



Spiritual Regressions with Dan Johnson, CPC, CNTC Certified NeuroTransformational Coach

"Inspiration occurs when one's conscious mind gets out of the way of their natural unconscious energy."

--Michael Newton, author of Life Between Lives

The psyche (soul) naturally works to heal itself. Think about when you get a cut --- your skin then heals. The same is true of your psyche.

A Spiritual Regression is a form of gentle hypnosis that allows the client to get guidance from their **soul consciousness**. It is similar to a deep guided meditation where images and experiences come to you subtly and where **you are always in control**.

Depending on your own background and circumstances, you may experience one or more of the following during a Spiritual Regression:

- Guidance from your psyche (soul) about something taking place in this lifetime
- Recollection of a past life
- Guidance from one or more of your spirit guides
- Glimpse of a future life
- Conversation with a loved one who has passed over
- The "life between lives" state

Most clients see images, feel sensations, and hear sounds during the regression -- so much so that they sometimes wonder if they are imagining these things. Each person's experience will vary. Acclaimed Past Life Regressionist and author Dr. Brian Weiss had several regressions before he had what he called the "transcendent experience."

You will remember much of your experience after the regression. **A recording of the regression is provided to assist you with recall of important insights from the regression.**

Benefits of a Spiritual Regression

Clients report these benefits (and more) from a reading:

- **Better understanding** about a current life challenge or situation, and how to better address that situation in this lifetime
- **Wisdom** from past life experiences that is applicable to the here and now
- **Liberation** from a fear or limiting belief
- **New perspective** on important relationships

- **Letting go of negative emotions**
- **Broader view** of your journey in this lifetime
- **Clearer sense of life purpose**
- **Stronger Mind-Body-Spirit connection**
- **Healing** at the spiritual and emotional levels
- **Calm reassurance** from knowing that you are an eternal being

Things to Note Before Scheduling a Regression:

- The goal of a Spiritual Regression is to access soul consciousness.
- Clients get insight into what they are asking for about 75% of the time. Clients need to be regressed more than once to access soul consciousness about 25% of the time.
- During a regression it may seem to you that you are "making this up." What matters most is that (1) we set the intention to access your soul consciousness and (2) the insight gained from the experience is helpful or healing to you.
- A Spiritual Regression is soul-driven healing work.
- Spiritual Regressions done over Skype or Zoom are often highly effective as the client remains in a familiar place (their home). A headset with a microphone is recommended for these sessions.
- Spiritual Regression is **not** recommended for people with a dissociative disorder.

Daniel's Training in Spiritual & Past Life Regression

Daniel successfully completed Past Life Regression Hypnotherapy Training from Edgar Cayce's Association for Research and Enlightenment (A.R.E.). He trained with Cayce teacher, psychotherapist, hypnotherapist, and Harvard University graduate Peter Woodbury. Daniel has also taken additional training from Dr. Brian Weiss, author of Many Lives, Many Masters.



To schedule your Spiritual & Past Life Regression, contact:

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