

# **PAST LIFE REGRESSION**

## **Program Catalog**

Use your mind to access  
hidden potential,  
heal and transform

**Learn Self-Hypnosis &  
Experience  
Past Life Regression**

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# Welcome Explorer

It is with great honor to be your guide on this journey.

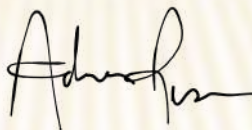
Get ready to experience expanded states of consciousness as you learn to tap into new sources of knowledge and guidance for your life.

Here you will learn powerful tools and techniques to awaken personal changes and transformational growth.

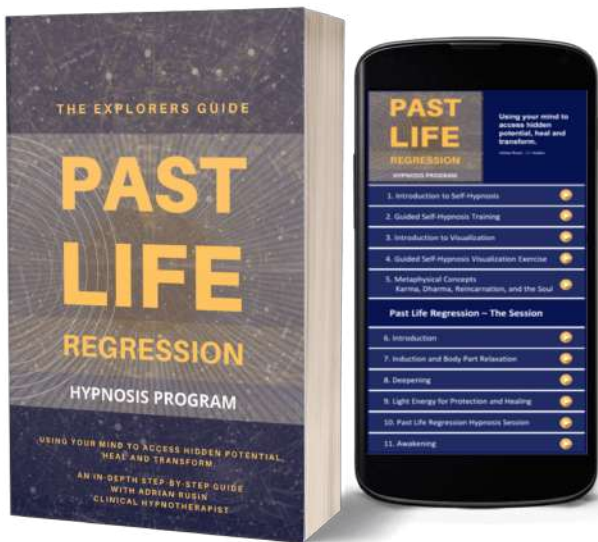
In this program you will become more aligned with your life's purpose, develop your intuition and embrace a trusting, loving approach to living.

I will teach you brilliant things. Come with an open heart and a lot of room to grow.

Enjoy the journey!

A handwritten signature in black ink, appearing to read "Andrew".

# Here's What You Receive



- ✓ 37-page learning manual (e-book)
- ✓ 5 learning audios  
(download to *any device*)
- ✓ 3 learning exercises  
(interactive exercises to explore the mind)
- ✓ 1 Past Life Regression audio session  
(6-part guided self-hypnosis audio)

## You Learn...

### Self-Hypnosis & Past Life Regression

It is ***crucial to understand the fundamentals of altered states*** and hypnosis to have a real, successful Past Life Regression experience.

With this program you learn how to put yourself into a fast, safe and natural hypnotic state so you can explore many past lives whenever you want.

# #1 Reason This Program Works

## This is a program that teaches you Self-Hypnosis and Past Life Regression

This is **NOT** just a guided audio. This is a full learning program with professional guidance, learning exercises and a 6-part guided Past Life Regression session.

With this program you learn how to put yourself into a fast, safe and natural hypnotic state so you can explore many past lives whenever you want.

### With This Program You Can:

- ✓ Access altered states of mind and tap into higher dimensions.
- ✓ Learn self-hypnosis and expand your consciousness.
- ✓ Discover ancient sources of wisdom to help guide your life.
- ✓ Find hidden tools for personal transformation.
- ✓ Bring yourself into alignment with your life's purpose.
- ✓ Develop powerful intuition, focus and clarity.
- ✓ Create more peace and light in mind and body for health and well-being.
- ✓ Understand and create a new destiny.

# How The Program Works

## How The Program Works

### It's simple...

You learn everything about Self-Hypnosis and Past Life Regression. We've simplified it and made it easy to understand.

Practice the exercises and then experience a powerful Past Life Regression session – All from the comfort of your own home.

You get all the tools you need to learn how to reach the **ultra-deep somnambulistic state of hypnosis** so you can experience the most **Powerful Past Life Regression** session.

And because **you have lived many lives** – **you can explore them all** from anywhere, at any time by listening to the guided session given to you in this program.

# Cost of program

## We believe in affordability

The cost of the program is only **AED 400**

### What is the value?

- ✓ Learn the knowledge and tools of Self-Hypnosis and Past Life Regression from world class Clinical Hypnotherapist Adrian Rusin.
- ✓ Perform your own session anytime, anywhere for regression work, healing, transformation and creation.
- ✓ Listen to the learning audios, read the lessons and experience a past life regression session as many times as you want.

✓ **You own the program forever!**

**You don't need to rely on a hypnotherapist when you can put yourself into hypnosis and perform your own altered state sessions. You just need to learn how!**

# The Past Life Regression Hypnosis Program

Everything you need is in this program. You can access all the tools and knowledge to help you on your ultimate journey of Past Life Regression with both audio and visually guided material.

## Part 1. Self Hypnosis Training

*Developing your natural ability.*

### Listen to the following audios:

- Welcome to Past Life Regression
- Introduction to Self-Hypnosis
- Guided Self-Hypnosis Training

### Review the following guides:

- The great truth
- Understanding hypnosis
- 3 ways to use self hypnosis
- 7 qualities of an effective explorer
- How to prepare your environment
- The 5 self hypnosis techniques
- Mind movies
- The #1 tip for self hypnosis

### Complete the following exercise:

- Journal - Exercise 1

## Part 2. The Art of Visualization

*Mastering the experience.*

### Listen to the following audios:

- Introduction to Visualization
- Visualization Exercise 1
- Visualization Exercise 2

### Review the following guides:

- Visualization - Harnessing the Power of Mental Imagery

### Complete the following exercise:

- Journal - Exercise 2

## Part 3. Understanding Past Life Regression

*Learn how regression therapy works to transform the mind and reach healing states.*

### Listen to the following audio:

- Metaphysical Concepts: Karma, Dharma, Reincarnation and the Soul

### Review the following guides:

- Notes to Audio - Understanding Karma, Dharma, Reincarnation and the Soul

## Part 4. Past Life Regression – The Session

*Ultra deep somnambulistic hypnosis*

### Listen to the following audios:

- Introduction to Past Life Regression
- Past Life Regression – The Session
  - Induction & Body Part Relaxation
  - Deepening
  - Light Energy for Protection & Healing
  - Past Life Regression Hypnosis Session
  - Awakening

### Complete the following exercise:

- Journal – The Final Exercise

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SCHOOL OF HYPNOSIS

**For more information or to inquire about live sessions and  
hypnotherapy training with  
Adrian Rusin *please contact:*  
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