

# Your Past Life Experiences Greatly Affect You!

## TAKE THIS SHORT QUIZ

1. Have You Felt You Knew Someone... The First Time You Met?
2. Do You Feel At Home In A Particular Country, Time Period Or Culture?
3. Do You Experience A Repetitive Pattern Or Fear In Your Relationships?
4. Are You Experiencing Chronic Health Or Weight Issues?
5. Do You Have Fears Or Phobias For Which You Have No Explanation?
6. Have You Had A Strong Attraction (Good or Bad) To A Total Stranger?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THEY MAY BE GLIMPSES OF YOUR OWN PAST LIVES!

## What Is Hypnosis?

Hypnosis is simply concentrated attention and relaxation in an altered state of awareness. All hypnosis is really **self-hypnosis**. Your Hypnotherapist acts only as your guide. In hypnosis you allow yourself to relax as much as **you** choose. It is simply learning how to completely relax using your imagination and creativity. It is a normal process of relaxation. You already go through at least light stages daily, the only difference is that while in that relaxing state, your Hypnotherapist can assist you in accessing answers you are looking for.

**Is it safe?** Yes, it is **safe** and **effective**. It is an enjoyable and rapid method to bring about the positive changes in your life that you desire. You are always in control when in a

hypnotic state. No one can alter your morals or ethics or induce you to reveal anything you would rather not disclose. You will come out of hypnosis easily. If you are left alone, you will either relax more or simply wake up. If you are tired, you may drift off to sleep for a few minutes, then awaken naturally. You are **never unconscious** or out of control during hypnosis. **Hypnotherapy** is simply a therapeutic process by which hypnosis is used to assist you to achieve your goals.

## Past Life Regression

The concept of past lives explains how or why we may bring forward with us special **traits** or **talents**, as well as unresolved **lessons**. The belief in reincarnation is thousands of years old and accepted in many parts of the world and by many indigenous peoples of the planet. Past life regression or therapy helps a person locate the source of these issues and detach from the emotional trauma or control it may have on their current life. It also assists a person in adding greater clarity and understanding as to how these past experiences may shape who they are, as well as explain strengths and life purpose. Each life is part of a continuing process of learning those lessons, as we carry our experiences from one lifetime to another to learn and balance life for both **knowledge** and **understanding**. Though a lesson may start out small, if not learned in the first lifetime in which it appears, it may become more problematic. We continue to face that lesson, life after life, until what has been put into motion has been completed and balanced.

Through past life regression you can also re-experience "Life Between Lives", what the Tibetans often call the "Bardo." By reliving this transitional place between lives you can gain insight on what was accomplished in a past

life, what lessons were not learned. Your energy force then sets into motion the circumstances for the next life from these unresolved issues. Sometimes agreements are made with groups of souls to work together, or for a particular person to come into your life at a given time to assist you with a lesson.

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**Professional Background:** When I first became a professional hypnotherapist in 1992, it was my lifelong fascination with past lives that originally triggered my decision to develop my practice. The concept of past lives is a logical, self-validating explanation for so many issues relating to relationships, talents and health problems, as well as deep unexplained feelings and connections to people and places.

Modern pioneers in the study of past lives, such as Dr. Ian Stevenson M.D., have catalogued hundreds of cases that strongly suggest we live life after life. Stevenson's most recent work makes an impressive case for birthmarks and other birth deformities as indicators of emotional residue or psychic memory from a past-life cause of death.



**Deborah Lindemann** is a board-certified clinical hypnotherapist in private practice for more than 18 years. She is a graduate of the L. & P. School of Professional Hypnotherapy in Garden Grove, California, and is trained in a wide variety of therapeutic modalities including Time Line Therapy, Behavior Modification, Smoking Cessation, Pain/Stress Management and Past Life Therapy. She has authored numerous articles on the benefits of hypnosis.

*"Your Mind can travel beyond space and time. You are a spiritual being, having human experiences. We hear of mystical events including Out of Body and Near Death Experiences (OBE's & NDE's), Past Life memories, encounters with angels, future life premonitions and even contact with those who have crossed-over. In reality this is only a glimpse of who you really are and what you are capable of experiencing!"*

### **Other Spiritual Hypnotherapy...**

**Life After Death:** What is life like in the spirit world, between lives? Who is part of your soul group? What is this lifetime's purpose? Do you ever feel a deep longing you can't explain?

**Future Life Progression:** Experience potential future lives. Time travel forward in your current life or future lives.

**Reconnect:** Has a friend or loved one crossed over? Are you grieving? Need to understand and heal? Your subconscious mind knows no limitations of time and space. In this relaxed state you can more easily connect with these parallel realities.

**Meet Your Higher Self & Angel Guides:** Searching for answers? Connect with your inner and higher resources to gain clarity, find direction and heal.

### **Testimonials & Commentary**

*"You had a way of making me feel immediately comfortable. Your voice is soothing and calming and it put me in a state of deep relaxation. I was able to go deeply into myself and tap into what I believe to be authentic information from past lifetimes. What was unusual about my experience with you was that I was able to tap into between lifetimes information.*

*You had a wonderful way of guiding me to information, without putting ideas into my mind. So I'm certain that what I was getting was authentic and led to a great feeling of peace and certainty of the authenticity of life after physical death.*

*Thanks so much Deborah, and I'm sure I'll be talking to you in the near future."*

*Sincerely, Linda of Redwood City, CA*

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*"This is just a follow-up from my session on Monday. I have felt such joy this week. I was especially happy meeting my "Spiritual Helpers". This has made me more conscious of the Spiritual Helpers that are with me each and everyday, and I hope to get to know them more. I feel a great burden has been lifted and can go forward with whatever my path is. Thank you for all your help.*

*Blessings to you."*

*Margo of Fort Collins, CO*

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*"All of my life I have been searching for the right relationship. There was always something missing. Now I understand why. During the Civil War I was killed suddenly leaving my fiancé and the love of that lifetime. Without realizing it, I had been searching for her all this time. Now I can heal that memory and be fully present in this lifetime.*

*Thank you Deborah." ....Ken in California*

# **Experience Your Past Lives**



### **Through Past Life Hypnotherapy**

***You Have Had Many Lives...  
...And Many Loves.***

***Discover How Your Past  
Lives Relate To This Life.***

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