What is a Soul Journey?  A window to look into your Soul…

I have received a lot of inquiries about Past Life Regression and Soul Journey’s- What do these session entail and how can they benefit me?  Feedback from those who have done soul journey’s said they have been beautiful, healing and empowering.  Each one is different and are geared towards individuals needs and desires within the session.  One client indicated that it shifted her entire perspective on things- she felt so inspired and empowered to pursue her passions and no longer with fear of doing so.  Another indicated that it made a complete difference in her personal relationships and she found healing within herself and healing with her ‘wounded’ relationships.  Fee: $110 per hour; min of two hours for past life regressions or soul journeys.  
  
*Testimonial:*

*"Because of Jenny, my husband and I have become stronger than ever in our relationship. My husband did a soul journey reading and he had no idea what to expect and was a little skeptical. But he truly let himself go and allowed the healing as he went on a past life soul journey reading. It was the best thing ever for him. He was able to see and feel things that he didn't know was possible. He even felt my soul.... he was able to truly feel the true love between us! He walked out of that session full of so much love and joy! It was a true healing experience and it has changed the way he thinks, loves, acts forever! Again it was the best experience for him." Allison and Erik*

A soul journey allows you to discover your passions, purposes, and answers to your questions regarding your journey and relationships in this lifetime as well as past life connections.  It also allow you to connect to your true essence- Your soul; as well as angelic beings, loved ones here and past.  The sessions are empowering, healing, compassionate and enlightening.

Many of us have questions about our present life and what lies ahead and even beyond it. “Who am I?  Why am I here now?  What are my purposes?  What purpose does someone in have in my life and why did we choose to connect in this lifetime?  Why did I choose the things I did?  What gifts do I have and how do I open up more to them?  Who are my angels and guides?  How do I connect stronger to soul, loved ones (here and passed?"

Soul Journey help individuals uncover the answers to these and other questions. You will have the opportunity to experience and review the connections to others in this lifetime, connecting to your soul, the souls of loved ones (crossed over and still here), angels, guides, ascended masters and much more.

You are guided through a hypno-channeling state to experience this enlightening and healing journey.  During the session, you will visit past lives and the spiritual realm. You will review the course of your soul’s journey and gain insight into your soul's purpose and connection to others. Throughout this process, you will receive information which will help you recognize your life challenges, lessons, and gifts and realize the unique contributions that are yours to make in your present life. This window into your soul’s journey brings healing, clarity, and a deep sense of meaning and purpose to your life in the here and now.

Soul journeys typically last two to four hours for the first session. A full soul journey is four hours, although condensed versions of the soul journey can be completed in a shorter time. You will determine the duration of your session.  The fee for soul journeys or past life regressions is $110 per hour.

What is the Process of a Soul Journey?

As the Soul Journey is customized to each individual, below is a general outline. Jenny will go though some preliminary information. She is channeling so some initial messages may be relayed (before and after the session). Depending on the individual, some will go into the therapy bed for approximately 15 minutes before the session starts. It helps relax the individual to get to a meditative state before beginning and also has healing benefits (gets Chi – life force moving, Infrared healing and sound therapy to assist in removing any anxiety).

Individuals are encouraged to use all of their senses in this process- what they see, know, feel, hear. Even those that have a difficult time typically getting visuals have had great success in the sessions.

The process the soul journey then includes:

* Jenny will bring the individual to their super conscious state (deep with in the subconscious- pineal/third eye). This is done through hypnosis.
  + Depending on individual, if there is a need to do hypnotic suggestion, that will be done during this process—if someone deals with anxiety, different alignments, phobias or habits they want to shift.
* Go to a recent memory.
* Go to a childhood memory.
* Go into the memory of the mother’s womb.
* Go to the ‘Crystalline Cave/Cabe of Creation.
* Go to 2-4 past lives depending on the duration of the session/needs
* Go to the Spiritual Realm. There individuals can connect to their Angels/Guides, Ascended Master, their Council of Angels, the Source, their own Soul, Souls of loved ones here and that have passed to receive messages, guidance and healing.
  + Note: Depending on the Soul, when we come here 30-60% of our soul, being our spirit comes here so we are able to connect to Souls on the other side.
* Bringing the individual out of the hypnosis/channeling state.
* Review the ‘Journey’, messages and additional channeling by Jenny.

As noted, Jenny is channeling during the process and will guide throughout. Many transitions are done by counting and direction guided by Jenny. She is guided by your inner and higher self and through channeling. She will also ‘see’ things before or as you are.

The process is recorded by Jenny. It is also recommended that individual record as well so there is a back-up in case something happens to one of the recordings. Jenny will also take notes throughout and they are sent with the individuals. She also deletes recordings after it is confirmed that they have one.

Individuals can take breaks throughout their session without stopping it. They are aware of what is going on around them and in complete control. Throughout the process, Jenny is putting in positive, empowering and healing suggestions to assist the individual in moving forward in their life. Example: If someone deals with fears, suggestions that positive events/energy will replace that fear when they start to experience it.

Each Soul Journey is unique in the process. What is amazing is that there are similar descriptions of what individual experience. An example: When in the Cave of Creation, many describe very similar energy and what it looks like.

How to Prepare for a Soul Journey

Individuals are encouraged to schedule their session for a time where they can process or relax after they are done. The energy is so enlightening and individuals usually will want some time to process all the messages they received.

Prepare a list of what you want to get out of the soul journey. If the soul journey is limited on time- highlight what’s most important. Some things (while not limited to this list) include:

* Connecting to your soul
* Connecting to your soul family
* Fears & Phobias
* Discovering barriers and blockages – and overcoming them
* Seeing Past Lives
* Discovering what you are passionate about
* Discovering your gifts and strengths and how to use them
* Messages on where you are at and things/people you put on your path moving forward
* Understanding why you are drawn to certain places and things
* What are some of my life purposes
* What is my soul purpose
* Connecting to Angels, Guides, Ascended Master, the Source
* Guidance on moving forward in this lifetime
* Overcoming some aliment or habit
* Connecting to loved ones who have past (people and pets)
* Connecting to the soul of those close to us to insight on connections or challenges with one another
* Better understanding the ‘whole’ self
* Why did I choose the things I did
* Why do I have certain challenges
* How do I better understand and love myself
* To obtain healing, insight and growth
* To bring forward or open up to gifts and abilities
* What is like after we pass (varies by lifetime)
* Releasing fears
* What gifts do I have
* What is heaven like
* Connecting to your council
* Getting messages from the other side
* Connecting to the soul of someone significant coming into your life
* Understanding the connections of souls and the evolution of souls
* Understanding how a life review and planning happens
* Universal messages and connections

This is a partial list and varies by person. Individuals are encouraged to consider what they want out of it.

Prepare a list of people close to you and how you are related. Separate them from those here and passed. Also, note if there is someone that you want clarity on what you agreed to help each other with in this lifetime and/or if you want to determine your connection in past lifetimes.