

certificate in past life regression & soul healing

7-month program. Starts March 2020

overview 2020

What is past life regression?

Many cultures believe in reincarnation & that we have a soul which survives physical death and continues to evolve, learn and grow beyond this lifetime. Past Life Regression is an exciting tool we can use to access the wisdom of our past experiences to assist our current life. Knowledge gleaned from a Past Life Regression can assist to navigate challenges with a sense of peace & connect us to a higher perspective-often leading to soul healing and lasting changes on a deep level.

If a soul attempted to learn certain qualities and they were unresolved during that lifetime, there is seen to be 'unfinished business' on a soul level. Sometimes the callings of the soul to grow can continue to play out as patterns in our lives today, which may be experienced as physical symptoms, emotional patterns, fears & phobias, and relationship concerns.

Our souls can choose to continue to learn important soul lessons by trying to resolve them today-providing opportunities for growth that we can also feel 'stuck' on. Regression through therapeutic past lives is the key that allows the soul to integrate & move on from the initial experience.

During this 7-month Certificate, build your confidence and skills by learning & practicing specific regression techniques to guide a client back safely to their original Past Life-directly related to their concerns from today. Here they can recognise the source of the original pattern, resolve unfinished business with souls from that lifetime & integrate any parts of the experience they were unable to at the time.

This course will enable you to facilitate a person's soul journey into their past -where they can connect to their higher wisdom & spiritual guidance, access important learnings, make peace with their past & receive a wonderful healing in the spirit realms.

The moment the soul integrates the healing lessons & gifts from the origin of the stress point anything is

possible- often there are big shifts, personal empowerment, patterns can dissolve, and a great sense of peace, understanding & soul healing.

Who is this course for?

If you would like to understand yourself on a deep level, and would like to release blockages that are holding you back from being your best self and meeting your full potential, this course is for you.

This course will help you understand why you are in the relationships you are, your family circumstances, & it may even provide the opportunity and right circumstances to heal long standing patterns in your life.

This course will also assist you to clear some of your old emotional baggage & learn valuable take-home techniques to guide your friends, family members or clients through an empowering healing process. Learn through this very practical course how to facilitate healing of old beliefs, patterns or emotions and gain guidance in life.

This course includes theory & demonstration of regression techniques, and plenty of experiential exercises, support notes & further reading.

What makes this course unique?

Unlike some types of Past Life Regression, which can include psychic readings & Akashic records visits on behalf of the client, this course is truly empowering as the client experiences the regression themselves. This course facilitates a process where the client is an active participant in their own soul observations, learnings & experiential healing which leads to a deeper opportunity for lasting healing and change.

This certificate combines modalities & techniques from Regression, Emotional Stress Relief from Kinesiology, and Energy Healing visualisations and essential Soul integration techniques.

There is a mentoring component required for this Certificate, so that you have the experience of a professional regression and support through your studies. Discounted fees are available for Awareness Institute students for mentoring sessions.

Requirements

There are no previous training requirements necessary, however there are some people for which regression is not recommended. These include people who have schizophrenia, epilepsy, or who are pregnant.

Course structure

This is a 7-month part time program across four terms. Learning is a combination of face to face practical weekend workshops, two online evening Masterclass tutorials, plus 2 mentoring sessions with time to practice in between workshops. 3 case studies (min) are also required for this course, details to be discussed further in class.

Subjects:

Term 1

Past Lives & Spiritual Healing: 3-day workshop

Term 2

Masterclass tutorials: 2 hr online tutorials

Masterclass 1: Client Essentials

Masterclass 2: Deep Dive questions

Soul Centred Communication Skills 1: 2-day workshop

Personal Past Life Regression Journey: 1 x 90min session (min) with Heidi Drieschner

Term 3

Deepening the healing process: 2-day workshop

Personal Past Life Regression Journey: 1 x 90min session with Heidi Drieschner

Term 4

Advanced Spiritual Regression-Exploring the Spirit Realms: 2-day workshop

Subject descriptions

Term 1

Past Lives & Spiritual Healing

This course is for you if you are drawn to understanding yourself on a deeper level. If you ever wondered if there is a tool to help unlock why you're keeping yourself back from being exactly who you are meant to be. We all develop layers of baggage as we go through life, which can over time start to cloud over us and hold us back & sometimes we just can't pinpoint why. If you'd like to move on & free yourself from old patterns, this course introduces you to key tools in spiritual regression-for yourself and for others.

You might know on one level what you need to do but for some reason just can't get there-the key is that the conscious mind (what you're aware of) and your unconscious mind (what you're not aware of) often aren't in alignment. This workshop introduces you to releasing any spiritual blocks so that you're in true alignment with what your soul is trying to express & learn in this life. If you're a seeker and would like to find out answers to long standing questions or reconnect with your soul's purpose, this course is for you.

You will explore:

- simple regression techniques to connect easily with the unconscious mind
- finding where the stress point started in this lifetime
- clearing stress & reclaiming your personal power
- learning & integrating spiritual gifts from the past
- energy healing tools
- accessing soul insights

If you've ever wondered why you're here, why you are in the relationships you are, your family circumstances, & healing long standing patterns in your life, you've come to the right place. This course includes theory & demonstration of regression techniques, and plenty of experiential exercises, support notes & further reading.

Whether you are wanting to clear some of your old baggage or would like to use these techniques to guide your own clients in healing, this course gives you the tools and practical skills that you need.

Prerequisite – none

Term 2

Masterclass 1: Client Essentials (Thur evening)

Conducting the client interview well is essential to a flowing Past Life Regression session. Topics of this online webinar include:

- Explaining regression to clients
- Handling client expectations of trance
- Establishing the unique way your client connects with memory
- Identifying key emotions & body sensations
- Maximising your initial client experience

Masterclass 2: Deep Dive questions (Thur evening)

During practice unexpected scenarios may arise, this is your opportunity to ask the questions you were not sure about during your practice sessions for your case studies.

Soul Centred Communication Skills 1

Learning how to work with clients and their presenting issues is part of effective practice. In this subject you will learn about the basic theory and frameworks of soul centred counselling and practise the fundamental mind-body skills and methods in a supportive environment. You will learn how to be with, hold and support the integration of a client's/groups process to enable them to connect with a different level of their experience.

Prerequisite: none

Term 3

Deepening the healing process

Holding the space in a calm and centred manner is important when facilitating a successful Past Life Regression. Learn advanced tools of Emotional Stress Relief during this workshop so that you can assist your client if needed during a session if strong emotions arise. With knowledge and experience using the right tools any regression challenges can be navigated in a calm, timely and professional way so that healing can continue to occur.

Prerequisites: Past Lives and Spiritual Healing and Masterclass tutorials

Term 4

Advanced Spiritual Regression-Exploring the Spirit Realms

The spirit realms can be an amazing rabbit-hole of wonderment and learning, and sometimes you may not know how to guide your client away from a certain experience they are enjoying, or how to refocus their attention when they have specific things they would like to resolve.

Learn how to quickly guide your client to specific areas within the spirit realm to assist with accessing important soul information. Recognise when your client is in various parts of the spirit realm, so that you can navigate them to the exact place they need to be for the focus of their session. We will explore teachers, soul groups, council of elders, otherworld activities and home realm experiences.

Prerequisites: Past Lives and Spiritual Healing, Masterclass tutorials and Deepening the healing process

Recommended Reading

While there are no compulsory texts, it is recommended that students read Michael Newton's books 'Destiny of Souls' and 'Journey of Souls'