

Past Life Regression How To Discover Your Hidden Past Life Memories Karmic Reincarnations Through Hypnosis Past Lives Reincarnation Hypnosis Volume 1

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Mirrors of Time - Brian L. Weiss, M.D. 2020-09-01

The benefits of regression therapy extend far beyond the clearing of symptoms. Often, the result is healing at all levels—physical, emotional, and spiritual. *Mirrors of Time*, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life. An audio download is included that goes beyond meditation and visualization exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. By reading *Mirrors of Time* and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love—and virtually all aspects of your everyday life will benefit!

Meditation - Brian L. Weiss, M.D. 2002-05-01

Dr. Brian Weiss, author of *Many Lives, Many Masters* presents a new book to help with the practice of meditation (audio download is also included to help guide people through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, phobias, anxieties, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

Past Life Regression - Mila Anderson 2017-05-22

Past life regression therapy is built upon the idea that we're eternal beings that move from life to another in different place and time. As perpetual spirits, we come across bodily existence on Earth in a series of persona and physical bodies. On a spiritual level, we choose every lifetime as a way to learn the lessons we've to head off for ourselves. Exploring our life in the past through a therapy for apparently inexplicable physical or mental issues is known as Past Life Regression Therapy. It works together with beliefs of reincarnation and takes us back in earlier life to get a better understanding of our life we live in the present. In this book, we will tell you everything you need to know about Past Life Regression and how you can even perform it on yourself without the help of a hypnotherapist.

Lifetimes - Marilyn Kaufman 2021-09-22

Fifteen years ago while studying energy healing, Marilyn Kaufman found herself in a spontaneous past life. The incredible experience left her wondering what other lifetimes could be influencing her current existence. And so she began an introspective journey to find out more. After gaining a better understanding of the experience, Marilyn began studying hypnosis and regression therapy, and eventually incorporated the techniques into her existing energy healing practice. While guiding her clients down an enlightening path through past lives, into the in between, and to connect to their Spirit guides, Marilyn learned much about the purpose of life. By sharing her insights, Marilyn helps others who may be awakening or searching for meaning in their lives to embrace the power of past life regression therapy to move through challenging obstacles, explore and heal relationships, and realize their true life's purpose. *Lifetimes* shares fascinating personal stories of an empath's journey and related experiences with past life regression as she achieved peace, gained eternal knowledge, and went on to guide others

down a path of self-actualization.

Past Life Regression - Mary Lee LaBay 2004-12-10

The quest for self-knowledge and awareness has gained increasing popularity over the past several decades, with an explosion of beliefs and methodologies. Central to these practices is the exploration of past lives. From the curious layperson to the traditional doctor of medicine, people are employing various techniques in an effort to facilitate this experience. Certified hypnotherapy instructor Mary Lee LaBay has written *Past Life Regression: A Guide for Practitioners* as a comprehensive text for beginning as well as veteran therapists. Ms. LaBay covers both basic and advanced techniques in a philosophical context, to help practitioners generate maximum healing and change during the past life session. Through case studies and concise instructions, the author demonstrates practical and elegant uses of these techniques that allow the client to discover life purpose, aspects of their relationships, roots of disease, addiction, and phobias, as well as a wide range of other life issues.

Past Lives - Atasha Fyfe 2015-01-05

This book introduces the idea that we have multiple lifetimes, and explores how past life awareness can lead to a happier, more meaningful and more fulfilled experience of life in the present. You'll learn about: how regression works the secret clues to your past lives that show up in this life the astonishing cases of children's past life memories how to find out more about your own past lives the benefits of past life awareness for improved health, abundance and relationships *Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

Discovering Your Past Lives Made Easy - Atasha Fyfe 2018-12-11

An accessible, concise and comprehensive guide to unlocking and working with your past life memories to encourage healing and self-empowerment. *Past Lives Made Easy* introduces the idea that we have multiple lifetimes, explores how they can connect to each other and offers techniques to help you experience the incredible healing and growth that they can offer you. Hypnotherapist and past life therapist Atasha Fyfe explains step by step how regression works and how readers can use it to find the clues to their past lives. She shares astonishing cases of children's past life memories, how the body holds on to past life memories and what the common triggers for them are. Regressions can bring many benefits to the reader, including helping them release emotional or psychological blocks they have in their present life. Readers can use this book to: initiate a past life regression at home discover their own past lives learn about the benefits of past life awareness receive the positive messages that can come through during a regression This title was previously published in the *Hay House Basics* series.

Discovering Your Past Lives - Gloria Chadwick 1988-09-22

"Describes how to recognize past-life memories as they arise from the subconscious mind." --Fate magazine.

Beyond Past Lives - Mira Kelley 2015-07-28

Understand your present with this powerful book on past lives. In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to

understand how everything around you is just a reflection of yourself, why is it important to forgive, why you have the right to love yourself, and how the Universe always supports you lovingly and unconditionally. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you learn about the nature of time, karma, destiny, and free will—as well as how each choice creates a new reality for you. As you read *Beyond Past Lives*, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

How To Uncover Your Past Lives - Ted Andrews 2011-12-08

Have you ever experienced a feeling of déjà vu . . . or had recurring dreams of a particular place or time . . . or felt instantly close to some person? All these experiences provide clues to past lives. With *How To Uncover Your Past Lives*, you'll learn how knowledge of past lives can help you gain clear insight into your spiritual purpose for this lifetime. Popular author Ted Andrews teaches you how to safely and easily explore past-life memories using self-hypnosis, meditation, dowsing, fragrance, and crystals. Discover how to: Use past-life awareness as a tool for spiritual growth Recognize soul mates and their role in your life Understand the true meaning of a twin soul Let go of self-defeating behaviors and beliefs from past lives Gain insight into your life's purpose

Discovering Your Past Lives - Gloria Chadwick 2015-02-08

If you're ready to explore who you were before and how the events and emotions in your past lives affect and influence who you are now, this book offers you a journey into and through your memories that show you the pictures of your past lives. Have you ever met someone for the first time, yet felt you'd known him or her forever? Have you ever been someplace for the first time, yet experienced a sense that it was very familiar? These experiences indicate a connection with your past lives. Through repeated incarnations, you gain knowledge and resolve negative situations (karma) incurred in previous lives. You're guided through understanding, balancing, and healing your karma in a clear, loving way. You'll see how to recognize soul mates and special people you've been with before, and understand their connections to you now. You're offered many avenues to pursue in helping you open your memories, such as dreams and déjà vu, current clues, past patterns, pre-birth promises, carry-overs, continuations, and much more. As you put together the puzzle pieces of your past lives, you'll how all your experiences, in every lifetime, have shaped and molded you into who you are now. Unraveling and understanding your past lives is like reading a wonderful mystery novel. Your past lives are filled with interesting and informative characters who share secrets and clues with you. You'll find fascinating facts and hidden truths. You're the detective and it's up to you to unearth the clues that will lead you to discovering your past lives. The value of remembering your past lives is in the insights and knowledge you gain into the experiences in your present life. The benefits of remembering the events and emotions in past lives is in applying those insights and knowledge gained from your past life journeys into your present life. Please visit us at <http://past-life-journeys.blogspot.com>.

Healing Your Past Lives - Roger J. Woolger 2012-09-04

Could our memories of past-life experiences offer a key to unlocking the mysteries and questions we struggle with today? According to Dr. Roger Woolger, the answer is yes—and anyone can learn to explore these extraordinary memories to retrieve valuable healing insights. With *Healing Your Past Lives*, Woolger gathers together an astonishing two decades of research that he has conducted with hundreds of patients, to offer a clear account of past lives—including many specific techniques to begin investigating them. Readers join Woolger to discover: How past-life memories can help resolve cases of depression, anxiety, and other inexplicable symptoms World teachings and clinical evidence on past lives Six guided past-life practices on CD, and much more

Many Lives, Many Masters - Brian L. Weiss 1988-07-15

Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy

Past Life Regression - Daniel Kai 2015-04-07

Have you ever wanted to explore your past lives to help better understand the purpose of your soul's journey through eternity? Would you like to help guide your friends and relatives into a meditative state when they can recall their own hidden past life memories to help them with the very personal challenges of their current lives? If so, this book is for you. This book will help you discover the long journey of your soul - whether your most recent incarnations were in the distant, distant past or from a slightly more recent period of history. You'll discover how

important events of your past life create trends and can significantly impact your current life. You'll see how people, family, and friends help create karmic resonances and causal ripples from pasts long since forgotten. Author Daniel Kai has spent years investigating past life phenomena and helping others recover their own past life memories. By popular request, he has created this book to help show you how to achieve the same amazing past life recollection results in the comfort of your own home. By the time you finish reading this book, not only will you be able to provide your own past life regression, but you will have enough information to act as a past life advisor to help others. In this book you will learn* how to use the included guided meditation script to help clients and others recover their own lost past life memories* how to distinguish between real past life memories and memories conjured by false memory syndrome* how to induce deep, deep states of relaxation in yourself and clients to begin probing the recesses of their minds* the basics of and the differences between hypnosis and guided meditations* how to hone in on specific past life memories* how tragedies and important events in past incarnations dramatically affect your current life conditions If you are even remotely curious about past lives and how to help yourself and others enter into a state of mind to recover their hidden past life memories, this book is definitely for you. I hope you enjoy this book as much as I enjoy creating it.

Past Life Regression - S. J. Morgan 2015-06-02

Cure chronic illness and improve relationships!!!!!! Discover artistic abilities you never knew you had with help from Past Life Regression Therapy Past life regression therapy does more than remedy the symptoms of a problem; it delves into your subconscious, finds the root of the problem, and permanently eradicates it from your life. Limiting fears and patterns of damaging behavior are often the results of actions taken and decisions made in past lives. Within the pages of *Past Life Regression: Healing Your Past to Improve Your Future*, you will discover methods for atoning for past actions and reversing limiting decisions so that you can move on with your present life. In refusing to take advantage of this valuable information, you allow your past to limit your future. You will find out how to heal past traumas in order to erase present phobias; renegotiate contracts that may be trapping you in negative relationships; and take advantage of skills your past selves have honed to perfection over the course of many centuries. Past regression therapy is based on ancient Buddhist and Hindu philosophy as well as Einstein's fundamental theory of relativity. It has turned poverty into financial gain and transformed damaging relationships into healthy families. In passing up your opportunity to learn more about this powerful transformational tool, you ignore the wisdom of the world's most trusted scientists and philosophers. If you have ever wondered about the source of your bad luck in life, you will find your answers in the pages of *Past Life Regression: Healing Your Past to Improve Your Future*. 7 Reasons to Buy This Book 1. Escape damaging relationships 2. Discover artistic talents 3. Erase fears and phobias from your life 4. Find your ultimate purpose in life 5. Stop patterns of bad luck 6. Learn more about your past identities 7. Improve your karma Here Is A Preview Of What You'll Learn... How to access your subconscious How to atone for past mistakes How to achieve Nirvana How to heal past traumas How to rid yourself of limiting phobias How to improve your relationships How to bring past selves into the present How to acquire the talents of your past selves How to alter your Preconception Contract How to alter relationship contracts How to solve financial troubles Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only \$2.99! Download Your Copy Right Now! - - - -

-----TAGS: Past Lives, Reincarnation, Hypnosis, Death, Dreams, Spirituality

Past Life Regression Hypnosis - Elliott J. Power 2021-02-08

☐ 55% OFF for Bookstores! ☐ COLORED VERSION! Do you want to travel back to your past lives to help change your future? Could spiritual awakening help you find the success you seek? Regression hypnosis and guided meditation can help you to discover your full potential! We have all lived before, in lives that stretch back to the beginning of time. Each of these individual lives presents us with an opportunity to learn and to improve our current life, by seeing what we did wrong and how to change what we do in the future. But how do you transport yourself to a past and revisit what you did? This new book, *Past Life Regression Hypnosis* allows you to open your mind to a spiritual awakening through a simple concept of sleep hypnosis, with chapters that include: - The benefits of past life regression - The way to discover information about your past lives - Accessing the concealed memories we all have - The secrets of guided past life regression hypnosis - Advanced Hypnosis

techniques And more... By practising this unique form of hypnosis, you will find the ability to make changes in your life for the better, allowing you to uncover the success that may otherwise have eluded you. And Past Life Regression Hypnosis is the perfect book to get you started. Scroll up now and click Add to Cart for your copy!

[Deep Learning for Coders with fastai and PyTorch](#) - Jeremy Howard 2020-06-29

Deep learning is often viewed as the exclusive domain of math PhDs and big tech companies. But as this hands-on guide demonstrates, programmers comfortable with Python can achieve impressive results in deep learning with little math background, small amounts of data, and minimal code. How? With fastai, the first library to provide a consistent interface to the most frequently used deep learning applications. Authors Jeremy Howard and Sylvain Gugger, the creators of fastai, show you how to train a model on a wide range of tasks using fastai and PyTorch. You'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes. Train models in computer vision, natural language processing, tabular data, and collaborative filtering Learn the latest deep learning techniques that matter most in practice Improve accuracy, speed, and reliability by understanding how deep learning models work Discover how to turn your models into web applications Implement deep learning algorithms from scratch Consider the ethical implications of your work Gain insight from the foreword by PyTorch cofounder, Soumith Chintala

[Past Life Regression](#) - M J Erickson 2020-10-18

Have you always felt like there was something inside that's been holding you back from making your dream life a reality? Perhaps you have an old pattern of negative behaviour you're not presently aware of but is still embedded in your subconscious? Do you want to uncover the 7 past lives that are influencing your present life? Today, a very big part of human population believes in reincarnation and past lives. Some people know that they have lived before. Some hardly believe that they have had multiple lives, stretching far back into history. □ They believe that each of us have lived many lifetimes - lifetimes that may cause us to hold onto traumatic or painful memories. These memories can carry over into our current lives causing pain and traumas. The subconscious mind, much like a machine drive, is a storehouse of knowledge. It stores all of this lifetime memories, knowledge, interactions, behaviors and habits and all of your past lives. If you have a phobia in this lifespan that has no clear cause, it could be due to a previous life event. □ Past life regression counseling serves the aim of exposing and exploring mental and physical blockages, worries, habits and memories that prevent you from enjoying your life today. In this precise yet compact masterpiece you will learn about What is past life regression? How to Discover information about your past lives and how to know and understand your past selves How to access hidden memories Past life regression hypnotic session for mental healing Past life regression hypnotic session for Depression healing Past life regression Hypnotic session for obsessive thoughts Addiction and Regression hypnotic session in Past Life Past life regression Hypnotic session for insomnia Disorder Past life regression Hypnotic session for near-death experience Past life regression Hypnotic session for weight losing and managing weight Past life regression hypnotic session for different fears (Phobia) Impact of past life regression on human life 6+ Bonus sessions for deep sleep, for quit smoking, for quickly weight loss.... You can help yourself improve the quality of your life with past life regression hypnosis form now, even if you are a beginner. You can start - wherever you are - from this moment. You have only to close your eyes, keep an open mind, and take deep breaths... It's often said that one should learn from past mistakes. By knowing more about your previous lives, you can take new and constructive action at present to lead a better future... When you can bring memories back into conscious awareness, you can understand some of the issues that you are facing in your present life and ultimately resolve them. Don't let your past control you, your present and your future anymore - begin your journey of self-discovery and find out what is hidden within you! You will be amazed just how effective Past Life Regression Hypnosis can be at helping you destress, calm the mind and increase positive emotions. Discover now if you were Marcus Aurelius, Christopher Columbus or Albert Einstein...

Who Were You? - Gloria Chadwick 2009

There's no need to see a hypnotist to do a past life regression; do it on your own, with guided meditations by spirituality expert and bestselling author Gloria Chadwick. Learn how to relax the body to reach a meditative state of mind, tune into the universal energy of white light, feel colour vibrations so you'll 'rise through the rainbow,' and locate a sacred space to renew your soul. In addition to guidance on regression,

Chadwick offers other ideas for exploring past lives, from spontaneous recall to dreams.

Miracles Happen - Brian L. Weiss 2012-10-02

In his revolutionary book *Miracles Happen*, Brian Weiss M.D., the New York Times bestselling author of *Many Lives, Many Masters*, examines the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation. Trained as a traditional psychotherapist, Dr. Weiss began to explore how reincarnation and past life regression can lead us to our higher selves after a startling encounter with a patient. Now a leading proponent of past-life therapy, Dr. Weiss shows us that, indeed, *Miracles Happen*, with seemingly incredible but true stories that demonstrate how, by getting in touch with and understanding our past lives, we can dramatically improve the present.

[The Past Life Perspective](#) - Ann Barham 2016-06-07

Previously published as: *Nine lives (and counting)*.

Reincarnation and Past Lives - Taryn Price 2016-06-10

Welcome to *Reincarnation and Past Lives: Exploring Reincarnation with Compelling Examples of Past Life Experiences and How to Determine Your Own Past Life History*. This book is written for the person who is intrigued by the possibility of having lived a past life, but isn't quite sure where to begin your exploration. Are you curious to know if you've lived a past life? Do you think you may have been reincarnated? Do you want to hear about stories of people who claim they remember a past life? Do you want to learn how to determine your own past life history? Today only, get this Amazon bestseller for just \$9.97 The idea of reincarnation is one of the few constants found in cultures across the world. While the specifics may differ from region to region, the striking similarities alone are enough to add some credence to the claims and the thousands of personal accounts over the past 50 years add even more. Inside *Reincarnation and Past Lives: Exploring Reincarnation with Compelling Examples of Past Life Experiences and How to Determine Your Own Past Life History*, you will find famous cases of reincarnation, stories of reincarnated children, a bevy of famous individuals who claim they have been reincarnated and more. If you are curious about your own past life potential, then utilizing past life regression therapy is the easiest way to probe the depths of your own subconscious and inside you will learn how to do so on your own, without having to resort to finding a high priced hypnotherapist to get the same results. Understanding your past lives and how they affect you can do everything from removing mental blocks related to success to ridding you of potentially crippling phobias, do yourself a favor and download this book today. Inside you will find: The 10 surest signs that you have been reincarnated multiple times. The stories of famous people from Phil Collins to Salvador Dali who have reason to believe they were reincarnated. The reasons the scientific community is taking notice of reincarnation theories. And more... Five More Things You Will Learn When You Purchase 'Reincarnation and Past Lives: Exploring Reincarnation with Compelling Examples of Past Life Experiences and How to Determine Your Own Past Life History' 1) The science behind reincarnation and past lives 2) An introduction to Past Life Regression Techniques 3) Extraordinary accounts of past life memories and experiences 4) The story of a young boy named Ed Austrian, who in 2012, gained media attention thanks to a persistent sore throat that just wouldn't go away. Edward recollected the story of a past life that related to man named James who died in World War I. You will learn the amazing account of how his sore throat related to his past life. 5) Multiple recollections from famous people who claim to have lived past lives Take a leap of faith and find out if you have lived a past life. Remember, information that can be found when delving into your past lives is vast, there is no limit to what you may learn. This knowledge won't always be achieved easily, however, but with dedication and commitment, you can truly hope to see the most complete results. Take action now and download your copy of "Reincarnation and Past Lives: Exploring Reincarnation with Compelling Examples of Past Life Experiences and How to Determine Your Own Past Life History" by clicking Add to Cart button. Tags: reincarnation, reincarnation and past lives, past lives, past lives future lives, past lives dreams and soul travel, past lives present miracles, past lives of the rich and famous, past lives and reincarnation, past lives and present problems, past lives of children

[Past Life Regression](#) - Kemila Zsange 2020-12-23

Life Between Lives - Michael Newton 2014-01-08

Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls*

and Destiny of Souls, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

Through Time Into Healing - Brian L. Weiss 2012-05-08

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the New York Times bestselling author of Many Lives, Many Masters. Brian Weiss made headlines with his groundbreaking research on past life therapy in Many Lives, Many Masters. Now, based on his extensive clinical experience, he builds on time-tested techniques of psychotherapy, revealing how regression to past lifetimes provides the necessary breakthrough to healing mind, body, and soul. Using vivid past life case studies, Dr. Weiss shows how regression therapy can heal grief, create more loving relationships, uncover hidden talents, and ultimately shows how near death and out of body experiences help confirm the existence of past lives. Dr. Weiss includes his own professional hypnosis, dream recall, meditation, and journaling techniques for safe past life recall at home. Compelling and provocative, Through Time Into Healing shows us how to help ourselves lead healthy, productive lives, secure in the knowledge that death is not the final word and that the doorways to healing and wholeness are inside us.

When Souls Awaken; Real-life Accounts of Past-life and Life-between-lives Regressions - Pieter J Elsen 2019-08-08

Have you ever asked yourself, why do we reincarnate? How does reincarnation fit into quantum mysticism and our true purpose in life? What is the true nature of my being? What is consciousness? Why am I here? How is that going to make me happy right now? Take a mystical journey beyond the empirical reality of life on earth with wisdom clients received by connecting to a state of superconsciousness during life-between-lives spiritual regression, along with commentaries by the author. Understand your purpose here on earth and beyond.

Memories of the Afterlife - Michael Newton 2010-09-08

Dr. Michael Newton, best-selling author of Journey of Souls and Destiny of Souls, returns with a series of case studies that highlight the profound impact of spiritual regression on people's everyday lives. Edited by Dr. Newton, these fascinating true accounts from around the world are handpicked and presented by Life Between Lives hypnotherapists certified by the Newton Institute. After recalling memories of their afterlife, the people in these studies embarked on life-changing spiritual journeys—reuniting with soul mates and spirit guides, and discovering the ramifications of life and body choices, love relationships, and dreams by communing with their immortal souls. As gems of self-knowledge are revealed, dramatic epiphanies result, enabling these ordinary people to understand adversity in their lives, find emotional healing, realize their true purpose, and forever enrich their lives with new meaning.

Heal Your Life with Past Life Regression Techniques - James David Rockefeller 2017-10-03

Have you ever felt that certain emotions you feel are just unexplainable? Do you feel that no matter what you do or what treatments you undergo, your anxiety and panic attacks or your phobias will never go away? Do you feel that you need to get to the root cause of these emotions, but you just don't know how? If so, you may find the solutions to all your problems in your past life, and in order to do this, you will need past life regression. Over the last few years, many people have found past life regression therapy to be a wonderful way to release fears, phobias, and feelings. Regression techniques help you reach the deepest part of your consciousness through hypnosis. It allows you to relive your past life and heal and grow your mind, body, and soul. It helps you to become a more focused, relaxed person, and it strengthens your relationship with yourself as well as others. While many prefer to go to therapists specializing in past life regression, there are certain techniques you can use yourself in the comfort of your home to heal your past life experiences, pains, and hurts. The aim of this book is to help you know what past life regression is, what benefits you can expect to achieve with it, what actually happens in a session, and how you can do your own past life regression at home any time you want.

Past Lives for Beginners - Douglas De Long 2013

Helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. This title describes different types of past-life recall experiences and shares favoured

techniques of meditation and visualization used to gain access to those memories.

The Complete Idiot's Guide to Discovering Your Past Lives, 2nd Edition - Michael Hathaway 2011-05-03

Unlock the mystery of your past lives - and discover your future potential. By discovering your past lives, you can unlock the secret influence they have on your present one - enabling you to enjoy greater balance, success, and happiness! This edition has been revised and updated to address the questions people are asking now. It includes, new case histories, a new chapter - Healing the Past - exploring past lives in which a traumatic event has impeded a person's growth in their current life, new information on Twin Flames - two souls who begin their journey as one energy and then travel through lifetimes independently. ? A unique topic in the field.

Past Lives, Present Miracles - Denise Linn 2010-10-08

Miracles can occur in your life, easily and effortlessly. It's simply a matter of remembering who you are - and to do this it's necessary to clear the blockages that stand between you and your soul. Almost all of these obstacles have their roots in your distant past, so it's valuable to travel back in time to release them. However, most of us are so caught up in limiting beliefs about who we are that it's almost impossible to take that journey. In this book, you'll learn how to travel back to your previous incarnations to release buried obstructions so you can create the miracles in your life that you deserve! It's safe, easy, and fun . . . and anyone can do it! You'll learn how to discover your past lives without ever doing a regression, remove limitations regarding your relationships, abundance, and health that came from your past lives, uncover the symptoms of past-life traumas and how to clear them, even if you don't believe in reincarnation, understand the roles that loved ones played in your previous incarnations, find your personal guides, spirit guardians, and angels and receive their help. . . and much, much more!

The Power of Past Life Regression - Steve Burgess 2020-03-27

Welcome to the exciting world of past life regression! Hypnotherapist Steve Burgess has conducted many thousands of past life regression sessions and this book details some of the incredible healings his clients have experienced as a result of past life therapy. Each of the client's stories is vividly re-told using the words that they spoke whilst in trance in their regression sessions. They paint exciting pictures and describe in detail the events that took place in the past lives, often giving a fascinating insight into life in former times. If you're interested in spiritual issues or in learning more about reincarnation and how our previous lives affect our present life, you'll be fascinated to read the journeys of Steve's clients as they release the traumas of their past lifetimes and achieve wholeness in this life.

Living Your Past Lives - Karl Schlotterbeck 2003-01-28

Could the cause of your struggles be hidden in your past lives? Under every major behavior pattern is a set of images whose origin might be in childhood, from our time in the womb, or from previous lives. Living Your Past Lives: The Psychology of Past-Life Regression demonstrates how a psychologist has integrated the influences from multiple levels of his clients' conscious and unconscious life. This book shows how your life patterns are linked to your past-life experiences (karma), how those buried memories influence you, and what can be done about them. You will learn how your karma is alive today in your: Behavior patterns Emotional reactions Recurring dreams Relationship patterns Explore the creative aspect of karma to find out what it is trying to tell you. Also, find out how your experience in the womb prepared you to carry out both your karma and your parents' secret needs as well. Living Your Past Lives is a rich feast with case studies, discussion of the difference between past-life therapy and past-life regression, and implications for living better today. Included is a technical section for therapists and interested laypersons. Discover how your karma can help you live more fully in the present.

We Have Met in Past Lives - Brigitte Calloway 2019-05-08

WE HAVE MET IN PAST LIVES is based on the idea that our souls are eternal and reincarnate in order to learn karmic lessons and to ultimately evolve. WE HAVE MET IN PAST LIVES focuses on several real past life regression cases, conducted under hypnosis in the author's hypnotherapy practice. Each case highlights the fact that our systems of cohabitation and interdependence recognize homogeneous soul group structures that may have coexisted in other lives; therefore it may be possible to live at the present with people we have met in past lives. WE HAVE MET IN PAST LIVES accentuates the concept of 'soul groups' that continuously reincarnate with the same group of people; each member of the group playing a different role in each lifetime, and having specific connections

depending on the karmic lessons each soul has decided to accomplish.

Discovering Your Past Lives - Glenn Williston 1988

A thorough exploration of how looking into past lives can contribute to finding greater meaning and purpose in the present.

Past Lives, Future Healing - Sylvia Browne 2001-07-01

The Other Side and Back and Life on the Other Side were phenomenal #1 New York Times bestsellers. Now world-renowned psychic Sylvia Browne returns with a book that takes her millions of devoted readers on an extraordinary journey of past lives. From two-time #1 bestselling author Sylvia Browne comes a remarkable book that shows how our past lives affect everything from our relationships to our health and well-being. With millions of copies of her book in print, Sylvia Browne has proven herself the reigning expert on psychic phenomena. In her newest book, the New York Times bestselling author takes us into the mysteries of our own bodies in a comprehensive guide that explores the far-reaching influence the afterlife can have on our health and happiness in this life. With the unique understanding, sensitivity, and profound insight that distinguished her previous books, Browne gives us an unprecedented look at the way so many of our health and relationship problems have their roots in our unresolved past lives: from unexplained illnesses to bizarre phobias, from irrational anxieties and fears to the partners and loves we choose. Even birthmarks and recurring dreams can be traced directly back to these past existences. In the friendly, no-nonsense style that her fans adore, Browne shares amazing and inspiring real-life stories of people who have transformed their lives through understanding their previous existences. PAST LIVES, FUTURE HEALING takes readers on another fascinating odyssey into the other side. And like her earlier books, this will not only help people lead more satisfying and fulfilling lives, but will illuminate a hitherto unknown path to overcoming many of the most frustrating and devastating physical and emotional problems that can occur in life.

Journey to My Past Lives - Nathalia Sunaidi 2006-10

What is past life regression? Do you believe in reincarnation? Do you believe that you were someone else? Do you have previous life before your current life? How can past life regression (PLR) guide you? Many people over the world believe they have experienced reincarnation. And those reincarnation experiences have a positive impact that can be used as part of a healing process in therapy. Many people are searching for a path and way to know more about their previous life before their present life. So, this book pretty much will guide you to answer those complex questions above. PLR-its literal definition-is a journey into past life. When you are hypnotized, you can track that period before your present life. What if you don't believe in past life regression? Even if you don't believe in reincarnation, most people believe that when we die, our soul will continue to live in a different live as a different person. Meaning that, after we die, our soul will continue to occupy a different body until that body or physical form also becomes old and an improper vessel for the soul. Maybe you read this book because you or people you know believe in a previous life. There is unique way to know your previous life through hypnotherapy. I suggest that you open your mind to this possibility and

read Nathalia Sunaidi's book.

Heal Your Ancestors to Heal Your Life - Shelley A. Kaehr 2021-03-08

Your family's past may be the key to healing in the present. This groundbreaking book explores the healing power of regression sessions that focus on working with your family lineage. While most regression sessions focus on one person, this book shows that by contacting and sending healing energy to certain members of your family tree, you can initiate ripples of healing that make enormous positive transformations in your life and the world. Join Shelley A. Kaehr as she shares case studies from her generational regression practice as well as specific exercises and meditations you can do to begin your own familial healing journey. You will discover how to alleviate the suffering of your parents, grandparents, or earlier ancestors and extend the pure light of loving kindness to your own generation and even future generations who have yet to be born. This book empowers you with the tools and techniques you need to help create lives filled with joy, happiness, and purpose.

Children's Past Lives - Carol Bowman 2012-02-01

Has your child lived before? In this fascinating, controversial, and groundbreaking book, Carol Bowman reveals overwhelming evidence of past life memories in children. Not only are such experiences real, they are far more common than most people realize. Bowman's extraordinary investigation was sparked when her young son, Chase, described his own past-life death on a Civil War battlefield--an account so accurate it was authenticated by an expert historian. Even more astonishing, Chase's chronic eczema and phobia of loud noises completely disappeared after he had the memory. Inspired by Chase's dramatic healing, Bowman compiled dozens of cases and wrote this comprehensive study to explain how very young children remember their past lives, spontaneously and naturally. In Children's Past Lives, she tells how to distinguish between a true past life memory and a fantasy, offers practical advice to parents on how to respond to a past life memory, and shows how to foster the spiritual and healing benefits of these experiences. Perhaps the most moving, convincing, and best-documented evidence yet for life after death, Children's Past Lives will stand alongside the classics of Betty J. Eadie, Raymond Moody, and Brian Weiss in its power to comfort, uplift, and transform our thinking about life after death

Past Lives with Pets - Shelley A. Kaehr 2020-05-08

Discover Your Pet's Important Role in Your Soul's Journey Our animal companions' distinct personalities and behaviors can reveal that they have already lived with us and loved us...in a different life. Past Lives with Pets features amazing case studies of people who knew their pets in a previous life. This remarkable book also provides guided journeys that help you uncover past connections and heal from the trauma of losing your companion. Could your cat have within him the reincarnated soul of your dog? Are your pet's idiosyncrasies so familiar because she played a vital role in your soul's journey? Through past life regression, hypnotherapy practices, and client stories, Shelley A. Kaehr helps confirm the answer is yes. By exploring the many facets of past life study, this inspiring book encourages you to heal and grow through the soul lessons you share with your pet.