

See, Feel and Experience Past Lives

You can use a quiet meditation for this Past Life Regression or something that relaxes you like Hemi-Sync. We offer an excellent audio for altered states called, [Altered States of Consciousness](#).

Find a quiet place that's comfortable and one where you can sit up. If it's your bedroom, then prop up the pillows so you are very comfortable, and your body and neck are fully supported but your upper body is raised into a sitting position.

When you feel ready, close your eyes, and relax in the way that makes you comfortable. Use your imagination for this regression because the imagination is part of your creative side, and this will open your subconscious and allow you to look inside and see a past life that is in some way significant for you.

When you feel comfortable, imagine that you are floating very gently along. You can hear the wind as you pass over different elevations. Keep going, floating, and flying, and when you are ready, look down with your inner sight (don't open your physical eyes, keep them closed).

The very first thing that you see or feel, go with it. Don't let the opportunity pass by to see this lifetime. Start by feeling. Does it feel warm or cold? Do you see light or is it dark? Once you begin to feel, you will see images. The subconscious is a very subtle energy so your first images may be very strong, or they may look transparent. Follow through using your subconscious. Look at this lifetime.

If you don't feel or see anything, don't be concerned. Lots of people have this same experience for the first few times. Just go with what you see. It must be dark with your eyes closed and you are very relaxed; let what happens, happen. Maybe you receive a message on this regression, maybe you flow through, *The Void* and feel a relaxation of your consciousness. Allow all. When the audio ends, and you are feeling more alert, write down every single word of everything you felt, saw, or experienced. Keep a special journal that's only used for this purpose. If you continue to do this regression, at least weekly (hopefully more), you are

training your subconscious. You are telling it that you have taken the time to learn about your past lives and you are ready to see all, whether they were lives of luxury or lives of need.

When you are fully back into this 3D reality and have written about your experience – guess what happens next? Your brain comes back online. The minute that body part fires up, it begins to tell you that what you saw, felt or experienced was not real. It was just your imagination, or wishful thinking – don't believe it! If you went to a licensed professional for a past life regression you would believe it because he/she is trained, right? Well, he/she doesn't know the real you. Only you have access to your subconscious. Believe what it's showing or telling you because in the beginning it is subtle, but as you become more experienced with this method, you will see so much that even your brain believes what's it's experiencing, and it stops telling you that it's your imagination.

This deep meditation is perfect for learning all about your inner self and opening your intuition. There are many possibilities. Here is my first experiences using the method. It took a little time, but I saw [a past life from the year 1526.](#)

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