



Past Life Regression Meditation

Get comfortable. Wear loose, comfortable clothing. Do not eat right before the meditation, but do not starve yourself either - attend to the needs of this world first, or they'll ground you here and prevent your ability to journey. You may do the meditation either sitting or laying. You may lay in whatever position is most comfortable. Try to find a position that will be comfortable for a while, as movement may disrupt you or others. Sometimes past life experiences can be very emotionally taxing. Don't do this meditation if you're depressed or feeling emotionally drained. There are other meditations that are safer under these circumstances. The guide will drum in sacred space to begin the meditation. This is to invite spirit and ancestral guides to protect your physical bodies as you journey. During this drumming, travelers should get comfortable, and begin relaxing. This meditation should always have a person acting as guide or watching over the person in trance. In rare cases wounds or emotions of the previous life can manifest here and now. If the person in trance becomes agitated or seems to be having trouble the guide should first try to lead with their voice, reinforcing the control and safety of the meditation. If this fails the guide should carefully take physical steps to assist the person in trance back to this time and this life.

RELAX YOUR BODY

You can do this by picturing a warm light, feeling the energy drain from your limbs, by consciously relaxing the muscles of your body, or any other method that works for you. Do not fall asleep - you are not relaxing your mind - just your physical body. As the drumming slows and softens, your guide will begin speaking, guiding you through the meditation. Listen to your guide. If you lose your sense of the guide, that's okay. Go where the meditation takes you. You are never out of touch with your physical body and can come back whenever you want to. Picture your guide's words and feel the sensations described.

BEGIN THE DRUMMING

Firmly and quickly. This is the drumming of this world, to open the doorway and call in the spirit guides and ancestors. Long ago, mankind was young, and the earth was great. The sky was vast. The waters were wide. Mankind saw the connections between all things and lived in harmony with the world. Throughout the meditation you will know that you are safe and in control of your self, your body, your emotions. If at any time you feel uncomfortable you have the ability to pull back and return here, safe and healthy. If you experience your death in a previous life know that it has passed and that you are healthy and safe in this body and in this life. There is no pain, no ailments, no hurt. **WHEN SACRED SPACE HAS BEEN ACHIEVED** and the doorways are open, soften and slow the drumming to a heartbeat.

THE FIELD

Relax your bodies. Feel yourself relax beginning with the soles of your feet. You are laying in a field, surrounded by sweet grass and pure air. The sun is shining on you, warming you and relaxing you. Become one with the earth. Feel it's strength beneath your feet. Relax. Your feet are relaxed. The tension in your muscles is gone, and you have become part of the world. Relaxation travels up your legs, the muscles losing their hold, the energy stored in them sinking into the ground as the sunlight replaces it with peace.

Relax your thighs, your hips, warmth covering you like a blanket. The air is sweet and fresh. Clean breaths fill your lungs and energy flows effortlessly through you, connecting you with the field, the sun, and the earth. Nearby, a stream trickles, unnoticed except its sound.

Relax your belly, your chest. Your breaths are even and deep, as when you sleep. The sun is warm on you and you relax. You relax your arms and feel their weight press against the ground. It holds you softly. The sunlight on your face is soothing. With your eyes closed, you see the warm red glow and feel your head relax, the tension leaving your face. The warmth of the sun pours in through your feet, rising up, filling you like a warm liquid, making you heavy and relaxed. Your physical body is at rest. The drumbeat should be stable by now - a barely-audible, soft heartbeat. Fade this out as the travelers enter the spirit world.

THE SPIRIT WORLD

You are now in the spirit world. You stand up, refreshed and full of sunlight. Look around you. A thin ring of trees surrounds the field, slowly becoming a forest. Go towards the forest. The trees are tall and peaceful. The ground is soft and smells of earth and dew. Boulders are scattered throughout the forest. The trees get larger the deeper you go. They are taller than you can see. Giant chords of their roots form tunnels and passages as they join the earth to the ground. These trees have seen the dawn of mankind and have grown with you throughout the centuries. From deep within one of the trees, you feel it call to you with an ancient voice, a whisper that is as familiar as your own voice. It is the tree of the your world, the link between sky and earth, between spirit and physical. Deep within the roots, you see a cave. Travel into the cave.

THE CAVE

Inside the cave, you find yourself in a room. Look around the cave. Along the walls, you see alcoves, like doorways or windows or pictures on a wall. These are the pathways to the lives you have lived before. As you explore, some doorways may open and others may close. See the doorways. Feel what they are to you. The doorways that are be dark, or quiet are lives you are not ready to see, or those whose lessons have been learned and are no longer important. As you think of things, different doorways call to you, showing you in which lives those things are important.

Ask to see the life where you were your most happiest. Let the doorway call to you. Go to that door. And when you're ready, step through the door. Pause here to let the travelers get accustomed to the world they're in and the life they're experiencing. When asking questions, pause frequently and give the travelers time to consider the questions.

THE HAPPIEST LIFE

Frequently we forget how to attain the thing that we seek, happiness. We need the strength of joy to sustain us through the dark trials of life. Ask to see the life where you were your most happiest. Let the doorway call to you. Go to that door. And when you're ready, step through the door. Look around you. Who are you? Are you male or female? How old are you? What is the world like? What makes you happy here?

What is going on? Remember. Look around you.

Remember. Who is with you? What are they doing?

Enjoy this time again for a while.

Pause here for a while to let the travelers experience the life. When the guide is ready, call them back to the cave. Come back to the cave now. You can return here later if you want to experience more of this life.

Bring with you the memory of where you have been. When you're back in the cave, take a few moments to return to your spirit body.

THE OLDEST LIFE

You can visit any life you've ever lived, just by going to the doorway and entering. If you die in the course of the events, you will automatically return to the cave, safe and sound. When you're ready go through. Now you are going to go to the oldest life. The life that you lived before you lived any others. This is where your soul began, this is where your lessons began. Walk around, and when the doorway calls to you and go through the door. This life is often very different than what you're used to. Who are you? Learn how you lived. Who did you know? You can jump ahead or behind by thinking about it. How did you die?

What was your life like?

Experience your first life.

Pause, after a time call the travelers back.

It is time to come to the cave. As you reorient yourself back into the spirit world, think about your life now. How have you progressed from your first life? How do the lessons you've learned apply?

Remember what you have seen.

THE SIGNIFICANT EVENT

Much like people, the lives themselves have significance. Maybe it's because of a lesson you need to learn. Maybe it's because of the things you've done or are doing. Think about what's important to you now. Think about the significant things in your life. What means the most to you? How does that make you feel? Turn around and go to the door that calls to you with its significance. Often, significance in life leads to significance in death. Remember, you've already lived this life.

Look at the events around you. Who is with you? What are you doing? Experience this event and remember what happened around you.

Pause, then call the travelers back. It's time to come back to the cave if you haven't already. If you did not experience the event to its completion, you can always come back and revisit this door. Remember the date, the people there, and the event. Remember who you were, and where you were. Breathe the air of the cave, pure and vital. Any harm that came to you in your past life is gone, cleansed by the life force of the tree. All parts of your spirit have returned to you.

CLEANSING AND CENTERING

As you gather yourself and your thoughts remember that this is your place. You may return to the cave whenever you desire, to explore other lives. Open your senses up to the life force around you. The energy that you are feeling is the same energy that links you to the earth and the seas and the sky and the stars. Bathe in the energy and feel it cleanse you. Any problems that have been troubling you are gone. It will be here as it has been since before you began your life and will be here until the circle of time is no more. Take a deep breath.

RETURN TO THE FIELD

It is time to return now to the physical world. Thank the cave and the forest for giving you this experience. Remember all the things you've seen and all the things you've done. When you're ready, step out into the forest, and head back to the field where you started. When you reach the field, you can see sunlight shining through the tops of the grass. It's warm and comfortable. Breathe deeply, and as you exhale, lay back into the grass and feel yourself settle in to your body.

Begin drumming again, VERY softly, and slightly faster than the heartbeat you left with.

RETURN TO THE PHYSICAL WORLD

As you fill your body, the field fades and your spirit returns to the physical world. You will awaken as though from a deep sleep, refreshed, and invigorated. You will remember all that you saw and experienced, but you will know that it was from a time other than this one.

Start drumming louder, but not faster. The spirit world has faded away now. My voice is drawing you back, bringing you a focus in this world. Come to my voice. Energy fills you and you feel alive and refreshed. When the drumming stops, you will be back in this world and you will be awake. The drumming will stop...

Stop drumming on a powerful beat.... now.

REORIENTATION

Take your time reorienting yourself. Sit up when you're ready. Take some deep breaths. stretch. Take some time now and write down your experiences before they fade away. When you're done, or while you're writing, get some food and something to drink if you want.

Don't discuss the journeys until everyone's done writing theirs down. Give the travelers plenty of time to write and eat

WRITE DOWN EVERYTHING

Try to focus on details that you may forget later, like the times/dates, how old you were, whether you were male or female (or something else). Where you were geographically and situational. Who was around you, what you were doing, and how it made you feel.

GET SOMETHING TO EAT

You've burned far more fuel than you may feel like you have, and eating will also help ground you back in this world and this life