

## 'Past Life Regression and Therapy-some case studies'

Talk by Chris Hytch, B.Ed.,DCHyp', Dip Past Life Therapy, to the Devon Dowsers on Tuesday, 12th February, 2019



Chris's presentation, informally termed 'Part Two' of his previous talk on 'The Evidence for Reincarnation', covered several of his own case histories working as a Past-Life therapist, and included details of the methodology employed to heal the wounds of the past. He also covered some of the more 'esoteric' uses of dowsing, namely, how to dowse for past-life information and how to dowse in order to converse with one's 'higher self'.

His presentation began with one of his most complex and detailed regression therapy cases, where the client had been self-sabotaging their own life in many ways culminating in a serious illness. The remedy lay in 'unpeeling the layers of the onion', exploring the key events of several lifetimes; two as soldiers, one as a 'witch', and finally, the crucial lifetime, where the client recalled a life as a civil judge in 16th Century France where he had condemned many hundreds of women to death for being 'witches'. To heal the effects of this revelation took many sessions, as the man had secluded himself for hundreds of years in the 'spirit world' in a state of constant self-reproach as he had realised on 'passing over' that his actions were not in the service of God at all, and that all the women he had condemned had been unjustly punished. It took a considerable amount of persuasion before he became willing to accept the help of others in the 'spirit world' but eventually, he did and the (female) client was subsequently able to understand the root cause of her suffering and her life changed dramatically for the better.

Chris then explained that the process of therapy requires the healing of three aspects of the personality: the physical, through release of the 'cell memory' of past injuries; the emotional, through release of trapped emotions, and the psychological, requiring a 'reframing' of past incidents.

He went on to mention several of the pioneers of this kind of therapy, explaining that, though fringe, in the US some psychiatrists and clinical psychologists now employ the techniques. He continued by referring to a case of 'recovered memory' where one client had relived a life as

a nun whose tasks included the growing and of dispensing herbal remedies. She was later on able to recall many of these remedies in her present life, although never having read any books on herbalism.

He then returned to the theme of therapy, citing the case of a client who had a fear of promoting herself as an alternative therapist and also suffered from a fear of water. It was discovered that she had once been drowned as a witch, and once the emotions were released, and the source of her problems discovered, her therapy business flourished and she completely lost her fear of water.

Chris then outlined some of the (many) conditions which may be alleviated or cured through the practice of Past-Life Therapy, which were presented on a slide, then proceeded to outline two more cases where past-life therapy had worked from his case studies. One client had been a slave who was kicked to death in the stomach, thus revealing the reason for her recurrent, and medically unexplained abdominal pains in her current life, and the other had felt that 'a part of them had always been missing'. It was found that that part was still trapped on a distant planet, where through visualisation techniques, it was able to be freed.

He then outlined some strategies for dowsing for information from our own past lives, (presented on a slide) continuing with one of his own past-life memories where he had been a Renaissance musician , initially struggling to make a living but ending well.

Chris finished his presentation by describing some methods of dowsing to enable one to converse with one's 'Higher self' then answered several questions.