

Dr. Viktória G Duda
Therapeutic Benefits of Past Life Regressions

Talk given to the British Society of Clinical Hypnosis

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Outline

A Pragmatic Approach

- Our goal: to reduce suffering and enhance the life value of our clients
- Enough suggestive evidence (Stevenson, Tucker) to take reincarnation seriously
- New, consciousness-based paradigm science is needed for further study

Therapeutic Indications

- 'Hard road' to self-discovery: maturity, persistence and responsibility is needed
- Pecci: 10-questions test ('Higher chakra' functioning)
- Exceptions: incurable symptoms, body integrity identity disorder

Levels of Reincarnational Understanding and Uses - (What is it that incarnates?)

1. Metaphoric Level

2. Skin-Encapsulated Ego

Phobias, phobias, and preferences

3. Higher Self (Soul) – Finding evolutionary patterns of the past, present, and the future

Learning experiences: getting into the mind of the opponent
discovering positive intent
reframing

Relationships: mental exercises akin to Buddhist *Lam Rim* meditations)

Synchronicities: meaningful, acausal connections bw the inner and outer world

Existential program: discovering one's life purpose, evolution of consciousness
e.g. from religious dogma to critical thinking and tolerance

4. Universal Consciousness (I am)

Shadow Work: victim and perpetrator
e.g. Rabbi Gershom's Holocaust reincarnation cases

Identification – Disidentification (witness) – Transpersonal Insights
The moral wrong of stage X+1 is the moral blind spot of stage X.

Result: Healing individual and collective trauma

For more information, the past life study, and literature, please visit: viktoriaduda.com