



EXPERIENCE
YOUR
**Past
Lives**

by Jina Seavall

an at-home guided hypnotic journey

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Hey there!

With every person who opts in to try this past life journey, I feel less alone in my curiosity with soul memories and the profound experiences that get us in touch with this deeper part of ourselves. I wish I could be there with you!

In this booklet, you'll find out how to create the physical and mental space needed to make the most of your past life journey.

Dedicating a space that is free from distractions, disturbances, or unnecessary noises is incredibly important. That's why I created this booklet for you. Please take a few minutes to read through the information.

Let me know how it goes!

A handwritten signature in a cursive script that reads "jina". The letters are fluid and connected, with a lowercase 'j' and 'i'.

Jina Seavall

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Prepare for your journey.

A vital part of any hypnotic journey is your ability to relax and allow your unique experience to unfold. The more often you listen to the recording, the deeper and further you can go.

Repeating this process strengthens your brain's ability to grab information from your subconscious mind and bring it to the front of your awareness. Use this audio recording as much or as often as you'd like.

If you're looking for something more tailored to your needs or to go even deeper into the experience, [try a 1-on-1 session with me](#). This will be more potent and customized for your personal journey. Keep this in mind, if you listen to the audio and find yourself wanting more. Virtual sessions are available.

SET THE SCENE

Listen to this audio recording any time of day or night. Make sure to follow the guidance below to maintain safety and set your mind to go further faster.

- Schedule uninterrupted time to relax, listen to the audio recording, and take any notes after the journey that you may want to remember or take action on.
- Decide on a place where you can relax in a reclined position with your eyes closed focusing only on the content of the audio recording.
- Make sure the space is comfortable and you have an extra blanket nearby since body temperature can drop during relaxation.
- Do not listen to the audio recording when you are driving or operating any sort of machine or vehicle. Overall, do not listen to this recording if you are in a time where deep relaxation would risk any sort of injury. Obviously!

- To get the most out of this journey, put your phone on silent or 'Do Not Disturb' so it doesn't ring, vibrate or beep when you're trying to relax into this magic carpet ride.
- Resist taking phone calls, interacting with others, or any activity that does not involve listening to my voice and engaging with the details of the audio recording and what you sense, see, imagine or feel.

SET YOUR INTENTION

Take a few moments to set an intention for the journey before listening to the recording each time. This can be as flexible and simple as "Guides, thank you for creating an experience that will help me to continue to grow and evolve." This is kind of a "what do I need to know next on my journey" kind of intention.

You can set an intention to get a more specific experience. An idea here would be something like, "Guides, thank you for creating an experience where I am able to dissolve/heal/understand my thoughts/feelings about [insert person, place, situation]."

Or something like, "Guides, thank you for giving me an experience that will help me be more confident/empowered/intuitive/or any other positive way in life (or a certain situation)."

Another idea is to set an intention that is a question you'd like insights, wisdom or answers.

The options are limitless. Setting an intention helps to program your subconscious mind and gives a clear request to your Higher Self and Spirit Guides as to the journey you would like to go on. The only requirement is that it has to sound fun and interesting to you!

One thing to note: Sometimes we aren't supposed to know the answers right now. So if there is a block to a journey you'd like to have you can:

- Ask for guidance about why you're blocked in this area.
- Ask for next steps to take in your daily life to get clarity on the subject.
- Ask for understanding or healing in another area of your life. What else could be blocking you?
- Schedule a 1-on-1 session with me here.

AMPLIFY PEACE

Add any items or elements that will make the experience more peaceful and delightful for you. Below are just some examples that I use and love!

- Carefully burn incense or ethically-sourced smudging herbs.
- Light candles.
- Diffuse essential oils or use topically.
- Darken the space any way you can if you are sensitive to light: draw the shades or wear an eye mask.
- Amplify your intentions with crystals and gemstones.
- Save a special notebook or journal to keep track of your past life journeys. While you will remember everything, it's like a conversation. You remember it, but with time that memory fades. I do this and love looking back on my journeys!

About Jina Seavall



Jina has been helping people feel more in tune with their true nature and vitality since 2002. She spent 15 years as a wellness coach and consultant. Currently, by using hypnosis, Jina guides clients to experience and learn from past lives so they can make the most of this life.

Learn more about Jina at <https://www.pastlivesandthedivine.com/about>

Email: [pastlivesandthedivine.com/subscribe](https://www.pastlivesandthedivine.com/subscribe)

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