

How To Uncover Your Past Lives

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101 Past Life Clues

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

Healing Your Past Lives

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 *deja 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>.

Past Lives for Beginners

The author explains why he believes in reincarnation, discusses the benefits of past-life therapy, and tells how to recall and explore memories of past lives

Discovering Your Past Lives Made Easy

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Discover Your Past Lives

A unique, insightful, and practical look into the enormous power of past life regression therapy to unlock a healing pathway that can help you resolve enduring personal issues, enrich your life, and answer burning spiritual questions about your purpose on this earth. In this rare and fascinating intimate glimpse at past life regression therapy, licensed therapist Ann Barham invites us into her office as she helps her clients mine their unconscious memories for the key past life experiences that can provide specific guidance for their current situations. No longer simply the stuff of new age practitioners, past life regression therapy is a powerful tool that can improve your understanding of your personal challenges and deepen your connection with the world around you. Barham demystifies this intriguing phenomenon, sharing her client's astounding stories, each a clue to the profound influence the personalities of the past have on our thoughts and actions today. As modern science and technology advance at overwhelming rates, many of us crave the healing insights and feelings of eternal love that survivors of near death experiences frequently report. Through past life therapy, everyday people are able to experience prior lifetimes all the way through their deaths, tapping into abiding spiritual truths and answering essential questions about human existence.

Discovering Your Past Lives

Most of us don't use our yesterdays very well. With our cultural obsession with living in the moment, we neglect to engage in creative reflection on our personal histories. In The Power Of Your Past, John Schuster systematically demonstrates

that our pasts are the biggest, most accessible, and most under-utilized of resources for anyone wanting to make positive changes. In contrast to other more technical, spiritual, or therapeutic guides that address working with one's past, he offers a balanced, practical and accessible approach through an actionable three-phase model: Recalling, Reclaiming, and Recasting. He provides exercises that link past events to achieving sounder interpretations and illustrates the process with inspiring histories of those who have experienced transformative results through embracing their own professional and personal pasts. Schuster provides insight, encouragement, and steps for essential professional and personal development. Readers who follow this model will make progress in careers short on heart and meaning, overcome obstacles that other methods can't address, and make decisions based on their truth, not the versions of truth they have inherited and not fully examined. They will enjoy the peace of mind that comes with the knowledge that all they need to grow--insight, courage and persistence are the ingredients--is already within.

Discover Your Past Lives

“I want to have better relationships . . . but is it all on me to fix things?” “This person’s approval means everything to me. It’s like it controls me.” “Why can’t I get free from this cycle?” If you find yourself having these feelings, it’s time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down—and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don’t have to define you, and they don’t have to determine the direction of your life. *Take Your Life Back* is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

Discover Your Past Lives

God has a plan and a purpose for every person’s life—a divine destiny. Yet many people are stuck, arrested in their spiritual development because of problems in their emotional development. In *Healing Your Past . . . Releasing Your Future*, readers will explore the developmental process that forms the human personality and discover the impact, both positive and negative, of trauma at each stage of development. They’ll connect the dots between their childhood hurts and their adult “stuckness” and be gently guided toward total healing and restoration in Christ. Based on sound doctrine and solid research, this book will offer healing to any reader with a wounded past, freeing them to move into the future God has planned all along.

Healing the Hurts of Your Past

In her practice as a past life regressionist, Atasha Fyfe discovered the importance

of positive past life memories and the vital role they play in resolving problems and enhancing people's lives. She found that positive past life memories are as healing and helpful as the difficult experiences that are the usual focus of therapy. Taking place against the backdrop of widely different times and cultures, the real-life regression stories in *Magic Past Lives* are both fascinating chronicles of the soul path and dramatic tales of secret history, ancient wisdom and forgotten powers. They include messages from angels and spirit guides, and memories of the beautiful between-life worlds. With helpful advice and easy exercises to help you access your own magical past life memories, *Magic Past Lives* will show you exciting new possibilities that were always waiting to be found in your true soul history.

Your Past Lives

A new and exciting way to discover past lives through this branch of Celtic astrology.

The Complete Idiot's Guide to Discovering Your Past Lives, 2nd Edition

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.

Magic Past Lives

For thousands of years, mystics, masters, and sages from various world traditions have read the Akashic Records—a dynamic repository that holds information about every soul and its journey. Once reserved for a "spiritually gifted" few, this infinite source of wisdom and healing energy is now available for readers everywhere to answer questions big and small. How can I find freedom from my past? What are my life purposes? With *How to Read the Akashic Records*, healer and teacher Linda Howe offers the first book of its kind to help navigate these timeless "Records of the Soul." Drawing from more than 15 years' experience with the Akashic Records, Howe teaches us: The Pathway Prayer Process—a "password" for admittance into the Records How to work with your "MTLOs"—your Masters, Teachers, and Loved Ones—for assistance within the Records Insightful tips to glean the most critical information, whether you're reading for yourself, other individuals, or even your

pet "The time has come for us to be our own spiritual authorities and access this illuminating, rich source directly," explains Howe. With *How to Read the Akashic Records*, anyone who desires to read the Records now has immediate access to this valuable life resource. "The Akashic Records contain everything that every soul has ever thought, said, and done over the course of its existence—as well as all its future possibilities. This valuable information can help you with any aspect of your life journey. And because the Records are also a dimension of consciousness, they are available anytime and everywhere."? —Linda Howe

The universe is alive—and it has a memory just like you. Known as the Akashic Records, this energetic archive of soul information stands ready to lovingly guide you. Once accessible to rare spiritual masters, now the Records are available to anyone—anytime, anywhere. After a lifelong search for truth, master teacher and healer Linda Howe has developed an infallible method for accessing this reservoir of information: the Pathway Prayer Process. By lifting you to a divine level of consciousness, this sacred prayer opens the doors of the Records, where your "soul blueprint"—everything you need to know about your soul's destiny—awaits you. There you will work with your Masters, Teachers, and Loved Ones to cultivate a rich relationship with the Records and ultimately learn to unleash your highest potential. Grounded with the success stories of dozens whose lives have been touched by the Records, this comprehensive guidebook will help you confidently read the Records for yourself—or another—and find inspiration for your own spiritual path. "Accessing the Akashic Records provides an opportunity to align with your soul and develop your own spiritual authority," teaches Linda Howe. Now with *How to Read the Akashic Records* you can learn to connect with this divine source for infinite joy, inner peace, and fulfillment. Linda Howe is the founder and director of The Center for Akashic Studies, an organization dedicated to promoting the study of Akashic Records and other applicable spiritual wisdom. Active in healing arts for more than 20 years, Linda was moved and inspired by the power of the Records within herself and her clients. She began teaching this practice to students in 1996 and, today, she has successfully taught thousands of students to accurately read the Akashic Records.

Getting Past Your Past

Start With Why has led millions of readers to rethink everything they do – in their personal lives, their careers and their organizations. Now *Find Your Why* picks up where *Start With Why* left off. It shows you how to apply Simon Sinek's powerful insights so that you can find more inspiration at work -- and in turn inspire those around you. I believe fulfillment is a right and not a privilege. We are all entitled to wake up in the morning inspired to go to work, feel safe when we're there and return home fulfilled at the end of the day. Achieving that fulfillment starts with understanding exactly WHY we do what we do. As *Start With Why* has spread around the world, countless readers have asked me the same question: How can I apply *Start With Why* to my career, team, company or nonprofit? Along with two of my colleagues, Peter Docker and David Mead, I created this hands-on, step-by-step guide to help you find your WHY. With detailed exercises, illustrations, and action steps for every stage of the process, *Find Your Why* can help you address many important concerns, including: * What if my WHY sounds just like my competitor's? * Can I have more than one WHY? * If my work doesn't match my WHY, what should I do? * What if my team can't agree on our WHY? Whether you've just

started your first job, are leading a team, or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfillment, for both you and your colleagues. Thank you for joining us as we work together to build a world in which more people start with WHY. Inspire on! -- Simon

How to See and Read the Aura

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.

How to Read the Akashic Records

Author introduces the reader to psychic protection, regression, pendulum exploration, psychometrics, crystal and stonework and candle magic to help explore reincarnations.

How to Uncover Your Past Lives

The comedic actress best known for her role on Taxi describes her extremely rare autobiographical memory and the ways in which it has helped her in countless scenarios, in a guide that offers advice about how to bolster memory and make it work for personal well-being. Reprint.

Past Lives with Pets

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

The Power of Your Past

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.

Take Your Life Back

Healing the Future takes the reader through a fascinating journey of past lives and life purpose in a journey towards fulfilment. As Dinoshi Keiper takes her clients into the past and present and future through hypnotherapy, myth and legend become real. Through the unfolding Universal Truths from authentic stories of everyday people "Healing The Future" brings the reader closer to his or her real self, pointing towards the direction of fulfilment and freedom. By sharing real stories of real people, this book aims to 'speak' to the reader and guide towards identifying him/herself within the many journeys discussed. Dinoshi Keiper describes how she brings out unconscious memories and experiences of the past to the surface using hypnotherapy, in order to help explain present behavioural patterns and struggles, and the amazing catharsis that follows helping people move forward towards life goals. She also describes how she helps her clients discover their life purpose and how that is intrinsically connected to the learning we come to do on Earth - refocusing us on to our right paths towards spiritual evolution. This book retells the amazing and incredibly touching stories of her clients, with vivid imagery giving the reader goose bumps as the past experiences and Universal Truths emerge to the surface. Behind the discoveries of the clients and the healing that follows, is the personal transformational journey of the author, as she discovers proof to life beyond the present and dimensions beyond this the Earth. She shows through the client stories we are all the same and all that matters are love and respecting the freedom of others in a non-judgemental manner. We have all been royalty, commoners, thieves, murderers, extremists and most things in between, it is not for us to judge the other. The author emphasises the importance of following one's heart and instincts, beyond the five senses, to achieve true happiness and fulfilment. Through unearthing the past traumas and the learning that follows,

Dinoshi aims to reach out giving perspective and Healing The Future of as many human beings as she possibly could. Be prepared to start your journey! Dinoshi Keiper's book, Healing The Future, includes a number of amazing case summaries from clients experiencing hypnotherapy sessions. Regardless of whether the reader believes in past lives, or is undecided, the importance of love and forgiveness is commonly emphasized with most clients experiencing past life regressions. Additionally, health is more important than wealth; and pain in the current life can often result from bad deeds from a past life. Read her book with an open mind, and you may be surprised at what you learn! Roy Hunter, DIMDHA, DAPHP Published Author & Hypnosis Instructor

How To Uncover Your Past Lives

Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, Healing the Hurts of Your Past is a powerful first step to freedom.

Invisible Roots

A noted authority on the works of Edgar Cayce reveals the secrets of drawing on previous incarnations to gain insight into one's current life experience

Children's Past Lives

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.

Discover Your True Self

Reincarnation is an idea that just won't go away, according to Zolar, who has

enlightened millions of readers worldwide about the mysteries of dreams and astrology. Included in this lively text is a history of the belief in reincarnation together with thorough, easy-to-follow instructions that will enable you to discover your own past lives as well as those of your family and friends. Answered for the first time are such questions as: • Does Judaism teach reincarnation? • Did Jesus and his disciples believe in reincarnation? • What were the past lives of world-renowned psychologist Carl Jung? • Can one use astrology and hypnosis to discover a past life? • Do past lives affect your health in this lifetime? Join Zolar on a fascinating journey back in time and discover the connections between the lives you once led and the life you lead today. For over half a century, the name ZOLAR has been synonymous with some of the finest books on astrology, dreams, and the occult ever written. Called the "Dean of Astrology" by *The New Yorker*, Zolar is the author of *Zolar's It's All In The Stars*; *Zolar's Encyclopedia & Dictionary of Dreams*; *Zolar's Book of Dreams, Numbers & Lucky Days*; *Zolar's Encyclopedia of Ancient & Forbidden Knowledge*; and *Zolar's Magick of Color*.

Druidic Soul Star Astrology

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

Finally Free

Current statistics reveal that 1 in 4 girls and 1 in 6 boys are sexually abused before the age of 18. Jennifer Kostyal became one of those statistics. Jennifer's story reads like a Hollywood movie. The blonde, blue-eyed beauty pageant winner was raised in a religious cult, molested for ten years by a family member and later became involved in abusive relationships as an adult. Finally, on the verge of mental collapse, she made the decision to end her own life and would have except for a miraculous intervention. It was the turning point to Jennifer's eventual healing in every aspect of her life. *Finally Free* is more than just a miraculous testimony of God's grace as Kostyal shares teaching and insight that helped set her free from rejection, fear, anger, low self esteem, and the host of issues common to those who have experienced sexual, mental and physical abuse. *Finally Free: How to Live in the Present by Letting Go of the Past* is more than a story of survival. It is your

step-by step manual to walk out of the darkness of your pain and enter into the light of hope and healing that leads to your destiny. God wants you to realize that when you are Finally Free, you are no longer defined by your painful past, but rather, the peace and joy of your future.

Discovering Your Past Lives

Is your life limited by labels the world and other people have used to define you? Labels you have internalized and apply to yourself every day. Labels like Afraid. Or Addict. Orphan. Damaged Goods. Failure. Maybe even Religious. These labels might be sewn into your life with such tight little stitches that they feel like a part of you. They feel like they define you. But that's a lie. If you let Him, Jesus can remove those old labels and tattoo new ones onto your soul. Then you'll begin to see yourself as God the Father sees you. The limits will be lifted, and your life will be transformed. It's the truth. Join Pastor Derwin Gray on a fascinating journey into what can happen when you offer your head, your heart, and your hands to the only one who can offer you truly limitless life.

The Past Life Perspective

"Why write a book on uncovering past lives? Because the benefits for personal empowerment, healing, and enlightenment are tremendous. " -Ted Andrews 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

Past Life Regression

What happens when psychological problems and physical symptoms stubbornly persist even with the most advanced methods of cure? This problem confounded many of psychotherapist Dr. Barbara Stone's clients, who could not shake phobias, addictions, depression, anger, pain, chronic fatigue, and other physical conditions, no matter what they tried. Then, searching deeper realms uncovered links to traumatic past lives and to spirits of the deceased who had not been able to move into the Light because of emotional turmoil. After treating the wounds of these past lives and earthbound spirits, the presenting problems disappeared. This groundbreaking book describes these remarkable stories and the methods used to help people heal. A resource for therapists confronted with these phenomena, this book is also for anyone struggling to understand the origins of persistent patterns of blockage or disease. Best of all, it brings the remarkable breakthrough therapies of Energy Psychology to bear on this difficult area, providing an abundance of tools and techniques for resolving issues whose roots lie in realms other than the

present lifetime.

Healing the Future

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.

Discovering Your Past Lives

Immediately you'll be able to analyze your name and your date of birth, and discover what you are best qualified to do in life. Find your personal best colors, precious and semiprecious stones, herbs, and perfumes, and more. 224 pages, 72 b/w illus., 6 1/4 x 8 1/2.

Mindshift

This remarkable book explores how our companion animals' distinct personalities and behaviors reveal that they have already lived with and loved us—only in a different life. Featuring amazing stories of people who knew their animals in a past life, whether a dog, cat, horse, guinea pig, or other, *Past Lives with Pets* strengthens the unique bond with your animals and shows you how to heal from the trauma of losing them. Could your cat have within him the reincarnated soul of your beloved dog? Are your pet's idiosyncrasies so familiar because your pet has played a vital role in your soul's journey? Through past life regression and hypnotherapy case studies, Shelley A. Kaehr helps to confirm that the answer is yes. This entertaining and enlightening book also provides guided imagery practices to help you connect with your own past life experiences and soul lessons for spiritual growth.

Find Your Why

"Anyone can learn to see and experience the aura more effectively." -Ted Andrews
If you've ever felt immediately comfortable-or uncomfortable-around someone you've just met, you've probably sensed a person's aura. Now you can learn to actually see the aura-the energy field that surrounds the human body. Popular author Ted Andrews presents simple and effective techniques for not only seeing auras, but also deciphering what the aura reveals about a person's physical, emotional, and spiritual self. Discover how to: See the colors of the aura and interpret their meanings Make simple tools to measure the aura Cleanse, strengthen, and protect your own aura Increase your sensitivity and intuition Boost your energy and improve your health

Zolar's Book of Reincarnation

The tarot, with its multisymbolic depictions, is an excellent tool for uncovering the progression of your soul throughout its incarnations. This book is the first to offer specific spreads that answer the karmic questions that follow you from one lifetime

to another. Discover your karmic bonds, both positive and negative; see how a current life relationship has progressed from the past; learn which past lives have the strongest pull in your current life; gain insight into how to make a decision today that will reverse past karma; and uncover karmic choices that will affect your future lives.

Meditation

Discovering Your Past Lives provides you with a detailed illustrated guidebook into what a past life is and how you can access them to discover more about yourself. You will begin with a visualization that allows you to discover one of your past lives - it is recommended to purchase the Opening2Intuition Starter Audio-CD (9781844097050) and use its past life visualization track. You will see who you once were and what you did in that life. Each past life has its own gifts to share with you and you will learn how to understand how past lives blocks can affect you and how to move beyond them. Once you have discovered your past lives, you will then be introduced to basic psychic art techniques and how to work with color to capture detailed information about your past life. This book offers a very safe and grounded way to look deeply into your past lives and karma.

Total Memory Makeover

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

Healing Your Past, Releasing Your Future

Discover Your Past Lives contains dozens of exercises and techniques that you can do alone or with friends, as well as case studies of people just like you who have benefited from past-life recall. Its easy, fun and enlightening. Through reliving previous existences you can awaken talent you haven't used for centuries, find relief from physical or emotional pain, improve your relationships, visit exotic places and gain insight into your present-day problems. By unlocking the secrets of the past you can make your life better today.

Past-Life and Karmic Tarot

Seeing yourself as God sees you is essential to overcoming your deepest struggles, having healthy relationships, living in freedom, and fulfilling your life purpose. Yet most of us look at ourselves with warped mirrors, believing lies that lead to shame, guilt, fear, insecurity, and spiritual stagnation. The lies of our past keep us stuck,

struggling with the same issues and habits for years. But according to the first three chapters of Ephesians, that's not how God sees us at all. Pastor and author Chip Ingram wants to open your eyes to your true self, the "new you" that God sees, the person who is immeasurably valuable and beautiful. In this Scripture-soaked book, he shows you how getting God's perspective - satisfies your search for significance - undoes your shame - makes you secure - frees you from comparing yourself with others - helps you discover your calling - and more Are you ready to see yourself as God sees you? Then let Chip Ingram show you how to silence the lies of your past and experience your true identity.

You Can Remember Your Past Lives

Are you an old Soul? Is it possible you've lived before? Do you ever feel like home is in another country or even place in time? This book is the first of its kind, a how-to-book to learn about YOUR past lives. 101 Past Life Clues teaches you how to recall past lives while at work, school, sitting in traffic or home cooking dinner, no hypnosis required. Lisa uses real-life experiences to show how to uncover these messages for yourself. Funny, honest, a bold new approach, revealing simple steps anyone can do. Full of facts, humor, and sarcasm, not your typical spiritual book! Early reviews are calling 101 Past Life Clues, "Eye Opening! A Spiritual Trailblazer! A Divine Revolution!" This groundbreaking book uses logic and reason to prove we are repeating history. 101 Past Life Clues is based on facts, not opinions. Hypnosis and past life regressions can be scary, and unnecessary. This book shows you how to uncover past life memories, completely awake, doing everyday things at home, at work, even while out shopping! We are a culmination of all our lives combined. That's why we have different fears, likes, and dislikes. 101 Past Life Clues teaches you how to recall what your Soul remembers, even when our conscious mind does not. With over 300+ illustrations, photos, clipart, and digital scans. The first book in the Speaking Spiritual Codex series, revealing your past lives and your real purpose in life. Anyone can say they've had a previous life, what if they're making it up? The only way to know if past lives exist is to remember one of yours. The Universe is continuously sending us messages, are you ready to learn how to decode them? The belief in reincarnation is older than Christianity. After leaving her religion, Lisa was stunned by the idea of past and future lives. Almost 25 years later, Lisa has uncovered how Spirit uses synchronistic events in everyday life to remind us who we are and our Souls true purpose. 101 Past Life Clues explains how our past lives integrate into our current life. Are you ready to learn how to understand why you are, who you are? Copyright (c) speakingspiritualcodex.com - All Rights Reserved.

Discovering Your Past Lives Made Easy

In an age when we are constantly being asked to retrain and reinvent ourselves, to adapt to new technologies and changing industries, this book assuages our fears and inspires us with a sense of possibility. Our passions and talents may actually surprise us. In Mindshift, Barbara Oakley tells the stories of people who have overcome learning "handicaps" of all kinds-such as Imposter's Syndrome and advancing age-and shows how we can turn perceived weaknesses into strengths. For example, people may feel like they're at a disadvantage if they pursue a new field later in life; yet those who change careers can be fertile cross-pollinators-they

bring valuable insights from one discipline to another. The power of simple persistence in building talent is also often underestimated. Dr. Oakley reveals the latest neuroscientific insights into how our brains change when we learn something new. She shares strategies for learning that are backed by brain science, including practical exercises to apply in our own lives. Praise for *A Mind for Numbers*

Limitless Life

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.

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