



Group Regression

At Niroshini Transformative Retreats, each evening, group healing will take place and this will include group regression.

The entire group is taken back in time to past lives. Then they meet their spirit guide or guardian angel. Finally they go to a lifetime in the future. This is accomplished by simple visualisation and imagery techniques.

After this experience, guests write down what they have seen and there is group interaction and discussion.

Background

Melissa Day has trained in Quantum Healing Hypnosis Technique (QHHT) which was developed by Dolores Cannon, who in her career spanning almost 50 years, became a significant voice and pioneer in past life regression. Dolores passed away in 2014, yet her teachings are continuing to help millions of people worldwide. By connecting with the Subconscious or you may refer to it as the “Oversoul”, the “Higher Self” or the “Higher Consciousness”
– powerful, transformative healing can take place.

QHHT works by accessing a great and powerful part of our subconscious selves for remarkable life guidance and also physical and emotional healing. The technique induces you into the deepest of trance-like states, taking you into the furthest corners of your psyche where you can visit latent emotional traumas that have been locked away for any number of years, often dating back to previous lifetimes.

QHHT helps find answers and healing for various physical (diagnosed and un-diagnosed) and emotional concerns, life events, life questions and decisions, spiritual development and guidance, soul insights, life purpose and past life regression.

The group regression, at Niroshini Transformative Retreats, provides a gentle and safe way to have “a little taste” of a regression experience and offers the opportunity for transformation on a physical, mental, emotional and spiritual level.