

find my past life

find my past life is a compelling quest that many individuals embark upon to uncover hidden truths about their previous existences. Exploring past lives can provide insight into current life patterns, unresolved issues, and spiritual growth. People curious about reincarnation often seek methods to access memories or information from earlier lifetimes. This article will delve into various approaches to discover past lives, including hypnosis, meditation, and spiritual guidance. Additionally, it will address the historical and cultural significance of past life beliefs, helping readers understand the broader context of this phenomenon. Practical steps and tips for those seeking to find their past life will also be examined. The subsequent sections will guide readers through the key concepts, techniques, and resources related to uncovering past life memories.

- Understanding the Concept of Past Lives
- Techniques to Find My Past Life
- Signs and Evidence of Past Life Memories
- Benefits of Discovering Past Lives
- Common Misconceptions About Past Life Exploration

Understanding the Concept of Past Lives

The idea of past lives is rooted in the belief that the soul or consciousness undergoes multiple incarnations across time. This concept is prevalent in several religious and spiritual traditions, including Hinduism, Buddhism, and certain New Age philosophies. Understanding what constitutes a past life

helps frame the methods and experiences involved in accessing these memories.

Historical and Cultural Perspectives

Many ancient cultures embraced the concept of reincarnation or transmigration of the soul. In Hinduism, the cycle of birth, death, and rebirth is known as Samsara, which continues until the soul attains liberation (Moksha). Similarly, Buddhism teaches the cycle of rebirth influenced by karma, where actions in past lives affect present circumstances. Other cultures, such as the Celts and Native American tribes, also held beliefs in the continuity of the soul beyond a single lifetime.

Spiritual and Psychological Interpretations

From a spiritual viewpoint, past lives are seen as lessons or experiences that contribute to the soul's evolution. Psychologically, some researchers interpret past life memories as manifestations of the subconscious mind or archetypal symbols. These interpretations influence how individuals approach the search to find their past life memories, whether through spiritual practice or therapeutic techniques.

Techniques to Find My Past Life

Several methods exist to access memories or impressions from past lives. These techniques range from guided practices to professional sessions with trained practitioners. Choosing the appropriate technique depends on individual preferences, beliefs, and the desired depth of exploration.

Past Life Regression Hypnosis

Past life regression hypnosis is one of the most widely recognized methods for discovering past lives. A trained hypnotherapist guides the individual into a deep, relaxed state and helps them access memories believed to originate from previous incarnations. This technique can reveal detailed narratives, emotions, and significant events from past lives.

Meditation and Visualization

Meditation practitioners often use focused visualization to explore past life experiences. By entering a calm, mindful state, individuals can invite images, sensations, or stories related to earlier existences. Consistent meditation practice enhances the ability to access subtle impressions and integrate them meaningfully.

Dream Analysis

Dreams sometimes contain symbolic representations or fragments of past life memories. Keeping a dream journal and analyzing recurring themes or unfamiliar settings can offer clues about previous incarnations. Some people experience vivid dreams that feel distinct from their current life experiences, suggesting a connection to past lives.

Spiritual Readings and Intuitive Guidance

Consulting psychics, mediums, or spiritual advisors is another avenue to find past life information. These professionals claim to access the Akashic records or use intuitive abilities to reveal details about an individual's past incarnations. While subjective, such readings can provide insight and validation for personal experiences.

Self-Reflection and Life Pattern Analysis

Examining current life patterns, fears, talents, and relationships can offer indirect evidence of past lives. Identifying unexplained affinities or recurring challenges may point to unresolved issues from previous incarnations. This introspective approach supports a broader understanding of one's soul journey.

Signs and Evidence of Past Life Memories

Recognizing signs that might indicate access to past life memories is essential for those seeking to find their past life. These signs can manifest in various ways, spanning emotional, physical, and cognitive domains.

Déjà Vu Experiences

Déjà vu is a common phenomenon where an individual feels a strong sense of familiarity with a place, person, or situation despite no prior experience in the current life. Some theorists interpret this sensation as a glimpse into a past life memory.

Unexplained Phobias or Affinities

Intense fears or attractions without clear origins may suggest unresolved issues from previous incarnations. For example, a fear of water or heights without traumatic experience in this life could be linked to past life events.

Spontaneous Past Life Recall

In some cases, people spontaneously recall detailed past life experiences, often triggered by meditation, hypnosis, or significant life events. These memories can include names, places, and emotional experiences that feel authentic and impactful.

Physical Marks or Birthmarks

Some researchers propose that unusual birthmarks or physical traits correspond to injuries or characteristics from past lives. While controversial, this idea remains part of traditional past life studies.

Benefits of Discovering Past Lives

Exploring past lives can offer numerous benefits, particularly in personal growth, emotional healing, and spiritual development. Understanding these advantages encourages a thoughtful approach to past life exploration.

Emotional Healing and Release

Accessing past life memories may help individuals confront and resolve deep-seated fears, traumas, or unresolved conflicts that impact their present life. This process can lead to emotional release and increased well-being.

Enhanced Self-Awareness

Discovering aspects of past lives contributes to a greater understanding of one's personality, talents, and life purpose. This awareness can improve decision-making and life satisfaction.

Spiritual Growth and Connection

Engaging with past life exploration often deepens spiritual beliefs and a sense of connection to the universe. It can foster compassion, forgiveness, and a broader perspective on life's challenges.

Improved Relationships

Understanding karmic ties and soul contracts from past lives may clarify current relationship dynamics. This knowledge supports healthier interactions and empathy for others.

Common Misconceptions About Past Life Exploration

Despite growing interest, many misconceptions surround the subject of past lives. Clarifying these myths helps maintain a realistic and respectful approach to this area of study.

Past Life Memories Are Always Literal and Verifiable

Not all past life memories are historically accurate or verifiable. Many experiences may be symbolic, metaphorical, or influenced by the subconscious mind. It is important to approach these memories with an open but discerning mindset.

Everyone Has Past Life Memories Readily Available

Most people do not spontaneously recall past lives without intentional effort or guidance. Accessing these memories often requires patience, appropriate techniques, and sometimes professional assistance.

Past Life Exploration Is a Form of Escapism

While some may use past life inquiry to avoid present challenges, genuine exploration aims to enhance current life understanding and healing rather than escape reality.

Only Certain Cultures or Beliefs Can Access Past Lives

Past life exploration transcends cultural or religious boundaries. Individuals from diverse backgrounds can access and benefit from learning about their past incarnations.

It Is Always Safe and Without Risks

Exploring past lives can sometimes bring up intense emotions or psychological distress. It is advisable to undertake this journey with proper support and professional guidance when necessary.

Practical Steps to Begin Your Past Life Journey

For those interested in how to find my past life, starting with simple, structured steps can facilitate meaningful experiences and insights.

1. **Set Clear Intentions:** Define what you hope to learn or achieve through past life exploration.
2. **Choose a Method:** Select a technique that resonates, such as meditation, hypnosis, or spiritual readings.
3. **Find Qualified Practitioners:** Research and choose trustworthy professionals for regression or guidance sessions.
4. **Maintain a Journal:** Record any impressions, dreams, or memories that arise during your exploration.
5. **Practice Patience:** Understand that uncovering past life memories can be gradual and requires consistent effort.

Frequently Asked Questions

What is 'find my past life' about?

'Find my past life' refers to the exploration or investigation of one's previous incarnations or lifetimes, often through methods like past life regression, hypnosis, or spiritual practices.

How can I find my past life?

You can find your past life through techniques such as past life regression therapy, meditation, hypnosis, or consulting with spiritual practitioners who specialize in reincarnation and past life readings.

Is finding my past life scientifically proven?

No, finding past lives is not scientifically proven. It is considered a spiritual or metaphysical practice and is based on personal belief rather than empirical evidence.

What are common signs of a past life connection?

Common signs include déjà vu, unexplained fears or phobias, strong affinities for certain places or cultures, unexplained talents, and vivid dreams or memories that feel like they belong to another time.

Can past life knowledge help me in my current life?

Many people believe that understanding past lives can help resolve current life issues, heal emotional wounds, and provide insights into personal challenges and relationships.

Are there online tools or apps to find my past life?

Yes, there are online quizzes, apps, and websites that offer past life readings or guided regression sessions, though their accuracy and authenticity vary widely.

What should I expect during a past life regression session?

During a past life regression, a therapist guides you into a relaxed or hypnotic state to help access

memories or impressions of previous lives, which can sometimes reveal insights about your current life.

Is it safe to try to find my past life on my own?

While meditating or journaling about past lives is generally safe, guided regression or hypnosis should ideally be done with a trained professional to ensure emotional safety and proper support.

Additional Resources

1. *Many Lives, Many Masters*

Dr. Brian Weiss explores the concept of past lives and reincarnation through the real-life case of a patient who begins recalling memories from previous existences during therapy sessions. The book delves into how these past life memories can bring healing and profound personal insights. It is considered a foundational work in the field of past life regression.

2. *The Power of Now: A Guide to Spiritual Enlightenment*

While primarily focused on mindfulness and living in the present, Eckhart Tolle touches on the dissolution of ego and the continuity of consciousness beyond the current lifetime. This book helps readers understand how to transcend their current identity and explore deeper aspects of self, which can be a stepping stone to exploring past lives. It is a spiritual classic that encourages awakening to one's true nature.

3. *Journey of Souls: Case Studies of Life Between Lives*

Dr. Michael Newton presents detailed case studies of patients who, under hypnosis, recall their experiences between incarnations. The book offers fascinating insights into the soul's journey, the purpose of life, and the lessons learned across multiple lifetimes. It is an enlightening read for anyone interested in the afterlife and soul progression.

4. *Past Lives, Future Lives*

Sylvia Browne explores the concept of reincarnation and how understanding past lives can influence

present behavior and relationships. The book includes stories and guidance on how to access past life memories to improve current life circumstances. It offers a blend of spiritual wisdom and practical advice.

5. Many Lives, Many Masters Workbook

This companion workbook to Brian Weiss's original book provides exercises, meditations, and guided visualizations to help readers explore their own past lives. It is designed to facilitate self-discovery and healing through past life regression techniques. The workbook is a hands-on tool for those serious about personal growth and spiritual exploration.

6. Reincarnation: The Missing Link in Christianity

Elizabeth Clare Prophet examines the concept of reincarnation from a Christian perspective, arguing that understanding past lives can deepen spiritual faith. The book discusses historical and scriptural evidence supporting reincarnation and its implications for personal and spiritual development. It bridges the gap between traditional religious beliefs and the idea of soul evolution.

7. The Case for Reincarnation

By Dr. Ian Stevenson, this book presents scientific research and documented cases supporting the reality of reincarnation. It provides a rigorous investigation into children's memories of past lives, offering compelling evidence beyond anecdotal accounts. This book is ideal for readers seeking a more empirical approach to the subject.

8. Between Death and Life: Conversations with a Spirit

Dr. Dolores Cannon shares her experiences with clients who recall their past lives and the time between incarnations during hypnosis sessions. The book explores the soul's purpose, karma, and the spiritual lessons learned beyond physical existence. It offers profound insights into the continuity of life and the nature of the soul.

9. Life Before Life: A Scientific Investigation of Children's Memories of Previous Lives

Hypnotherapist Jim B. Tucker investigates the phenomenon of children remembering past lives, compiling case studies from around the world. The book approaches reincarnation from a scientific

perspective, aiming to understand its implications for consciousness and identity. It is a compelling read for those interested in the intersection of science and spirituality.

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find my past life: *Past Life Clues: Find Your Past Lives Without Hypnosis eBook* ,

find my past life: Past Lives Atasha Fyfe, 2015-01-05 An accessible, authoritative guide to unlocking and working with your past life memories for healing and self-empowerment. An accessible, authoritative guide to unlocking and working with your past life memories for healing and self-empowerment. This book explores- - 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 discover your own past lives - the benefits of past life awareness - the positive messages that can come through during a regression . . . and much more! 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.

find my past life: Discover your Past Lives: a Journey of Self-Knowledge Isis Estrada, Have you ever wondered who you were in your past lives? What experiences you lived through, what people you met, what talents you developed, what lessons you learned? Would you like to explore your past and discover how it influences your present and your future? If the answer is yes, then this book is for you. Discover Your Past Lives: A Journey of Self-Knowledge is a book written by Isis Estrada, a renowned past life therapist and Akashic records teacher. In this book, Isis guides you step by step through the process of self-exploration of your past lives, from the basics of reincarnation to techniques of regression, meditation, and self-hypnosis. Furthermore, she teaches you how to heal through past life therapy, how to overcome blocks and fears, how to identify themes and patterns across your previous lives, how to recognize karmic connections with others, how to awaken your innate gifts inherited from the past, how to explore diverse past lives and cultures, how to glimpse your future life, and how to integrate the awareness of the soul's immortality. This book is not just a theoretical work but also an invitation to practice. Each chapter contains exercises, guided meditations, and reflection questions that will help you delve deeper into the study of your past lives. Lastly, the book includes Isis's personal experience during the exploration of the period between lives, as well as her vision of collective healing. Discover Your Past Lives: A Journey of Self-Knowledge is a book that will open the doors to a fascinating and revealing world. A book that will make you see your life through different eyes, with more understanding, forgiveness, and self-compassion. A book that will inspire you to embrace the tapestry of your past stories and live your present with more fullness and purpose. This book follows a course format and is accredited by The International Guild of Complementary Therapists (IGCT) in England. Anyone who has completed the book can request their completion diploma.

find my past life: Journeys Through Time Jenny Cockell, 2008-11-06 Jenny Cockell has always had memories of living before. In her first book, 'Yesterday's Children', she described her search for the past life family which had haunted her from her earliest childhood. She remembered living as

Mary Sutton, an Irishwoman who had died over 20 years before she was born. She gave an extraordinary account of how she successfully found Mary's surviving children, and was reunited with them in the present. Her new book, 'Journeys Through Time', brings readers up to date with her story. Jenny gives details of the four past lives that she remembers most clearly and explains how she has tried to trace them all. In particular, she remembers a life in Japan, which she has desperately sought to verify and uncover. Beginning with flashes of memories that she experienced in childhood, Jenny describes how she 'found' Mary and her children, her subsequent researches into her Japanese life, and what it all means. It is a page-turning account of one woman's journey to find the lives she lived before.

find my past life: In My Past Life's? Book Thirty six Denise Pinch,

find my past life: Discovering Your Past Lives Made Easy Atasha Fyfe, 2023-10-03 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.

find my past life: Past Life Healing Judy Sharp, 2022-10-27 Do we live many lives - and could trauma of the past still be affecting our health and wellbeing here and now? The author was completely healed of her own severe claustrophobia in one session and now has decades of professional experience helping others with issues such as fear of flying to stubborn weight gain or lost libido. The jury is out on regression therapy, with sceptics claiming that clients are simple 'making up stories'. It seems hard to believe, though, that the deeply relaxed non-rational mind could invent the level of detail described here, accompanied by powerful emotions and physical reactions. Is the client, rather, accessing an archetype, the collective unconscious or 'Akashic Records'? For the author, the bottom line is, simply, that in all cases the journeys proved effective in their healing. Her mantra is, "Find the root cause. Resolve it at source. Move on with your life."

find my past life: Past Lives Therapy: Past Life Regression Special Edition with Past Life Therapy Center Dr. Morris Netherton, 2014-03-27 Past Lives Therapy was the first past life regression book to address the use of reincarnation as a source for therapy. It served as the foundation for on-going teaching programs in the United States. It also introduced the Netherton Method to clinicians in eight foreign countries where it has been translated. The book has remained a valuable source of information for those engaged in research and clinical practice since its publication. Although Dr. Morris Netherton is retired from full-time practice, his methods are continued at Past Life Therapy Center (www.PastLifeTherapyCenter.com). NEW Special Edition with Past Life Therapy Center. Also new by Dr. Morris Netherton and Dr. Thomas Paul: Strangers In The Land Of Confusion: Past Lives Regression Therapy With Past Life Therapy Center. Table of Contents: Preface by Walter Steiss, M.D.; Introduction; I. Finding Past Lives: Confronting the Crisis, The Method; II. Casework: Claustrophobia (Corey), Ulcers (Carl), Epilepsy (Lee), Male Sexual Problems (Henry), Female Sexual Problems (Sarah), Relationships (The Gordons), Alcoholism (Ben), Migraines (Harrison), Hyperactivity (Chuck), Incipient Cancer (Kay); III. Life Cycles: Life in the Womb, The Experience of Birth, The Experience of Death, The Space Between Lives, IV. Past Life Regression & Past Life Therapy F.A.Q.

find my past life: *My Journey Down the Reincarnation Highway* Frank Mares, 2012-11 In this personal account, one man details how he discovered the fact of reincarnation and explores what he

did in his prior lives. More people than you would believe have prior life memories. In his new spiritual memoir *My Journey down the Reincarnation Highway: The True Story of a Man who found nine of His Past Lives* author and businessman Frank Mares tells how he acquired psychic ability in his middle age. With this new gift, he recovered facts about nine of his prior lives, most of which involved violent, bloody deaths. The most recent life was that of a young German Wehrmacht sergeant who was ambushed and killed by Russians during the night of May 1, 1944 in a dark Estonian farmhouse. Not being satisfied with just discovering his past lives, Mares goes on a spiritual mission to find out why he kept dying violently. The answers do not come easily, but by using a team of three world class psychics he eventually tracks down the shocking reason for all his brutal deaths. The psychic team finds that within the soul of this normal small businessman resides a brutal, stone cold killer from the 1600's who surprisingly was the revered founder of a gentile noble family. As part of his soul's continuing quest for redemption, Mares hopes to salvage the dark time in his soul's past into something that could help others today. His experiences show that death is only a transition phase, and that it should not be feared. His book also reveals that reincarnation is actually a well designed, organized system that allows souls to learn personalized life lessons over a surprising number of lives. If you read this book, you will never look at life (and death) in the same way again.

find my past life: *The Complete Idiot's Guide to Past Life Regression* Michael R. Hathaway, D. C. H. Hathaway, 2003 Judging by the more than 2 million web pages dealing with past lives and past life regression (PLR), people aren't only - seeing dead people, - they're interested in finding out whether or not they were some of those dead people in a previous life. Going way beyond a belief in reincarnation and karma, 'regressionists' want to know who they were and what their lives were like - and reputable psychiatrists are using hypnosis to reveal the past life issues that are keeping their patients from living better lives today. In *CIG to Past Life Regression*, a board-certified past life regression therapist reveals the ins and outs of PLR. Is past life regression for real? Are children really closer to their past lives than adults? Can I be hypnotized - and can I trust the hypnotist and what he/she tells me? What will a session be like? Is one session enough? And what about self-hypnosis? How can knowledge of past lives make my life better today?

find my past life: *The Hidden Power of Your Past Lives* Sandra Anne Taylor, 2018-05-08 Have you ever wondered why certain life patterns have been so hard to turn around? Well, the reasons may be encoded in your eternal history--in karmic sources that were set lifetimes ago. Perhaps you keep struggling with money problems, feel hopeless about finding true love, or have an addiction you can't seem to beat. These current issues could be traced back to previous lives. Even psychological and physical ailments such as chronic pain, allergies, weight problems, and self-doubts could originate in unknown past events. Yet these past-life sources don't have to remain a mystery--or have any power over you anymore In this enlightening and truly liberating book, Sandra Anne Taylor explores the energy of karma and reincarnation, revealing how your eternal consciousness can become encoded, influencing your destiny today. When you learn how to release and rescript your karma, you can pave the way to joy and personal power--now and in years to come The audio download includes: a safe and easy past-life regression designed to reveal your encoded information, a fast and fun meditation to rewrite the past and change the present, a meditation to set future intentions and look into potential future events, and affirmations to release your karma and program greater success.

find my past life: *The Intuitive in You* Christopher Alexander Burford, 2017-11-03 Christopher Burford may be the most gifted intuitive, psychic, medium, and viewer on the planet today. He has been a beautiful guiding light in my life and my students lives. And now I am excited that he put his teaching and experiences into a book so people can open the doorway to their natural gifts and live in the presence of self-love and mastery. I believe that this book will truly help people to manifest their destiny and be cocreators of harmony! Kimmie Rose Morgan Chris is genuine; with his superior abilities and limitless wisdom he could change the way world leaders lead our world. Chris shows us the possibility of how we can transform, heal and live in the world today. Beth Lynch, medium The

books simple structure and straightforward delivery conveys spiritual concepts in a visual way. Step-by-step exercises for meditation, healing, and visualization are included throughout. ...The books goal is to reconnect practitioners to their original gifts; it is a helpful guide to making necessary changes, one step at a time. CLARION An ...easy-to-read manual... a varied potpourri of metaphysical teachings. KIRKUS While a book focused on developing a skill could read like a drab textbook, Burford makes things colorful by providing personal anecdotes. BLUEINK Christopher Alexander Burford believes we are all born with innate abilities that society grooms out of us as we age. The good news is that we can learn to control our energy fields just as we control our hands. In a comprehensive guidebook of personal stories and teachings, Christopher leads others to open the doorway to their natural gifts and relearn the basics of controlling energy fields in order to drastically increase personal power, expand knowledge, and develop any skill imaginable. Through an insightful roadmap that incorporates his diverse energy experiences with clear explanations of chakras, auras, and crystals, The Intuitive in You shares anecdotes, activities, and seasoned guidance from a trusted healer, intuitive, and psychic that encourages anyone to relearn how to control their energy fields to achieve a better understanding of themselves.

find my past life: Bending with the Wind Bounchoeurn Sao, Diyana D. Sao, Karline F. Bird, 2014-01-10 Before the Khmer Rouge takeover of Cambodia in April 1975, Sao Bounchoeurn and San Bounriem grew up in idyllic, though vastly different, circumstances. After a secondary education, Bounchoeurn entered the army, joined the Special Forces, and worked for the Americans. He became a slave laborer after the fall of Phnom Penh and eventually escaped to Thailand. In another part of Cambodia, Bounriem lived happily spoiled and uneducated. Fleeing from the advancing Khmer Rouge, she arrived at the same refugee camp as Bounchoeurn, where they met, married, and immigrated to America. This riveting memoir chronicles the couple's childhoods, their lives under the Khmer Rouge, their journeys to Thailand and later the United States, and their efforts to forge a new life. This remarkable tale offers an intimate look inside the terrors of the Khmer Rouge and an inspiring portrait of the immigrant experience in America.

find my past life: A Theory of Reincarnation Robin Sacredfire, 2014-09-02 Discover the Hidden Mysteries of Reincarnation and Karma Are you curious about the secrets of past lives and how they shape our present existence? In A Theory of Reincarnation: How is Karma Related to Reincarnation and How to Remember Past Lives, author Robin Sacredfire delves into the fascinating world of karma and reincarnation, shedding light on the profound connection between our past and present lives. In this captivating book, Robin Sacredfire takes readers on a journey to uncover the hidden truths about our previous incarnations. Drawing on scientific evidence and spiritual insights, he reveals how our past lives intricately intertwine with our karmic experiences, suppressed talents, fears, and even our dreams and ambitions. Unlock your true potential as Robin Sacredfire explores how some of us manifest exceptional skills and abilities from a young age, surpassing what most people achieve with training and development. This unique perspective challenges the conventional notions of talent and provides a new understanding of how our previous existences shape our current capabilities. But it's not just about delving into past lives; it's about rediscovering what we inherently knew. Our difficulties, passions, needs, attributes, values, and relationships all trace back to a lineage of existences on Earth and beyond. As we embark on this path of self-discovery, we come to realize that it's not just about who we were but also about who we are today and how our past lives have shaped us. Robin Sacredfire guides readers through the intricacies of achieving a higher consciousness of our spirituality, showing how we can leverage the knowledge of our past lives to make significant changes in the present. By understanding, changing, and learning to control our karma and reincarnations, we can create a future that benefits us greatly, starting with our actions in this very life. This book isn't just a theory; it's a personal journey. Robin Sacredfire shares their remarkable story of unlocking their past lives, accepting them, and discovering hidden talents and skills that they never knew they possessed. Through this candid account, readers gain insight into how they too can embark on a similar journey, connecting the dots between people and experiences encountered throughout their existence. In A Theory of Reincarnation, Robin Sacredfire

presents a clear and direct approach to this mystical subject, offering a wealth of information rarely found elsewhere. By enlightening and stimulating our understanding of reincarnation and karma, Robin Sacredfire motivates us to embrace a more uplifting and spiritually fulfilling life. Discover the profound connections between your past and present. Uncover hidden talents and secrets from previous lives. Take control of your karma and transform your present and future. Embark on a journey of self-discovery and spiritual growth. Buy *A Theory of Reincarnation: How is Karma Related to Reincarnation and How to Remember Past Lives* now and unlock the power of your past!

find my past life: Healing the Present from the Past Heather S. Friedman Rivera R.N. J.D Ph.D, 2012-12-29 It is important to document the validity of past life regression therapy. Heather Rivera's research has made an important contribution to this field, and I applaud her work.-Brian L. Weiss, M.D., author of *Many Lives, Many Masters* Dr. Heather Rivera has written a much needed book for those interested in past life therapy or those practicing it. Her fine book is based on quantified research, rather than strictly case studies. . .The reader will benefit in many ways, perhaps life-changing ways, from this excellent book. ? Edith Fiore, Ph.D. (Retired Psychologist) Author of *You Have Been Here Before* Dr. Heather Friedman Rivera is one of the most remarkable torch-bearers of our times, bringing light into the dark recesses of our over-soul to which we are all connected into the universal oneness, through her scholarly quantifying research on reincarnation and past-life regression. She makes skeptics see and hear, and places the scientific dots on reincarnation and past life regression in such a convincing, personal and touching way. ? Adrian Finkelstein, MD, Former UCLA Psychiatry Professor Researcher/ Author Dr. Heather Friedman Riveras abrupt healing following a past life regression began a quest of personal discovery and scientific investigation into past lives. Her experience, as well as reports from over 200 respondents from around the world, validate the spiritual, psychological, and physical healings that can result. She reveals her personal journey and the scientific findings from her past life study. Her research is now: quantifying the type and degree of healing effects from past life experiences uncovering the factors that drive and influence these effects opening the door for more research in this important healing modality helping bridge gaps between Western medicine and complementary care

find my past life: Spirit Rescue Wilma Davidson, 2006 From centuries-old battlefields to present-day disasters, Wilma Davidson has coaxed countless earthbound spirits-confused children, loyal soldiers, malevolent entities, and stubborn Titanic passengers-to the Light. In recounting her extraordinary experiences, she brings warmth, honesty, and humor to a subject often avoided and misunderstood: death. This revealing testimonial to the spirit world aims to create awareness, offer credibility, and bring comfort to those who fear crossing over. Davidson's poignant and insightful stories fill in little-known details about ghosts, animal spirits, non-human entities, near-death experiences, angels, and reincarnation. The author also introduces an entire cross-section of the paranormal-spiritual healing, psychic protection, dowsing, astral travel, feng shui, geopathic stress-and gives practical advice for those who wish to follow in her footsteps.

find my past life: A Path of Joy Paramananda Ishaya, 2014-01-31 The search for spiritual enlightenment becomes difficult when seriousness replaces simple commitment. You close the door on the joy of being by taking yourself seriously. When you discover a path of joy, however, freedom is no longer a difficult task but an effortless exploration. Approaching liberation with effort makes sense to the mind when the goal is as valuable as enlightenment, and we're used to trying hard to achieve what we want. But understanding what you truly are works in unexpected ways, and in this lies the cosmic joke. *A Path of Joy: Popping into Freedom* takes a lighthearted look at overcoming the obstacles you encounter in your journey. Each topic is a kernel of truth that invites you to explore and pop into the aliveness of silence. And the path is more obvious than you'd expect. ,

find my past life: Demon At My Door Michelle A. Valentine, 2013-02-22 Gothic outcast Natalie Sugarman bartered her soul for her dying mother's life sixteen years ago to a boy demon that could stop time. Now, days before her twenty-first birthday, the lifelines on her palms are slowly vanishing, and she knows it's just a matter of time before Satan's little helper collects. Natalie's tried numerous times to kill the demon and regain control of her soul's destiny, but she always falls short.

When she decides to try and gain the element of surprise for her next attempt, Natalie seeks answers about his location from a freaky, glowing-eyed fortuneteller. Creeped out by the psychic's methods, she bolts from the reading and misses the warning that the demon who stole her soul is always closer than she thinks. After some strange incidents with her new boyfriend, including a hot, levitating sex session, she realizes he's the grown-up version of her little nightmare and he's returned to collect on their deal. Natalie must figure out how to win her soul back from the demon before her lifeline completely disappears and she becomes his forever—even if that means making a deal to damn three other souls to take her place. *Demon At My Door is a New Adult Paranormal Romance with very mature scenes from New York Times and USA Today Best Selling author Michelle A. Valentine*

find my past life: History of Vigo County, Indiana Henry C. Bradsby, 1891

find my past life: A Journey of Self-Discovery Bhikkhu Revata, 2016-09-18 The Buddha never compelled anybody to have blind faith in Him. He just exhorted us to depend on our own wisdom. It is not because we are born as humans that we become wise or foolish. It is because we can bring our defilements under control that we become wise, and it is because we can't bring our defilements under control that we become foolish. We all have both good and bad qualities. Snakes, chickens, and pigs are not created for you to eat. It is in such existences that you yourself have been born before. We can't harm anybody without harming ourselves. We can't disturb others without disturbing ourselves. Patience means accepting. Very beautiful! Accepting both the desirable and the undesirable is the perfection of patience. You make friends with the defilements all the time, but the defilements never treat you as a friend in return. They treat you as an enemy. The Buddha never says, 'Come and believe'. He says, 'Come and see; the wise can know, the wise can see'. 'One who sees the Dhamma, sees me. One who sees me, sees the Dhamma'. [From a book published by Pa-Auk Meditation Centre, a Centre of Theravāda Buddhist Tradition]

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