

# BOO... Wake up!



WAS I GOING CRAZY OR WAS I REALLY REMEMBERING THINGS THAT WERE HAPPENING IN OTHER LIFETIMES? CAN YOU IMAGINE HAVING HAD A FEAR OF HEIGHTS ALL OF YOUR LIFE AND THEN REMOVING IT IN JUST ONE PAST LIFE REGRESSION SESSION?

THIS IS WHAT HAPPENED TO ME...



I was so soon after returning from Dublin as my amazing journey began that I started to 'remember' things. I would be sitting on a bench in my local castle gardens and quite suddenly seem to be transported to another time, another place, as I relived whole experiences as if they were happening right there and then. Overcome with the emotion I was feeling, I would write to keep up with all I was experiencing, wondering what was happening. Oh, I knew for sure by then how Quantum Science and the Superstring Theory proves how we are experiencing so many 'lifetimes' in the same moment, and that the moment of now is the ONLY moment that exists. But I wanted to understand more about the ACTUAL remembrance I was tapping into.



It was then, through synchronicity, I met Cherry Emery. Cherry specialises in past life regressions using hypnotherapy. We began a series of the most remarkable sessions together, uncovering quite extraordinary facts that I couldn't have possibly known. Facts which have helped me to decode an amazing trail which began for me in Edinburgh with a ring I placed upon my finger. Some of the regressions and facts unveiled from them are set out in my books: The Sacred Quest and The Ahkileah Chronicles. Many more will be in a trilogy I am currently writing. I asked Cherry to share with us some of the reasons why past life regression therapy can assist us all in the process of 'waking up'. This is what she had to say...

*"People do not realise that, often, when they have recurring dreams, they are actually accessing trauma from other life memories. These recurring dreams, often originated in childhood, are uncomfortable: someone is falling from a great height; drowning; sinking in quick sand; being fatally bitten by a creature. The person never actually dies, they always wake up just before..."*

They are accessing a memory of something from another lifetime which is affecting them right now.

The conscious brain carries just 10% of the knowledge you are aware of. The other 90%, the subconscious, carries the memory of all the lives you have ever lived and you ever will live. No experience or emotion you have ever had or could have in any lifetime can ever be lost. Can you imagine how powerful it is to access those memories in your life today?

Accessing these emotions and experiences through the unconscious mind is very powerful and a great route to transform and heal yourself right now. So the key reason for past life regression, apart from interest and curiosity, is to access and remove these past unresolved traumas that are being carried in the subconscious now. The client's subconscious mind always puts forward the past lifetime that will help you most in your present life. The client is always in control of this, the regression hypnotherapist is there simply to guide you.

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#### Here are some examples:

- Interest and curiosity
- Fear of heights
- Fear of drowning
- Fear of suffocation
- Fear of creatures; spiders; snakes
- Fear of love and relationships
- Déjà Vu
- Depression
- Instant love; instant hate; instant recognition
- Weight and eating disorders

#### How could past life regression potentially help me?

- Potentially remove any fears and phobias completely.
- Understand and resolve a recurring pattern from a past relationship, to heal and improve a current relationship in this lifetime.
- Understand the reason why you are connected to a particular city, place or person. Understand how and when the original connections occurred.
- Resolve eating disorders by understanding past life experience of famine and starvation. This could greatly assist people who have been trying to lose weight or who don't like eating.

Most people are born with a phobia or fear. Where does it come from? There is no logical explanation. The results using past life regression are quite astounding!

For me, just a few of the amazing things that the past life regression sessions with Cherry have brought me are an unexpected cure of a lifetime's fear of heights, a great understanding and healing of many relationships, and extraordinary facts that have helped me to decode an incredible trail I am writing about in my trilogy. All of which have played a key role for me to wake up!...

To watch a ten minute interview of me with Cherry exploring this further, hop onto my blog page at my website [www.louiselangley.com](http://www.louiselangley.com) or visit my "BOO wake up!" channel at YouTube.

For more information about Cherry visit her website at [www.emeryesoterics.co.uk](http://www.emeryesoterics.co.uk)

I will be running my next 'Sacred Life Path' retreat in Cyprus in April. For those of you who would like to explore this, please jump onto my events page at [www.louiselangley.com](http://www.louiselangley.com). Details of all my upcoming events and books are there too.

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