



Past Life Regression

THE SECOND WELL TRUST presents 'Past Life Regression'
A Teaching from Songee, May 1994

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With regression to past lives is it beneficial for me and would it make me more aware in my consciousness? Is it safer not to regress to past lives?

Songee: It will do you no harm. All you have to remember is not to try to live those lives again, you are here to live the one that you have. You can learn the lessons of those other lives, you have the lessons already stored in your memory. All you are doing is learning to remember it (*in*) the now.

You can do it instinctively or you can do it deliberately, so long as the lessons that have been learned are used to carry your soul forward in this life and beyond. That is all that is necessary, you may go back if you wish. It is one way for those who have no conscious ability to seek their own background path in the Akashic Records. It is a way that it can be done.

Will it help my awareness?

Songee: It will help it. It may be that you could use it to find out why your 'Child' is so naughty. You will find it most enlightening if you did. Be prepared for some pain of emotion, it is necessary if you follow your Path. However you will not bring the pain of the emotion with you when you return to consciousness. At this time you will bring the memory only, not the pain of the memory. You must be prepared to do honest work for yourself, of yourself and do not try to make others follow your example each must find their own path in their own time. I tell you this now because I already know you will try to do this. It is essential that they develop on their own. You may suggest, only you do not keep at them to do something they must come to it in their own time.

If I see something that would be beneficial, is it better that I don't speak of it?

Songee: You may mention it, but do not keep on mentioning it and do not push. You might like to look within yourself at how you relate to those around you in this life and see where it applies to your present life. If the lesson has been learned or not and if it has to be repeated or not.

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