An Introduction to Past Life Regression Spiritual Healing.**

## **Welcome to a Journey of Spiritual Discovery**

Thank you for your interest in Past Life Regression Spiritual Healing (PLRSH). This deeply spiritual experience offers profound insights and healing. This guide will introduce you to the transformative and limitless power of PLRSH, its spiritual aspects, and how it can help you unlock a deeper understanding of your soul's journey.

## **What is Past Life Regression Spiritual Healing?**

Past Life Regression Spiritual Healing is a profoundly transformative technique that allows you to journey beyond the present and reconnect with your soul's memories. This experience can offer much more than remembering who you once were—it can provide a rare opportunity to access deep healing in the spiritual realm.

As you explore these past lives, your Higher Self, often assisted by your spirit guides, gently leads you to uncover the hidden roots of emotional patterns, unresolved traumas, or even physical ailments that may be influencing your current life.

In this sacred space, healing occurs not only through understanding past life experiences but also on an energetic level, where spiritual guidance can offer profound insights, clearing blockages and restoring your soul's harmony.

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For those seeking clarity, emotional release, or a deeper sense of peace, this healing journey can reach far beyond the surface, awakening you to the boundless wisdom within and offering a path to true transformation.

## **What Can You Experience In a Session?**

A Past Life Regression Spiritual Healing session is a deeply personal and intuitive process and everyone's experience is unique to them. Here's what you can experience:

- A Safe and Supportive Space.

The sessions are conducted via Zoom, offering you a profound and transformative experience from the comfort of your own home. You can feel comfortable and supported throughout the process in this calm, safe energy.

- Guided by Your Higher Self.

The session is led by your Higher Self, ensuring that you experience exactly what you need for healing and understanding at that moment. While I facilitate the session, the higher self is always in control, showing you what is most relevant for your soul's growth.

- Energetic and Spiritual Healing.

In addition to exploring past life memories, a large part of the healing may take place on an energetic level, where your Higher Self and spirit guides work to clear away blockages and bring you into greater alignment with your true self.

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- A Journey Tailored to You.

Every session is unique, and while it follows a general structure, it is always intuitively guided by your Higher Self and my experience. This ensures that the process is deeply personalised and resonates with your soul's needs.

## **The Spiritual Aspects of Past Life Regression**

The beauty of Past Life Regression lies in its ability to connect you with the deeper, spiritual layers of your existence. As an eternal soul, you have lived many lives, each carrying its own lessons, challenges, and experiences. Your higher self holds all the answers to the questions you've been seeking—whether about your purpose, relationships, or even health issues.

During the session, the higher self may reveal the reason your soul chose certain experiences or challenges in this lifetime, and how they are connected to your spiritual growth. Lessons that have been learned, and those still unfolding, may become clearer as the higher self provides guidance and healing.

Spirit guides—loving, wise beings who have been with you across many lifetimes—often assist in the process, lending their insight and energy to support your healing. Their presence can offer comfort and illuminate your soul's journey, helping you integrate important lessons.

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Additionally, it is not uncommon for loved ones in spirit to come through with messages of love, closure, or reassurance, providing emotional release and helping you reconnect with the eternal bonds you share.

## **What Can Past Life Regression Help With?**

Past Life Regression offers a wide array of benefits, both spiritual and practical. Some of the most common areas it can help with include:

- **Resolving Unexplained Phobias.**

By uncovering past life traumas, you can address and release fears and phobias that may seem irrational but are deeply rooted in your soul's past experiences.

- **Understanding Relationships.**

Many of our relationships are influenced by past life connections. Past Life Regression can bring clarity to recurring dynamics, offering opportunities for healing, forgiveness, or growth in these relationships.

- **Healing Physical Ailments.**

Some physical conditions may have an energetic or karmic origin from past lives. Exploring these roots can offer relief and healing.

- **Discovering Life Purpose and Talents.**

Talents, skills, and passions from past lifetimes often carry over into your current life. Past Life Regression can reveal these gifts, helping you align more fully with your purpose and unlock your potential.

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- **Receiving Spiritual Guidance.**

During the session, your Higher self may offer profound spiritual guidance and advice, helping you navigate your current life with greater clarity and confidence.

- **Releasing Emotional Baggage.**

Traumatic memories from past lives can affect your emotional well-being today. Through Past Life Regression, these traumas can be processed and released, leading to deep emotional healing and transformation.

## FAQ

- **How many past lives will I have?**

A soul may have experienced any number of lives, and the time between these lives may vary considerably. Your Higher Self will decide which past life/lives are appropriate for you to experience at the time.

- **What can Past Life Regression Spiritual Healing achieve?**

Healing the past can heal the present and future. By accessing our past lives, we can see patterns beyond the present. Understanding their source and letting go, enables us to move beyond what is blocking us in our present life. PLRSH can help release chronic pain or illness, deal with anxiety and sadness, give a sense of life's purpose, a greater perspective of who you are and who you could be, and your relationships and connections with people in your life. It can help find your true self.



- **What if nothing happens or I can't recall a past life?**

You will enjoy the benefit of deep relaxation even if, subconsciously, you are not ready to recall your past life memories at this time. Your Higher Self knows best if this is the right time for you to access those memories. There is a deep learning in every experience. If no past life memory comes through we will explore the reasons and what needs to be understood/learnt first before further growth is appropriate.

- **What kind of information comes through, and how?**

Some people experience life as if watching a film; others sense they are there and immersed but not seeing anything but having a deep feeling of knowing; others feel as if they are there and living the experience, seeing, hearing, able to speak, hear, see, smell, taste, touch and feel at all times. There is no right or wrong. Everyone's experience is just right for them.

- **What happens if I go through my death in a past life?**

I will guide you safely through the experience to the life between lives.

- **I am just curious. Will it still work?**

Absolutely. Even if you are not seeking answers to a specific issue in your current life but are curious and open to experiencing past life, you can definitely benefit from revisiting past life. This can be a wonderful experience for yourself or a loved one to expand awareness and consciousness.

- **Where are you based?**

My practice is based in Pinner, Greater London. However, all therapy sessions are conducted via Zoom. The main benefit of Zoom work is saving time, money and travel stress for my clients.

- **How does it work on Zoom?**

The session works precisely the same way, and it is actually more effective, as it allows you to relax quickly in your own environment. As it is an eyes-closed process in a state of deep relaxation, all you need is to hear me and for me to see you. There is no need to be physically in the same space as I work with my voice, and my voice will guide you through the process. I'm experienced in delivering online therapy and as a therapist, my priority is your safety and well-being, and we put a few elements in place before your session to ensure you can enjoy the process with ease.

- **How can I book a session with you?**

The first step is to [book a free consultation](#). This can be a phone or Zoom consultation. During the consultation, we will discuss the reason for seeking Past life regression and what you hope to achieve from it, and then we will book your session.

## **Is Past Life Regression Spiritual Healing Right for You?**

If you feel drawn to understand your soul's journey, or you're looking for clarity on unresolved issues, health concerns, or relationship patterns, PLRSH may offer the answers you seek.



It provides a sacred space to explore your past lives, receive healing, and gain guidance directly from your higher self and spiritual guides.

### **About Me:**

My name is Maggie Greenfield, and I am a multimodality therapist, regressionist, psychic intuitive, Soul Coaching Oracle Card Reader and ThetaHealing practitioner.

I dedicated my work to mastering past life regression and spiritual healing. Over time, my approach to Past Life Regression evolved and deepened into what I now call Past Life Regression Spiritual Healing. This practice goes beyond revisiting past lives—it involves working with the Higher Self and spirit realms to access a much broader and richer source of wisdom and healing. Every session is unique, and the healing often goes beyond what the mind can comprehend or what any textbook could predict.

**Are you ready to explore the wisdom of your soul and unlock the secrets of your past lives?**

**Book your free consultation** today to learn more about how Past Life Regression can guide your spiritual and personal growth.

Click **[here to schedule](#)** your Free Consultation.

I look forward to supporting you on this beautiful journey of self-discovery and healing.

With love and light,



*Maggie Greenfield*

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