

# Current Life Resolved by Visiting the Past

Using **HART** (Healing Above Regression Therapy)

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Describe how you look ?

I am a bird, large bird

What do humans call you as ?

Eagle

Is there anyone else or you are flying solo in the sky ?

There is another eagle beside me.

Who is that , look into the eyes  
of that eagle,  
who do you sense it is, from this  
current life ?

It is my husband

What do you do as Eagle's in that Life? Narrate the story now.

We are going to the nest in a skyscraper. It is challenging living there,  
lots of noise.

But we work it out together.

We have a nest,  
and an egg in it.

I am a female Eagle

(With a sad voice)

The egg is not viable

The baby is too weak

and you sense this as an eagle,  
before the egg hatches?

I already tried to hatch,  
but it is dying

How do you feel about it as a  
mother eagle

I feel Angry,

I feel it is the fault of the  
construction workers

They are too loud

I want to attack him (construction  
worker)

I want to fly down and attack his  
face

He has a Jack hammer

And then?

He hits me and I fall to the ground

he did not want to hurt me

he stopped drilling.

My partner lied down on me and is

protecting my body

Are you hurt?

A little, I am getting up,

then we fly away

What happens further?

I am sad, I haven't had more eggs.  
What do you do further? Go to  
further significant events of this life  
time along with your partner.

I feel better, my partner always supports me.

There are no more eggs.

That is very upsetting and worrisome for me

In this lifetime in which part of the body, do you feel that you do not have enough eggs, so feel the sadness of that lifetime?

I feel it in my right side of the throat and chest.

The hollowness (Release process was done)

Connect back to the eagle

She feels guilty for not connecting  
with her partner

She feels that she has taken so  
much time and attention of his

You can choose now to go to the  
end of that lifetime as an Eagle  
It is confusing, because there is a  
family life, but it feel like a fantasy  
and not real.

What is the fantasy?

There were babies, learning,  
laughing, guiding, and it feels like  
it is a fantasy that she goes to, as it  
didn't actually happen. She goes to  
these fantasies when she is feeling  
low and it starts to take over her  
mind

Is her partner still with her?

Very worried for her and very focused on her all the time.

She is very sick.

She is so worried, she is fantasizing, she doesn't eat well, she doesn't go out. Just deteriorates. In Depression

Now go to that time, where you are about to die as an Eagle

She feels guilt and regret, also relief. The guilt and regret is about wasting her partner's time and energy, wasting his life with her depression

Regret is about not being able to  
come out of depression, and have a  
full life.

The guilt, the depression , the hurt,  
where do you feel it in this body, in  
this moment?

My heart, my trunk.

Focus on your heart and Trunk and  
release... (release was done)

Going back to the body of that eagle, float up and see your body below.

I see I died in that nest, my partner was there, he is very sad and alone.

As you leave that body as a soul,  
what do you tell him?

Sorry, it was too much for me. I  
appreciate what you did and how  
you loved me.

What else did you feel while leaving that earth's plane?

I thought about the love I had for him and the pain of not being able to express it, as the depression was so overwhelming.

Now move up as a soul, go to your soul home, the universal space, see who attends to you, what does your soul do ? Where do you go to in which form?

There I a space built of different coloured lights

How do you feel as a soul seeing  
that space?

Familiar

What do you do further?

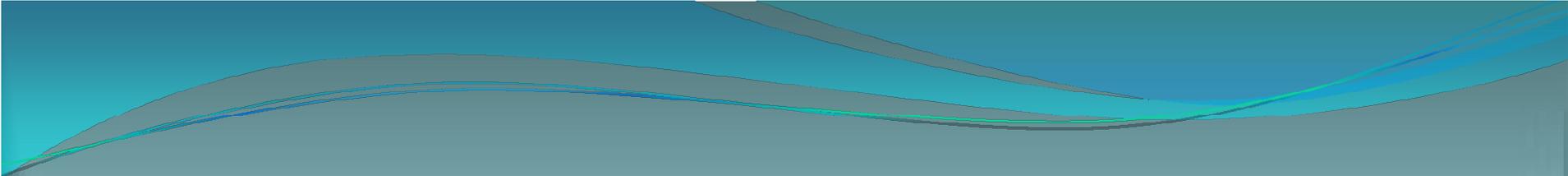
I go into a compartment like  
structure, it closes around me.

The all the lights go out.

The body disappears

Then a green light

How do you as a soul decide the  
next journey, see the entire process  
today?



I see the light turns into the reflection of a top of a castle roof.  
Round castle roof, with water in it,  
and the reflection shows me what is  
next.

I don't have a form, but at the same time I am large.

Are there other guides, or higher conscious souls around you ? Do they any part in your further soul journey?

There are other beings, they seem to be administrative. There are people I know who are around and doing the same thing i.e. choosing by looking into the reflection.

What is that space called, where you look into the reflection?

Other world

What are you doing after looking at it? Narrate it all.

Images appear on the surface and I get to choose what is next, where I put my attention.

How do you choose? What makes you choose another life?

Each of the origins have a base color. Like a tell of the color. The colors all relate to some information about the type of life and type of issues.

There is a light blue, snow blue color, and there is a purple magenta color. Those two are coming to my mind. Those are two issues I see, the snow blue is coldness and isolation. Magenta color is grace and femininity.

So what do you choose as a soul  
and why?

The aspect where I choose both and  
the images crystallize and sort of  
float into one another, both are in  
the same frame, space.

Then what do you do ?

Once it locks in place, I just wait

What made you choose these two  
as a soul purpose? How are they  
connected to the Life you just lived  
as an eagle?

Isolation and coldness is like a trap  
holding in the feminine grace.

What purpose does it serve for you,  
the choice of that?

Snow blue tends to mute the

Magenta, it is like a imbalance and  
struggle

Then what happens after you choose?

It opens up in the middle like an eye, black smoke comes out, and then I blend with the smoke.

Now I am on the other side, it is  
like a large empty space, and the  
light on the other side is fading  
away as I go deeper into the space.

Then eventually I turn around and  
face the direction I am going in.  
There is an opening at the bottom,  
kind of golden, pushing through to  
come out. The old world sort of  
fades behind me

I cannot go through the whole other way.

How do you feel about it?

It is a bit scary, as the connection and the memories are fading and the immediacy of what is happening becomes most important.

The soul place, the space, doesn't  
allow that knowledge to escape.

Where do you go then ?

I see a developing infant in the  
womb and I feel lot of love for it  
and I want to be a part of it.

I want to do everything I can for it.  
Knowing those two different issues  
I chose are prevalent. Want to help  
guide it.

That infant in that womb, does it  
have a consciousness?

Not yet, it has a potentiality.

You are the consciousness about to enter it.

Do you choose to enter it?

Yes, I am quite comfortable, and there is curiosity and compassion, I know what the challenge is, and so I am up for the task.

So as a soul, when you say, you know what your challenges are, do you see the entire life of that person, the journey you are about to enter?

No , just the concept of Light blue and the magenta.

So you are not aware of all incidences which can happen in that life time?

No

It happens in an instant, I put my hand against a membrane, and then I sort of get scooped in, It feel scary at first, it is like a shock.  
When you enter, what stage are you in, in the womb, I have an eye, I can see, maybe 3 months.

I have a form, a baby form.

Are you aware you are a male or a female?

It kind of both back and forth.

Looks like I can get a sense of both male and a female.

In time, it seems to lean towards  
one side, for now both are present.

Do you still remember the purpose  
for which you entered this womb?

I do, but the concept becomes

weaker, it seems less important. I

get caught up at what is happening,

from moment to moment

Do you sense your mother, her emotions?

I can sense her, as the relationship grows, I becomes more familiar, I receive the care

I get a sense of togetherness,  
the joining , dependency, the trust,  
the liability, the steadfastness,  
loyalty. I am protected  
She is like a mama bear.

Do you sense the father or certain other people around you?

I sense other people and mother informs me who they are and the frequency of their visits.

In the womb it is very moment to  
moment, exciting and adventurous.  
I feel like I have a partner in life  
and we are doing everything  
together.

Significant events of that lifetime,  
and narrate it.

I am a girl, dressed in pink, in a  
birthday party, blowing candles. I  
feel like going through the  
emotions, I know what is expected  
of me all the time.

I have to smile and be good and be nice and I get approval and won't be in trouble.

How do you feel about that?

I feel uncertainty. Always watching, being careful.

I am worried. I stay within my lane.  
I also have a baby brother. He is  
not so careful, he seems to be more  
free and that bothers me. Doesn't  
care so much about being good. He  
gets into trouble.

I am good, so my parents don't  
need to so much worry about me.  
Lot of attention is on my brother.  
How does that make you feel?  
On one hand I feel I am meeting  
their objectives and on the other  
hand, I feel lonely and under  
appreciated, but also relieved.

I am a teenager now, very rebellious and angry at my parents.  
I am dressing in dark clothes. I am a Catholic Christian in America.  
Parents are very confused as to why my behavior changed, as I was such a good girl.

They ask, what happened to you, I am pointing at my brother, and say he gets to do what he wants.

They do not understand, they think I can do whatever I want to.

I do not feel that, and as they say it,  
I do not feel that is true.

I am really angry. I don't feel loved  
and I turn my back on them and I  
go up on my own. I am 18 years  
old now, year 1970

I fell from the bridge, into the water. I drowned, then I wake up in a hospital.

I fell and I got knocked out on that bridge. I am 23 years old, it is a mental hospital.

I am very rebellious there as well.  
They think I was suicidal, but it  
was an accident, I did not mean to  
fall in.

It always seems that they are trying  
to get me to be a good girl and  
behave.

I always feel trapped. I have not given up, I don't even know what I would do otherwise.

My parents come to see me but I do not want to see them.

I am so mad, and I say stupid things, and they leave. My mum is upset and sad and very confused. She does not know why I am so upset and angry.

I have suicide ideation, maybe I am cutting my wrist. Year 1973

I am very depressed, I feel so trapped.

There is a part of me that knows I love myself inside, but it is trapped too.

Time in that lifetime where you are  
about to leave that body

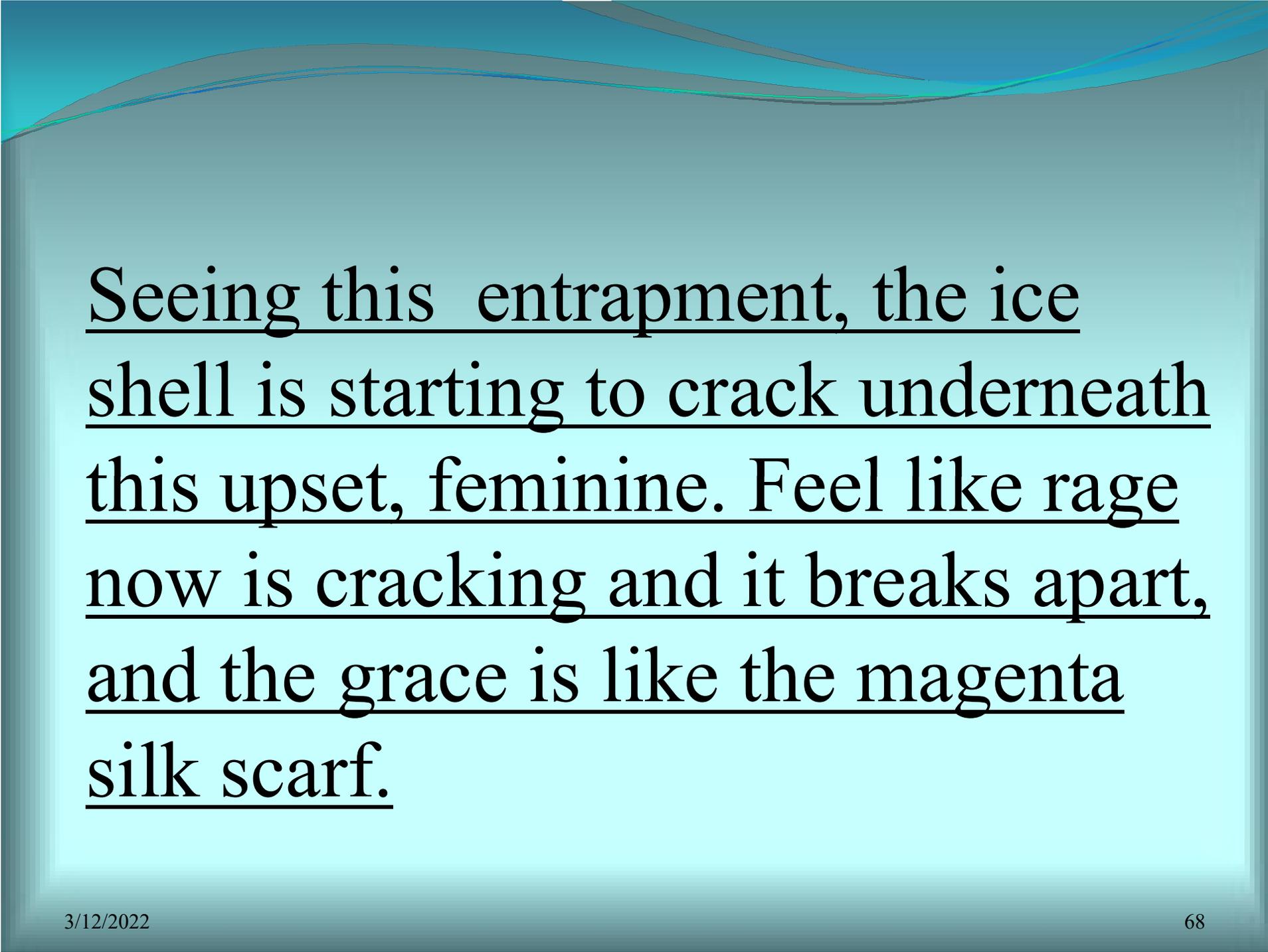
I am hanging myself with bed  
sheets, I am 24 years old. 1974.

They run in and they try and same  
me, my face is blue.

I do not want to go back into the body.

As a soul you can see the body from above. Does your soul remember the purpose for which you were born, and do you fulfil that purpose for which you were born? No

It is so tormented, it knows that it is  
illogical and doesn't understand  
why it has this conflict, entrapment.  
Feminine grace, so trapped  
underneath this ice cold shell.  
Constantly trying to move and flow  
and express



Seeing this entrapment, the ice shell is starting to crack underneath this upset, feminine. Feel like rage now is cracking and it breaks apart, and the grace is like the magenta silk scarf.

It feels finally free.

But she had to kill herself, to  
escape.

The soul takes the freedom and  
moves away.

It feel now that the mission was  
accomplished in a way.

Through the suffering and the  
release through death.

Sacrificed to be free, from the  
system that she could never escape.

Was there any other way in which she could have lived her life for a different ending?

If she could have survived the suicide attempt, maybe she would have been able to fight with more cohesion, would have expressed and shattered the ice.

It is in the exit a release was there.  
It was like a message in her human  
mind. If the prison would not have  
let her out, she would have escaped  
the prison. The prison is the ice  
blue shell of coldness.

The world required her to be in a  
certain way, putting these  
limitations on her.

I look towards a container with the  
lights as a soul, but there is a spot  
where in between I rest.

I enjoy the feeling of the freedom.

And consider, how the torment was just really in her mind.

It was so confusing that everybody denied what she felt was real.

It was confusing because she couldn't prove or explain what it was.

Anyone couldn't see the prison she could feel.

The prison was the ice blue shell  
that the soul had put on top of her.  
The soul did that for that human to  
go through that experience in that  
manner, to go through the suffering  
and pain and come out at the other  
end by leaving the body, in order  
for that shell to break and set it  
free.

Yes that level of suffering was required, in order for the shell to be broken.

After the shell is broken, what does the soul achieve?

Full expression of the Magenta.

Magenta - The feminine grace,  
power, love , freedom.

As a Soul what does it get? What is  
the ultimate journey of the soul?  
The limitations are just constructs

The limitations are all just made up. What are these limitations.?

Other people and ideas

Even the colors, spectrum, glass, is it all made up, is it all also an illusion?

Yes the stories that play out.

Is your soul going to move ahead of these illusions? How many more lifetimes are left?

Does your soul truly understand to remove itself out of this illusion?

There is still more, 4 more lifetimes.

2 on earth and 2 on other dimensions

As a soul form, in this current life,  
remember the purpose set up.  
Remember the time before you  
entered the womb, what was set  
up?

The power of Magenta is already  
there, living the life, with freedom  
of expression.

There is an image of the Magenta,  
the shield is required at certain  
level, so that both can exist.

Protection from bright light, but  
also to allow the magenta to bloom  
and not remain as a bud. So the ice  
blue shell is broad and white, tall  
and protective

So the Magenta blooming can be  
wild and free.

Have you reached that purpose?

No

Take the blessing from universal  
divine, so in this lifetime you reach  
that purpose (further messages  
were given to the client for healing  
and release)

I can see the image of the glass shell and Magenta, being in harmony.

This is the universal blessing for you. May you completely bloom in this lifetime and do not enter the cycle of suffering or the cycle of illusion, after leaving this body.

Now you are ready to come back.

I am feeling a Balance, a new understanding.

(Client sensed, she had a 40 min session, whereas it was 1 hour 5 min.)

The End. (client was asked to rest, as it was long journey, and it is tiring)

In current life:

the client suffered from Confusion, extreme in-expression, which caused marital issues and issues of decision making effecting relationships. With this session, the client was able to better understand her life and what she needs to do here on. Blessings !