

***‘Does Regression Therapy
Make a Difference?’***

The Clients Experience

**An E A R Th Research
Survey Report**

by

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With Support from the Research Committee of EARTH

(Earth Association for Regression Therapy)

Case 51 “...*I felt completely empty and bored before the sessions. Now I feel neither empty nor bored. Now I feel I am alive...*”

Many personal statements have been taken from submitted cases to this survey, to illustrate differences experienced by the client following regression therapy. They can be found throughout this report in italics, as in the example highlighted above.

David Graham

Table of Contents

Abstract	Page 5
What is Regression Therapy?	6
Introduction to the Study	7
Outcomes	10
Who Responded to the Survey	14
Original Motive	17
What Difference Did It Make?	20
How Long Ago?	20
Sample Cases	21
Immediate Differences and Longer Term Differences	23
Full comments from clients on differences experienced	25
Physical Symptoms	38
A Study of Regression Therapy on Physical Symptoms	38
Original Motives: Physical Symptoms	38
Physical Symptoms Addressed in Regression Therapy	39
Outcome of Regression Therapy on Physical Symptoms	40
Sample Cases	41
Client Comments on Differences in Physical Symptoms	44
Psychological Symptoms	49
Original Motives: Psychological Symptoms	49
Psychological Symptoms Addressed in Regression Therapy	50
Outcome of Regression Therapy on Psychological Symptoms	51
Sample Cases	52
Client Comments on Differences in Psychological Symptoms	56
Spiritual Aspects of Regression Therapy	60
Original Motives: Spiritual Interests	60
Spiritual Interests Addressed in Regression Therapy	61

Sample Cases	62
Client Comments on Spiritual Experiences in Regression Therapy	65
Conclusion	69
Reflections	72
Appendices	73
Appendix A: Transcript of Survey Questionnaire	73
Appendix B: Maria's Story	85
Acknowledgements	89

Abstract

In this report 114 cases of regression therapy have been collected from around the world and studied to establish any outcomes or patterns found there. The reports from this survey have been focussed on 1) the original motive for attending regression therapy and 2) any difference that may have been found as a consequence of attending regression therapy.

Clients of regression therapy were asked to answer up to 39 questions in an on-line questionnaire, many as 'tick box' questions with opportunities to offer descriptions and explanations of events.

The submissions came mainly from women (79%) compared to men (21%) and from 29 different countries. Further basic client details were collected; age range, occupation, religion, marital status and education. The identity of the client was made optional yet the return email address was compulsory. A transcript of the on-line questionnaire can be found in Appendix A (page 73)

Statistical information gained from the submissions was compiled to help detect any patterns in the client reaction to their experience and this report demonstrates some of the outcomes. The personal statements that illustrate the impact of regression therapy have been shared and also how that impact can manifest in a wide variety of ways for a client.

A key focus in this study has been to understand the original motive of the client, to understand whether those issues have been addressed, or whether any different issues have been addressed. Those issues have been categorized into physical symptoms, psychological symptoms and spiritual interests. An even stronger key focus has been to establish whether the therapy actually made a difference for the client, so the survey asked them. The subjective view of the client was placed at the centre of the study as they are the ones to express whether there is a difference or not. This may be of value to regression therapists, therapists of other disciplines, interested professionals or the general public.

The survey was not designed to establish which therapists provided the most effective service, or which training programme provided the most effective therapists. As such no information was collected on the therapists. Neither was the survey designed to study any past life stories.

What is Regression Therapy?

Regression therapy is the practice of recalling and reliving past experiences with an intention to resolve any ongoing unwelcome repercussions from those experiences that is still present for a person now. Those memories may be half forgotten, ignored or repressed, yet uncovering them and processing them in a healthy manner can enable a person to move forward with their life unimpeded by the effects of those sometimes unconscious memories. Regression therapy can also reconnect a person with qualities within themselves that may have been expressed in another lifetime, calling on those resources to address the challenges that they face now and within their current life.

Those uncovered experiences may have occurred earlier in childhood, within the mother's womb or within what appears to be another life. It is not necessary for the person to actually believe in reincarnation in order to benefit from regression therapy, yet it is necessary for the person to engage with their own experiences so that the effects can be dealt with in the healthiest manner. The belief that we have lived before is therefore of secondary importance to actually trusting and working with their own experiences within this therapeutic approach.

A common misconception of regression therapy is that it relates to some far off irrelevant memories or imaginations that bear no real relevance to the person and their life now. However for the therapist working in this field it soon becomes very apparent that the person is working on experiences that have been held within the body, affecting their thoughts and feelings within their current life. As such the acknowledgement and the therapeutic processing of those experiences can lead to the repercussions being resolved at a deep level. Indeed as client feedback from this study will show, the repercussions from those experiences can affect the person at a physical, emotional, mental and spiritual level.

Regression therapy does not only enable a person to recall experiences from their current or past life, it can also enable a person to recall experiences that have occurred within the mother's womb or when not in any physical life. Also in a period between the end of a past life and before the beginning of the next or current life, when in a soul state where review of current life and soul journey can be undertaken for the benefit of the person now. Beyond that regression therapy can also address energetic influences passed down through the family line, or any foreign or intrusive energy that is present within their energy system that may influence the person's thoughts and feelings in a detrimental way.

The outcome from regression therapy can be a more complete person, happy within the present moment and open to continuing their life in a healthy and meaningful way.

Introduction

This is a very wide based survey that explores the effects on clients that have experienced regression therapy. The report has produced some statistical information that explores the original motives of the client and the effectiveness of regression therapy for all that offered their submissions. It also gives many personal statements that demonstrates the power of the experience for the clients.

Who responded to the survey?

Some basic details were taken from the survey to offer an indication of the social background of the respondents. Most respondents fell into the 31-60 age group, 79% of respondents were female, 21% male. Interestingly, details taken of the religious background showed us that only 11% of respondents came from a mainstream religion that incorporated a belief in reincarnation (Buddhist, Hindu or Sikh).

65% of respondents were from countries that did not have English as a first language, with Turkey (17) and Netherlands (15) the leading nationalities, more than any of the English speaking countries.

One of the remarkable statistics to emerge of the backgrounds from the survey was that 69% of respondents held a BA/BSc degree or higher. The most likely explanation for this was that the survey was in English language and as the other background details show, most respondents were unlikely to have English as a first language. The survey may thus have attracted those that had undergone a higher level of education, including a familiarity with the English language.

Further details on relationship status and occupation of the clients can be found in the appropriate section of this report (from page 14).

What is the survey actually about?

The survey sought to establish whether any difference was made for the client in regression therapy sessions, yet especially wanted to make that evaluation based on how the client understood their own experiences. We wished to understand if a difference was made immediately following therapy and also whether there was still a difference in the longer term. We also wished to know how come the client came to a regression therapist anyway. So we asked about their original motives.

Original Motives. Clients were able to choose between 54 different options that were categorised as physical, psychological or spiritual as their original motive for attending regression therapy. There was also a further option via an 'OTHER' box for anything not listed and which also invited a description of the motive.

The survey addressed three different categories of motives and regression therapy experiences.

Physical symptoms. Clients were asked whether any physical symptoms were addressed during the regression therapy sessions. Clients had the opportunity to describe any treatment or diagnosis of those symptoms prior to the sessions and any change that may have occurred subsequent to the regression therapy sessions.

Psychological Symptoms. Clients were invited to register any psychological symptoms, any diagnosis prior to therapy and any change that may have occurred following therapy.

Spiritual interests in regression were explored, to examine whether clients were motivated to undergo regression therapy for spiritual motives, and also whether spiritual experiences actually occurred for them.

The survey also established whether there was any other treatment, therapy or medication being taken for the symptoms at that time.

The survey was not designed to establish which therapists provided the most effective service, or which training programme provided the most effective therapists. As such no information was collected on the therapists.

How did this survey come about?

This survey was intended to find out whether the experiences of the client in regression therapy really made a difference for them. Was any difference short term only or did it maintain or change over time? We also examined the original motive of the client for attending a regression therapy session to discover whether that was addressed, and also whether any other personal issues were addressed. In August 2014 an on-line survey was launched to attract interest from ex-clients of regression therapy and asked a series of questions for the purposes already stated. The survey was run until April 2018 and collected 114 responses for evaluation.

The setting up of this project presented several challenges for EARTH research committee. How were we to engage ex-clients of regression therapists in a survey of such a personal nature? We would need to find ways to reach those ex-clients to inform them and hopefully attract them to share personal information. It was also clear that we would need to guarantee confidentiality and the security of personal data. Access to the survey for the ex-client would need to be as simple as possible.

Making the survey on-line appeared to be the most effective approach to the challenge and so we set it up with much help from our EARTH webmaster, Athanasios Komianos and our webhost Nikos Sirigos of Creative Options, Greece. Grateful thanks go to each of them as it could never have happened without their help. The on-line survey was created as a very individual project, tailor made for our specific purpose.

The survey was promoted to our own EARTH members and beyond to other regression therapists via Facebook groups, newsletters, emails, IJRT journal and other social media groups. Members of EARTH were invited to distribute information about the survey via cards and electronic cards to ex clients.

A major challenge for the project was in the ability to connect with those ex-clients that may have shown an interest. On one hand many therapists are able to recall sessions with clients that appears to have left a profound healthy effect on that client, yet that did not necessarily mean that the client would be willing to share that information in a survey. The other major challenge was that many EARTH therapists do not have English as their first language, it therefore followed that the clients are not likely to have English as the first language. For a survey of very personal experiences, this could have been a substantial deterrent.

Ideally we could translate the survey into a variety of different languages and thus attract more submissions. However there were major problems in that scenario.

All of the work needed to go through the webmaster who was already overloaded with website tasks. Giving extra resources could not resolve this issue. Ultimately we decided that an English language only approach was the only one that we could actually manage.

Outcomes

What does the survey show?

- Client motives in seeking a Regression Therapist
- Symptoms that are addressed through Regression Therapy
- Collects evidence to support further potential research
- Indicates effectiveness of Regression Therapy
- How quickly Regression Therapy can work
- How long Regression Therapy can last.
- Improvement, stability and deterioration of any difference for the client over time
- Demonstrates the motives, the process, immediate results and long term results

Original Motive

The original motive for respondents to attend regression therapy was evenly split between addressing ‘problem specific symptoms’ such as depression or undiagnosed backache and ‘non-specific motives’ such as curiosity, personal or spiritual development.

Based on those that responded to this question most of those motives (60%) were understood as being psychological in nature, yet with a substantial section motivated by spiritual objectives (29%) and about 10% for issues presenting as being physical in nature.

3 respondents indicated that their original motive was as part of their training in regression therapy.

15 did not give a valid response.

Physical Symptoms

Out of 114 submissions, 10 (10.4%) out of 96 respondents to this question indicated that their original motive for attending regression therapy was to address a physical symptom.

Of the 114 submissions, 53 clients indicated that they experienced a physical symptom.

49 (92%) of those 53 clients indicated that a difference was made to the physical symptoms.

A quote from a suitable case is offered below:

Case 67 *“Headaches totally went as did stomach pain after several days....”*

Psychological Symptoms

Out of 114 submissions, 58 (60%) out of 96 respondents to this question indicated that their original motive for attending regression therapy was for a psychological reason.

*Please note that 'psychological reason' also includes non-problematic motives such as curiosity or personal development.

Of the 114 submissions, 74 clients indicated a psychological symptom

71 (96%) out of those 74 respondents to this question indicated that some difference was made.

A quote from a suitable case is offered below:

Case 65 *"I was able to make the links between the symptoms of anxiety and abandonment and the problems completely disappeared..... it is like the meaning just keeps deepening. It was a transformational experience."*

Spiritual Interests

Out of 114 submissions, 28 (29%) out of 96 respondents to this question chose a spiritual interest as their original motive for attending regression therapy.

Seeking a 'soul purpose' rated most highly, followed by 'spiritual development'.

A quote from a suitable case is offered below:

Case 47 *"I feel like I got answered many questions even though I am not conscious of any of them. Like a serene satisfaction beyond words"*

Was There an Immediate Difference Following Regression Therapy?

This was one of the questions asked in the survey and in most cases the answer was ‘Yes’.

84% of total respondents indicated at least some immediate improvement in the symptoms.

50% of total respondents indicated that symptoms had either ‘mainly’ or ‘completely’ disappeared immediately after regression therapy.

One indicated that symptoms had become ‘worse’.

The rest indicated ‘no difference’.

Did Any Difference Emerge or Change Over Time?

The survey asked if there was any difference ‘now’ (at the point of completing the survey). In some cases this could be any time ranging from a few weeks following the end of therapy, to others more than ten years later. This information could then be compared to the reported effects of regression therapy immediately following the end of the sessions.

61% reported the same outcome at the time of completing the form compared to the outcome that was reported immediately following therapy.

(For example: a report that the symptoms had ‘mainly disappeared’ immediately following a session remains as ‘mainly disappeared’ at time of completing survey)

34% reported further improvement at the time of completing the form compared to the immediate outcome after therapy

(For example: a report that the symptoms had ‘mainly disappeared’ immediately following a session may have improved to ‘completely disappeared’ at time of completing survey)

5% reported a deterioration in any improvement at the time of completing the form compared to the immediate outcome after therapy.

(For example: a report that the symptoms had ‘mainly disappeared’ immediately following a session may have decreased to ‘partly disappeared’ at the time of completing survey)

In net terms 29% of respondents indicated further improvement over time following the immediate effects of regression therapy.

In short, most respondents indicated a ‘sustained’ improvement in symptoms over time, while about half as many recorded an ‘increased’ improvement. A small number indicated a deterioration in the effects of regression therapy over time.

What Other Factors May Have Influenced This Study?

Respondents were asked about any other treatments or medication that was used at the time of the sessions.

21 indicated medication of some form around that time

18 indicated another therapy of some kind around that time

15 indicated some other form of treatment around that time

42 (37%) indicated at least one medication/therapy/treatment around that time

72 (63%) indicated no medication/therapy/treatment around that time

Another possibility is that a client may have had further treatment since the end of regression therapy yet before commenting on the state of the symptoms 'now'.

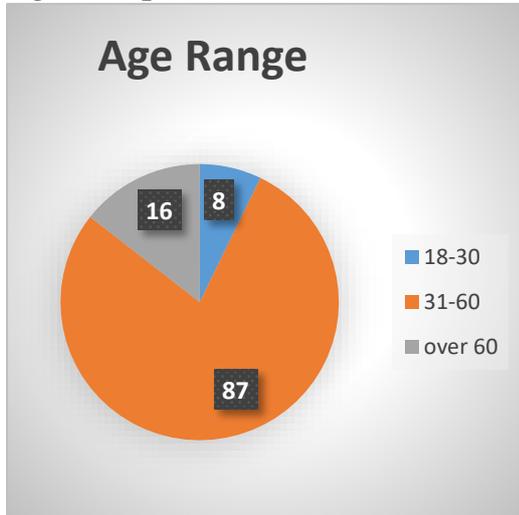
Client's story

Respondents were also invited to submit their story for publication on the EARTH website. 'Maria's story' (Appendix B, Page 82) was selected for that purpose. The story articulately explains the physical and psychological issues that were addressed in those sessions and the change that the client experienced following that.

Who Responded to the Survey?

Background Details of Respondents

Age Groups



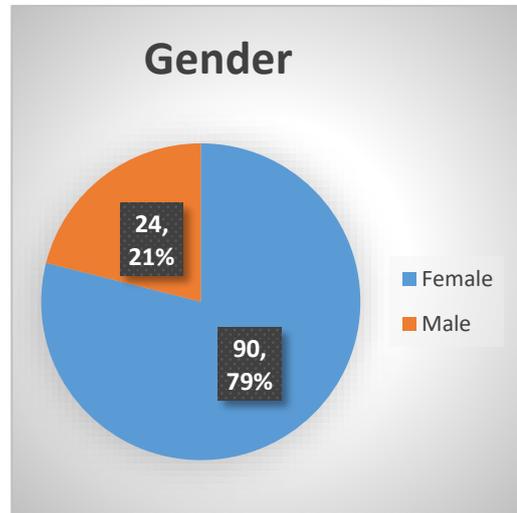
8 x 18-30 year old.

87 x 31-60 year old.

16 x over 60 year old

3 x undefined

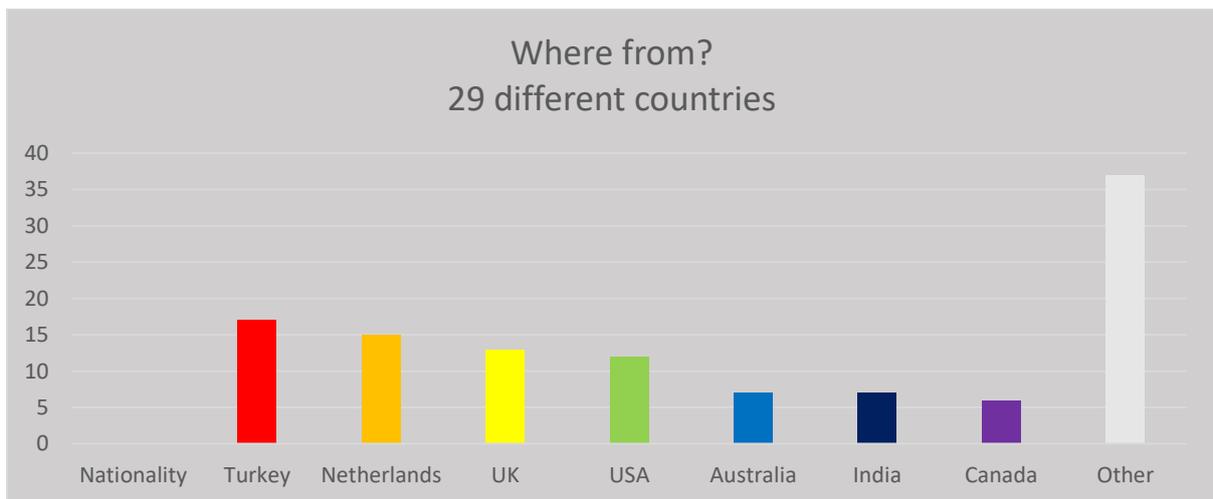
Gender



90 Female

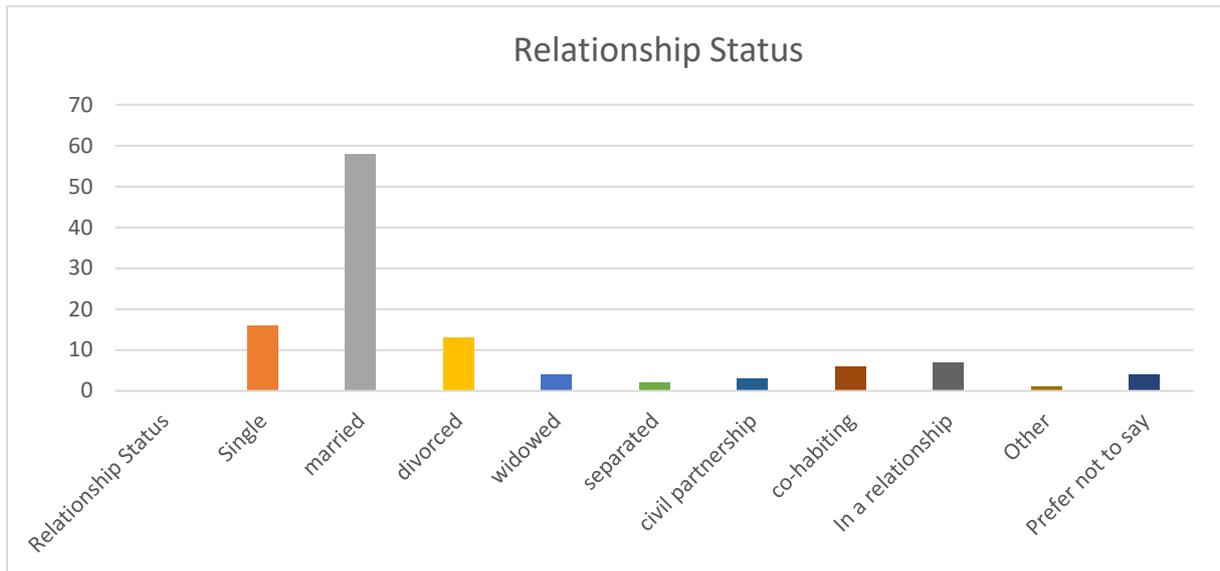
24 Male

Nationality



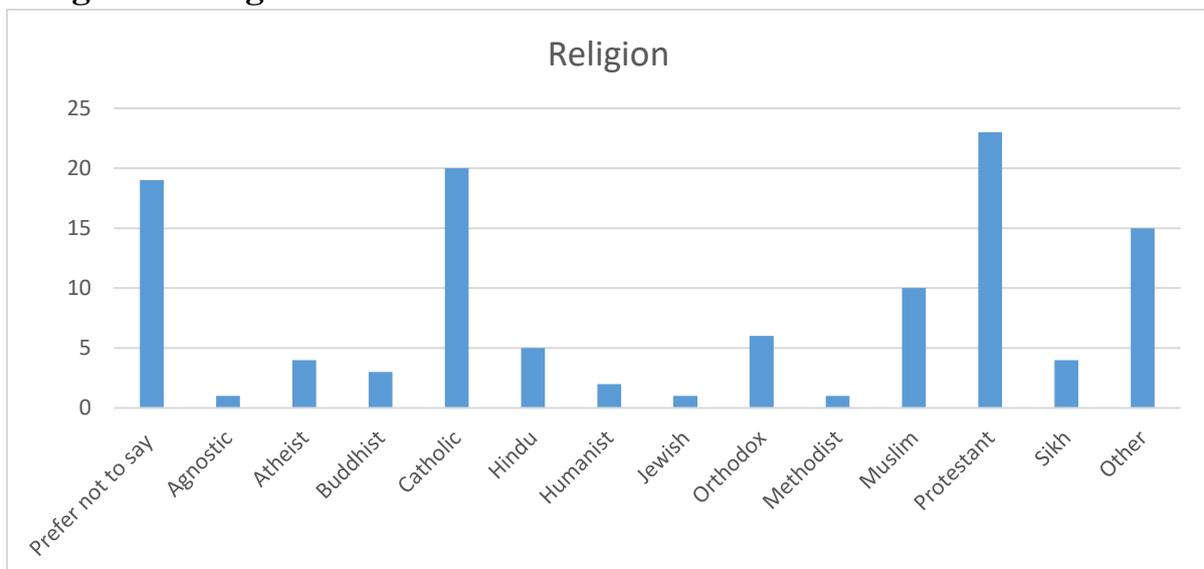
Nationality of Respondents:			
Turkey	17	Netherlands	15
UK	13	USA	12
Australia	7	India	7
Canada	6	Others	37 (from 22 countries)

Relationship Status

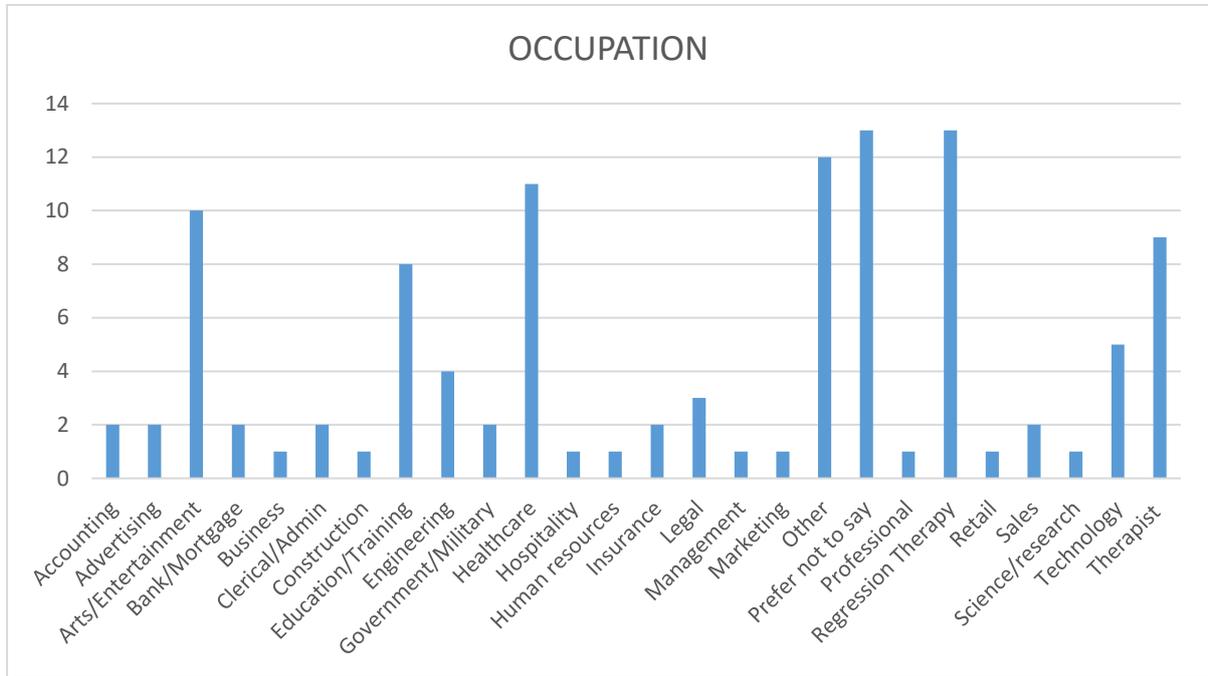


Relationship Status:	Single	16	Married	58
	Divorced	13	Widowed	4
	Separated	2	Civil Partner	3
	Co-habiting	6	In Relationship	7
	Other	1	No response	4

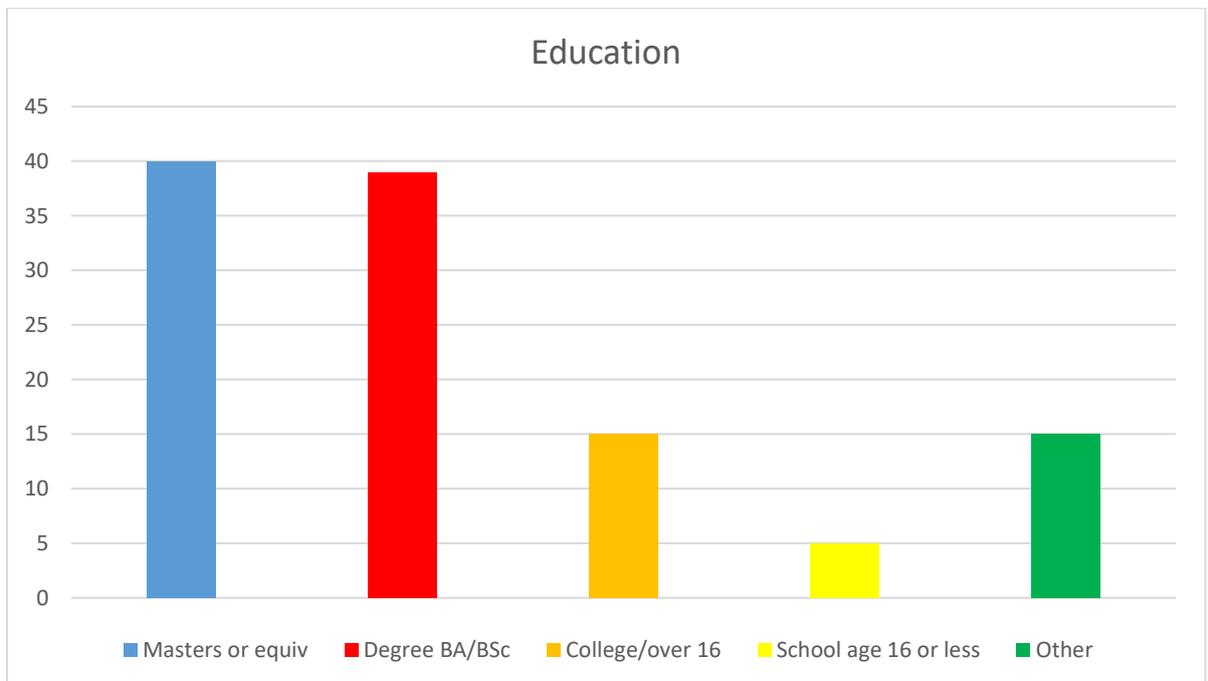
Religious Background



Occupation

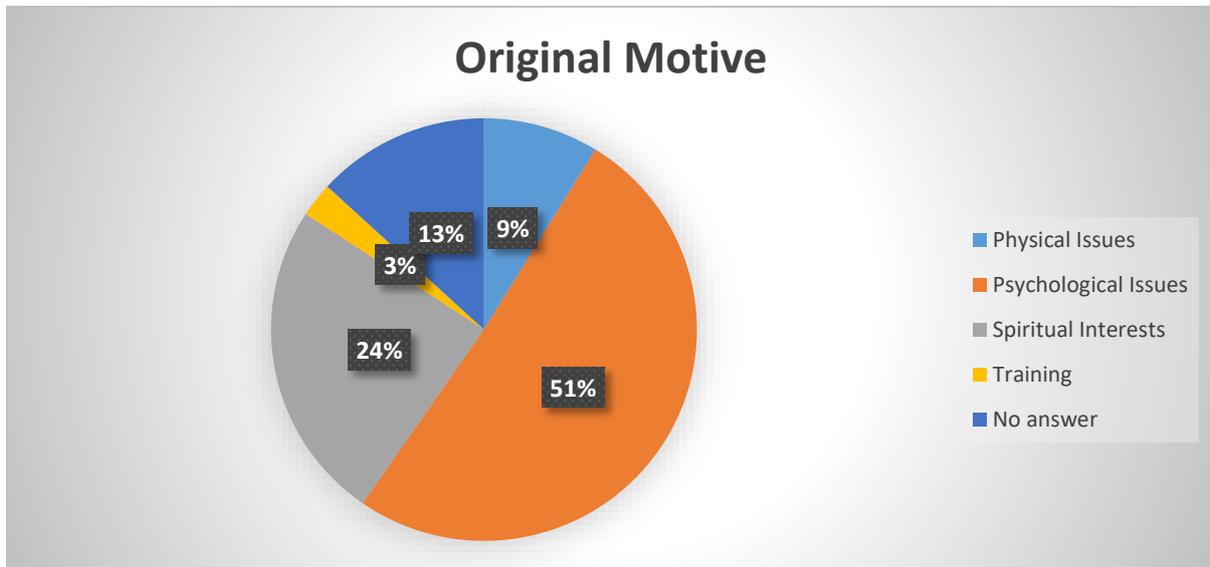


Education



Original Motive

A study of the original motives for clients attending regression therapy, according to the respondents to this on-line survey



Out of 114 submissions, 99 respondents offered a clear motive for attending regression therapy

10 respondents gave their original motive for attending regression therapy to be to address a physical issue

58 respondents gave their original motive for attending regression therapy to be to address a psychological issue

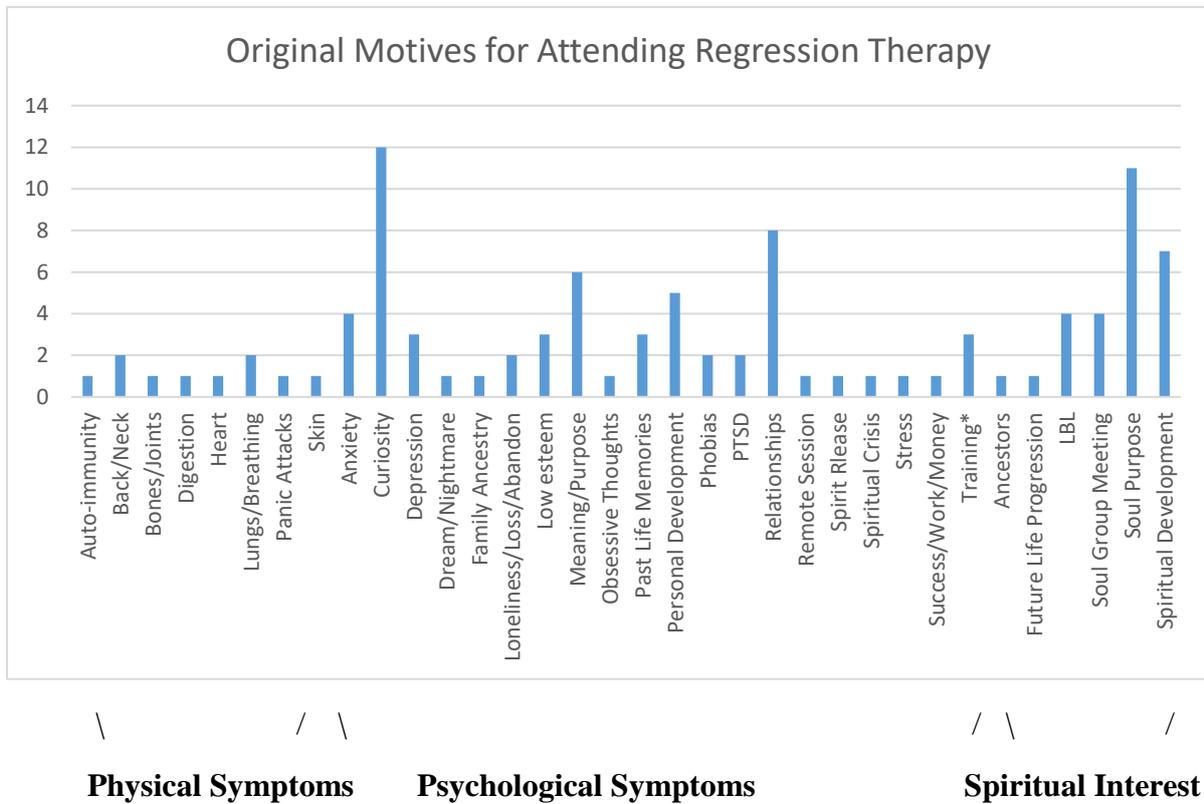
28 respondents gave their original motive for attending regression therapy to be a spiritual interest.

3 respondents gave their original motive for attending regression therapy to be for training purposes

15 out of 114 submissions did not give a clear response to this particular question.

Original Motive For Attending Regression Therapy

(Chart Indicates Symptoms or Interests Related to Each Motive)



The chart above shows that out of 114 submissions, there were 99 responses to the question on their original motive for attending regression therapy. The most common prime motive for attending regression therapy is ‘Curiosity’ (12), followed closely by ‘soul purpose’ (11)

Approximately 49% (48) of respondents indicated that their prime motive for attending regression therapy was for a ‘problem specific symptom’. For example, a digestive problem, anxiety or spiritual crisis.

Approximately 49% (48) indicated that their prime motive for attending regression therapy was not for a ‘problem specific symptom’. For example for curiosity, personal development or soul purpose.

3 more attended regression therapy as part of regression therapy training.

This demonstrates a wide range of motives for attending regression therapy. (34 different motives out of a possible 54 possible options were selected). The motives indicated in the survey do not just come from clients that have a ‘perceived problem’ needing attention from a

therapist, they also include clients that simply feel curious, may wish to enhance their life through personal development or explore a spiritual motive. Even in those cases it appears that there are many instances of personal issues being addressed in regression therapy, whether those issues align with their original motive or not. In those cases regression therapy made a difference for a physical or psychological symptom even though that was not the intention for the sessions. There are a few cases where the original motive is left untouched yet other beneficial differences occurred as comments from the following case show:

Case 111 *“Phobias have mostly gone away. The phobia that I saw the therapist for treatment (needles) remains, however strangely other phobias have completely gone away eg spiders”.*

The ‘symptoms’ described are not always those expressed as the ‘original motive’ for attending regression therapy. In some cases that clearly is the original motive, yet in other cases it is much less clear or it is obviously not so. For example there are other cases where a client has attended regression therapy to address a simple curiosity or for a spiritual motive, yet a physical symptom has cleared up or a depression has disappeared following the sessions.

The survey did not find evidence that eliminates any motive for suitability for regression therapy, even though there may well be unsuitable motives.

The survey did not find evidence to suggest that regression therapy does not work on any particular issue even though there may be unsuitable issues.

Indeed there is simply insufficient data from this survey to offer any indications on those features.

Respondents were also invited to rank any further motives for attending regression therapy (that is 2nd, 3rd, 4th 5th motive) When that was also considered, then ‘relationship issues’ ranked as the most popular motive for attending regression therapy. However as these were secondary motives it was considered that this information was not so valuable and may simply undermine the outcome of the ‘original motive’. On that basis an evaluation of the secondary information collected was not pursued.

*Respondents had the option to indicate ‘OTHER’ issues being attended via an extra ‘text box’. Three respondents indicated their original motive to be ‘TRAINING’ as students of regression therapy.

What Difference Did It Make?

How Long Ago?

Out of 114 submissions, 93 respondents indicated how long ago the regression therapy ended, in relation to the point of completing the survey.

30 respondents indicated that the regression therapy ended less than three months ago

24 respondents indicated that regression therapy ended between three months and one year ago

20 respondents indicated that regression therapy ended between one and three years ago

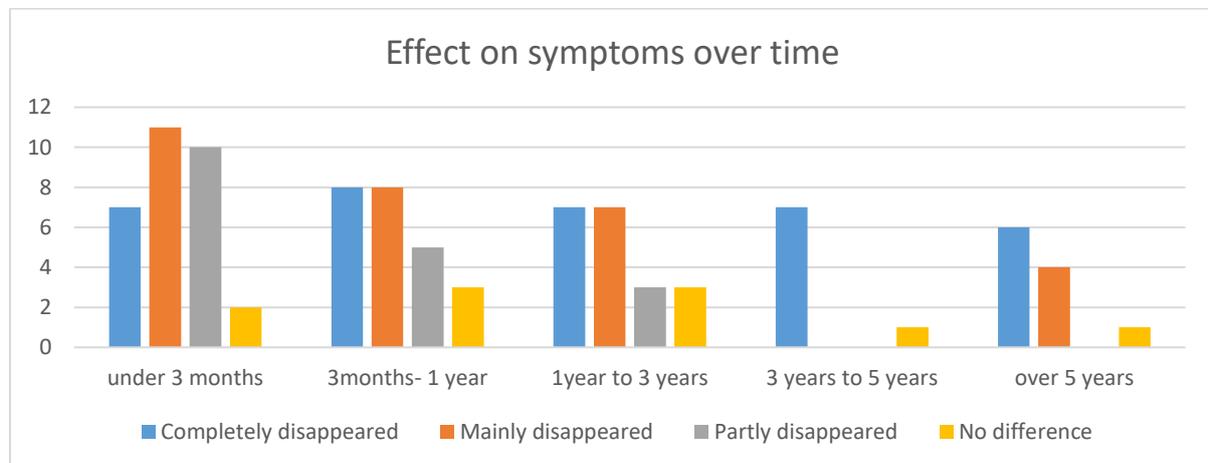
8 respondents indicated that regression therapy ended between three and five years ago

11 respondents indicated that the regression therapy ended over five years ago

21 did not answer

The study then examined how effective the therapy was judged to be by respondents according to how long ago the sessions were ended

In those cases where therapy had only ended up to three months earlier, 60% of respondents indicated that symptoms had either ‘mainly’ or ‘completely’ disappeared.



Note how the chart shows that the symptoms in the majority of cases were regarded as either completely (blue) or mainly (brown) disappeared, right from the most recent cases where therapy ended less than three months earlier and then becoming more clearly so for the older cases. Yet the symptoms that were partly disappeared diminishes over time, many of them being regarded as either mainly or completely resolved as time moves on. Even so this may simply indicate that those clients that really felt a difference are the ones that have submitted entries to this survey.

The following pages shows case studies where symptoms have improved over time

Case Study Where An Improvement In Symptoms Continues Beyond the End of Therapy No 1

Case No. 100: Physical issues and psychological issues are often addressed together, as demonstrated in this case of only one session. The case also demonstrates how the overall issues that were regarded as ‘mainly disappeared’ immediately following the session, yet became ‘completely disappeared’ at the time of the submission up to 3 months later. The client reaction to a single session speaks for itself. See details from the client submission below

Physical Symptoms: *“Stomach pains. Headaches daily.”*

Any Change? Completely Disappeared

Comments: *“Awesome! Very pleased”*

Psychological Symptoms: *“Anger. Frustration. Violent feelings”*

Any Change? Mainly disappeared

Comments: *“It’s a work in progress, but much alleviated”*

Immediate Overall Difference: Mainly Disappeared

Comments: *“Headaches totally went as did stomach pain, but after several days.”*

Overall Difference Now? Completely disappeared

Comments: *“Lot calmer. More connected to spirit. More reasonable. Less aggressive. Happy to let things go”*

Here are some further basic details as supplied by the client

Case No.	100	Physical Area Effected	<i>Back/spine/neck pain; Diabetes; Digestion; headaches/migraine; Skin problems; fatigue</i>
Gender	<i>Female</i>	Any Difference to Physical Symptoms?	<i>Completely Disappeared</i>
Age Group	<i>31-60 years old</i>	Psychological Symptoms	<i>Anxiety; Depression; Obsessive Thoughts; Relationship Issues</i>
Religion	<i>Catholic</i>	Any Other Treatments?	<i>None</i>
Education	<i>BA/BSc</i>	Immediate overall difference?	<i>Mainly disappeared</i>
Relationship status	<i>Married</i>	Overall difference now?	<i>Completely disappeared</i>
Date of submission	<i>12/04/2015</i>	How many sessions?	<i>1</i>
Original Motive	<i>Depression</i>	How long ago?	<i>Up to 3 months earlier</i>

Case Study Where An Improvement In Symptoms Continues Beyond The End of Therapy No 2

Case No. 63: This is a case that focusses on the physical issue only. There were multiple sessions that took a year for the symptoms to completely disappear, yet that difference is still apparent more than five years later. This does not only show how regression therapy contributes to a healing process that continues following the end of therapy, it also demonstrates how the change can remain in the longer term.

Physical Symptoms: Rheumatism

Any Change: Completely Disappeared

Comments: *“After a half year the symptoms partly disappeared and after one year totally”*

Overall Difference Now? *“A great difference. I don’t have some fears any more. I don’t take any medicine anymore for my rheumatism, not for years now.”*

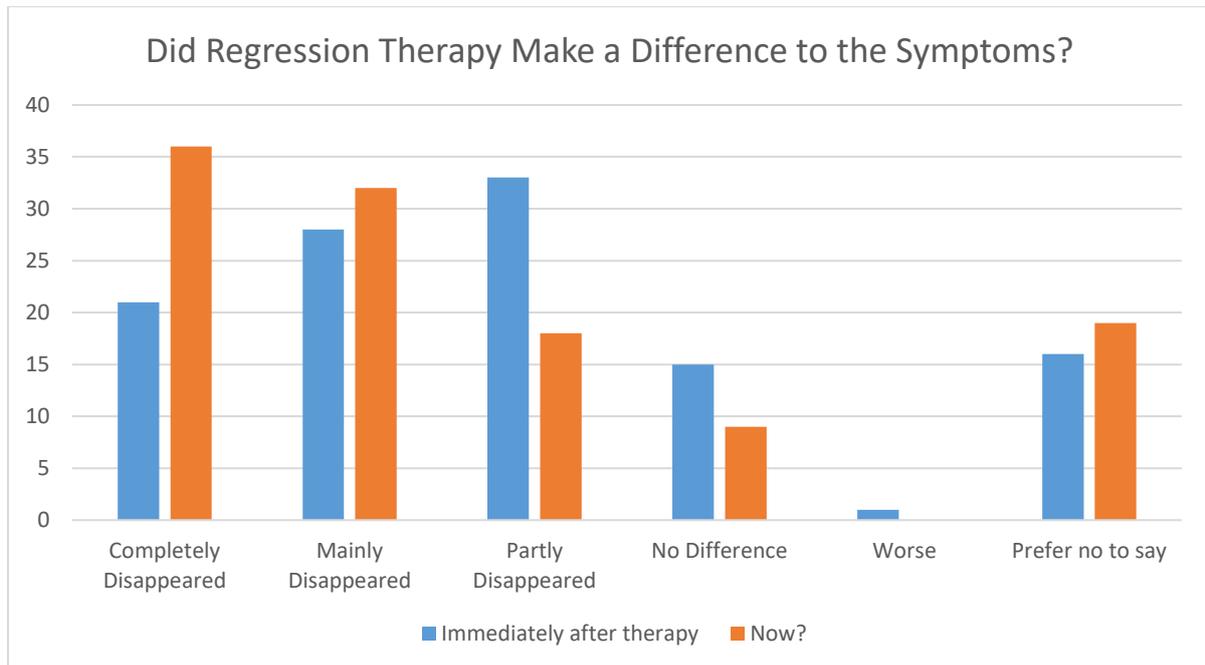
The client also reported a spiritual experience emerged from the sessions and offered this comment:

Spiritual Experience: *“During my sessions I see things that I had not seen before during the day or night. This experience gives me more self-esteem and told me that I'm not crazy.”*

Here are some further basic details as supplied by the client

Case No.	63	Physical Area Effected	<i>Bones/joints</i>
Gender	<i>Female</i>	Any Difference to Physical Symptoms?	<i>Completely Disappeared</i>
Age Group	<i>31-60 years old</i>	Any Other Treatments?	<i>Medicines for rheumatism</i>
Nationality	<i>Netherlands</i>	Immediate overall difference?	<i>Mainly disappeared</i>
Religion	<i>Catholic</i>	Overall difference now?	<i>Completely disappeared</i>
Occupation	<i>Healthcare</i>	How long did therapy last?	<i>1 year</i>
Education	<i>BA/BSc</i>	How many sessions?	<i>10</i>
Relationship status	<i>Married</i>	How long ago?	<i>Over 5 years earlier</i>
Original Motive	<i>Auto-immune system</i>		

Immediate Differences and Longer Term Differences



The survey asked whether regression therapy made a difference for them. Did any symptoms change? We wanted to understand whether the therapy made a difference immediately following the sessions and whether that difference was still there at the time of submitting the form. (“Now”)

In fact the survey demonstrated that for the vast majority of respondents the therapy worked to some extent and symptoms actually improved after a period of time.

Out of 114 submissions 99 responded to these questions.

Out of 114 submissions 49 of those 99 (50%) respondents claimed that symptoms had mainly or completely disappeared **immediately** following regression therapy.

Out of 114 submissions 68 of those 99 (69%) respondents claimed that symptoms had mainly or completely disappeared **at the time of submitting** the on-line survey.

This demonstrates that beyond the immediate reaction, the effects of the therapy improves for a significant number of clients (net total of 19) by the time that the online submission was made (49 has increased to 68). Exploring possible reasons for this can be interesting; for some clients it may be that regression therapy triggers an internal change that continues to unfold for a

period of time following the sessions, the change playing out in daily life and growing during that time. However we acknowledge the possibility of further treatments after the sessions that may have contributed to improvements, although the clients clearly attribute improvements to the sessions of regression therapy.

In **Case No. 67**, the immediate reaction was that the symptoms actually became worse, as the client was “*confronted with the phobia itself*” yet the symptom was completely cleared by the time of submitting the form less than three months later, stating that it “*seems like an irrational fear now*”.

The survey does not ensure that all of the listed symptoms as supplied by the client on the form have changed. If not all symptoms, then which ones? We depend on the clients’ comments to understand that, on some occasions the answer is clear yet on other occasions it is not clear.

What About Clients That Indicated ‘No Difference’ to Regression Therapy?

A small number of clients indicated that regression therapy offered no difference to their symptoms, whether that was the original motive or not.

Two of those clients attended for physical issues, one was for ‘sweating’, another for ‘obesity’.

Two of those clients attended for psychological issues, one was for ‘anxiety’ and another was for ‘stress’.

However there are other cases where regression therapy does address those same issues, thus there is no evidence to support the exclusion or inclusion of any particular issue for regression therapy. In any case the numbers are just too small to draw any conclusions.

Another small number indicated ‘no difference’ when they attended regression therapy for spiritual interests, yet many of those also point out that they had no symptoms that they were seeking to change as their focus was on spiritual interests.

Full Client Comments On Differences Experienced Following Regression Therapy

This table shows how each client answers the questions regarding ‘immediate difference’ to regression therapy alongside the answer to how they regard the ‘difference at time of submission’. Alongside this are full comments from clients in their own words.

Case Number	Symptoms: Any Immediate Difference?	Symptoms: Difference at Time of Submission	Comments
Case 1	Mainly disappeared	Completely disappeared	<i>1 I got initiated to Reiki and used it for me and my family which helped a great deal for everybody and for me, it also kicked me further and swiftly on my path 2 Quality of life, joy of living, ability to see from soul perspective, earth playground, spirit perspective, immense capacity to Love and enjoy, immersion in nature, capability to cope and help others to see their own capacity</i>
Case 2	Completely Disappeared	No answer	<i>Some completely disappeared, some mainly.</i>
Case 3	Partly Disappeared	Mainly Disappeared	
Case 4	Completely Disappeared	Completely Disappeared	
Case 5	Completely Disappeared	Completely Disappeared	
Case 6	Completely Disappeared	Completely Disappeared	
Case 7	Mainly Disappeared	Completely Disappeared	<i>For the pain at my knee was only one session. For anxiety I did 5 sessions in 3 months</i>
Case 8	Partly Disappeared	Mainly Disappeared	
Case 9	No difference	Partly Disappeared	<i>1 I am not so concerned about the symptoms now. They are more in the background and do not trouble me as they used to. 2 They have explained some of the 'weird' things I have experienced but have not been able to justify with logical thinking</i>
Case 10	Completely Disappeared	Mainly Disappeared	<i>1 I had very good feeling after pension, I felt catharsis during and after session ended, very liberating experience :-) 2 Sometimes the old "program" starts automatically, then I'm more aware about it and can transform my bad feelings into good ones.</i>

Case 11	Mainly Disappeared	Completely Disappeared	<i>My husband and I were hanging on by a thread BUT we are still together, stronger than ever, providing a loving and spiritual home for our two children. Both my husband and I have since had many more regression sessions for different things and are emotionally, physically and spiritually closer as a result.</i>
Case 12	Completely Disappeared	Completely Disappeared	
Case 13	No difference	Completely Disappeared	<i>1 I left my husband! 2 Gave me The ability to control My surroundings. To stop being a victim</i>
Case 14	Mainly Disappeared	Mainly Disappeared	<i>1 Still improving day by day. My frame of reference is of course different, it's hard to even remember how dark everything seemed before I did the sessions. 2 I am no longer afraid of dying. I have a sense of who I really am at my core. I am so very very grateful for the greater perspective I have gathered on my life here on earth. I am much more humble knowing that all of us - all - are souls here in bodies with challenges and important tasks to fulfil. I choose love over fear.</i>
Case 15	No difference	Mainly Disappeared	
Case 16	Partly Disappeared	Completely Disappeared	<i>1 After each session of primal work, which was very cathartic, my symptoms of anxiety would abate, then return later but not with the same strength. 2 I have had hundreds of sessions over almost forty years. Most of these have been self-facilitated or spontaneous. The sessions have completely changed my life. I have gone from being a fearful, depressed person without direction or meaning in life to being a fully functioning, self-actualized, happy person who is solid in himself and has meaning and purpose in his life.</i>
Case 17	Mainly Disappeared	Completely Disappeared	
Case 18	Partly Disappeared	Partly Disappeared	<i>Why you used symptoms as a word. How I explain about my awareness or consciousness. Should I say disappeared? I prefer to say improving.</i>
Case 19	Completely Disappeared	Completely Disappeared	<i>As I have been trained as a regression therapist, I have had lots of sessions. Before the sessions I used to judge people a lot. Now I can easily say that everybody has different</i>

			<i>lessons so different experiences to learn on Earth. I respect each of them to dare to experience either good or bad things, which we as human call bad or good. I totally comprehend that all those sessions have changed my point of view. I understand that without experiencing we never learn anything.</i>
Case 21	Partly Disappeared	Completely Disappeared	<i>It took some time to understand the lessons I got.</i>
Case 22	Completely Disappeared	Completely Disappeared	<i>I have no other complaint about aloneness. Love and security</i>
Case 23	Completely Disappeared	Mainly Disappeared	
Case 24	Completely Disappeared	Completely Disappeared	
Case 25	Completely Disappeared	Completely Disappeared	<i>Having been regressed to 17 past lives so far I appreciate the connection of spirit and the reasons why we keep coming back. I am also aware that we are all connected and can be either sex in each separate life. We have to experience everything good or bad and to do that we have to be both male and female at different times. Also we are very rarely the same Nationality.</i>
Case 26	Mainly Disappeared	Mainly Disappeared	<i>1 I had stomach problems – gastro-enteritis. My past life involved a form of personal Hari Kiri, stabbing into the stomach repeatedly. The session resulted in each wound bubbling with healing energy akin to 'Jing' in TCM and then I have never got Gastro-enteritis again. I still have a weak stomach but many issues disappeared..... 2 Never had gastro-enteritis since</i>
Case 27	Mainly Disappeared	Mainly Disappeared	<i>Felt a shift within three days and a new sense of space and freedom and personal power Knock on effects in my personal life/view of myself/sense of myself as valuable 2 sessions about 4 years ago for past life regression to help with own development.1 session about 5 months ago for regression therapy to help with sexual abuse issues</i>
Case 28	Mainly Disappeared	Mainly Disappeared	<i>Regression has explained many aspects of my relationships and blocks to my progress. I have also understood why I got so many sore throats (this no longer happens) due to past life traumas.</i>
Case 29	Mainly Disappeared	Partly Disappeared	<i>There was a big change in me after the session. Say 75 % was gone. After a few weeks, some - 30 % crept back. Maybe it is my posture which I need to be always aware of.</i>

			<i>The session for backache was for 30 minutes and I did a proxy on a cousin to heal my own back ache. I followed Andy Tomlinson's Body Work technique and am much better now.</i>
Case 30	Mainly Disappeared	Mainly Disappeared	
Case 31	Partly Disappeared	Mainly Disappeared	<p><i>1 I did not realise immediately but then one day a few months after the session, I thought about how good I felt and how I had not felt sad in months and if I had it was not as intense and realised that the only different therapy that I had done was past life regression.</i></p> <p><i>2 The sadness has been reduced drastically. I also had issues with freedom, marriage, having children and settling down. In my community the norm is to get married and have babies and be happy with that. All that scared me and I ran away with every relationship that got close to that. Even as a child I always chose to do the "boy's" stuff and anything prohibited. In my past life regression sessions, I went into a past life, where I was a twelve year old girl and forced into an arranged marriage, where I could not do anything that I want, where I had to stay in and obey a drunken husband, whom I shared no love with. I had experienced abuse, poverty and felt like an animal in a cage. In another life I also experienced a lack of freedom from being a child in a noble family with lots of rules and regulations including whom I was to marry. From this life I had run away to live and die in a poor but happy fishing village, teaching street children. These regressions explained where my issues were coming from and my behaviour in this life. This enabled me to work around them and try to find balance in my current life. I feel that regression therapy is extremely powerful and can be life changing for a lot of people who allow themselves to be open to this kind of therapy.</i></p>
Case 32	Mainly Disappeared	Mainly Disappeared	<i>I have come to understand myself better, especially the reason why I have made certain choices.</i>
Case 33	Mainly Disappeared	Mainly Disappeared	<i>Most of these sessions were part of the PLRA training program over the course of a year. They have not only given me a greater understanding of my relationships with people and the spirit realms, but I have a sense of patience and compassion towards others.</i>

			<i>Regardless of my symptoms, having a PL regression or LBL gave me a new way to see my own problem issues and to see the problems in the world. I have learned how to see things from a SOUL perspective, and that is priceless.</i>
Case 34	Mainly Disappeared	Mainly Disappeared	<i>Some disappeared others it is ongoing process</i>
Case 35	Mainly Disappeared	Completely Disappeared	<i>Symptoms released over a week</i>
Case 36	Completely Disappeared	Completely Disappeared	
Case 37	No difference	No difference	
Case 38	No answer	No answer	<i>Validation of driving personality traits and related goals, relationship associations, challenges, etc. Clarification of why childhood Christian indoctrination has had elements in it that have never entirely 'felt' right to me. Enhanced understanding of lucid past life dream memories and their relevance to the present</i>
Case 39	Mainly Disappeared	Completely Disappeared	<i>I had recollections of past lives that explained some of my anxieties, though they were not the main reason for going there. The anxieties were less afterwards because I now knew where they had come from</i>
Case 40	Completely Disappeared	Completely Disappeared	<i>I experienced leaving the body in one life. Also, in that life, I felt a terrible pain in the top of my right foot during the session, while seeing myself standing next to a wooden cart with a horse. Don't know what caused the injury, but after I came out of that life, the pain stopped. I learned about psychic memory and the effects of each life on the soul (the memory of scars never heals).</i>
Case 41	Partly Disappeared	Mainly Disappeared	<i>I feel better with myself, with my personal and familiar history</i>
Case 42	No difference	No difference	<i>No symptoms.....Confirmed, place I lived in during past life. Went to visit it several times. Know now my connection to some family members and friends... (all yogi's now too) Found out about Tantric practices that I did not spontaneously remember before, was all confirmed on visiting my past life place in India. As a Western woman I found it easier to make friends with Sadhu's as I now regard them as my brothers. Regression made a HUGE difference to me. I am now a qualified Past Life Regression Therapist myself, since</i>

			<i>2006. And of course now remember many more lives</i>
Case 43	No answer	No answer	<i>Because I saw my kids, I think I'm a better mom. I understand and respect their wants. I saw my father and our relationship gets better. Generally see people with greater understanding and sympathy.</i>
Case 44	No difference	No difference	
Case 45	Partly Disappeared	Partly Disappeared	
Case 46	No difference	Completely Disappeared	
Case 47	No difference	No difference	<i>I'm still stressed.....A subtle and fundamental change in my perspectives, the disappearance of some deep spiritual wonderings. I feel like this happened during the session while visualizing, thanks to a global, subtle and spontaneous process beyond languages and concepts. I feel like I got answered many questions even though I am not conscious of any of them. Like a serene satisfaction beyond words</i>
Case 48	Partly Disappeared	Partly Disappeared	
Case 49	Partly Disappeared	Partly Disappeared	
Case 50	Partly Disappeared	Partly Disappeared	<i>Ayten Diba Yilmaz applied regression therapy for unfruitful money one month ago. During the session we experienced that unluckiness came from the past life and healed it. It is very early to say everything completely disappeared but I am hopeful and following the progress in my life in positive way</i>
Case 51	Mainly Disappeared	Mainly Disappeared	<i>My life started to change. Unsolved problems started to be solved by themselves Actually 5 years ago. I had my regression sessions for one year. They were like ten sessions. They only decrease my depression attacks. I hadn't take any sessions for last 4 years until last month. I took one regular regression session and one life between lives session from a different regression therapist. And now I feel stronger, connected to my life and everybody lives on earth. I don't feel that I am alone anymore. I feel connected to my spiritual guide and spiritual friends. I know and feel strongly we have our reasons to come here. I felt completely empty and bored before</i>

			<i>the sessions. Now I feel neither empty nor bored. Now I feel I am alive.</i>
Case 52	Partly Disappeared	Partly Disappeared	<i>I have difficulties in trusting the system that created us. I think it's getting smaller</i>
Case 53	Completely Disappeared	Completely Disappeared	
Case 54	Completely Disappeared	Completely Disappeared	<i>They simply vanished. ... It was night before, and now its day.</i>
Case 55	Partly Disappeared	Partly Disappeared	
Case 56	Partly Disappeared	Partly Disappeared	<p>1 <i>Feeling more optimistic about the reason, always helps in my attitude. But my headaches and migraine disappeared completely</i></p> <p>2 <i>So much more self-confident. And more coping with any other problem I encounter in my daily life</i></p>
Case 57	Mainly Disappeared	Mainly Disappeared	<p><i>More space and air. It felt light inside</i></p> <p><i>There was a very strong 'line' between me and an old friend of mine. I couldn't explain why but it felt not good. Now, I don't feel the need any more to contact him, before the session there was a kind of power that forced me</i></p>
Case 58	Partly Disappeared	No difference	<p>1 <i>I started these sessions about relationships. Sessions helped me about lots of things but I am still single it didn't change. On the other hand after the sessions I am feeling better when I am in a relationship or in the end of the relationship it is not a big deal I could say. By the way I started these sessions in 2011</i></p> <p>2 <i>It absolutely worked. My last session we worked about relationships and I realized I am looking for weak person as I didn't want to lose my power. So, it helped me about that I was looking for the guy who is weaker than me</i></p>
Case 59	No difference	Mainly Disappeared	<i>I learnt Reiki and now I practice Reiki and this has changed my perception of a lot of things. Reiki has really changed me.</i>
Case 60	Partly Disappeared	Partly Disappeared	
Case 61	Mainly Disappeared	Mainly Disappeared	<p>1 <i>In the beginning I had a hard time to deal with all the things I saw. But later the session become better and better. In one session there was my birth vision. It helped me understand a lot of things in life.</i></p> <p>2 <i>I feel more peaceful and it helped to develop my spiritual path</i></p>
Case 62	No answer	Mainly Disappeared	<p>1 <i>Psychosis.</i></p> <p>2 <i>It changed my whole life</i></p>

Case 63	Mainly Disappeared	Completely Disappeared	<i>A great difference. I don't have some fears any more. I don't take any medicine anymore for my rheumatism, for years now.</i>
Case 64	Partly Disappeared	Mainly Disappeared	<i>1 Well the insights from the regression therapy has given me more awareness why I act that way. Still I easily slip into my own world, but I'm more aware of that so this happens only very rarely 2 To be more open to mysterious experiences and accept that there is a lot around us that we can't explain but still can be very valuable for us. Don't live in my head alone but also rely on what I instinctively can feel. Trust in my intuition.</i>
Case 65	Partly Disappeared	Mainly Disappeared	<i>Radical change</i>
Case 66	No answer	No answer	<i>Clarity of purpose and clarity understanding who I am, where I have been, and what I am here to do</i>
Case 67	Worse	Completely Disappeared	<i>Confronted with the phobia itself.... Seems like an irrational fear now.... made me aware of and rationalize my fear</i>
Case 68	Partly Disappeared	Partly Disappeared	<i>I know who I am and I know where to go when my body dies.</i>
Case 69	No answer	No answer	<i>It gave me more clarity as to who I am and what I should focus on in my life</i>
Case 70	Partly Disappeared	Partly Disappeared	<i>Things or issues don't seem to bother me like they used to. Not afraid to die. Everything is a choice.</i>
Case 71	Partly Disappeared	Completely Disappeared	<i>It was my LBL where I got the most Psychological help addressing the cause of my PTSD and also the most spiritual.... I learned understanding and forgiveness for another's actions and words. I know my soul's purpose and have cut karmic ties. I feel my spirit is strong and I accept the lessons of the past as just that. I live in the present I look forward to a brighter future I have learned to let go of my trying to control and just let life happen.</i>
Case 72	Mainly Disappeared	Mainly Disappeared	<i>1 Sometimes I still get pissed that I am on this planet at this time, but then I get happy about it again..... 2 I feel whole. Accepting of life. KNOWING that it is all good. literally--ALL GOOD</i>
Case 73	No answer	No answer	<i>I am still grieving loss of my husband but feel more peaceful, calm, accepting that I was able to connect with him and other people that I have loved who are now on the other side</i>

Case 74	Completely Disappeared	Completely Disappeared	<p>1 <i>Feel very healed and kind of in a daze for a long time afterward. In practical terms it was like getting the benefit of 10 years of psychotherapy in 5 hours.....</i></p> <p>2 <i>Change in perspective. I now know how we are all connected and that I'm here to do the best I can and that my real life is in the spirit realm - this life is a grand stage to have experiences and nothing here can ever really hurt me or any of us. There is no death.</i></p>
Case 76	No difference	No difference	<p>1 <i>I had been diagnosed with early onset Parkinson's disease, but I wasn't being treated for it at that time.....</i></p> <p><i>I didn't go for treatment I went for spiritual growth</i></p> <p>2 <i>I learned a lot about myself, my family, the spiritual realm, God. It served as a springboard for future growth and understanding. I am much more along my spiritual path now, and am comfortable with who I am now.</i></p>
Case 77	Completely Disappeared	Completely Disappeared	
Case 78	No answer	No answer	<p><i>The veil between realms became much thinner. I am more in tune with my spiritual self, I pick up people's thoughts easily, I see their life paths clearly. I see 'signs' daily. I recognise people in my soul group more easily. I am more sensitive to negative energy.</i></p>
Case 79	Mainly Disappeared	Completely Disappeared	<p><i>understanding how the false ideas about life (from all points of view including others) had manifested into the physical experience... which then allowed me to let it all go.. That I no longer NEEDED that physical manifestation because I understood the lesson.....</i></p> <p><i>YAY for finally having the courage and unyielding intent in this lifetime to address my own crap....</i></p> <p><i>Happy, healthy and accepting of whatever 'life' throws at me! It's ALL good now; even when it isn't! I laugh much more now and do not take everything so seriously... as if I had been single-handedly holding the world together. hahahaha It all seems so silly to me now. In hind sight life was a lot easier than I thought it was at the time... and that new attitude carried over into now</i></p>
Case 80	No difference	No answer	

Case 82	Mainly Disappeared	Completely Disappeared	
Case 83	Partly Disappeared	Partly Disappeared	
Case 84	No answer	No answer	<p>1 <i>Suffering from loneliness became better as I realised that everyone is important in my life, even if I only incarnated in this life with one soulmate.....</i></p> <p>2 <i>My conception with my inner self confirmed my destiny in life and helped me to concentrate on my task</i></p>
Case 85	Partly Disappeared	Mainly Disappeared	<p><i>Physical symptoms disappeared. Psychological partially disappeared....</i></p> <p><i>I have been on "spiritual quest" most of my life. Regressions validated and brought more details of spiritual part of our existence, to my attention. I always look for proof and confirmation of any findings, theories etc. and regressions allowed me, at least partially receive that confirmation. I received some guidance regarding my path in this life and purpose which brought more peace and understanding. Showed the source of anxiety and (general) explanation of ways to overcome it (I still don't know how exactly I should apply it). It linked some of my relatives to the relationships I had with them in previous lives.</i></p>
Case 86	No difference	No answer	<p><i>More awareness, self-compassion about symptoms....</i></p> <p><i>confirmation of nature of my intuitive abilities and cosmic connection, more trust, faith</i></p>
Case 87	Completely Disappeared	Completely Disappeared	<p>1 <i>Saw the cyst pop with inner vision....</i></p> <p>2 <i>This was an adjunct to regression training which has greatly accelerated by spiritual path through drastic alterations of worldviews.</i></p>
Case 88	Completely Disappeared	Completely Disappeared	
Case 89	Partly Disappeared	Completely Disappeared	
Case 90	No answer	No answer	<p><i>It was a lovely experience that helped me understand one thing: I need to connect with my inner child and enjoy life. I also have decided to move to Paris and follow my heart and not worry about the results, only the path.</i></p>
Case 91	Mainly Disappeared	Mainly Disappeared	<p><i>I can stand for my treatments I do to patients with more confidence. A past life is self-evident because I felt and saw a lot of deaths, I see the connections between the lives and</i></p>

			<i>that let me feel calm. It is going on anyway, I can help people with this kind of work to let go their fear of death and see the world and the system as whole. The connection to my mother changed a lot. We are 2 souls living together to learn from each other. But each of us is responsible for oneself. It is completely relaxed. I like to bring it in the world much more. And I do!</i>
Case 92	Partly Disappeared	Mainly Disappeared	<i>I had a sexual problem and genital infection because of the abuses and rapes in my past life. After the sessions they mainly disappeared</i>
Case 93	Partly Disappeared	Partly Disappeared	<i>I felt like I never had felt before in my life.... Some issues need to be addressed several times before any real solution is reached..... I have become a far happier person with much more inner peace and a different approach to life and its many challenges</i>
Case 94	No difference	No difference	<i>I like regression therapy method and mainly I apply it with my clients... In my LBL session, I had my mind so clear about myself, my soul purpose and then after everything is very easy and joyful.</i>
Case 96	No difference	No difference	
Case 97	No difference	Partly Disappeared	<i>more self-acceptance</i>
Case 98	Completely Disappeared	Completely Disappeared	<i>Having discovered the story in the regression session my problems now had a narrative and a context. I was able to make the links between the symptoms of anxiety and abandonment and the problems completely disappeared..... This particular past life regression session gave me a new way of understanding my sense of purpose and meaning in my current life. I often think of my past life character as new situations present themselves in my current life which have associations with that past life. I never have any problems in this regard it is like the meaning just keeps deepening. It was a transformational experience.</i>
Case 99	Mainly Disappeared	Mainly Disappeared	<i>It has given me a greater understanding of incarnations and the choices we make. I now understand that starving in that life may have resulted in me carrying eating disorders into this life, and has enabled me to release this control mechanism.</i>
Case 100	Mainly Disappeared	Completely Disappeared	<i>Headaches totally went as did stomach pain but after several days....</i>

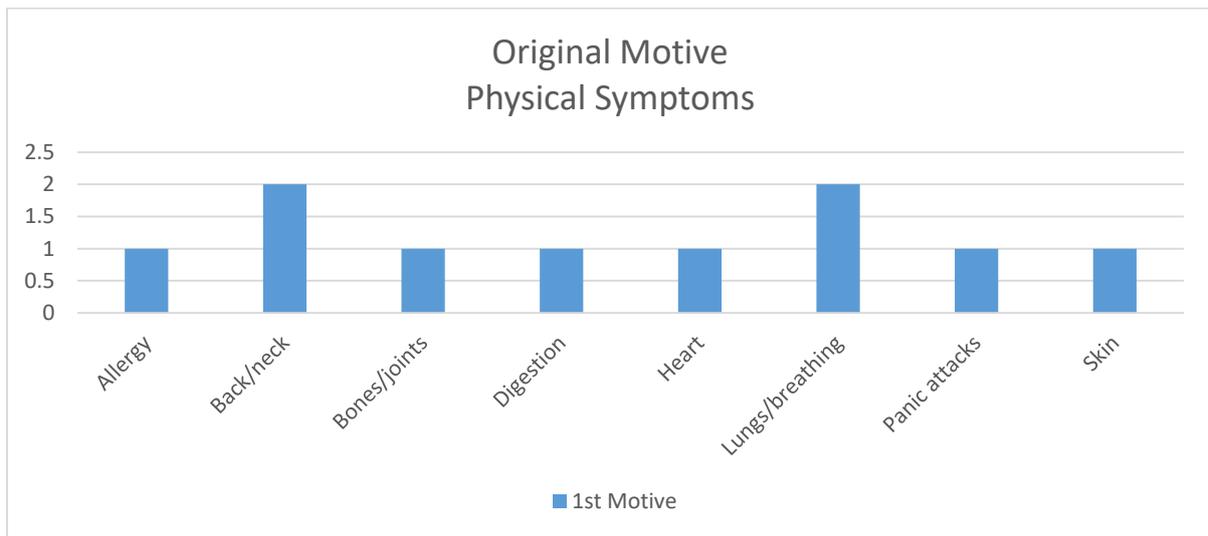
			<i>Lot calmer. More connected to spirit. More reasonable. Less aggressive. Happy to let things go</i>
Case 101	Partly Disappeared	Completely Disappeared	
Case 102	Partly Disappeared	Partly Disappeared	<i>1 Feeling great. Feel free from stress.... 2 I feel relaxed in my relationship with family member. It's an effective therapy.</i>
Case 103	Mainly Disappeared	Mainly Disappeared	<i>My therapist Meenakshi Pahwa did a regression analysis.....she helped me come at peace with myself</i>
Case 104	Mainly Disappeared	Mainly Disappeared	<i>1 Some challenges took multiple sessions or modalities. Most have mainly disappeared and a few completely! 2 The healing has been profound in so many areas. I can now live my life purpose in a peaceful, loving way with a lot of joy.</i>
Case 105	Mainly Disappeared	Mainly Disappeared	<i>Sessions brought sense of calm. Able to calm myself and therefore create a space to think and react accordingly without panic. Sense of fullness, relief and confidence through breathing techniques. Ability to see and think things through clearer. Ability to anticipate situations that could cause me panic/stress and can avoid or navigate through without anxiety or freaking out. Random crying stopped. I'm more positive and optimistic.</i>
Case 107	Partly Disappeared	No difference	<i>Obsessive thoughts are somewhat more controlled</i>
Case 108	No answer	No answer	<i>It has given me some peace and direction as I now know why I have certain traits. I feel comforted that this physical life is only a temporary experience and that my true nature is beyond the suffering so I feel a lot more relaxed. I also discovered that all the answers are within myself so I feel confident in the direction my life will take.</i>
Case 109	Partly Disappeared	Partly Disappeared	<i>1 Energy in home and around family member is better. I notice the full moon changes the energy in the home.... 2 Understanding what is happening, what is possible</i>
Case 110	Partly Disappeared	Mainly Disappeared	
Case 111	Partly Disappeared	Mainly Disappeared	<i>Phobias have mostly gone away. The phobia that I saw Jenean for treatment (needles) remains however strangely other phobias have completely gone away e.g. spiders. Things I didn't have specific treatment for are no longer an issue.....</i>

			<p><i>It's almost like it has strengthened with time, and also I am continuously surprised that things that I used to be worried about are not an issue any longer.....</i></p> <p><i>More confident, have a better understanding and connection to my spiritual self and the lessons to be explored in this life. More accepting and understanding of my life circumstances and trust and embrace things more rather than being worried. Also Jenean used anchors for moments when I held a lot of confidence and power in past lives to I use these sometimes to remind myself of the lives I have lived before.</i></p>
Case 112	No answer	No answer	<p><i>I came to know so many things about myself. Got some answers I was looking for - regarding my previous lives and the soul-connections I have with some people around me.</i></p>
Case 113	Partly Disappeared	Completely Disappeared	
Case 114	Completely Disappeared	No answer	<p><i>Changed my life for good. Anger went. Moved on</i></p>

Physical Symptoms

A Study of Physical Symptoms Addressed in Regression Therapy

Original Motives: Physical Symptoms

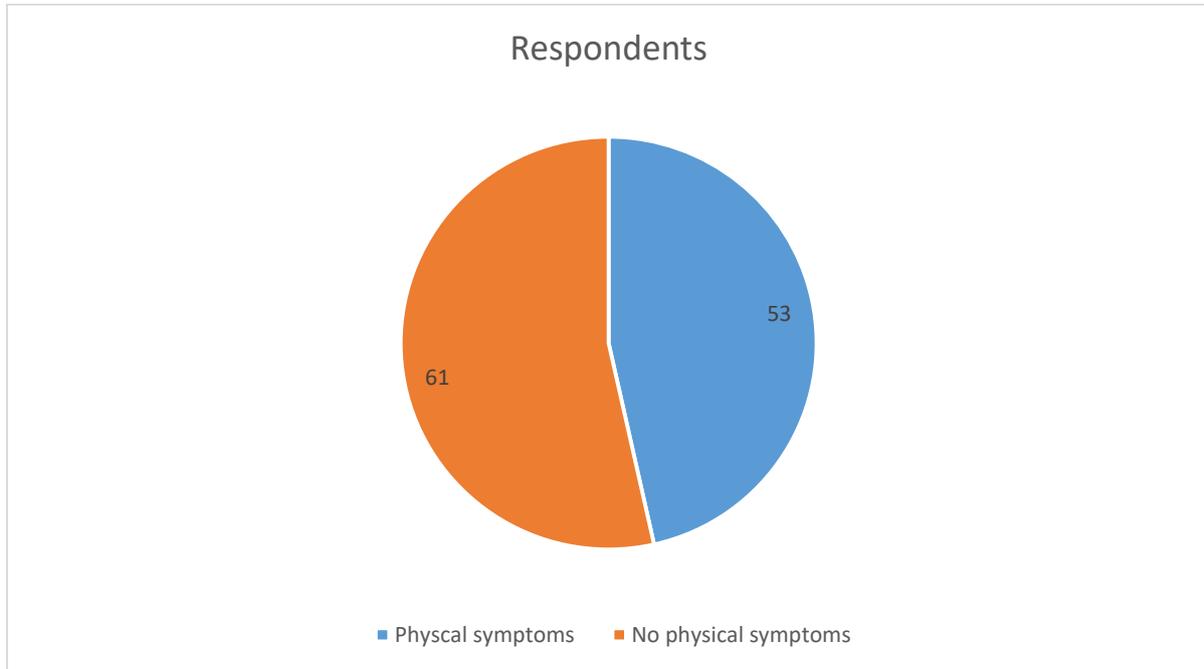


Out of 114 submissions, 99 responses were received for this question. 10 (10%) of those respondents indicated that a physical issue was their original motive for attending regression therapy.

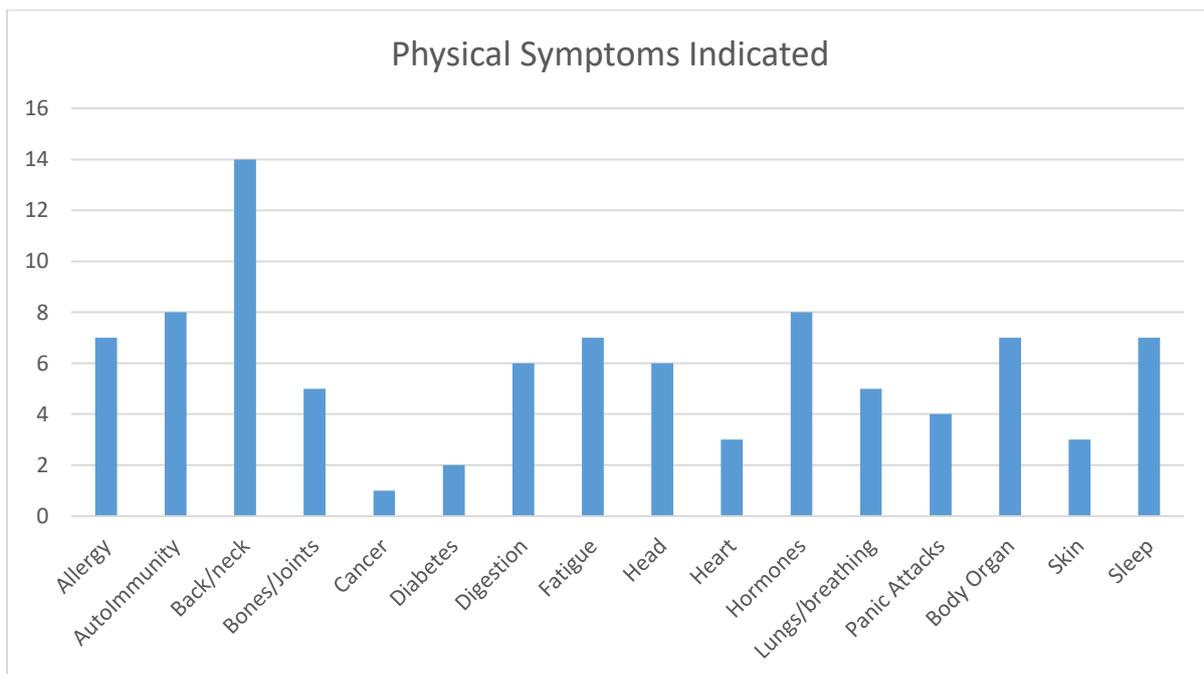
As the graph shows, the motives of those ten clients was for regression therapy to address a disparate spread of eight different physical symptoms. Back/neck/spine and lungs/breathing indicated twice each, with six other categories indicated once only

Physical Issues Addressed in Regression Therapy

Out of 114 respondents, 53 (46%) indicated that at least one physical issue was addressed in regression therapy whether this was part of their original motive or not.



Physical symptoms were listed 93 times by those 53 respondents

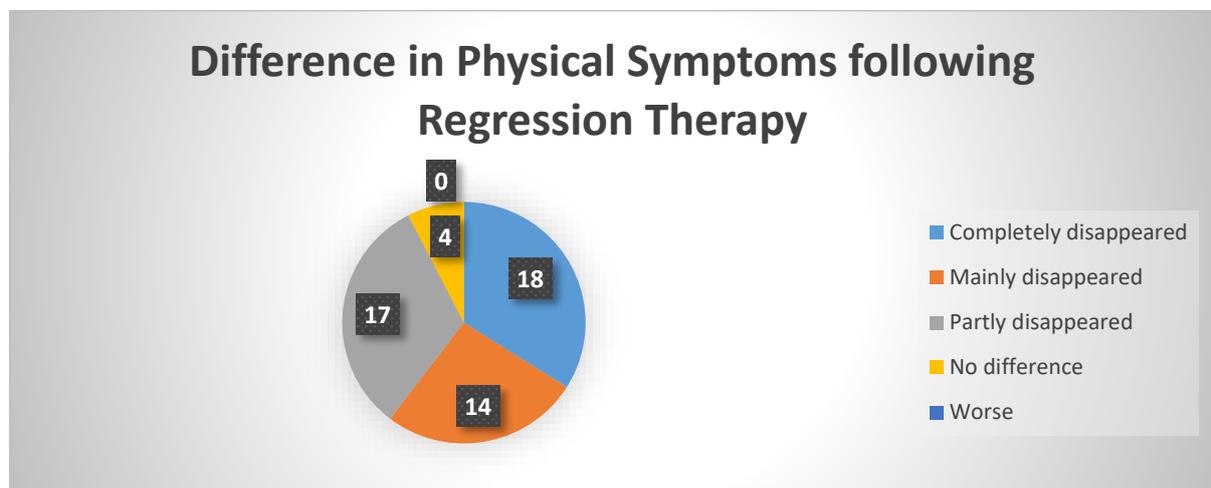


Outcome of Regression Therapy on Physical Conditions

Respondents to the survey were able to select up to 16 different broad physical issues (and also had an option to select any unlisted issues via an 'OTHER' box). Each of those 16 options was selected at least once.

As the chart shows the most common physical issue addressed by regression therapy was a condition effecting the 'back/neck/spine'? This was indicated 14 times by respondents, significantly higher than any of the other options. The least common applied to 'cancer/tumours' with one indication.

Out of 114 submissions there were 53 responses to questions asking for the outcome of regression therapy on physical symptoms.



Out of 53 respondents 18 (34%) indicated that physical Symptoms have COMPLETELY DISAPPEARED

Out of 53 respondents 14 (26%) indicated that physical Symptoms have MAINLY DISAPPEARED

Out of 53 respondents 17 (32%) indicated that physical Symptoms have PARTLY DISAPPEARED

Out of 53 respondents 4 (8%) indicated that physical Symptoms showed NO DIFFERENCE

No respondents indicated that physical Symptoms have BECOME WORSE

Case Study of Regression Therapy Applied to a Physical Issue No 1

Case No. 36: Many cases report that a change at the physical level also demonstrates a change at the psychological level, yet in this case the client stays with the physical change alone. Note that it was ‘personal development’ that attracted him to regression therapy and although he gives limited details and limited description of his experience in regression therapy (English was not his first language) yet the outcome was remarkable. In particular the length of time since the session indicates that the change in osteochondrosis may well be permanent and as he points out, ‘completely disappeared’. He also specifies that there were no other treatments around that time. This is a powerful case that a client has submitted more than fifteen years after a single session, he clearly holds regression therapy as being responsible for this change.

Physical Symptoms: *“Osteochondrosis”*

Any Change: Completely Disappeared

Comments: *“For 15 years after RT session, symptoms do not recur”*

Here are some further basic details as supplied by the client

Case No.	36
Gender	<i>Male</i>
Age Group	<i>Over 60 years old</i>
Nationality	
Religion	<i>Orthodox</i>
Occupation	<i>Healthcare</i>
Education	<i>Other</i>
Relationship status	<i>Married</i>
Date of submission	<i>21/9/2014</i>
Original Motive	<i>Personal Development</i>
Physical Area Effected	<i>Bones/joints</i>
Any Difference to Physical Symptoms?	<i>Completely Disappeared</i>
Any Other Treatments?	<i>None indicated</i>
Immediate overall difference?	<i>Completely disappeared</i>
Overall difference now?	<i>Completely disappeared</i>
How long did therapy last?	
How many sessions?	<i>1</i>
How long ago?	<i>Over 15 years earlier</i>

Case Study of Regression Therapy Applied to a Physical Issue No 2

Case No. 12 In this case, an extra feature of regression therapy was shown in the clients' original motive; that is to be a proxy volunteer to enable healing for another person. This is another potential of regression therapy where a person that is connected to the client can work as a proxy substitute for a client that is unable to attend or engage in therapy, for example an immobile or a non-verbal person. The proxy work appeared to succeed and she then returned to address her own physical, psychological and spiritual needs. The client also refers to the removal of intrusive energy as part of the therapy and how it contributes to the change in her.

A positive outcome in each of those spheres is a characteristic of this therapy as it appears to be common for regression therapy to bring about change at different levels and in different ways. The physical change is highlighted here as a remarkable aspect of this case, yet the stress and proxy session are also remarkable and appeared to work. See below:

Physical Symptoms: *"I had been diagnosed with psoriasis many years ago."*

Any Physical Change? Completely Disappeared

Comments: *"My skin became clear without any further lesions very soon after my visit to the regression therapist."*

Further Comments: *"Following the therapy session to facilitate the progression of the soul of another person the "feedback" was very positive. Secondly, stress and the removal of intrusive energy were greatly relieved and removed following treatment."*

Any Psychological Change? Symptoms Completely Disappeared

Comments: *"The therapy was completely successful"*

Any Spiritual Experience? Yes

Comments: *"I was aware of the presence of beings from another place not on earth which gave me great peace and reassurance."*

Continued on next page

Here are some further basic details as supplied by the client

Gender	<i>Female</i>	Physical Area Effected	<i>Skin</i>
Age Group	<i>Over 60 years old</i>	Any Difference to Physical Symptoms?	<i>Completely Disappeared</i>
Nationality	<i>UK</i>	Psychological Symptoms	<i>Remote session for other person/ Removing Intrusive Energy/ Stress/ Personal Development</i>
Religion	<i>Protestant</i>	Any Difference to Psychological Symptoms?	<i>Completely Disappeared</i>
Occupation	<i>--</i>	Any Other Treatments?	<i>Ointment via doctor</i>
Education	<i>College</i>	Immediate overall difference?	<i>Completely disappeared</i>
Relationship status	<i>Divorced</i>	Overall difference now?	<i>Completely disappeared</i>
Original Motive	<i>Proxy session for other</i>	How many sessions?	<i>2-5 sessions</i>
How long ago?	<i>1 to 3 years earlier</i>	How long was therapy?	<i>3 months to 1 year</i>

Client Feedback on Physical Differences Following Regression Therapy

These are comments from respondents that indicate symptoms have **COMPLETELY DISAPPEARED**

Description of Physical Symptoms	Feedback Following Regression Therapy
<i>Case 16. Knot in stomach Deep crease in forehead Very bad dandruff</i>	<i>During intensive therapy, knot in stomach disappeared after one week, dandruff disappeared after two weeks. Continuing with weekly therapy, crease in forehead disappeared after three or four months.</i>
<i>Case 12. I had been diagnosed with psoriasis many years ago.</i>	<i>My skin became clear without any further lesions very soon after my visit to the regression therapist.</i>
<i>Case 21. I had headaches and backache. They were stress related. There was nothing a doctor could do</i>	<i>As I learn how to cope with the stress and understood the reason for my anxieties.</i>
<i>Case 36. Osteochondrosis</i>	<i>For 15 years after RT, symptoms do not recur</i>
<i>Case 54. Exhaustion, gaining no rest from sleep, requiring 10-14 hours of sleep to function even sub-optimally. Hypothyroidism</i>	<i>Simply vanished</i>
<i>Case 63. Rheumatism</i>	<i>A great difference. I don't have some fears any more. I don't take any medicine anymore for my reuma, for years now.</i>
<i>Case 77. Chronic bronchitis. Immune system suffered as a result of anti-biotics</i>	<i>Ordinary GPs just prescribed me antibiotics but could not treat the real problem at a deeper level</i>
<i>Case 79. Vertebra in neck area messed up from car accident... encroachment and some disintegration and fusion after YEARS of pain, migraines and lack of mobility</i>	<i>Seeing that I was pushed down stairs that broke my neck... causing death in a past life... and the REASONS behind that event... helped me to understand that my inability to speak up for myself in THIS life was an ongoing lesson that manifested in car accident/injuries. After that understanding took place 'somebody' from the other side focused a beam of red light into my neck area for 5 minutes. Every bit of the problem was gone after that. It has never come back! As if it never even was! Which amazed me totally! And I tested out the movement and lack of pain for a week before I really believed it myself!</i>

	<i>.... understanding how the false ideas about life (from all points of view including others) had manifested into the physical experience... which then allowed me to let it all go.. that I no longer NEEDED that physical manifestation because I understood the lesson</i>
<i>Case 85. Throughout my life I had either low or normal blood pressure. About a year before the session, my blood pressure become high e.g. 150/98</i>	<i>After the PLR & LBL my blood pressure is perfect and steady: 120/78 Physical symptoms were improving gradually. They disappeared completely after one year from the session. Psychological symptoms disappeared immediately, but partially the symptoms (anxiety) returned after 6 months, or so</i>
<i>Case 87. Cyst on kidney</i>	<i>Saw cyst pop with my inner vision</i>
<i>Case 91. My husband and I are physiotherapists as well and my symptoms were from a disc herniation. I couldn't work for 3 month and we treated it with physiotherapy and homeopathic remedies. I felt better but had to be careful by working and moving because it was still weak and painful. The pain in the kidney area.... the doctors couldn't find anything, and also with the homeopathic remedies. It did not change a lot.</i>	<i>I had absolute release in the regression therapy by restoring the body! It felt like expanding the pelvis. Since then the pain, the weakness is completely gone. I can stand for the treatments I do to patients with more confidence.</i>
<i>Case 100. Stomach pains. Headaches every day</i>	<i>Headaches totally went as did stomach pain but after several days.</i>

These are comments from respondents that indicate symptoms have **MAINLY DISAPPEARED**

Description of Physical Problem	Feedback Following Regression Therapy
<i>Case 1. Ongoing problems with my back</i>	<i>Black energy from the neck spine area was removed (ancient fear) and the previously usual blocking and pain when moving my neck never re-occurred, also very bad hay fever symptoms nearly vanished.</i>
<i>Case 3. Stomach disorder, allergy, thyroid nodules, knees sprain, and fibroma - all diagnosed and gave the PLT therapist copies of diagnoses. Weight issues - visible</i>	<i>Stomach disorder and allergy almost completely disappeared; thyroid nodules stopped developing and even decreased; did not check yet the uterus fibroma; Weight problems: started sports more often, eating healthier, lost a little (mostly started in December 2013).</i>
<i>Case 7. I had pain in both my knees when I walk; doctor said my muscles in my upper leg were weak and that is why knee caps were rubbing each other.</i>	<i>I directly went to a past life memory. After resolving the session, the pain has gone completely. But I also continued the exercises doctor gave to me. It fastens healing.</i>
<i>Case 28.</i>	<i>I have also understood why I got so many sore throats (this no longer happens) due to past life traumas.</i>
<i>Case 33. Migraines, diagnosed but not given a reason</i>	<i>I believe the past life regression and spirit release helped with migraines. Still have headaches occasionally, but this is a separate issue.</i>
<i>Case 34. Lack of hair on a usually hairy part of my body</i>	<i>Growing hair back took a while since blood vessels, hair roots and the like had to grow under the skin. It is an ongoing process</i>
<i>Case 35. Neck and shoulder tension</i>	<i>Injured in PL</i>
<i>Case 104. Back pain from scoliosis Frozen hips/hip pain. Right foot pain/mobility issues</i>	<i>Grateful for incredible progress-such an improvement in quality of life! I was facing a wheelchair from chronic pain in 2011 and in 2013 hiked 7 miles to Ramona Falls, OR as a past life pilgrimage</i>
<i>Case 111. Sciatica/lower back pain</i>	<i>Past life regression showed back issues due to life circumstance which I was able to overcome and rarely have lower back issues now</i>

These are comments from respondents that indicate symptoms have **PARTLY DISAPPEARED**

Description of Physical Problem	Feedback Following Regression Therapy
<i>Case 9. Diagnosed by orthopaedic consultant with tendonitis, migraine, tinnitus and fibromyalgia</i>	<i>Before being diagnosed with fibromyalgia, I woke one night feeling my whole body was on fire. As I could not call out for help, I gave up and waited to die. That did not work. Then I remembered a Buddhist lesson that you could still do some good at the time of dying. So I told myself I was ready to go and was willing to take all suffering on Earth. In the next instant I was transported into a gigantic honey-comb like place but before I could get used to the place, I heard a voice saying "what is she doing here? It's not her time yet." and I was kicked back. The next morning my GP declared I had had a mysterious infection. I am not so concerned about the symptoms now. They are more in the background and do not trouble me as they used to.</i>
<i>Case 14. Stress symptoms - exhaustion syndrome cognitive failures w memory weakness, reading comprehension, inability to concentrate, extreme fatigue, difficulty falling asleep and disturbed sleep patterns, sound and light sensitive</i>	<i>A very positive process was initiated and has been ongoing since. It happens gradually. The improvements are tangible.</i>
<i>Case 29. Lower Back ache, diagnosed as such by Doctors</i>	<i>There was a big change in me after the session. Say 75 % was gone. After a few weeks, some - 30 % crept back. Maybe it is my posture which I need to be always aware of.</i>
<i>Case 55. Lungs/breathing</i>	<i>Hyperventilation is gone now</i>
<i>Case 56. Very heavy menstruation</i>	<i>At some point it was much less for a couple of months. But after that it became heavier again. I learned to accept my being female though, so my attitude is much more accepting.</i>
<i>Case 57. Heart/chest</i>	<i>After the session another past life showed itself to me. Because of that the symptoms became worse. But when everything became clear the pain almost disappeared</i>
<i>Case 102. Diabetes liver problem</i>	<i>Feeling freshness...and my sugar level got down</i>

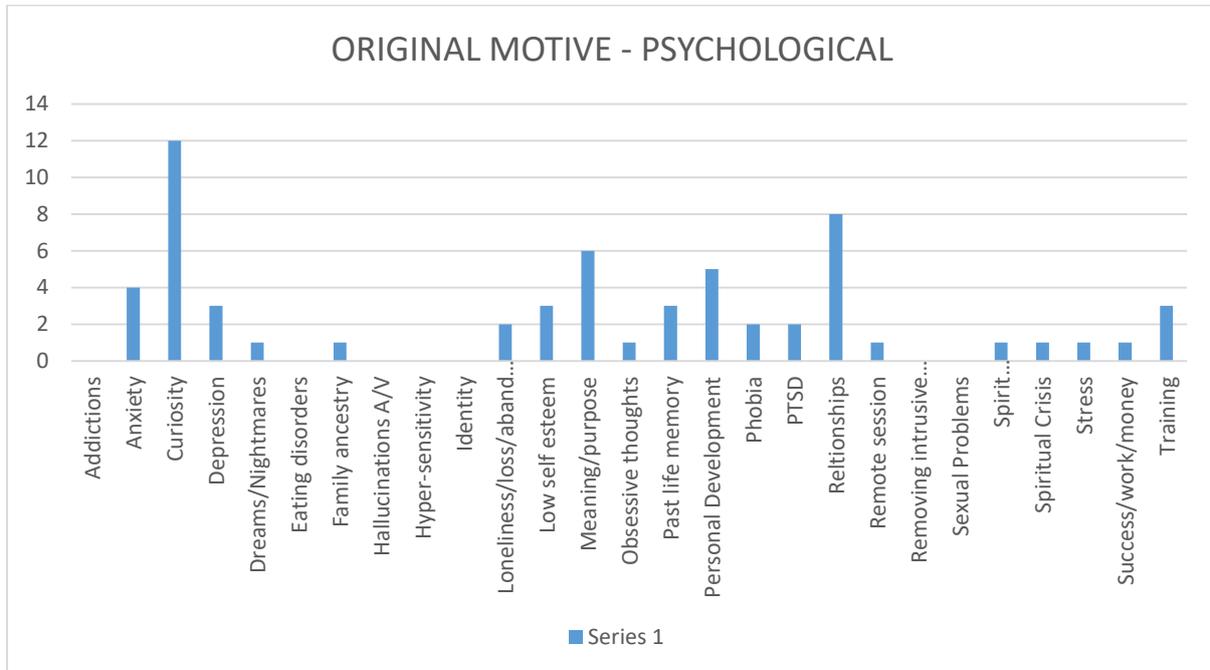
These are comments from respondents that indicate symptoms have **NOT CHANGED**

Description of Physical Symptoms	Feedback Following Regression Therapy
<i>Case 68. Chronic Sinusitis</i>	
<i>Case 70. Super ventricular tachycardia with pacs</i>	
<i>Case 59. Rheumatic heart Obesity Back ache</i>	<i>Obesity was my main concern, I had Bariatric Surgery eventually</i>
<i>Case 37. Excessive sweating</i>	

Psychological Symptoms

Original Motive for Attending Regression Therapy

Psychological Symptoms



Respondents to the survey were able to select up to 26 different broad psychological issues to explain their original motive for attending regression therapy.

Out of 114 submissions there were 96 indications of a psychological issue to be addressed.

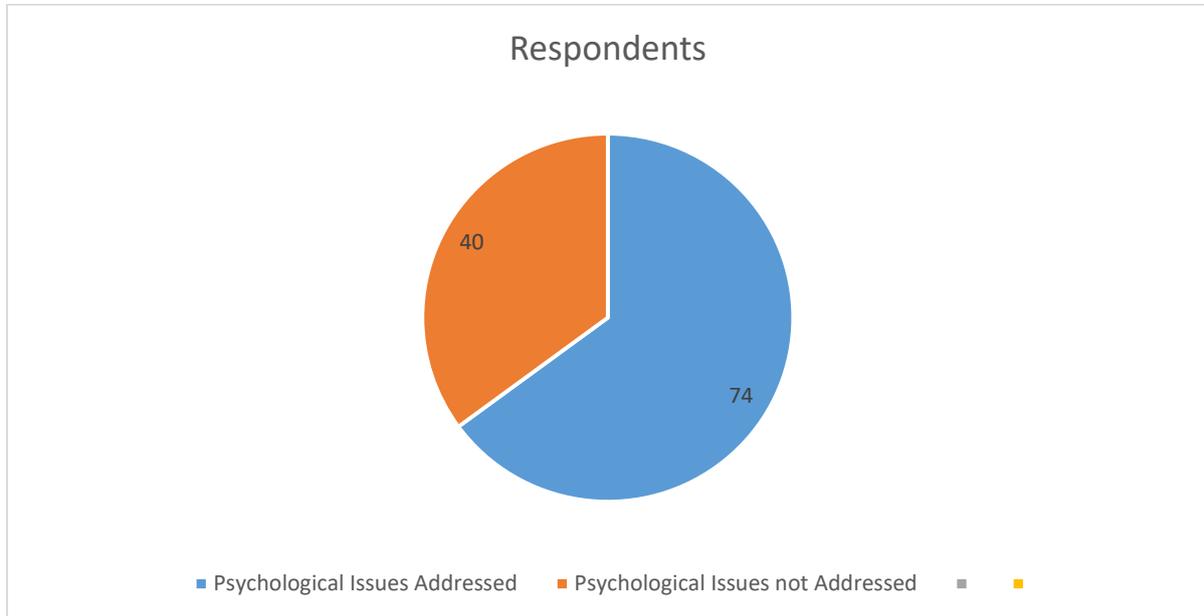
58 (51%) out of those 114 submissions indicated a psychological issue as their original motive.

Curiosity scored 12 and was the most common selection.

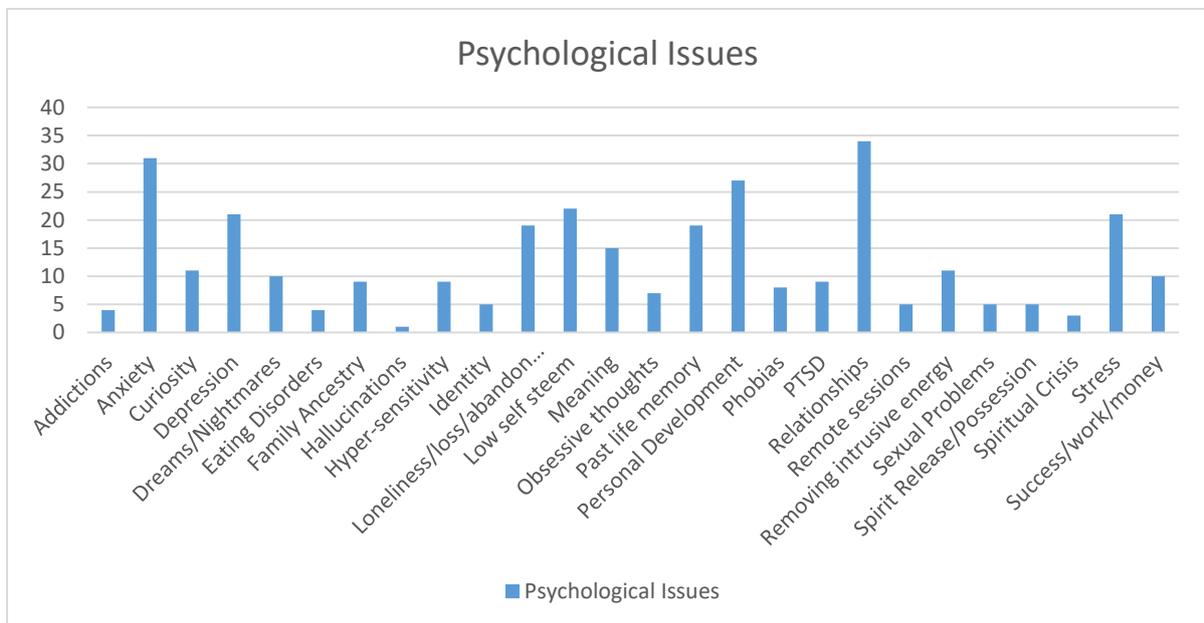
Respondents also had a further option of choosing a different motive other than the ones listed. Three of those chose 'training' as their original motive.

Psychological Issues Addressed by Regression Therapy

Of 114 respondents, 74 indicated that psychological issues were addressed in regression therapy.



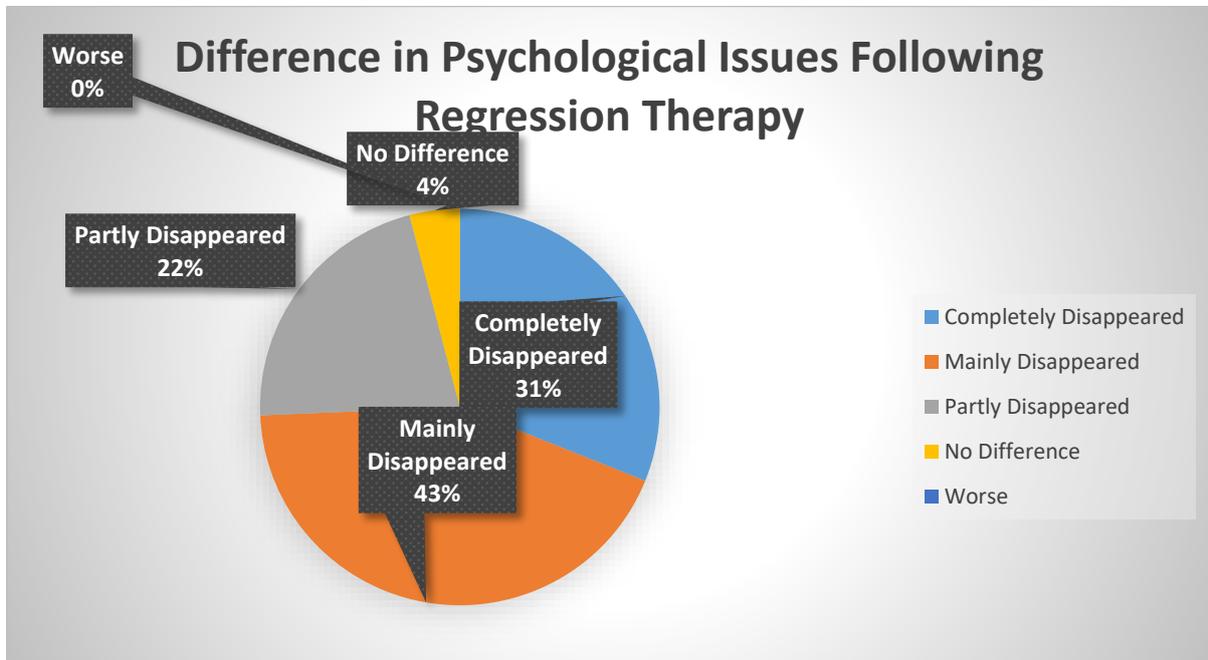
Those 74 respondents indicated that 314 indications of psychological issues were addressed in regression therapy



As the chart shows the most common psychological issue addressed by regression therapy was classed as 'relationships'. This was indicated 34 times by respondents, just higher than anxiety. The least common applied to 'hallucinations' with one indication.

Outcome of Regression Therapy on Psychological Conditions

Out of 114 submissions there were 74 responses to questions asking for the outcome of regression therapy on psychological symptoms.



23 respondents indicated that psychological Symptoms have **COMPLETELY DISAPPEARED**

32 respondents indicated that psychological Symptoms have **MAINLY DISAPPEARED**

16 respondents indicated that psychological Symptoms have **PARTLY DISAPPEARED**

3 respondents indicated that psychological Symptoms showed **NO DIFFERENCE**

No respondents indicated that psychological Symptoms have **BECOME WORSE**

Sample Case of Regression Therapy Applied to a Psychological Issue No 1

Case No 10 In this case the client describes the psychological issue, the catharsis during the therapy session and the difference that it made for her. Also notice that she described the symptoms as ‘completely disappeared’ immediately after therapy, yet ‘mainly disappeared’ more than a year later. This is contrary to the pattern in many other cases.

Psychological Symptom: “*Was feeling that I must be perfect in all matters in life, felt depression and guilt that I wasn’t enough*”

Any Change? Mainly disappeared

Comments: “*I was dealing with a decision I made when I was 3 years old. My mom wasn’t satisfied with me and I made a decision to be always good child=perfect one as mom expected. When I had contact with this feeling of fear and rage during my therapy session, I released these feelings by crying, shouting and kicking and beating pillows :-)* after releasing these feelings, I accepted my humanity - my right to make mistakes and learn from that. I’m more complete now and more balanced.”

Immediate Overall Difference: Completely Disappeared

Comments: “*I had very good feeling afterwards, I felt catharsis during and after session indeed, very liberating experience :-)*”

Any Difference Now? Mainly Disappeared

Comments: “*Sometimes the old "program" starts automatically, then I’m more aware about it and can transform my bad feelings into good ones.*”

Here are some further basic details as supplied by the client

Gender	<i>Female</i>
Age Group	<i>31-60 years old</i>
Nationality	
Religion	<i>N/A</i>
Occupation	<i>Healthcare</i>
Education	<i>BA/BSc</i>
Relationship status	<i>Divorced</i>
Psychological Symptoms	<i>Anxiety; Depression; Family Ancestry; Low self esteem</i>
Any Difference to Psychological Symptoms?	<i>Completely Disappeared</i>
Any Other Treatments?	<i>None</i>
Immediate overall difference?	<i>Completely disappeared</i>
Overall difference now?	<i>Mainly disappeared</i>
How many sessions?	<i>1</i>
How long ago?	<i>1 to 3 years earlier</i>

Sample Case of Regression Therapy Applied to a Psychological Issue No 2

Case No 14 In this case, it was low self-esteem that attracted the client to the regression therapist. Note how a difference is reported at both the physical and psychological levels

Original Motive: Low self esteem

Physical Symptoms: *“Stress symptoms - exhaustion syndrome, cognitive failures with memory weakness, reading comprehension, inability to concentrate, extreme fatigue, difficulty falling asleep and disturbed sleep patterns, sound and light sensitive”*

Psychological Symptoms: *“Lack of self-esteem manifesting as feeling of utter disgust in presence of self mainly upon waking in the morning. It was a very difficult feeling to handle as it arose in a very "naked" time when I was just waking up to a new day. Difficulty upholding own boundaries and respecting own needs.”*

Any Physical Change? Symptoms Partly Disappeared

Comments: *“A very positive process was initiated and has been ongoing since. It happens gradually. The improvements are tangible.”*

Any Psychological Change? Symptoms Mainly Disappeared

Comments: *“It has become so much better. I have started recognising when I am about to follow an old track in my mind and have the ability to choose a different route! I am still slow at detecting when there's boundaries and needs issues that I have to deal with but I am practising and getting better at it every day. It is a gradual thing listening to and understanding the signals from the body and the soul.”*

Spiritual Experience? *“Yes my guides helped me throughout the experience and I am so very happy to be backed by such a great spiritual team.”*

Any treatments: *“I was using sedative medication for sleeplessness, took antidepressants and had a bi-weekly contact with a psychologist. I completely stopped using all medications two months after the regression sessions. I phased them out slowly as to avoid any withdrawal symptoms.”*

Any Difference Now? *“Still improving day by day. My frame of reference is of course different, it's hard to even remember how dark everything seemed before I did the sessions.”*

Further Comments: *“I am no longer afraid of dying. I have a sense of who I really am at my core. I am so very very grateful for the greater perspective I have gathered on my life here on earth. I am much more humble knowing that all of us - all - are souls here in bodies with challenges and important tasks to fulfil. I choose love over fear.”*

Continued on next page

Here are some further basic details as supplied by the client

Gender	<i>Female</i>	Physical Symptoms	<i>Sleep issues</i>
Age Group	<i>31-60 years old</i>	Any Difference?	<i>Partly Disappeared</i>
Nationality		Psychological Symptoms	<i>Low Self Esteem; PL Memories; Personal Development; Stress</i>
Religion	<i>Protestant</i>	Any Difference?	<i>Mainly Disappeared</i>
Occupation	<i>Banking</i>	Immediate Difference?	<i>Mainly Disappeared</i>
Education	<i>Masters</i>	Difference Now?	<i>Mainly Disappeared</i>
Relationship status	<i>Married</i>	How many sessions?	<i>2-5 sessions</i>
		How long ago?	<i>1 to 3 years earlier</i>

Sample Case of Regression Therapy Applied to a Psychological Issue No 3

Case No. 105 In this case the client explains a debilitating psychological issue. Her description manages to show how she was able to turn this around and bring a calm, positive approach to her life. See below:

Psychological Symptom: *“Depression, panic, constant crying, sadness, anxiety, PTSD”*

Any Change? *Mainly Disappeared*

Comments: *“Session brought sense of calm. Able to calm myself and therefore create a space to think and react accordingly without panic. Sense of fullness, relief and confidence through breathing techniques. Ability to see and think things through clearer. Ability to anticipate situations that could cause me panic/stress and can avoid or navigate through without anxiety or freaking out. Random crying stopped. I’m more positive and optimistic.”*

Here are some further basic details as supplied by the client

Gender	<i>Female</i>
Age Group	<i>31-60 years old</i>
Nationality	
Religion	<i>Atheist</i>
Occupation	<i>Arts/Entertainment</i>
Education	<i>BA/BSc</i>
Relationship status	<i>Single</i>
Original Motive	<i>Depression</i>
Psychological Symptoms	<i>Anxiety; Depression; Family Ancestry; PTSD; Personal Development</i>
Any Difference to Psychological Symptoms?	<i>Mainly Disappeared</i>
Any Other Treatments?	<i>None</i>
Immediate overall difference?	<i>Mainly disappeared</i>
Overall difference now?	<i>Mainly disappeared</i>
How many sessions?	<i>1</i>
How long ago?	<i>3 months to 1 year earlier</i>

These are comments from respondents that indicate symptoms have **COMPLETELY DISAPPEARED**

Description of Psychological Symptoms	Feedback Following Regression Therapy
<i>Case 1 Proxy session for my daughter</i>	<i>..With the proxy session, the social anxiety of the person disappeared within 8 weeks after the second session.</i>
<i>Case 4 Anxiety disorder</i>	<i>... phobia of dogs had completely disappeared</i>
<i>Case 5 I had anxiety to talk to the public. I hadn't gone to a specialist for it.</i>	<i>I saw the reasons coming from past lives. The anxiety has completely gone...</i>
<i>Case 12 Stress and the removal of intrusive energy were greatly relieved and removed following treatment.</i>	<i>The therapy was completely successful</i>
<i>Case 21 Low self esteem</i>	<i>I learned to use my own strength/power</i>
<i>Case 22 Aloneness</i>	<i>It was so effective</i>
<i>Case 24 Partly and momentary releasing the pain. But at the end it seemed a never ending road to go.</i>	<i>Clearing up an issue removes non desired energies and gives physically and psychologically a strong healthy energetic bond which remains in time, if you keep yourself developing in a healthy way.</i>
<i>Case 25 Suffering from depression and low self-esteem after escaping from an abusive relationship</i>	<i>Having been regressed to 17 past lives so far I appreciate the connection of spirit and the reasons why we keep coming back. I am also aware that we are all connected and can be either sex in each separate life. We have to experience everything good or bad and to do that we have to be both male and female at different times. Also we are very rarely the same Nationality.</i>
<i>Case 34</i>	<i>Fear of losing my girlfriend because of her death</i>
<i>Case 35 Depression</i>	<i>Release of anger and rage, ego related. Present life regression</i>
<i>Case 104 I had low-level anxiety my entire life. It impacted my quality of life on a daily basis. It was resolved during my first PLR in Nov 2011 during a mere 2 Hours with a Michael Newton therapist.</i>	<i>Life-changing! I was able to start to live my life purpose including becoming a hypnotherapist myself, a published author, and a radio program host. Previously I'd had a crushing fear of public speaking</i>

These are comments from respondents that indicate symptoms have **MAINLY DISAPPEARED**

Description of Psychological Symptoms	Feedback Following Regression Therapy
<i>Case 3</i>	<i>Shortly: felt more joy in life, more authentic, free, improved the eating habits, improved relationships, feel more purposeful, connected, trusting myself and life, more relaxed, more successful in life, work etc.</i>
<i>Case 11 Marriage in crisis</i>	<i>My marriage was saved! My husband and I understood where my anger towards him came from and we were able to move on.</i>
<i>Case 14 Lack of self-esteem manifesting as feeling of utter disgust in presence of self mainly upon waking in the morning. It was a very difficult feeling to handle as it arose in a very "naked" time when I was just waking up to a new day. Difficulty upholding own boundaries and respecting own needs.</i>	<i>It has become so much better. I have started recognising when I am about to follow an old track in my mind and have the ability to choose a different route! I am still slow at detecting when there's boundaries and needs issues that I have to deal with but I am practising and getting better at it every day. It is a gradual thing listening to and understanding the signals from the body and the soul.</i>
<i>Case 16 My first therapist was a psychologist, but she practiced primal therapy (deep feeling regressive therapy) and as such, clinical diagnosis was not important. So she was very aware of my problems but I was never given a diagnosis.</i>	<i>After two years of current life regression work, most of my issues had been resolved. But there was an undercurrent of emotional "juice" that persisted, which I pecked away at on my own for eleven more years. Then I began to have spontaneous recall of past life events which I found I could process just like my current life therapy. I no longer have any symptoms, however I still work on myself with occasional past life processing.</i>
<i>Case 27 Regression therapy for anxiety/anger/flashbacks with partner from previous experience of childhood sexual abuse</i>	<i>Sense of self recovered, I think soul retrieval was part of that. Sense of space and liberty gained. Sense of personal power returned.</i>
<i>Case 33</i>	<i>Still struggle with relationship problems, but I have a lot more understanding and acceptance around them</i>
<i>Case 56</i>	<i>I'm now sure of myself, higher self-esteem. Less fears, less stress</i>
<i>Case 72 I was just tired of being on Earth. Couldn't stand it anymore. Not suicidal, just wondering what the hell I was supposed to be doing here</i>	<i>I definitely felt much more clear and motivated as to my purpose on earth. As for the relationship, it took a while but I am out of that now, too.</i>
<i>Case 74 Depression, extreme loneliness at being separated from someone I was no longer in contact with</i>	<i>I saw things from a different perspective and felt much better, continuing to improve over time for months after</i>
<i>Case 79 Helpless rage</i>	<i>Too see the bigger picture in a clear and objective way (MY part in it too.. without any attachment or judgment.. gave me opportunity to just let it go</i>

<p>Case 91 I had problems to treat patients with homeopathic remedies when they had contact to an allopathic doctor. In regression I found in past life betrayal of doctors I used to help and was killed. I had the same theme in the present when I failed an exam because of one doctor. I felt cheated. Now I see, in the past I had knowledge and power and because of that I was betrayed from doctors and especially from the church. Now, it's not a problem anymore to treat people the best way I know without hesitating because of doctors or different other power.</p>	<p>Feeling left alone (parents are divorced, left alone in a hospital) healed in inner child work, it was a trigger of past lives where I was left alone and forgotten. -- Fear to watch tv-movies or anything else about middle-age - explained and released through regression therapy -- trust and power in myself and in others I lost through betrayal, misunderstanding and naivety in past lives. -- I had problems with my tongue. Sometimes it was not easy to move. In regression I found I had to sing while I had to go on the stake. I did not do it like they ask me to do, I did not open my mouth properly. After releasing my tongue, it is much easier to talk for me now.</p>
<p>Case 93 I felt there was something important missing in my life, which were genuine feelings</p>	<p>I still have a long way to go, because ptsd cannot be solved in one session. But I definitively feel much better and have become a much happier person. (The people around me also tell me I have become far more pleasant to deal with :-))</p>
<p>Case 99 General anxiety with history of eating disorders</p>	<p>General anxiety still there but not as bad. Eating disorders disappeared</p>
<p>Case 100 Anger frustration. Violent feelings</p>	<p>It's a work in progress but much alleviated</p>
<p>Case 105 Depression, panic, constant crying, sadness, anxiety, PTSD</p>	<p>Sessions brought sense of calm. Able to calm myself and therefore create a space to think and react accordingly without panic. Sense of fullness, relief and confidence through breathing techniques. Ability to see and think things through clearer. Ability to anticipate situations that could cause me panic/stress and can avoid or navigate through without anxiety or freaking out. Random crying stopped. I'm more positive and optimistic.</p>
<p>Case 111 Diagnosed anxiety. Treatment with psychotherapy no pharmaceutical intervention</p>	<p>Far more confident and in control, understanding of the roots of anxiety due to past life experiences and lessons in this life</p>

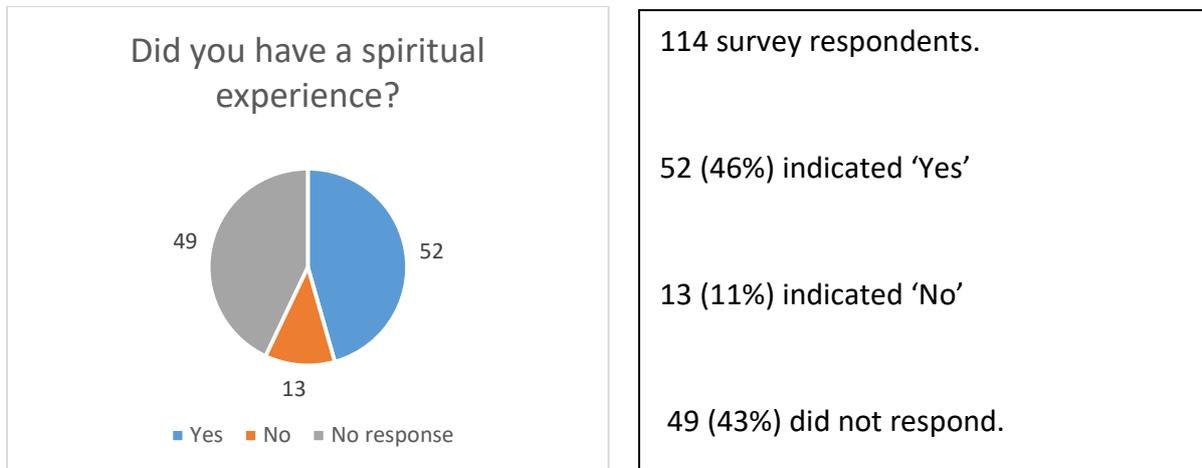
These are comments from respondents that indicate symptoms have **PARTLY DISAPPEARED**

Description of Psychological Symptoms	Feedback Following Regression Therapy
<i>Case 62 The psychiatrists have been given different diagnoses mainly paranoid schizophrenia, schizoaffective disorder, bipolar disorder, maniacal depression</i>	<i>I was using strong anti-psychotic medications for more than 20 years, after cutting down on them, in the time of couple of months, the psychosis came back, and finally it took a few years to be able to function without those medications (leponex, abilify, fluoxetine). Changed my whole life</i>
<i>Case 52 Phobia</i>	<i>Still affecting my life</i>
<i>Case 70 Anxiety, stress</i>	<i>Things or issues don't seem to bother me like they used to. Not afraid to die. Everything is a choice.</i>
<i>Case 71 PTSD, acute anxiety, severe depression</i>	<i>They Partly disappeared but totally after having an LBL</i>
<i>Case 85 I was prescribed Xanax by my primary care doctor, for anxiety and panic attacks. I hardly used it.</i>	<i>Although I still experience anxiety from time to time, I haven't had a panic attack since the regression</i>
<i>Case 97 Meaning or purpose lost</i>	<i>I feel a bit stronger, more coherent, more self-acceptance</i>
<i>Case 102 Anxiety level was so high. And relationship matter</i>	<i>Its effective -I feel relaxed after session</i>

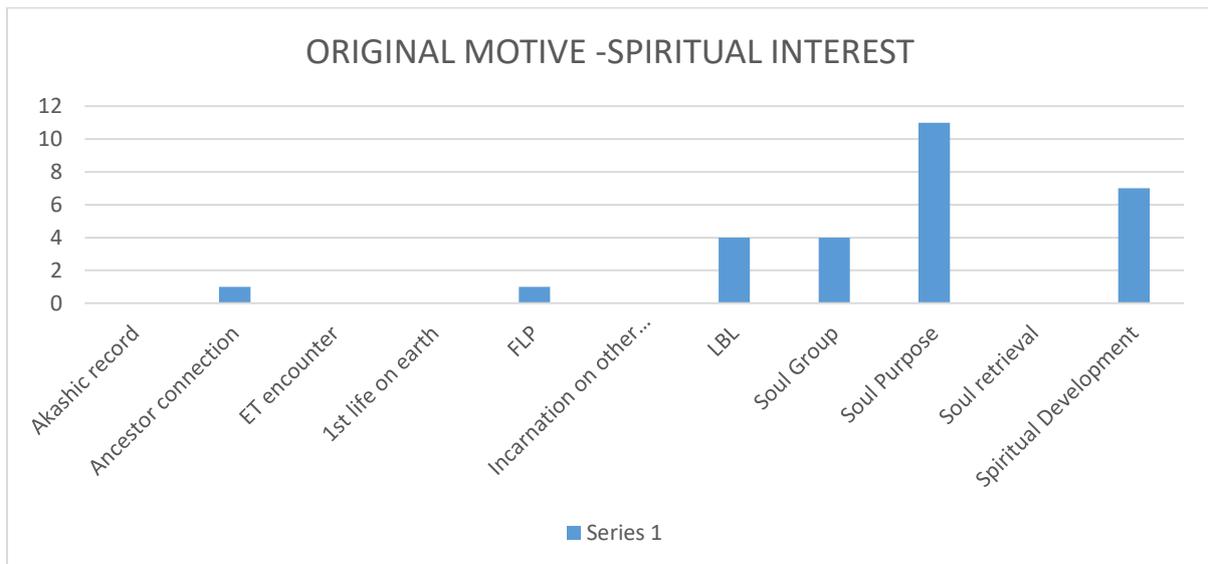
Only one response that indicates symptoms have **NOT CHANGED**

Description of Psychological Symptoms	Feedback Following Regression Therapy
<i>Case 47 Stress, lack of passions in life</i>	

Spiritual Aspects of Regression Therapy



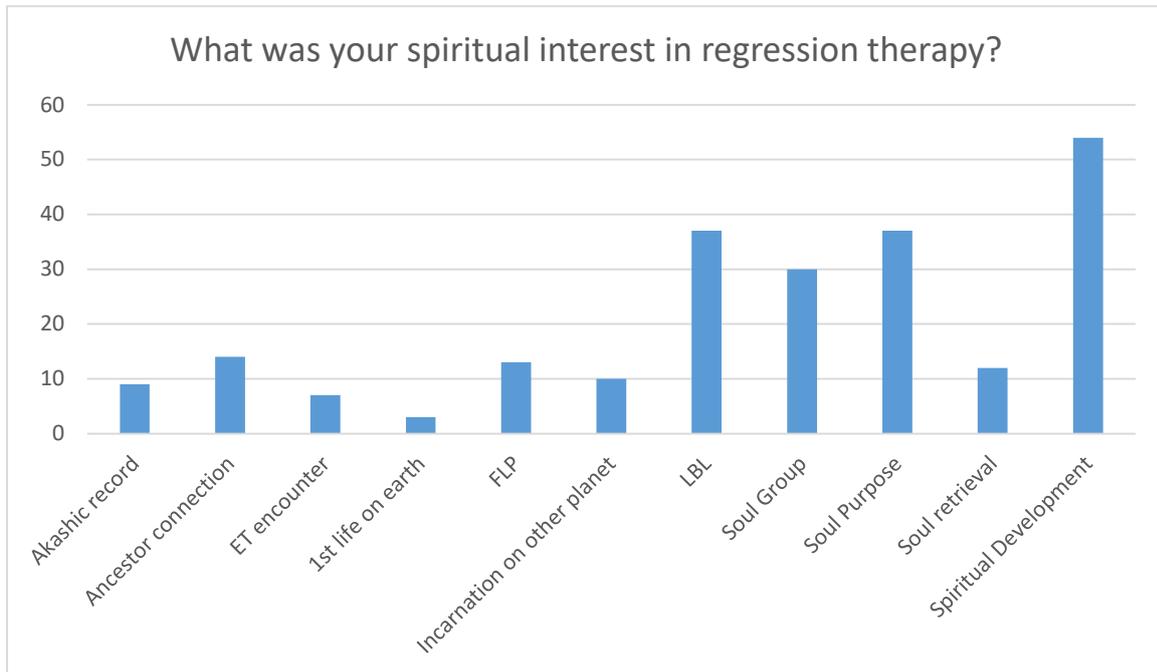
Original Motives: Spiritual Interests



Out of 114 submissions, there were 99 responses to indicate their original motive in attending regression therapy. 28 (28%) of those 99 respondents chose a spiritual interest as their original motive.

Seeking a 'soul purpose' rated most highly, followed by 'spiritual development'.

Spiritual Interests Addressed in Regression Therapy



80 (70%) respondents out of 114 indicated that a spiritual interest was addressed in regression therapy. Those 80 respondents indicated spiritual aspects 226 times (average of 2.8 spiritual aspects mentioned for each person).

‘Spiritual development’ was mentioned most often as a spiritual aspect that was being addressed by attending regression therapy. Exploring a first life on earth ranked as the least common interest.

Examples of Spiritual Experiences Taken From Client Feedback

Case No 79 A spiritual curiosity to explore our soul journey can result in remarkable and powerful results for some. In this case a serious physical injury showed remarkable improvement, along with the corresponding psychological issue and spiritual experience as explained by the client:

Physical Symptoms: *“Vertebra in neck area messed up from car accident... encroachment and some disintegration and fusion after YEARS of pain, migraines and lack of mobility”*

Any Change? Completely Disappeared

Comments: *“Seeing that I was pushed down stairs that broke my neck... causing death in a past life... and the REASONS behind that event... helped me to understand that my inability to speak up for myself in THIS life was an ongoing lesson that manifested in car accident/ injuries. After that understanding took place 'somebody' from the other side focused a beam of red light into my neck area for 5 minutes. Every bit of the problem was gone after that. It has never come back! As if it never even was! Which amazed me totally! And I tested out the movement and lack of pain for a week before I really believed it myself!”*

Psychological Symptoms: *“Helpless rage”*

Any Change? Mainly Disappeared

Comments: *“To see the bigger picture in a clear and objective way (MY part in it too... without any attachment or judgment... gave me opportunity to just let it go”*

Any Spiritual Experience? *“Not sure what the definition of 'spiritual' is... but being aware that I was in another realm... that it was very REAL and vibrant and alive allowed me to bring that experience in to the everyday earth experience... as if a doorway was opened”*

Other treatments: *“I had tried acupuncture for my neck and lower back pain; it helped somewhat but was not permanent. I also tried Reiki (and took classes for this too) which helped in a more permanent way... but did not eliminate the psychology behind the physical manifestations”*

Immediate Overall Difference? Symptoms Mainly Disappeared

Comments: *“Understanding how the false ideas about life (from all points of view including others) had manifested into the physical experience... which then allowed me to let it all go.. That I no longer NEEDED that physical manifestation because I understood the lesson”*

Any Difference Now? Symptoms Completely Disappeared

Comments: *“YAY for finally having the courage and unyielding intent in this lifetime to address my own crap. Happy, healthy and accepting of whatever 'life' throws at me! It's ALL good now; even when it isn't! I laugh much more now and do not take everything so seriously... as if I had been single-handedly holding the world together. Hahahaha It all seems so silly to me now. In hind sight life was a lot easier than I thought it was at the time... and that new attitude carried over into now”.*

Here are some further basic details as supplied by the client

Gender	<i>Female</i>
Age Group	<i>Over 60 years old</i>
Nationality	<i>USA</i>
Religion	<i>Other</i>
Occupation	<i>Other</i>
Education	<i>School age 16</i>
Relationship status	<i>Single</i>
Original Motive	<i>Curiosity</i>
Spiritual Interests	<i>LBL; Soul Group Connection; Soul Purpose Discovery</i>
Immediate overall difference?	<i>Mainly disappeared</i>
Overall difference now?	<i>Mainly disappeared</i>
How many sessions?	<i>2-5</i>
How long in therapy?	<i>3 months to 1 year</i>
How long ago?	<i>3 to 5 years earlier</i>

Here are some further pieces of client feedback expressing the spiritual aspects that can be found in regression therapy.

Case No 70 *“You cannot explain the joy you feel. Feelings are intense. You become one with everything. Everything is easy nothing is difficult. Love above all.... Things or issues don't seem to bother me like they used to. Not afraid to die. Everything is a choice.”*

Case No 72 *“I feel whole. Accepting of life. KNOWING that it is all good. Literally-ALL GOOD”*

Case No 74 *“As part of a Newton Life Between Lives regression I had a past life regression where I recognized people from my current life embodied as different people important to me in this life. Then in the LBL part I interacted with beings I recognized two beings of light as my soul guides - one senior and one junior. I interacted with a deceased parent who explained their own life, explained why I came into this current life and showed me how our lives are related. I interacted extensively with someone I understood as my soul mate (who is alive) and understood how we are connected and why we are not together in this lifetime. I met a group of relatives and friends (most deceased, some still living) that I recognized as connected to me in some way. I felt they had gathered to acknowledge my visit and that we are either part of my soul group or perhaps working in this life on certain themes or issues as part of a group project of some sort. All of them are people I feel or felt close to and consider to be special to me in some way. I had another deceased relative (that I had always felt wonderful being around) enter suddenly and give me a kind of healing - recharging my spirit. I recognized them then as a kind of guide specializing in healing - more advanced than my group but not as advanced as my senior guide. Large beings that I referred to as "my council" entered before me to tell me about my life - the head of the council told me I was doing ok and offered advice on how to live, simple advice on how to approach things - they also explained in more detail why I am not with my primary soul mate in this life. I ask to see "new souls" and was taken to a kind of nursery where infant souls were being fed by large light beings. Left the session with a sense of direct communication with my guides and anyone from my soul group - I can easily ask and receive help from them by just quieting my mind for a few moments without being in trance or meditating for long periods”*

Comments on the Spiritual Aspect of Regression Therapy are Listed Below

Case No	Description of Experience
Case 1	<i>Meeting souls of people incarnated with me, spirit guides and helpers, beings from other universes, connection with Love and guidance to my life and work</i>
Case 3	<i>I have had previous experiences of this kind, but now I felt more integrated, I saw everything from a higher, larger perspective</i>
Case 7	<i>Especially my dreams; shamanic journeys; astral traveling</i>
Case 8	<i>We inform about our real nature by regression. And it is possible to learn our life plan</i>
Case 9	<i>Before being diagnosed with fibromyalgia, I woke one night feeling my whole body was on fire. As I could not call out for help, I gave up and waited to die. That did not work. Then I remembered a Buddhist lesson that you could still do some good at the time of dying. So I told myself I was ready to go and was willing to take all suffering on Earth. In the next instant I was transported into a gigantic honey-comb like place but before I could get used to the place, I heard a voice saying "what is she doing here? It's not her time yet." and I was got kicked back. The next morning my GP declared I had had a mysterious infection.</i>
Case 12	<i>I was aware of the presence of beings from another place not on earth which gave me great peace and reassurance.</i>
Case 13	<i>I connected to somewhere else. Difficult to describe</i>
Case 14	<i>Yes my guides helped me throughout the experience and I am so very happy to be backed by such a great spiritual team.</i>
Case 21	<i>All sessions were spiritual because they touched my soul.</i>
Case 25	<i>I discovered what my soul purpose was and what lessons I was meant to learn during this lifetime</i>
Case 26	<i>On the third or fourth session I had a full blown past life experience which ended with a death experience. It was profound and changed my whole perception of reality but also made a lot of sense given what I had been experiencing in my own inner world. There was sense and meaning from the experience.</i>
Case 27	<i>Past life therapy for sense of purpose/spiritual and personal development. Past lives I visited helped me to make sense of themes in current life.</i>
Case 28	<i>Aware of guides and angels. Aura changed and healed.</i>
Case 33	<i>Discussion with my spirit guides with respect to my soul purpose and whether or not I should train in regression therapy.</i>
Case 34	<i>Very personal, just take my word, the experience was really spiritual in nature</i>
Case 35	<i>Been a monk many times in past lives</i>
Case 37	<i>Met spirit guides</i>
Case 38	<i>Prefer not describe</i>
Case 42	<i>Remembered being a yogi in North India, then did the regression to confirm</i>
Case 43	<i>I had a near-death experience while I was in meditation</i>
Case 47	<i>Before the session, I was wondering about my origins, especially E.T. ones. After the session, I didn't get more explicit information about that yet I fundamentally felt answered beyond words. I don't worry about my origins any longer. I don't feel the need to reply to the "Where are you from?" spiritual question. No answer to provide and that's great so. - Before the session, I felt like only E.T.</i>

	<i>information about my incarnations could help. After the session, I realized that the categorizing into "earthly"/"alien" is irrelevant. I was answered beyond words and I don't need to wonder about that any longer, even if I still believe in the existence of E.T. intelligences. I don't have to worry about that in those terms any longer. I'm not disconnected from the E.T. subject in general: I have just a different and better perspective about it. - A few days before the session, I saw the true face of people I knew who actually are deep conspiracists with no empathy and with a rotten view of humanity (and - therefore - of themselves). I also realized then how much many UFO fans were contaminated by those beliefs. I realized I couldn't mix with them at all, incompatibility. After the session, the stress and remembrances about this all disappeared (while I usually tend to ruminate things lengthily). During the session, I felt some presence was following me through different incarnations. - Before the session, I needed to get explicit information regarding my other incarnations, Higher Self, Soul, Multidimensional Self and such, since the session, I serenely feel I don't even wish to know more, as if I got answered beyond words during the session (in which almost no information regarding incarnations got provided though). - It was a very simple regression experience (with a few clear visions) which was mostly a healing /reconnection /acknowledgement /validation - beyond languages and 3D-concepts.</i>
Case 50	<i>Yes during regression therapy I experienced.</i>
Case 51	<i>During the "life between lives" session I discovered the reasons that make me want to go from this life. I discovered why this body with bipolar disorder was given to me. Thanks to all of these, I am not a bipolar anymore. I know why I am here, I know everything about me. Now only thoughts about my life is living it.</i>
Case 56	<i>So many... but the most important: I "see" things and sense things that I couldn't have known with my mind</i>
Case 59	<i>Strong Intuition, Déjà Vu, Synchronicity</i>
Case 62	<i>I don't know how to describe it, it seems like all experiences have to do with spiritual nature, things that had happened could have served to something, beyond my comprehension, although this can sound like an easy answer.</i>
Case 63	<i>During my sessions I see things that I had not seen before during the day or night. This experiences give me more self-esteem and told me that I'm not crazy.</i>
Case 64	<i>I was clearly fascinated by visiting certain places. Different than just being somewhere. So that was when I visited Bouillon and Reims to be specific. Also in my youth I've had some spiritual experiences with the monks.</i>
Case 66	<i>Cosmic awareness during meditation</i>
Case 68	<i>So many that I can and possibly will write them down</i>
Case 69	<i>I saw myself living concurrently as an ET</i>
Case 70	<i>You cannot explain the joy you feel. Feelings are intense. You become one with everything. Everything is easy nothing is difficult. Love above all.</i>
Case 71	<i>Confirmed belief in reincarnation and soul groups</i>
Case 72	<i>I met my spirit guides/higher self/ whatever you want to call it! Turned out my main guide, who I'd been in contact with was also my imaginary sister when I was little. :) Also, felt a closer connection to Source</i>
Case 74	<i>As part of a Newton Life Between Lives regression I had a past life regression where I recognized people from my current life embodied as different people important to me in this life. Then in the LBL part I interacted with beings, I recognized two beings of light as my soul guides - one senior and one junior. I</i>

	<i>Interacted with a deceased parent who explained their own life, explained why I came into this current life and showed me how our lives are related. I interacted extensively with someone I understood as my soul mate (who is alive) and understood how we are connected and why we are not together in this lifetime. I met a group of relatives and friends (most deceased, some still living) that I recognized as connected to me in some way. I felt they had gathered to acknowledge my visit and that we are either part of my soul group or perhaps working in this life on certain themes or issues as part of a group project of some sort. All of them are people I feel or felt close to and consider to be special to me in some way. I had another deceased relative (that I had always felt wonderful being around) enter suddenly and give me a kind of healing - recharging my spirit. I recognized them then as a kind of guide specializing in healing - more advanced than my group but not as advanced as my senior guide. Large beings that I referred to as "my council" entered before me to tell me about my life - the head of the council told me I was doing ok and offered advice on how to live, simple advice on how to approach things - they also explained in more detail why I am not with my primary soul mate in this life. I ask to see "new souls" and was taken to a kind of nursery where infant souls were being fed by large light beings. Left the session with a sense of direct communication with my guides and anyone from my soul group - I can easily ask and receive help from them by just quieting my mind for a few moments without being in trance or meditating for long periods</i>
Case 75	<i>Met a guide, met a council of elders, saw a different cosmos</i>
Case 77	<i>Everything that happened during my session was of a spiritual nature. I cannot describe more than a fraction of them, but include: talking to guide, spiritual hierarchy, 'attached' spirits, viewed part of my past.</i>
Case 78	<i>I had lots of flashes of different past lives in the past. I had a NDE last year when I had pneumonia, and was 'told' that my work is done here and I could come with them, should I choose to do so. I 'said' no, there are still things I want to experience, and want to stay a bit longer. They 'said' sure, because there is someone very important to me that needs to learn from me still. Because of 'Journey of Souls' and 'Destiny of Souls' and my subsequent Past Life Regression and Life Between Lives, it made perfect sense. Without this knowledge, I would have been horrified.</i>
Case 79	<i>Not sure what the definition of 'spiritual' is... but being aware that I was in another realm... that it was very REAL and vibrant and alive allowed me to bring that experience in to the everyday earth experience... as if a doorway was opened</i>
Case 82	<i>Twice. Saw my death once and realized I wanted to live. The other I was not able to pass on to the light and was surrounded by many spirits and was loved</i>
Case 85	<i>OBE, "downloads" from higher realms, HS (?) There is more, but not sure if they relate to the question</i>
Case 87	<i>Drastic worldview changes several times which are continuing to this day</i>
Case 93	<i>I met my guides and at one point there was an angel helping the process</i>
Case 98	<i>I was recalling past life memories which made no sense prior to the regression. I had anxiety related to feeling I had let people down, let myself down and had been abandoned. The problems were of a spiritual nature in that I sensed they were related to God.</i>
Case 99	<i>I was shown a life that had strong similarities to current life. It was a life with my twin again but changed sexes. It appeared that we grew up in the same town and went to an orphanage which I believe to be my school from this life.</i>

Case 104	<i>They've been countless and deeply satisfying. I trained as a Reiki Master and became a Certified Spiritual Teacher, too. I've resolved over 70 past lives of my own in addition to assisting clients</i>
Case 112	<i>I don't feel 'home' on the earth. I feel connected to far away galaxies and stars and I feel connected to beings from spiritual Realms as information often gets downloaded to my mind as if I innately know solutions for each and every situation.</i>
Case 114	<i>Met and felt previous life form and why I went through an experience in this life. It was tit for tat.</i>

Conclusions

Case 16 *“The sessions have completely changed my life. I have gone from being a fearful, depressed person without direction or meaning in life to being a fully functioning, self-actualized, happy person who is solid in himself and has meaning and purpose in his life.”*

On examination of the evidence presented by the responses to this survey, the reader may notice some patterns that emerge. One aspect is that only half of the respondents actually came to regression therapy for a specific problem, others come for a variety of motives from curiosity to a life enhancing purpose of one form or other. Indeed there are many different motives for attending regression therapy (114 submissions offered 34 different answers to that question). The main motive was to address a psychological issue of some form yet exploring a spiritual interest was also a strong motive, while addressing a physical issue is the original motive for about 10% of the cases. So there is a very broad range of motives for a client to attend regression therapy according to this survey. It may well be that many regression therapists are already aware of these client motives, in that case here is tangible evidence to support that awareness.

The actual change experienced did not always correspond to the client’s original motive for attending regression therapy. Curiosity was the most common motive and we can assume that curiosity was satisfied, yet this appeared to be a gateway to other deeper issues that the client was holding and so much more happened for clients in most of those cases. Also a motive of personal development can embrace a whole host of symptoms that have changed according to many submissions.

Another phenomenon that emerges from the survey can be found in the longevity of the change that occurs for clients. In particular it is noticeable how the changes improve over a period of time in a snowball effect for many of those clients. This suggests a change that activates and gives energy to the client’s on-going healing process. It may be possible that other treatments, mentioned or unmentioned by the client could have contributed to those changes, however reading their testimonies it is clear that the clients generally hold regression therapy responsible for that change.

The survey did not show that any particular symptom responded significantly better than others although in general, psychological symptoms were more popular and seemed to respond better than physical symptoms. It is easy to imagine that psychological symptoms are more open to access (and thus open to change) yet according to client feedback in this survey there is enough evidence to demonstrate that regression therapy can also make a dramatic difference for some people with physical symptoms. This can be significant for potential clients with physical conditions that have run out of options within the mainstream treatments, yet seek other therapeutic approaches. See this example below:

Case 26 *“I had stomach problems – gastro-enteritis. My PLR involved a form of personal Hari Kiri, stabbing into the stomach repeatedly. The session resulted in each wound bubbling with healing energy akin to 'Jing' in TCM and then I have never got gastro-enteritis again. I still have a weak stomach but many issues disappeared.....Never had gastro-enteritis since”*

PLR = Past Life Regression

TCM = Traditional Chinese Medicine

The spiritual dimension that is often encountered within regression therapy is expressed clearly by many respondents to the survey, for some it appears to have been the sole purpose of the session, and therein demonstrating the power that can be found in regression therapy. Indeed when a spiritual experience featured for a client, this was regarded as a very significant aspect of the therapy in many cases.

The submissions in this report have generated material for further possible study. It would be interesting to explore the effectiveness of regression therapy on clients with particular conditions, so that comparisons with other therapeutic approaches or with other conditions can be made. The impact of regression therapy within different cultures and on different genders might also be explored at some point. That would be for another study.

In compiling this report the statistics that uncover trends illustrates some of the features of regression therapy and may hold their own level of impact for the reader. According to a review of outcomes and comments from these clients, we have discovered that:

1. Clients come to regression therapy for a wide variety of reasons. In this survey about half came to address a problem specific symptom, the other half for a non-specific motive.
2. Most clients come to address a psychological motive (60%).
3. Some physical issues can be addressed and is sometimes the main motive (10%).
4. Spiritual experiences are common and is often the main motive for the client (29%).
5. There are examples of a person that cannot attend regression therapy being helped remotely through the aid of a proxy volunteer.
6. Other examples refer to foreign or intrusive energy in a person's energy field causing a variety of problems, yet this can be removed in regression therapy for the benefit of the client.
7. According to the survey, significant improvement can be found for some physical conditions in some circumstance. More than 90% of those submitting a physical issue indicated improvements.
8. According to the survey, significant improvement can be found for some psychological conditions in some circumstance. More than 90% of those submitting a psychological issue indicated improvements.

9. According to the survey, spiritual experiences were recognised by more than 80% of clients.
10. Any beneficial change that is incurred for the client tends to either remain or improve over time (90%).
11. There are a wide range of symptoms that can be helped through regression therapy.
12. The survey did not uncover evidence to exclude any particular issue.
13. In some cases regression therapy can work alongside other approaches for the benefit of the client.
14. Many of these reports (35%) come from a single session of regression therapy, while others are the outcome of numerous sessions.

Even so it is the statements from clients that goes much deeper than the statistics and can touch our own vulnerabilities and our own inspiration. That is how it is for me. Reading the comments reminds me of how regression does more than just touch the soul, it also offers the potential for change. A potential that holds a depth and reality unseen in many other therapeutic approaches. It invites the soul to heal, change and grow at that deep level.

Case 31 *“I did not realise immediately but then one day a few months after the session, I thought about how good I felt and how I had not felt sad in months and if I had it was not as intense and realised that the only different therapy that I had done was past life regression.”*

Reflections

For many people, one of the great challenges of life is to simply be true to ourselves, yet life itself invariably presents a series of challenges that can turn that apparently simple journey into a bewildering and bizarre experience. It takes courage to address those challenges and regression therapists can find that in clients on a regular basis. Going inside to find the very pain that lies at the root of it all, and then find those answers within that pain, is an approach that takes courage. Yet clients of regression therapy do that!

This survey holds testimony from clients on the effects and difference that the experience has given them. Not just the courage to face their personal issues within regression therapy, also the courage to make statements on those experiences within the survey and thus repeated here in this document.

It has been important for me to find a way to draw the reader's attention to some of the touching, powerful statements to be found throughout this document. Statistics can be offered its own voice to the perception of truth that unfolds in these pages, yet the voice of the authentic human being speaks louder and deeper for me. In regression therapy many human beings seek to find their authentic self inside. Some of these pages have been sprayed with quotes from these clients of regression therapy. It just feels important to celebrate their courage.

Case 14 *"It's hard to even remember how dark everything seemed before I did the sessions. I am no longer afraid of dying. I have a sense of who I really am at my core."*

By David Graham

On behalf of the Research Committee of EARTH

(Earth Association for Regression Therapy)

Appendix A: A Transcript of the On-line Survey Web Pages

Page 1

Questions 1001 -1004

The first page of the website describes the purpose of the survey, invites ex-clients to submit their details and holds some basic checks. Three questions were compulsory, the questions were to check on the age of submittee as an adult, gives permission to use the data for research purposes and checks that they have actually had a regression therapy session. These were necessary in order to proceed with the submission. A fourth non-compulsory question on whether the client worked with an EARTH member was also asked. See the screen shots below:

Page 1

EARTH
(The Earth Association for Regression Therapy)
Regression Therapy & Past Life Regression Therapy Public Survey Form

The purpose of this survey is to evaluate the effectiveness of Regression Therapy in addressing a wide range of physical, psychological and spiritual issues. As Past Life Regression Therapy is an aspect of Regression Therapy, so we also wish to include those experiences. Data from the survey will be examined to identify areas in which client feedback either indicates, or contra-indicates, the use of Regression Therapy as a therapeutic intervention.

So we seek volunteers that have experienced either of these therapies to complete the form and be reassured that your identity will not be disclosed. Participation is purely voluntary and you will be able to withdraw from the survey at any time by simply closing the web page. The form can be completed in less than 15 minutes

Any personal details offered will be stored securely, treated as being confidential to you and will not be shared with any other parties outside EARTH. Statistics may be drawn from the form and used for research purposes into the effectiveness of Regression Therapy only.

After submitting this form we will send you an email offering an opportunity to tell your story and have it displayed on a webpage without disclosing your identity. This alone can add to the therapeutic effect of any therapy that has been undertaken, yet it is on a purely voluntary basis only.

To complete the survey, questions marked * must be answered

Please tick box to confirm as appropriate

1001 Are you aged 18 or over? *

Yes

1002 May we use this information for research purposes? *

(Your Identity will not be disclosed)

Yes

1003 Have you experienced a 'Past Life Regression Therapy' or 'Regression Therapy' to address a personal issue? *

Yes

1004 Did you work with an EARTH therapist?

Yes

Check the list of EARTH Therapist following this link:

[EARTH Therapist Directory](#)

Page 2 of the on-line survey focussed on the symptoms, original motive, any difference, diagnosis and whether there had been any other treatments.

Symptoms were collected by a simple tick box system. Submittees were asked to tick any of the symptoms that applied to them. The symptoms were separated into different categories for the exercise. Physical symptoms, psychological symptoms and another category created for those that had some form of spiritual experience in the sessions. See next page.

Physical Symptoms*

- 2101 Allergies
- 2102 Auto Immune System
- 2103 Back/spine/neck pain
- 2104 Bones/Joints
- 2105 Cancer/tumour
- 2106 Diabetes
- 2107 Digestion
- 2108 Fatigue
- 2109 Head /headaches/migraine
- 2110 Heart/Chest
- 2111 Hormonal problems
- 2112 Lungs/breathing
- 2113 Panic Attacks
- 2114 Problem with Body Organ
- 2115 Skin problems
- 2116 Sleeping Problems/Insomnia

Spiritual Interests*

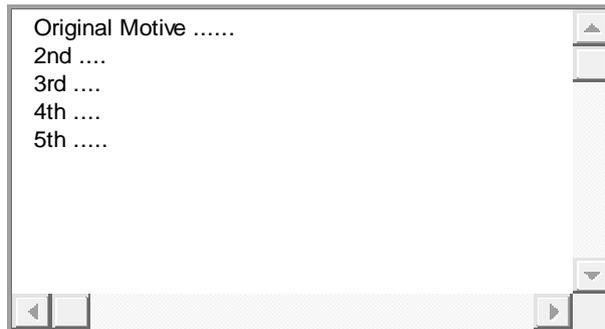
- 2301 Akashic Records Visit
- 2302 Ancestor Connection
- 2303 Extra Terrestrial Encounters
- 2304 First Incarnation on Earth
- 2305 Future Life Progression
- 2306 Incarnation on Other Planet
- 2307 Life Between Lives
- 2308 Soul Group Connection
- 2309 Soul Purpose Discovery
- 2310 Soul Retrieval
- 2311 Spiritual Development

Psychological Symptoms*

- 2201 Addictions
- 2202 Anxiety
- 2203 Curiosity
- 2204 Depression
- 2205 Dreams/Nightmares
- 2206 Eating Disorders
- 2207 Family Ancestry
- 2208 Hallucinations Audio/Visual
- 2209 Hyper-sensitivity
- 2210 Identity Issue: Dissociation
- 2211 Loneliness/Loss/Abandonment
- 2212 Low Self Esteem
- 2213 Meaning or Purpose lost
- 2214 Obsessive Thoughts
- 2215 Past Life Memories
- 2216 Personal Development
- 2217 Phobia
- 2218 Post-Traumatic Stress Disorder
- 2219 Relationship Issues
- 2220 Remote session for other person
- 2221 Removing Intrusive Energy
- 2222 Sexual Problems
- 2223 Spirit Release/Possession
- 2224 Spiritual Crisis
- 2225 Stress
- 2226 Success/Work/Money

Clients were then asked for their original motive in having a regression therapy session to discover what those motives actually are and if they were the same as the issues that were addressed. The question also invited submittees to grade any secondary or further motives for attending regression therapy. See below:

- Based on your selections from the columns above, please select your original motive for attending therapy first, and then put any others into an order of those that had most importance to you



Original Motive

2nd

3rd

4th

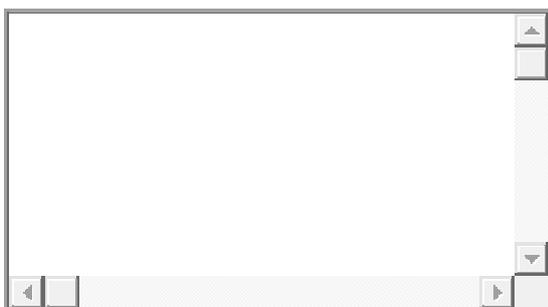
5th

The survey then directed the submittee to the different category of symptom that were addressed by regression therapy. Firstly it asked about the physical symptoms, any diagnosis from a suitably qualified medical practitioner, a brief explanation of symptoms and whether there was any difference following the session. See below:

- **Physical Symptoms - if none, then please skip to 'Psychological Symptoms'**
- 2601 If you had any physical symptoms, were they diagnosed by a doctor/medic, psychiatrist?
 - Prefer not to answer
 - Yes
 - No
- 2602 Please give brief explanation, whether diagnosed or not

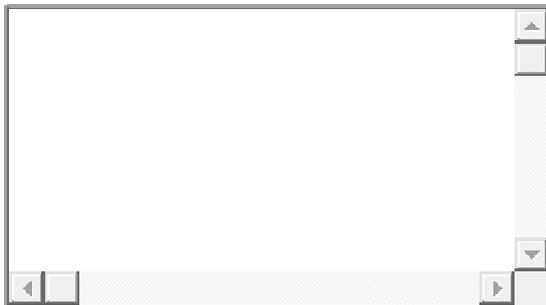


- 2603 Did symptoms change after session(s)? Please tell us how much?
 - Prefer not to answer
 - Worse
 - No difference
 - Partly disappeared
 - Mainly disappeared
 - Completely disappeared
- 2604 Any Comments

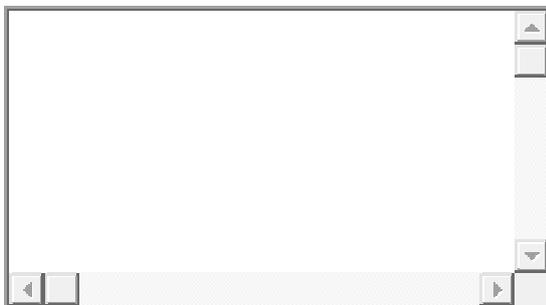


The survey then directed the submittee to the nature of any psychological symptoms, any diagnosis and whether there was any difference following the session. See below:

- **Psychological Symptoms – if none then please skip to ‘Spiritual Interests’**
- 2701 If you had any psychological symptoms, were they diagnosed by a clinical psychologist, psychiatrist, and psychotherapist?
 - Prefer not to answer
 - Yes
 - No
- 2702 Please describe



- 2703 Did symptoms change after session(s)? Please tell us how much?
 - Prefer not to answer
 - Worse
 - No difference
 - Partly disappeared
 - Mainly disappeared
 - Completely disappeared
- 2704 Any Comments



The survey then asked the submittee about any experiences of a spiritual nature. See below:

- **Spiritual Nature – if none please skip to ‘Treatments’**

- 2801 Did you have an experience that you believe to be of a spiritual nature?

- Prefer not to answer

- Yes

- No

- 2802 Please describe

A large, empty rectangular text input field. It has a thin black border. On the right side, there is a vertical scroll bar with a small upward-pointing arrow at the top and a downward-pointing arrow at the bottom. At the bottom left and bottom right corners, there are small navigation arrows (left and right respectively) within a light gray shaded area.

We then wished to know if the submittee was receiving any other form of treatment that may have also contributed to any change. See below:

- **Treatments**
- **Were you receiving any other treatments at that time?**

- 2901 Medical

- Prefer not to answer
- Yes
- No

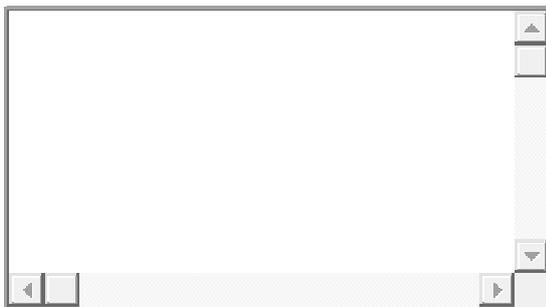
- 2902 Therapy

- Prefer not to answer
- Yes
- No

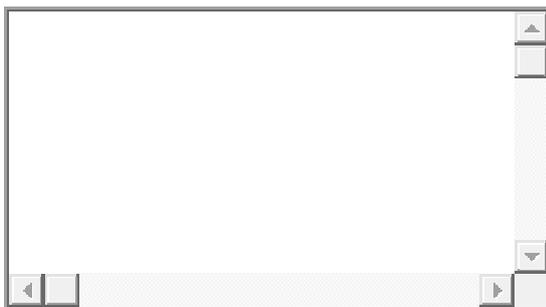
- 2903 Other

- Prefer not to answer
- Yes
- No

- 2904 Please describe treatments below

An empty text input field with a light gray background and a thin black border. It includes standard scrollbars on the right and bottom edges.

- 2905 Please describe any further issues addressed that are not already described in this form

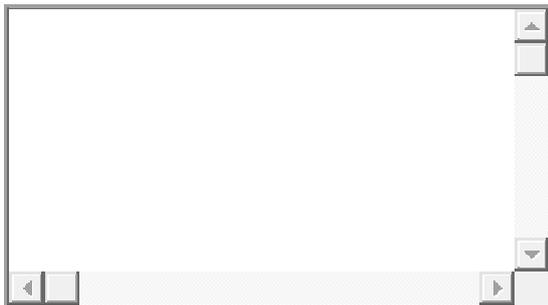
An empty text input field with a light gray background and a thin black border. It includes standard scrollbars on the right and bottom edges.

The next page focussed on any difference that the session(s) may have made and the significance of the difference. Questions 3001-2 addressed any immediate difference, while questions 3003-4 sought to establish whether there was any long term difference for the submittee.

Public Survey

Step 3 of 4

- 3001 What did you notice about the symptoms immediately following the sessions?
 - Prefer not to answer
 - Worse
 - No difference
 - Partly disappeared
 - Mainly disappeared
 - Completely disappeared
- 3002 Any Comments



-

- 3003 What do you notice about the symptoms now?
 - Prefer not to answer
 - Worse
 - No difference
 - Partly disappeared
 - Mainly disappeared
 - Completely disappeared
- 3004 Any Comments

Question 3005 asked how long ago the last session was, while question 3006 asked the submittee what sort of difference the session(s) had made for their life today.

Question 3007 asked how many sessions while question 3008 asked how long the therapy lasted.

- **Please state length of time since sessions**

- 3005 When did you have the last session?

(Can be approximate)

- 3006 In what way have the sessions made a difference for your life today? Please explain

- 3007 Number of Sessions

(Can be approximate)

- 3008 How long did the therapy last?

(Can be approximate)

This page focussed on background data of the submittee. The actual identity of the submittee was made optional at the time of submission, yet we wished to understand more about age, gender, nationality, religion, education, occupation and relationship status of submittees to seek any trends that may have been present for those seeking regression therapy. Even though the identity of the submittee was optional, in order to deter any false submissions we needed their email address. By this we could respond to their submission as part of the effort to ensure valid submissions.

- 4001 Name

It is optional to give your name yet it will not be disclosed.

First Last

- 4002 Age

- 4003 Gender

- 4004 Nationality

- 4005 Relationship Status

- 4006 Religious Upbringing

- 4007 Occupation

- 4008 Education

4009 Email Address*

Enter Email Confirm Email

- Are you human?

- Please select '**Previous**' if you wish to review your answers on each page.
Press '**Submit**' to complete your submission

Submit

Appendix B:

Maria's story

(As displayed on EARTH website. Identity has been changed)

How it all began for me? I was always drawn to spiritual and psychological paths to know and understand myself and life better. In march 2013 I was going to some sessions of coaching and psychology counseling and my psychotherapist, who knew my interest in trying regression (because we have discussed about some issues that seemed to exceed the causes of this life history) she told me about Victor Chirea and recommended him as a very serious and professional person.

I chose Regression Therapy and especially Past Life Therapy because I felt my life was blocked on many levels and I had some somatic disorders that traditional medicine could not find a cure for. I believe in the psycho-emotional and spiritual causes of diseases and I have found some causes and discussed some issues with my psychotherapist, but we knew that I needed more and PLT seemed to be the solution that resonated with me.

I contacted Victor Chirea, I saw a documentary (movie) prepared by EARTH Association and read some documents he gave me.

The issues I was hoping to find solutions for through PLT were:

1. I had a stomach somatic disorder that manifested by sudden bloating and belching in certain emotional and psychic states; by that time, I had discovered most of the emotional and state of mind etc. situations when my somatic disorder manifested, I have tried medication prescribed by a doctor, with no effects. The only thing that worked seemed to be to work with myself to recognize each situation in which I reacted like that and after understanding it the somatization began to withdraw, sometimes immediately;
2. I had a problem with a "rejection wound" that I had discovered with my psychotherapist and with the help of my own research, basically started with my mother, from not wanting to have me up to excessive criticism and coldness with me (as I felt it); this seemed to affect all my relationships, especially with men and because of that I was in need to be approved, appreciated and I did not chose freely, but dictated by my need to feel safe, to get guarantees that I am not rejected. I did a lot of things to protect my mother and to gain her love and approval and I gained some habits in all kinds of my relationships (with men and friends, relatives etc) in which I felt I was not free, I sacrificed myself for their own good, I put myself last, I tried to save them and help, but I was not authentic and free, I didn't speak my truth, I had a problem in doing and saying NO, in saying what I wanted and what I didn't want;

The specific issues when I experienced that somatization were especially when I was bothered by something and did not say anything about it and assumed responsibility for others, I took over their pain to suffer, problems to solve, found excuses for their shameless acts, assumed too many things to do and feel,

3. The first two issues were the main ones that I chose to address with PLT in the sessions with Victor Chirea, but I have touched other secondary aspects in the first and second session I had (I had only two sessions, one in March 2013 and the other in July 2013): I had thyroid nodules, I started to put on weight especially in recent years, I had developed an allergy (hay fever), I had a feeling that I felt insecure in my life, that everything was overwhelming me, my work, life events, I was taken by surprise by them, although somehow prepared for them ☺ ; I have found some hobbies and felt I wanted and I could do more with them, but somehow I postponed doing more (painting, writing, trying to play as an actress) also, secondary issues: uterus fibroma, back pain, knees small pain; sadness/loneliness;

In both sessions I visited the same past life when I had suffered a series of trauma, losing parents and sister and all my family, one by one until the age of 20, something that the PLT therapist called “the type of trauma like a hangover”. I felt lonely and overwhelmed. I had developed the habit since very young in that life to assume responsibility for others, taking over and assuming a lot of pain, sadness, sufferance of my parents, as if by feeling the pain of my loved ones, I could take it from them and make their lives easier. Because of that, I developed a strange sense of duty, feeling responsible for everything, as if I could control life itself and that is why I felt overwhelmed, I started living an inauthentic life, because I tried to protect others and that’s why I did things for them and not do what I wanted. I felt alone and rejected. I have also experienced beautiful moments that became resources for me, with the help of the therapy.

The images were not always clear, and I had moments when it seemed my imagination is playing games, but still, I could never find in my memory images and feelings and stories like that, not even by mixing separate situations or images.

The most powerful thing for me were the feelings – it seems amazing how strong they can come, although guided and tempered with the help of the therapist, still very strong, as if lived again. The happiest moments were very clear as images and had a specific golden colour that I had recognized from this life.

The insights I gained from this experience: I understood at a very profound level that nobody did something bad to me on purpose, my mother and father did the best they knew; It became easier for me to see everything from another persons’ perspective and really be compassionate and understand (PLT was for me much more powerful in doing that than NLP, for instance, which seems superficial after trying PLT; PLT goes deeper, more powerful); it was easier for me to feel that I am a special wonderful being worthy of all the best; I felt it was OK to be rejected and felt OK with me rejecting others and felt OK and authentic doing that, kindly and gently; I started expressing myself in an authentic way in all my relationships and with myself, started to recognize immediately what I wanted, what I didn’t want and act accordingly, put myself first in a very healthy manner.

The most beautiful and helpful thing for me is that all the experience gave me new perspective over life and death and trust in the process, feel protected and powerful and that is part of my most important search in life – the spiritual. It helped me see the spiritual

in eating a fruit and in every action I did and in every experience and helped me see life and people with new eyes – the eyes of love and compassion and everything seemed to take a rightful place and space.

My relationship with my mother is 180 degrees different, almost 100% authentic and so are the rest of the relationships – still learning, but this is the most important and fabulous transformation. Looking at this from „the Law of Attraction” perspective or „mirroring” (from psychology) in my life, especially in the end of the summer of 2013 and autumn things started to precipitate as I integrated more and more, persons started even to disappear from my life, from just not spending time together up to dying or completely resetting the rules and ways of communicating. This was, also, one of the best aspects in my life that I know were helped drastically by my PLT experience.

Each change I experienced is connected to the others and once I improved an aspect of my life, others started to improve, even if I didn't specifically mention them as a declared purpose when I started the PLT sessions.

I am cured 99% from my stomach disorder (it still goes on when I experience physical stress or discomfort sometimes) **and 99% with my allergy** (experienced when work, stress and life events overwhelmed me and took me by surprise). With my stomach it went „by itself”. For the allergy I went to a physician that is specialised in natural herb healing, but I was almost healthy by that time (I see the appearance of this doctor as an integration of the PLT, because I was blocked in going to such a doctor for 2 or 3 years, since the problem first appeared).

My thyroid nodules stopped developing and even decreased.

During therapy sessions it was amazing how I discovered that emotions used to be felt in certain parts of the body and most of them were identical with the ones where I felt my somatic disorders or pain or sufferance. Also, it was amazing how multiple emotions placed themselves in the same body part and how it explained the multiple causes for my somatic reactions with the stomach (same somatic reaction to different emotions or situations, even though in the end they seemed to have something in common: the fact I didn't express what I needed or wanted).

I gave priority to my souls desires and got more involved in my hobbies and passions: painting (I have now 4 amazing pieces of art, had found time for that, despite my demanding work as a lawyer); acting (taking acting lessons with the finality of playing on stage, with public; writing stories for children; my work improved, I am better organized and I respect my personal time more.

The most difficult part for me in these sessions was the long hours (the sessions were very long), but I know it was the best rhythm for me – only it is was a little tiring. Sometimes I found moments of doubting the process and it all faded away.

So, in the end I want to add that my life is much better in so many ways, I have better relationships of all kinds, I go through life with much joy, I feel better in my body, I am healthier, I take care of my soul, spirit, body and emotions, I feel free, I feel authentic, I do and say what I want and what I don't want and what I feel, I communicate better, in a gentle and true way and I express my emotions easily, as they are.

I think PLT really works, as one very powerful method – it helps curing physical diseases and emotional problems sometimes faster than medicine or normal psychotherapy sessions (at least this is what it did for me).

I am not saying it is the best method, it is just a very good one and maybe the best in a lot of cases and for people who resonate with it, as long as they resonate with it.

For me the results I wrote above are clearly in connection with the sessions I experienced, even if the method alone didn't do all the transformation and most of the work started before with other methods and with my own research and search. But the speeding up of the healing process in all the physical, emotional, mental and spiritual level is certainly due to PLT and huge amount of the insights and changes I have experienced.

I would like to express my special thanks to my therapist in PLT, Victor Chirea, who was very professional and very connected to the client and guided me in a great manner, very careful to extract the best resources for my healing in this life.

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Athanos Komianos EARTH Webmaster 2010-2018

Nikos Sirigos EARTH Web Host

I would also like to offer even more gratitude to each of the contributors for offering their personal story. These stories brought life and joy to this project.

The End

David Graham

On Behalf

of

the Research Committee

of

EARTH

(Earth Association for Regression Therapy)