

# Past Life Regression Meditation Questions

## **Before you begin:**

Lay down in a comfortable spot in a quiet, darkened room. As mentioned in the article, aim for very few sensory distractions. (Sounds, sights, smells, tastes, or tactile distractions.)

Ensure your body is comfortable and your mind is relaxed.

Ensure the same of your mediator, (person helping you by reading the questions) if you're using one.

Have the mediator read these questions first to know what to expect and where to pause.

If performing the regression session solo, please read through the questions, try to remember them, then lay down and start the meditation. Do not stop to re-read the questions.

**For the mediator:** Where it is written \*Mediator Pause\* Then please pause and allow the person meditating to "go" where they need. Give them a moment to think, feel, and sense. Then keep asking questions. Your job is to help guide and prompts the person in session.

Are you feeling calm and ready for your session? When you are ready, let's begin.

## **Regression session questions and directive prompts:**

You are walking along a path. What does it look like?

Keep walking.

You are coming along to a staircase.

What does it look like?

Take a step up the staircase. Hold the railing.

Look at the steps as you ascend. Describe them. Describe the railing.

What color are the stairs?

What are they made of?

Do you hear any noises?

Any physical sensations?

Any smells?

Keep walking.

Are you still ascending? Are you descending?

Are you still on a staircase?

\*Mediator Pause\*

You are now stepping off the staircase.

Where are you?

Do you hear any noises?

Are there any smells or tastes?

Look at your feet.

Describe your feet, legs, and lower body.

What are you wearing?

Describe your middle body, upper body, and head.

Who are you?

\*Mediator Pause\*

You are walking up to a gate.

Describe the gate.

What is on the other side of the gate?

Walk through the gate.

Where are you now?

\*Mediator Pause\*

What do you see?

What do you feel?

Do you smell anything?

What sounds can you hear?

What is the taste in your mouth?

Look back at your feet.

And look over your whole body.

\*Mediator Pause\*

Where are you walking now?

Who is around?

Are there buildings, trees, or animals?

What do you know or sense?

What do you hear?

What is the lighting like?

Look at the sky.

What is the weather? The season?

Where are you in the world?

\*Mediator Pause\*

There is a building up ahead.

Describe the building.

What is outside the building?

Walk to the building. Peek inside.

Describe what you see.

Are you going in?

If yes, describe. If no, explain.

\*Mediator Pause\*

Describe what you see inside the building.

Describe any tastes, smells, sounds, sights, or physical sensations.

Stay as long as you like and observe the inside.

Keep discussing.

Now exit the building.

Go back over to the gate you first walked through.

Say goodbye to where you were.

Go back through the same gate.

Does the gate look the same?

Walk back the way you came.

Walk back to the stairs.

Step onto the first step then the next.

Do the stairs look the same?

Are you going up or down the stairs?

You've reached the end of the stairs.

You have stepped off the stairs.

You're walking away from the stairs.

And now you are back.

You are back in the meditation space. You are here where you started your meditation.

Take a deep breath. Relax.

Now slowly open your eyes.

This past life mediation session is over.

How do you feel?

Please make sure to emotionally process your experience in a safe and healthy way. For example, talk about it with a friend, write about it, or express it through art.

I hope this past life session has been interesting and you have been able to have a meaningful experience.