

## Examining the healing mechanisms and benefits of past life regression therapy and subconscious energy healing therapy

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### Abstract

Past Life Regression Therapy (PLRT) is a holistic therapeutic approach that seeks to uncover and heal unresolved issues from an individual's past lives, which may be influencing their current life experiences. Rooted in the belief of reincarnation, PLRT utilizes hypnosis or guided meditation to access memories from previous lifetimes. This therapeutic method has gained attention for its potential to address a wide range of psychological and psychosomatic conditions that traditional therapies might not fully resolve. The healing benefits of PLRT are multifaceted. By exploring past life memories, individuals can gain profound insights into the root causes of their present fears, phobias, chronic pain, and emotional challenges. Understanding these origins often leads to significant emotional release and a sense of resolution, allowing for the alleviation of long-standing issues. PLRT also promotes self-awareness and personal growth by helping individuals recognize recurring patterns in relationships, behaviours, and life choices, thereby empowering them to make more conscious decisions in the present. Moreover, PLRT can enhance spiritual development by fostering a deeper understanding of the soul's journey and purpose. Many individuals report a sense of peace and connectedness after sessions, as they reconcile with past life events and learn life lessons. The therapy encourages forgiveness and healing, not just of oneself, but also in relationships with others, as it often reveals deep-seated connections that transcend time. While empirical evidence on PLRT remains limited, anecdotal reports and preliminary studies suggest its effectiveness in providing psychological relief and promoting holistic well-being. As interest in integrative and alternative therapies grows, PLRT offers a unique avenue for healing that bridges the gap between the physical, emotional, and spiritual dimensions of health, making it a valuable complementary approach in modern psychotherapy.

**Keywords:** Subconscious Exploration; Karmic Healing; Emotional Release; Soul Memory Access; Holistic Transformation; Energy Cleansing, Spiritual Growth; Inner Peace

### 1. Introduction

Past Life Regression Therapy (PLRT) is a transformative healing technique that involves exploring an individual's past lives through guided visualization. By accessing subconscious memories stored in the soul's journey, the therapy enables individuals to uncover unresolved emotions, karmic connections, and patterns influencing their current life. This process fosters self-awareness and provides clarity for emotional, physical, and spiritual healing.

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This therapeutic approach is rooted in the belief that the soul carries memories from previous lifetimes, which can manifest as unresolved emotions, karmic connections, or recurring patterns influencing an individual's current life experiences. The process of PLRT typically involves a trained therapist guiding the individual into a deeply relaxed, trance-like state, often achieved through hypnosis. In this state, the individual is able to access the subconscious mind, which is believed to hold memories of past lives. The therapist helps the individual navigate these memories, bringing to the surface any significant events or experiences that may be impacting their present life.

One of the primary benefits of PLRT is the promotion of self-awareness. By uncovering hidden emotions or past traumas, individuals gain a deeper understanding of their current behavioural patterns, fears, and emotional responses. For instance, a person who has an unexplained fear of water might discover through PLRT that they experienced a traumatic drowning in a past life. This revelation can provide clarity and facilitate healing by addressing the root cause of the fear.

In addition to emotional healing, PLRT can also contribute to physical well-being. Some practitioners believe that physical ailments or chronic pain in the present life may have origins in past life experiences. By identifying and resolving these past issues, individuals may experience relief from physical symptoms. Furthermore, PLRT can enhance spiritual growth by helping individuals connect with their higher self and understand their soul's journey across lifetimes.

Karmic connections are another significant aspect of PLRT. The therapy can reveal patterns of relationships that span multiple lifetimes, offering insights into current interpersonal dynamics. Understanding these karmic ties can empower individuals to resolve conflicts, forgive past grievances, and foster healthier relationships in the present. Overall, PLRT offers a holistic approach to healing, addressing the emotional, physical, and spiritual dimensions of an individual's well-being. By tapping into the subconscious mind and exploring past lives, individuals can unlock profound insights, release unresolved emotions, and embark on a path of self-discovery and healing. As more people seek alternative therapies for personal growth and healing, PLRT continues to gain recognition as a valuable tool for accessing deeper levels of consciousness and achieving a balanced, harmonious life. PLRT has been explored in various contexts, highlighting its potential benefits and the integration of complementary therapeutic techniques.

(1) Bhatt et al. (2025) discussed the use of soul mandala therapy for managing aggression and behavioral challenges in children, which aligns with the holistic approach of PLRT in addressing emotional and behavioral issues. The integration of art therapy in PLRT sessions can deepen the therapeutic process by allowing clients to visually express and process their past life experiences. Color psychology, another complementary approach, has been examined by

(2) Puri et al. (2024) in the context of interior design, showing how subconscious energy healing therapy (SEHT) can transform spaces to promote healing and well-being. This understanding can be applied to the PLRT environment, creating a therapeutic space that facilitates deeper regression and healing.

(3) Girdhar and Bhatt (2024) presented a case study on using integrative psycho-spiritual techniques, including SEHT, to address adolescent emotional distress and self-harming behavior. This demonstrates the efficacy of combining PLRT with other subconscious healing methods to tackle complex emotional issues, making the therapy more comprehensive and effective. In their research on narcissistic patterns, (4) Puri and Bhatt et al. (2024) developed and standardized the Narcissistic Personality Pattern Test (NPPT), which can be utilized in PLRT to identify and address deep-seated narcissistic traits rooted in past life experiences. This helps clients understand and heal their current life personality challenges.

(5) Banerjee et al. (2024) explored the role of SEHT in relationship counseling, highlighting the potential of PLRT in enhancing relationship outcomes by uncovering and resolving past life dynamics affecting present relationships. Additionally, the use of hypnotherapy in infertility treatment (6) (Puri et al., 2023) shows how PLRT can be applied in specialized areas of mental health and well-being. The integration of advanced technologies like Virtual Reality (VR) and Artificial Intelligence (AI) in autism therapy, as explored by (7) Bhatt et al. (2024), opens new avenues for incorporating technology into PLRT sessions. This can enhance the visualization process, making past life experiences more vivid and accessible for clients. Lastly, the exploration of AI in psychology and astrology (8) (Banerjee et al., 2024) suggests a potential for PLRT to benefit from AI-driven insights, providing more tailored and effective therapeutic interventions.

## 2. Methodology

### 2.1. Client's Regression Session

#### 2.1.1. Scene 1: Village Life (Gujarat/Rajasthan, 1922)

In this scene, the client finds themselves in a simple, rural setting, identifying as a middle-aged man dressed in old, traditional clothing, working as a charwaha (cow herder). The pastoral life is peaceful, marked by the presence of a woman who appears to be the client's wife, adorned in traditional attire, including haathi daant ki bangles. Their family comprises two children: an 11-year-old boy and a 6-7-year-old girl. The younger girl resembles the client's second daughter from their current lifetime. The client experiences a deep sense of happiness and contentment in this life, with no significant struggles or conflicts, highlighting a period of harmony and simplicity.

#### 2.1.2. Scene 2: Royal Connection (Rajasthan, 1900)

Transitioning to an earlier time, the client finds themselves in a setting reminiscent of a small fort with imposing gates and a haweli-like structure outside. They see a familial connection, identifying their grandmother's mother from the current lifetime as the wife of a Diwan (minister) in the royal court. In this scene, the client is an 18-20-year-old boy, dressed in a turban and traditional attire, indicative of his social standing. The grandmother's mother is adorned with kundal gold ankle jewelry, symbolizing her elevated status and influence in the royal court. This scene underscores a significant familial connection to royalty and affirms a sense of pride and belonging.

#### 2.1.3. Scene 3: Life as a Prince (Rajasthan, 1856)

The client's vision shifts further back to a life as a 25-year-old prince. They see themselves in royal attire, wearing a Marathi topi and carrying a talwar (sword), embodying a regal and authoritative presence. They engage in horse riding, experiencing feelings of confidence, attractiveness, and a hint of arrogance. This life is marked by their involvement in royal court meetings with other officials. Amidst this grandeur, a sant (saint) appears, offering counsel to the client, advising them to temper their aggression and seek inner peace. This encounter with the saint signifies a pivotal moment, reflecting the internal struggles of power and the need for spiritual balance.

#### 2.1.4. Scene 4: Horse Riding and Pursuit

In the final scene, the client finds themselves in a rapid horse chase, riding with intense purpose, pursuing an unidentified figure. As the scene abruptly fades, it leaves the client with a profound sense of peace. This moment of closure suggests a resolution of past conflicts and a transition towards tranquility, indicating a release of past burdens and a movement towards inner harmony.

### 2.2. Integration and Reflection

The therapist guided the client through a carefully structured process of integrating the peaceful and transformative experiences from their regression session. Each scene, whether it was the serene village life, the royal connections, or the princely existence, provided profound insights and emotional resonances that were crucial for the client's holistic healing journey. These past life narratives served as a mirror to the client's subconscious, reflecting deep-seated emotions, unresolved issues, and latent strengths that could be harnessed for personal growth. In the first scene, the client's experience as a charwaha (cow herder) in a simple village setting revealed a life of contentment and familial happiness.

The sense of peace and fulfillment from this life allowed the client to recognize the importance of simplicity and strong family bonds in their current life. This scene acted as a grounding force, reminding the client that happiness can be found in modesty and the everyday joys of life. The royal connection in the second scene, where the client identified with a family of high status, brought forward themes of dignity, respect, and legacy.

The sight of their grandmother's mother adorned in symbolic jewelry highlighted the importance of cultural heritage and familial pride. This recognition helped the client appreciate their lineage and the values passed down through generations, fostering a deeper sense of belonging and identity. In the third scene, the client's life as a prince offered a complex blend of power, pride, and inner conflict.

The princely image, coupled with the advice from a sant (saint) to temper aggression, illuminated the client's current struggles with control and emotional regulation. This scene was pivotal in helping the client understand the roots of their assertiveness and the need for balance between confidence and humility. The prince's journey of self-discovery

became a metaphor for the client's current path towards emotional maturity and self-mastery. The final scene of horse riding and pursuit, which faded into a peaceful resolution, symbolized the client's journey towards inner peace and the release of past tensions.

The act of chasing, followed by the disappearance of the scene, represented the client's subconscious effort to confront and let go of unresolved conflicts, leading to a state of tranquility. Throughout the integration process, the therapist facilitated the client's engagement with these scenes by encouraging reflective dialogue and mindfulness exercises. The client was guided to absorb the peace and lessons from these past life experiences, allowing these insights to permeate their present consciousness. This absorption acted as a healing balm, soothing the client's soul and body, and restoring a sense of balance and harmony.

The calming influence of these insights was instrumental in alleviating the client's inner turmoil and reducing stress. By confronting and integrating past life emotions, the client experienced a newfound sense of completeness and wholeness. The therapeutic journey helped the client reframe current life challenges in the context of their past experiences, offering a broader perspective and deeper understanding of their personal narrative.

Embracing these past life experiences empowered the client to recognize their inherent strengths and resilience. It provided them with the tools to navigate present difficulties with a renewed sense of purpose and clarity. The integration process thus laid a solid foundation for ongoing self-awareness, emotional well-being, and spiritual growth, enabling the client to move forward with confidence and inner peace.

### **2.3. Healing Benefits of Regression Therapy**

#### *2.3.1. Emotional Healing*

Regression therapy plays a pivotal role in emotional healing by allowing clients to release suppressed emotions tied to their past lives. Often, unresolved emotional experiences from previous lifetimes manifest as emotional disturbances in the present. By revisiting these past experiences, clients can acknowledge and process these emotions, leading to emotional release and healing. In the case of the client, the contentment experienced during their simpler village life provided a sense of joy and fulfillment, while confronting patterns of aggression and arrogance during their princely existence allowed them to address and heal these emotional imbalances. The process helps clients to reconcile with past traumas and fosters emotional resilience in their current life.

#### *2.3.2. Breaking Patterns*

One of the significant benefits of regression therapy is the identification and breaking of negative patterns. These patterns, often carried over from past lives, can manifest in present-day relationships and behaviors. By exploring past life connections, clients can identify karmic ties with family members and address unresolved relational dynamics. For example, understanding the karmic link with a family member who appeared in a different role in a past life can provide clarity and closure, allowing the client to break free from repetitive cycles and foster healthier relationships in their current life.

#### *2.3.3. Physical Healing*

Regression therapy also contributes to physical healing by alleviating subconscious stress that may be stored in the body. Unresolved emotional tensions from past lives can manifest as physical symptoms or chronic stress in the present. By accessing and resolving these underlying issues, clients often experience a profound sense of relaxation and physical relief. This release of stress not only enhances overall well-being but also promotes the body's natural healing processes, leading to improved physical health and vitality.

#### *2.3.4. Spiritual Growth*

Spiritual growth is a cornerstone of regression therapy. Through the insights gained from past life experiences, clients connect with their inner wisdom and higher self. The advice from a saint or spiritual figure encountered during a regression session can serve as a guiding light for personal development. In the client's case, the saint's advice to calm down and control aggression provided a valuable lesson in emotional regulation and mindfulness. This connection with inner wisdom fosters spiritual growth, helping clients to navigate their current life with greater clarity and purpose.

#### *2.3.5. Karmic Resolution*

Regression therapy facilitates the resolution of karmic debts and attachments by providing insights into familial and relational connections across lifetimes. By understanding the roles and relationships that have persisted through multiple lives, clients can resolve lingering attachments and emotional entanglements. This karmic resolution brings a sense of closure and peace, allowing clients to move forward unburdened by past life influences. The resolution of these karmic ties helps to create a clean slate for the client, fostering a more balanced and harmonious life.

#### *2.3.6. Integration of Peace*

The integration of peace is a critical aspect of the healing process in regression therapy. By absorbing the peace and tranquility experienced in past life scenes, clients can bring these feelings into their present life. This absorption facilitates emotional and mental calmness, providing a stable foundation for coping with present-day challenges. The peace gained from these past experiences serves as a reservoir of inner calm, enhancing the client's overall sense of well-being and promoting a more centered and balanced approach to life. This integration of peace supports ongoing emotional and spiritual health, allowing clients to live more fulfilling and harmonious lives.

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### **3. Recommendations for Effective Regression Therapy**

#### **3.1. Prepare the Client**

Before starting a regression therapy session, it is essential to prepare the client both mentally and emotionally.

- **Encourage Open-mindedness:** Help the client understand that regression therapy is a safe space for healing, and an open mind will allow them to receive the most profound insights. This can be achieved by explaining how regression therapy works and addressing any concerns they may have.
- **Relaxation Techniques:** Encourage the client to engage in deep breathing, progressive muscle relaxation, or guided meditation to calm the mind and body. This will help them reach a relaxed state where their subconscious mind is more accessible.
- **Clear Intentions for Healing:** Clearly define the goals of the session. What emotional or relational issues is the client hoping to address? Guide them in setting positive, intentional goals for healing. For example, if the client seeks to understand the root of a fear or trauma, encourage them to be open to uncovering the underlying causes.

#### **3.2. Post-Session Integration**

The effectiveness of regression therapy extends beyond the session itself. Afterward, the client needs to integrate the insights they gained during the regression into their daily life.

- **Journaling Experiences:** Encourage clients to write down any feelings, memories, or thoughts that surfaced during the session. This allows them to process and articulate emotions that may have been difficult to access before.
- **Reflect on Insights:** Help the client reflect on what they have learned and how they can apply it to their current life situations. This reflection can be part of a guided post-session process, where they think about specific scenarios or relationships that may need attention.
- **Affirmations and Meditations:** Provide the client with affirmations that align with the healing goals. These affirmations can support self-worth, trust, and healing. Meditation techniques designed to reinforce the new insights can also help with long-term emotional well-being and healing.

#### **3.3. Energy Cleansing Rituals**

During and after the regression session, energy cleansing rituals can help clear any residual negative emotions or attachments, promoting emotional balance and healing.

- **Cord-Cutting Exercises:** Many clients may carry energetic attachments to past experiences, people, or situations. Cord-cutting rituals help to release these connections. Guide the client through visualizing cutting energetic cords with individuals or situations that no longer serve them. This can facilitate emotional freedom and a sense of closure.

- **Light Visualizations:** Encourage the client to imagine a healing light surrounding them. Visualize this light entering their body and cleansing their energy field. This practice helps to restore balance and infuse positive energy, aiding the client in releasing negative emotions or trauma.
- **Infusing Positivity:** After cleansing, guide the client in visualizing their energy field being filled with love, peace, and positive energy. This may include visualizing their surroundings as bright and supportive or imagining themselves surrounded by a warm light.

### 3.4. Regular Follow-Up

Regression therapy is not a one-time event but rather an ongoing process. Regular follow-up sessions are important for deepening the healing process and exploring new layers of the subconscious.

- **Exploring Deeper Layers:** Each regression session may reveal deeper layers of the subconscious that need attention. Subsequent sessions provide an opportunity to explore these layers, uncovering additional insights and healing opportunities.
- **Supporting in Daily Life:** Help the client apply the insights from the session to real-life situations. Discuss how they can manage triggers or patterns in their current relationships or behaviours. This practical application ensures that the therapy does not remain isolated to the sessions but becomes part of the client's everyday experience.
- **Ongoing Guidance:** Offer emotional support and coaching between sessions if necessary. Encourage clients to reach out for guidance on applying the therapy's insights, and provide them with tools to maintain emotional balance, such as breathwork, journaling, or positive visualization.

By preparing the client, helping them integrate the experience, performing energy cleansing rituals, and maintaining regular follow-ups, regression therapy can offer profound, long-lasting healing. Each step ensures that the process is holistic, individualized, and supportive of the client's personal growth and emotional well-being.

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## 4. Conclusion

Past Life Regression Therapy is a profound tool for healing and transformation. By addressing unresolved issues from past lives, individuals can achieve emotional freedom, resolve karmic patterns, and embark on a journey of holistic well-being. In this session, the client gained clarity and healing through their vivid past-life memories and reconnected with a sense of inner peace. For deeper insight, personalized therapy sessions, and tailored recommendations, PLRT is an invaluable step toward achieving balance and harmony in life. Past Life Regression Therapy (PLRT) is a powerful therapeutic tool that delves into the subconscious mind to uncover unresolved issues or traumas from previous lifetimes.

This technique provides individuals with the opportunity to address emotional wounds, karmic patterns, and unresolved conflicts that may be influencing their present life experiences. By exploring past lives, PLRT allows clients to gain clarity on recurring emotional patterns, relationships, and challenges, facilitating profound healing and transformation. During a PLRT session, the client enters a deeply relaxed, hypnotic state, where they can access vivid memories of past lives.

These memories often emerge with striking detail, revealing significant events, relationships, or unresolved emotional issues that are carried forward into the present. By revisiting these past-life experiences, the client is able to understand the origins of their current fears, anxieties, or relationship dynamics, which may have been rooted in past-life experiences or and unresolved karmic connections.

The insights gained through PLRT can lead to emotional freedom by releasing the energetic ties and limiting beliefs formed in previous lifetimes. Clients may experience a sense of closure and peace as they address these long-standing issues, which allows them to move forward in their current life with renewed clarity and balance.

By resolving past-life traumas and karmic patterns, individuals can break free from cycles of negativity, enhancing their overall well-being and personal growth. PLRT is an invaluable tool for those seeking deeper self-understanding and healing. With personalized therapy sessions tailored to the client's unique experiences, PLRT can provide the support necessary for individuals to achieve harmony in their relationships, emotional health, and overall life purpose. As a transformative modality, PLRT offers a profound journey of self-discovery, healing, and spiritual awakening.

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## Compliance with ethical standards

### *Disclosure of conflict of interest*

No conflict of interest to be disclosed.

### *Statement of informed consent*

Informed consent was obtained from all individual participants included in the study.

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