

FAQs for Integrated Transpersonal Regression Session

Q: Is regression just my imagination, or are these real memories?

A: What surfaces may feel like memories, symbols, or imagination — but your subconscious mind doesn't differentiate. Whether you believe them to be real or symbolic, they carry emotional truth and healing value. What matters is the release, not the label.

Q: How long does a session last?

A: A complete session can take 3–4 hours or maybe longer, depending on the case. It includes intake, pre-talk, the regression itself, and integration afterward. We allow plenty of time so you don't feel rushed.

Q: Will you take control over me during the session?

A: Not at all. You remain aware and in charge the entire time. I only guide you gently. You can open your eyes, pause, or stop whenever you wish.

Q: Can I get stuck in a past life?

A: No. You cannot get stuck. Regression is a safe, guided process, and you'll always return fully to the present moment. It is a dream like state combined with full consciousness state.

Q: Can regression therapy cause harm or have negative side effects?

A: No. When facilitated correctly, it's completely safe. At most, you may feel temporarily emotional as old memories release, but this is part of the healing process.

Q: Is there a guarantee of change after one session?

A: Healing is unique for each person. Some feel a big shift in one session, others need more time. Regression is not magic — it's a process of uncovering and releasing.

Q: Are there any precautions I should know?

A: Yes. Avoid alcohol or drugs 72 hours before the session, eat light on the day, and come well-rested. It's also important to approach the session with openness and without rigid expectations.

Q: How should I prepare for the session?

A: I'll give you specific guidelines, including intention-setting exercises to do for a couple of days before the session. This preparation helps your subconscious open up more easily.

Q: Are there any prerequisites?

A: No formal prerequisites. All you need is willingness, openness, and readiness to explore your inner world.

Q: Who is eligible for these sessions?

A: Anyone genuinely seeking healing, clarity, or understanding of recurring patterns can benefit from regression therapy.

Q: Who should not take these sessions?

A: People with severe psychiatric conditions, those under heavy medication for mental health, or anyone seeking quick wish-fulfillment rather than healing are usually not suitable.

Q: In what conditions can this therapy not be done?

A: It cannot be done if someone is unwilling, under the influence of substances, has unstable psychiatric issues, or refuses to follow safety guidelines.

Q: Who can take benefit from this therapy?

A: Anyone dealing with anxiety, phobias, repeated relationship issues, unexplained fears, physical symptoms without medical cause, spiritual curiosity, or a desire for deeper self-understanding.

Q: Can everyone go into their past lives?

A: Yes, if the subconscious allows. For some, past life memories emerge clearly; for others, childhood or womb experiences surface instead. Whatever arises is what you most need for healing.

Q: What is the difference between hypnotherapy and regression therapy?

A: Hypnotherapy often works on suggestion and reprogramming the subconscious for positive changes without going into the root cause. Regression therapy goes deeper — uncovering and resolving the root cause of issues by revisiting past experiences. Both use trance states, but the purpose is different.

Q: How many sessions will I need?

A: It really depends on the person and the issue. Some people feel a shift in just one session, while others may need a few more to go deeper.

Q: How soon can I see results?

A: Sometimes the changes are immediate and very noticeable. Other times, they unfold gradually in the days and weeks after the session.

Q: Will I remember everything after the session?

A: Yes, you'll be conscious and aware the whole time. Most people remember everything.

Q: Can I stop the session in between if I feel uncomfortable?

A: Absolutely. You're always in control. If at any point you want to pause or stop, we can.

Q: Do I need to believe in past lives for this therapy to work?

A: Not at all. Many people take the sessions with curiosity, and even if they don't believe in past lives, the subconscious still brings up powerful, symbolic stories for healing.

Q: Is regression therapy connected to any religion?

A: No, it's not religious. It's a therapeutic process. The language of past lives exists in many traditions, but the focus here is on healing.

Q: Will I relive painful experiences?

A: You may re-experience some difficult emotions, but the process is guided gently so you can release them instead of getting stuck in them.

Q: What happens after the session — is there follow-up support?

A: Yes, after the session we you'll receive guidance on how to integrate the insights into your daily life along with follow up work.

Q: Can regression therapy help with physical issues as well as emotional ones?

A: Yes, sometimes physical symptoms have deep subconscious roots. By addressing the emotional or karmic causes, physical healing can also begin.

Q: Can I gift a session to someone else?

A: Yes, you can. But the person must be genuinely open and willing to experience it—it works only when it's their choice and not forced upon someone.

Q: How often can I do regression sessions?

A: It's best not to do them too frequently. A gap of at least a few weeks or months gives time for integration before diving in again.

Q: Is online regression therapy as effective as in-person sessions?

A: Yes, many clients experience equally deep sessions online. What matters most is the connection and willingness to open up.