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Memories of the Soul Past Life Regression

The effects of a past life can manifest in your current life in many ways but should be used as a tool, not an excuse.

Inside our subconscious lie our memories from past lives. Though we seldom remember even having lived these past lives, the experiences we had living them have had a hand in shaping who we are today. The effects of a past life can manifest in a later lifetime in many ways - phobias, self-limiting beliefs, physical problems, or innate creative abilities.

Violence, death, and trauma in a past life may show up as fear, uncontrollable anger, or low self-esteem in this one, while positive experiences from an earlier lifetime may cause you to feel strongly drawn to certain people, places, or objects without knowing why.

Many people turn to past life regression therapists to revisit their past lives. Past life regression allows you to recall the memories and emotions associated with a past life that continue to exert an influence over your present reality. You may not have even been aware that these

experiences are still affecting you today. Past life regression therapy can offer you a unique opportunity to reconnect with these memories so you can understand them and free yourself.

To discover more about your past lives, consider keeping a notebook where you can record anything that could be a memory from a different lifetime. You may also feel drawn to a particular period in history, a seemingly unfamiliar locale, or a new person you've met who seems oddly familiar.

Pick a time and choose a place where you can relax. Envision your body being filled with healing white light. Remember that nothing you see or hear will harm you. Ask yourself what you hope to achieve through regression and connect with your inner vision. Observe what you see without judgment.

When you are done, think about how what you experienced relates to your present life. There may be beliefs from a past life that you are still operating under but are now ready to let go of. The significance of your past life memory may not be immediately obvious until much later. You can make the most of your past lives by learning from them.

While past life regression can be an exciting journey, it is not a substitute for living in the present where we are most needed right here and now.



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