

In an Ocean of Experience, where our lives manifest as individual rocks, we are harboured by the Sea...

"In an Ocean of Experience, where our lives manifest as individual rocks, we are harboured by the Sea. We are carried by the elements, touched by the Sun's nurturing arms, residing in our Mother Nature's presence for all Eternity.

In an Ocean of Experience, where our lives manifest as individual rocks, we are affected by the Sea. We are medicated by her grim reflection, wavered by her empirical intentions, molded by her irrevocable course.

In an Ocean of Experience, where our lives manifest as individual rocks, we are torn by the Sea. We are altered by her character, violated by her temperament, devastated by her ruthless disposition.

In the Ocean of Experience, where our lives manifest as individual rocks, we are guided by her presence. We are reshaped by the symphony of the waves, holding our heads up high as we feel her water brushing against our bodies, bathing ourselves in her Omnipresence .

In an Ocean of Experience, where our lives manifest as individual rocks... We Are."

Poem by Usha Berfelo-Albjerg

Holographic reincarnation and regression therapy focuses on addressing trauma or unhealed experiences from the past, in the form of repressed memories, which are resurfaced and relived, so that a release of emotions that can cause a blockage in a person's life, in the shape of phobia, or other limitations that impact a person's life, can take place. This will lead to catharsis, where the actual traumatic experience can be integrated, thusly, will cease to impact a person's life in a perceived negative manner. This greatly improves the quality of life in the present. It does so, on three different levels: A Mental experience, an Emotional experience and a Somatic experience. These three levels combined, make for a fourth level, a Spiritual experience. Entering and using these four levels within a session, enables a client to truly heal the trauma, or repressed memory.

This poem above, as it may be, sums up the processual nature of reincarnation and regression therapy:

It starts at the time of our conception, where we connect to the psychical plane, and literally manifest in a seemingly material form. In the womb, we are protected, carried, nurtured and grounded, as our physical manifestations continue to develop and grow. Ultimately, as our time in the womb comes to an end, and we are about to enter the world in our incarnated forms, we experience separation from all that we knew, and start connecting with existence beyond our little world, are possibly literally medicated by means of pain medication, otherwise, influenced by the course of our destined paths, which are about to begin. Whilst growing up in our physical manifestations, we are shaped by the world we perceive around us, by events and experiences we literally "*in-carnate*" and store within our systems. We become incarnations who are affected by everything and everyone we encounter. This we categorise as either a good or a bad experience. As the time comes where we are mirrored by life, and are faced with our perceived short-comings, our fears, trials and tribulations, we may seek guidance from another source. We are given the opportunity to be reshaped, not by denouncing the old shape, but by re-incarnating it, on a mental, emotional, physical and spiritual level. As we tap into an unlimited barrel of infinite wisdom and possibilities, we surrender and immerse in our revitalised and renewed presence.

This leads to us living our lives, which are connected by an ocean of experience, in which we are who we are, do what we do and add to that given as we progress along our destined paths. Which, in a way, leads us back to the way we began our journey:

In an Ocean of Experience, where our lives manifest as individual rocks, we are harboured by the Sea...