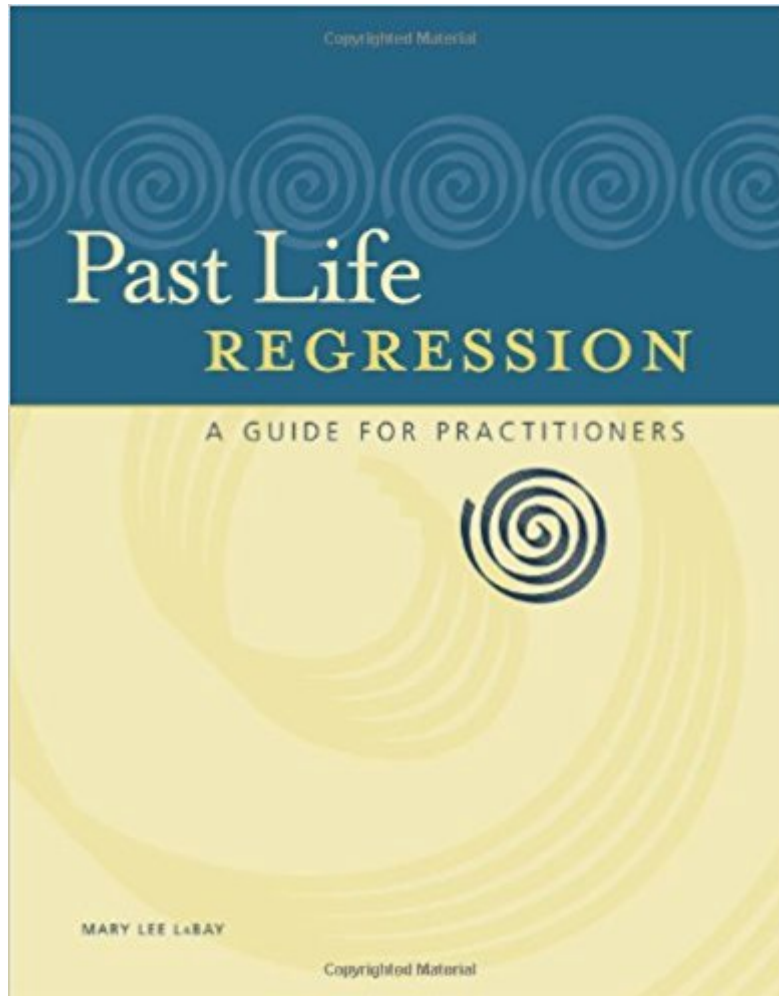




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# Past Life Regression: A Guide For Practitioners



## Synopsis

Central to the quest for self-awareness is the practice of past life regression. This comprehensive text provides case studies and detailed instructions on numerous techniques of regression for maximum effectiveness in healing, change, and personal growth.

## Book Information

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## Customer Reviews

...LaBay brings a wealth of information and experience about past life regressions to the health care professional. -- Janel Cunningham, Ph.D., Author of *A Tribe Returned*  
The best new contribution to the practice of pastlife regression therapy I've seen in years. I highly recommend it. -- Julia Ingram, MA, Author of *The Messengers*

Mary Lee LaBay is a Certified Clinical Hypnotherapist and Certified Instructor of Hypnotherapy with a private practice in Bellevue, Washington. In addition to her work with individuals, she is the author of three other books on hypnotherapy, self-hypnosis, and relationships.

I have been reading *Past Life Regression: A Guide for Practitioners*, and find the book to be in wonderful alignment with what I have learned from Milton Erickson's methods. From a clinical psychology research perspective, it is so helpful for clients to work in the metaphors, such as are demonstrated in this book, allowing them to best process their emotions in a client-centered, non-leading fashion. This book gives clear and detailed guidance and suggestions on how to do this utilizing past lives. After reading the book I contacted Dr. LaBay, and she was most helpful in

supporting my pursuit of incorporating past lives into my professional practice. I am look forward to taking her trainings in the future. Maria CS Gabelberger, Psy.D., Licensed Clinical Psychologist

I'm not a past life regression practitioner but I'm trying to access past life memories by working with a hypnotist and doing my own meditation. Even so this book was fascinating for me. It goes far beyond just the mechanics of hypnotizing someone although that is covered for the professionals who regress others for a living. It looks at past life memories and the time between lives from a broad perspective as far as how they relate to each other and to this current life. The author seems to have certain psychic abilities and be able to travel in other dimensions such as the 'astral' plane of existence. There are many strange topics in this book which will be almost revolutionary to people who have strict beliefs. These are too numerous to list in this review but suffice it to say these might fall under the category of 'new age' ideas for some people. This is a great book. It keeps coming out with amazing ideas right on through to the epilogue which offers a wonderful message of hope. Jeff Marzano Meditation Music of Ancient Egypt Lives of the Master: The Rest of the Jesus Story Same Soul, Many Bodies: Discover the Healing Power of Future Lives through Progression Therapy The Lives of Edgar Cayce Edgar Cayce's Egypt: Psychic Revelations on the Most Fascinating Civilization Ever Known Initiation Initiation in the Great Pyramid (Astara's Library of Mystical Classics) Higher Ground

I am always looking for more information about Past Life Regression. Thank you for taking the time to write more on the subject. ~Abby Gail Smith Abby's Between Girlfriends: A Sharing of Marital Secrets Abby's Guide To Deep Meditation: A Step-by-Step Process for Going Within

I was very pleased with with this book. It gave me more information on past life regressions than I had received in previous books on the subject. It is clear that the author is very experienced in her work and she details many actual regressions. I also appreciated the past life regression script that was included in the book. It's a great read for the beginning practitioner or anyone wanting to gain a greater depth of understanding on past life regression. After reading the book, I now am ready to take a course in hypnotherapy and start practicing!

Full of examples and case studies, this is an excellent read specially for the therapist who is not so sure about using this approach with his clients.

Mary Lee's books are all insightful and wonderful. No matter what you do, therapist or client, they are a must read. They are so very helpful and she has such a magnificent way with her writing style and explaining things. Read these books and you won't be disappointed; you will come away with much more than you bargained for. There are many lessons to be learned here and I for one am so glad she wrote all of her books!

I took the class from Mary LaBay at Bastyr College in Kirkland, and it was fantastic. I have used the skills in this book and that I learned in the class to the benefit of many of my friends.

By now I have read many books on the subject as I am an experienced hypnotherapist. The book is good for beginners, covers many aspects of the subject, but is not going in very depth or uses the most systematic approach. Also the fonts are annoyingly small ...

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