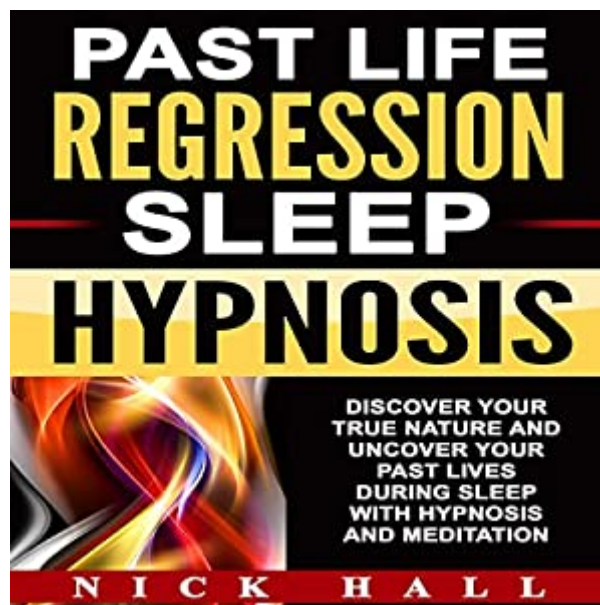


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# Past Life Regression Sleep Hypnosis: Discover Your True Nature And Uncover Your Past Lives During Sleep With Hypnosis And Meditation



## Synopsis

The experience of a past life regression can be a very powerful tool. There are many who believe that each of us have lived many lifetimes - lifetimes that may cause us to hold onto traumatic or painful memories. Sometimes these memories can carry over into our current lives causing pain and trauma. If you are exploring a past life, you might discover some karma that helps explain some of the challenges you are going through in your current life. This collection is designed to help you through the journey of past life regression through sleep hypnosis. Discover information about your past lives Understand your current challenges better Get to know your past selves The audiobook includes: Past life regression hypnosis: This short hypnosis will help guide you into your past. It might not happen on the first try, but can occur after several sessions. Guided deep sleep meditation: This meditation can be listened to right after the first hypnosis in order to guide yourself into a deep sleep. It is often through the form of the dream-like state or through dreams that messages are revealed to us. Keep in mind that you may not see much the first time you do these sessions. With repeated listening, your mind will reveal more and more. You may receive vivid images and thoughts or feelings - or you may simply receive slight impressions - know that whatever you see is all valid and useful.

## Book Information

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