

What happened in the past life regression that changed Suzie's life?

She talks about the past life regression experience with therapist Cathy Rodwell like it was a miracle, "I can't remember how bad I felt before I had the answers to my questions. And somehow the energy of the situation completely altered everything. The behaviour settled down at work, and the lady who had been nasty seemed to become kinder – and I didn't bother about her any more."

It began with a young woman dressed in a frilly cap, matter-of-factly dragging a younger version of Suzie along a cobblestone street by the wrist. A much younger version, about 4 years old, dressed in a frilly skirt with high laced boots. She was scared. Why she was being forcibly escorted away from her family? It became clearer later – her family had become ill from a disease that could easily have taken her life along with theirs – the black plague. Dragging her away from the security of her family and home with no explanation seemed cruel, but at the time it was done with good intentions.

She was to become a kitchen maid in a grand home surrounded by hectares of farming land. Time went on, and as a young woman her job was to make the stew, putting vegetables into the pot on the stove. Suzie became aware of the nasty woman who was taunting her in this life, in the kitchen. She was surrounded by a group of maids who would do their best to make her life a misery. The women would tease her, making fun of her beautiful red hair. She wore it swept up in a pony tail and it would tumble down her back. Picking the vegetables and bringing them in from the farms, they would take her all the rotten ones. "Ha Ha!" they teased. "You get your red hair in the stew and they will know that it was you, Irish!" This meant that the poor quality stew would have been traced back to the maid with the red hair they taunted with the name "Irish". Later on, she married a farmer, and they lived in a small farm house on the estate, growing vegetables. The nasty woman was extremely jealous, particularly because the owners of the estate had given the young couple the generous gift of a cow for their wedding. In the life between lives, Suzie examined the reason for the hurtful taunting she had experienced then, and was now re-living in a different circumstance. It had a lot to do with confidence and self esteem. She was undergoing a test, and the teasing woman was the person in her life giving her the valuable opportunity to grow and learn.

Importantly after the past life regression the energy of the situation completely changed, and Suzie was able to begin her new life.

