



Past Life Awakening Institute

Prospectus

Past Life Regression Therapist - Professional

Accredited Training To Become A Certified;

Clinical Hypnotist, CH

Clinical Hypnotherapist, CHt

Past Life Regression Therapist, PLRT

With Mark Beale, Trainer & Mentor



IPHM Accredited Certification Training

International Practitioners of
Holistic Medicine

Welcome To Your Past Life Regression Journey

Training Process

Training Process

1) Watch Videos; that explain the methodology and script-books to take people through a complete program of sessions. 29 hours.

Script Books; give you a methodology to guide your clients through a program of in-depth regression based hypnotherapy and past life regression sessions.

2) You Give Sessions to Subjects / Clients; 30 sessions. 39 hours.

Subjects / Clients can be friends, family, acquaintances, or paid clients.

Hypnosis: 6 sessions of pre-talks, demonstrations, and hypnosis.

Intake Interviews: 6 Sessions; these are the key to professional success.

Regression Therapy: 18 sessions. Can be given to paying clients.

3) You write Assignments detailing how the methodology was applied in every session, and how the client and therapist reacted. 30 hours.

4) Mentoring; You have 10 1-1 Zoom calls of 90 minutes each with Mark Beale. We go over your Assignments to a) reviewing what was done, what was not done, what was good and can be improved and b) previewing and preparing for the next session in your clients program of sessions. 15 hours.

Sessions Swaps & Pairs Practice

You have the option to work with fellow students to;

Give Sessions; You need to have *mainly* your own clients to work with. But sessions swaps can give you an extra person/s or issue type to work with, to help complete your assignments.

Receive Sessions; This lets you experiencing the modalities yourself, and heal the healer of any residues of blocks to fully being a professional.

Mark makes matches according to mutual compatibility. Your fellow students are talented and well trained, so your swaps are a highlight of the training.

Graduation

Exams; There Assignments and Mentoring calls are the means of assessment and verbal interactive testing.

The application process ensures accepted students can graduate.

Upon graduation, you can be listed on the Past Life Awakening Institute public page for [Graduates](#), and be on the Past Life Awakening Institute [Podcast](#).

Application Process

Admission to advanced certification training is limited. The application process assesses the appropriateness and ability to complete the assignments, before enrollment and accepting payment.

Prerequisites: Preferably; a) an existing healing certification, b) experience in a related modality, and c) clients who can pay for sessions. This includes;

Spiritual Healers; like QHHT Practitioners, any form of Holistic Therapists, Hypnotherapists or PLR graduates.

Conventional Healers; like Psychologists or graduates and Coaches.

Talented newcomers may be accepted, if they can provide a compelling Intake Form and demonstrate professionalism in their ability to follow instructions, professional emails, and research based sophisticated comments and questions.

Application Process;

1) Intake Form; Download the file, type in full responses to all the questions. Preparation is very important.

Find the Intake Form at the [*Past Life Regression Professional*](#) website page.

If appropriate, you'll be invited to book a...

2) Initial Call; to discuss your Intake Form, background and goals.

After Emailing Intake Form, [*Schedule Initial Call*](#)

Terms & Conditions;

Are essentially following the instructions, basic professionalism, and doing the work in a timely manner. Review the website page [*Terms & Conditions*](#).

Past Life Regression Therapist - Professional

The training is very practical. The core is in you;

- a) give a program of sessions to your Subjects / Clients.
- b) summarize your results in a series of assignments.
- c) discuss your sessions with Mark in Mentoring Calls.

There are three modules in this program of training. Once you complete the Assignments and Mentoring Calls, you receive the certificate for that course.

Past Life Therapist Professional; Earn three certificates as a;

1) Clinical Hypnotist 6 Sessions, 2 Assignments, 2 Mentoring Calls

Expert level hypnosis is required to access long term memories and emotions from this and past lives. You may take some clients to initial past lives in the Hypnotist course itself.

2) Clinical Hypnotherapist 12 Sessions, 4 Assignments, 4 Mentoring Calls

Regression to This Life, and real therapeutic resolutions, are key skills that must be mastered before we can do professional past life regression therapy. Many initially underestimate the value and spiritual nature of top level Hypnotherapy, but then realize it's the key to success in past life regression.

3) Past Life Therapist 12 Sessions, 4 Assignments, 4 Mentoring Calls

The core training allow you to apply your technical skills in hypnosis and therapeutic skills in hypnotherapy while navigating the additional spiritual layers implicit in complex past life regression.

A '*past life session*' is often taught as a one-off, that scratches the surface, as a kind of tourism that gives vague, if any, answers. In contrast, you will learn how to take people through a complete program of 4 *past life regression therapy sessions*, to gain truly deep insights, and therapeutic resolutions.

Time Requirement; 20 weeks. One assignment and call about every 2 weeks. This is highly flexible. You can leave long gaps between modules if you like.

Watch Videos	Study the curriculum	29 hours
Do Sessions	30 Sessions with Clients avg. 1.4 hours	42 hours
Write Assignments	10 Assignments x 3 hours	30 hours
Attend Mentoring Calls	10 Mentoring Calls x 1.5 hours	15 hours
Total		116 hours

Additional Training; Between Lives Regression and Spirit Releasement Therapy are not bundled in this core professional training, to help accessibility, But they are offered as additional optional modules once you graduate.

Clinical Hypnotist

The course is based a manual of scripts to prepare your clients for hypnosis that can be used for regression and therapy. Hypnosis is a vital first impression, rapport builder and surgical tool to do expert level PLR. Many who think who they know hypnosis and have an issue with an aspect of Past Life Regression, actually need to sharpen up their hypnosis.

Part One

- 1) Introduction;** Types of Induction, Levels & Elements of Hypnosis.
 - 2) Preparation;** Three Pre-Talks, Setting Expectations. The Subconscious Mind
 - 3) Suggestibility Tests;** Three tests.
 - 4) Hypnotic Rapid Inductions;** Seven inductions. Hypnosis Signs. Convincers
- Assignment One;** Practice the first four parts with three clients.

Part Two

- 5) Deepeners;** A series including physical, mental and emotional.
 - 6) Regression;** To Positive Resources. Explore Scenes and Metaphors.
 - 7) Reactions;** Managing emotions and any abreactions.
 - 8) Convincers;** Eyelid catalepsy and time distortion. Post hypnosis talk.
- Assignment Two;** Practice your first regression with three clients.

Time Indicator; 4 weeks, or flexible.

Watch Videos		5 hours
Do Sessions	2 Sessions x 3 Clients = 6 x 1 hours	6 hours
Write Assignments	6 Sessions x 1 hour	6 hours
Attend Mentoring Calls	2 Calls x 1.5 hours	3 hours
Total		20 hours

Clinical Hypnotherapist

Hypnotherapy with regression can be used with trauma and emotional release - *and* with most other issues by gaining insights and overcoming limiting beliefs. Before we regress to a Past Lives we must be very clear on This Life, and the Real Issues beyond the Presenting Issues to regress to.

Many who find their Past Life Regression sessions are underwhelming have actually just underestimated the importance of This Life Regression.

The program structure covers; 4 parts with 4 Assignments.

Assignment 1; Client Interview; A foundation for the entire three sessions process.

Assignment 2; First Session; Regression to positive resources. Managing abreactions.

Assignment 3; Second Session; Regression to causative emotions and events. Help the inner child with the wise adult. Apply initial fixes including reviewing, reframing and rewriting past events.

Assignment 4; Third Session; Regression to key people. Therapeutic resolutions including forgiveness, cord cutting, parts therapy and future progression.

Applications; case study examples of how to apply the three session structure to key issues like Confidence and Relationships.

Time Indicator; 8 weeks, or flexible.

Watch Videos		5 hours
Do Sessions	4 Sessions x 3 Clients = 12 x 1.5 hours	18 hours
Write Assignments	12 Sessions x 1 hour	12 hours
Attend Mentoring Calls	4 Calls x 1.5 hours	6 hours
Total		41 hours

Past Life Regression Therapist

Explicit, direct, focused Past Life Regression begins only once all the ingredients are prepped and all the tools are gathered.

The core program structure covers; 4 parts with 4 Assignments.

Assignment 1: Preparation For Past Life Regression Therapy;

Therapeutic context and principles. Prepare clients with interviews and pre-talks.

Assignment 2: Session One - Age Regression & Initial Past Life

Regression; Do a first session regression to abilities, blocks and people in the present life. Do an initial entry into relevant faces and scenes in a past life.

Assignment 3: Session Two - Full Narrative Information of Past Life or

Lives; Do a second session to navigate past lives, get the relevant narrative information, gain insights, deal with blocks and meet key people. Discover causative events that create present life effects. Check multiple past lives to see interconnections and spiritual lessons.

Assignment 4: Session Three - Therapeutic Resolutions;

Do a third session to resolve past life issues by applying therapeutic resolutions through breaking the bonds of time, reframing and learning spiritual lessons.

Additional Specialist Courses:

a) Past Lives For Healers; 6 hours. Experience Past Life Regression via audio.

b) Past Life Regression Demonstrated; 6 hours. Watch PLR sessions by Mark.

Time Indicator; 8 weeks, or flexible.

Watch Videos		19 hours
Do Sessions	4 Sessions x 3 Clients = 12 x 1.5 hours	18 hours
Write Assignments	12 Sessions x 1 hour	12 hours
Attend Mentoring Calls	4 Calls x 1.5 hours	6 hours
Total		55 hours

IPHM Accreditation

IPHM Accreditation & Membership; The PLAI is a member of the International Practitioners of Holistic Medicine (IPHM) as a training organization. The PLAI is also accredited by the IPHM as a training provider to certify students in all the offered Spiritual Regression Therapy modalities.

Your certificate includes the logo of the Past Life Awakening Institute (PLAI), *and* the International Practitioners of Holistic Medicine (IPHM). Insurance companies recognized your qualification from this course, so you can then apply for Professional Insurance.

IPHM; You have the *option* of joining the IPHM as a practitioner. This comes with an annual cost paid to the IPMH, that lets you;

- 1) Get a group rate on insurance. Your rate is determined by your personal details, the level of cover you choose and current offers. You may be able to get a good rate for your Professional Insurance without joining the IPHM.
- 2) Become an "Holistic Therapist, IPHM Approved". You get an IPHM certificate, a listing on their website, and a logo to use on your website.