

Healing With Past Life Therapy Transformational Journeys Through Time And Space

GuinevereThe Light of RosesPast Life DreamworkPast Life RegressionHealing the Eternal SoulTransforming the Eternal Soul - Further Insights from Regression TherapyPast Lives TherapySpiritual Regression for Peace & HealingMeal Prep Your Way to Weight LossInvisible RootsPast Lives, Future HealingKarma and ReincarnationThe Body Keeps the ScoreSoul EchoesMiracles HappenThe Past Life PerspectiveHealing with Past Life TherapyChildren's Past LivesMeditationThe New Regression TherapyBeyond Past LivesHealing Your Past LivesKarmic HealingPast Life RegressionLife Without GuiltAS I WALK WITH SPIRIT: Hypnotherapy, Past Lives, Healing and SpiritualityHealing Through TimeHow to Uncover Your Past LivesSoul Regression TherapyMirrors of TimeHealing the Eternal Soul - Insights from Past Life and Spiritual RegressionPast Lives - a Present HealingWhere Reincarnation and Biology IntersectLife Between LivesPractical Manual to Past Life RegressionUntying the Karmic KnotHealing with Past Life TherapyHeal Your Life with Past Life Regression TechniquesMagic Past LivesThrough Time Into Healing

Guinevere

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.

The Light of Roses

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 Life Dreamwork

"We have all been here before . . . The word karma has made it into the mainstream. But not everyone knows what it really means or how to deal with it. This insightful book will help you come to grips with karmic connections from past lives that have helped create the circumstances of your life today. You'll discover how your actions in past lives—good and bad—affect which family you're born into, who you're attracted to, and why some people put you on edge. You'll learn about group karma, what we do between lives, and what the great lights of East and West, including Jesus, have to say about karma and reincarnation. Most of all, you'll find out how to turn your karmic encounters into grand opportunities to shape the future you want."

Past Life Regression

A fascinating collection of actual Past Life experiences, each one dramatically illustrating how physical and emotional healing can be achieved through recollecting those past traumas. "A most riveting read!"

Healing the Eternal Soul

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

Transforming the Eternal Soul - Further Insights from Regression Therapy

A very comprehensive work in condensing a variety of regression approaches for reaching the inner mind. Great insights from Past life and spiritual regression

Past Lives Therapy

Providing evidence to the validity of past lives, this self-help guide delves deeply into past life regression and offers a thorough understanding of each step of the process. Through detailed transcripts of actual sessions, ordinary people speak candidly about their experiences with this form of self-discovery. Confirming that she has gone through the same journey to healing, Lorraine Flaherty incorporates stories of her own past lives to illustrate the ways these insights can aid in clearing away mental clutter, help to form better decisions, cause one to become more empowered, and put one's life on the right path. With a compelling and down-to-earth approach, this remarkable discussion illustrates the ways that any reader—from the idly curious to the serious spiritual seeker—can develop a greater understanding of who they are, where they come from, and where they are going.

Spiritual Regression for Peace & Healing

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.

Meal Prep Your Way to Weight Loss

Invisible Roots

Originally published by Viking Penguin, 2014.

Past Lives, Future Healing

Whether it's a challenging childhood, a problematic boss, or a failed relationship, we all have our baggage. Unresolved issues can manifest as pain or illness as well as blocks to personal fulfillment and accomplishment. Often, these issues are karmic carryovers from other lifetimes. It is part of our soul's mission to heal them in order to grow. In *KARMIC HEALING*, hypnotherapist Djuna Wojton outlines a four-step plan for recognizing karmic patterns to heal the body, mind, and spirit and truly live in the present. Drawing on more than twenty years of experience in past-life therapy, she provides detailed strategies for fine-tuning your psychic senses, retrieving past-life baggage, clearing karmic clutter, healing family and romantic relationships, and undertaking a spiritual makeover. Going beyond standard regression therapy, she explains how to resolve past-life issues using a variety of holistic treatments, including visualization, meditation, flower essences, yoga postures, tarot cards, collages, drawing, and more. Djuna also shares inspiring stories from her clients who have overcome addiction, physical pain, nightmares, anxiety, marital problems, and other karmic blocks. Using the techniques of karmic healing, you'll learn to recognize and overcome destructive emotional patterns and self-defeating attitudes to gain clarity, achieve goals, improve relationships, and align with your greater purpose.

Karma and Reincarnation

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.

The Body Keeps the Score

A Complete Guidebook on Past Life Regression Hypnotherapy. Past Life Regression can be recreational for some people, a way to satisfy their curiosity. For others this modality has tremendous therapeutic value. Mental, emotional, spiritual and even physical healing can take place in a past life regression session. This book introduces many techniques, and covers them in detail, for how to conduct an effective Past Life Regression session. Kemila shares a lot of her case work as examples. This book is suitable for hypnosis professionals and interested members of the general public. It is full of scripts and reveals detailed step-by-step methods.

Soul Echoes

Life regression. When the results pointed to a past life as Queen Guinevere, Laurel traveled back to that life to make peace with the woman she once was.

Miracles Happen

The book that sheds new light on reincarnation and the extraordinary healing potential of past life and hypnotic regression therapy, from the 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.

The Past Life Perspective

Explore the Love, Light, and Joy of Spiritual Regression The benefits of past-life regression are many: recognizing the divine plan for your life, losing the fear of death, and meeting your soul guides. In *Spiritual Regression for Peace & Healing*, discover how to use regression to better understand and resolve fears, health issues, and karmic relationships and discover your special skills and talents in this life. Join author Ursula Demarmels as she shares dozens of fascinating case studies from more than 4,000 past-life regression sessions that she has conducted in her professional practice. Intimate and inspiring, these stories include heartwarming tales of people being reunited with their loved ones, friends, and even animal companions in spirit.

Healing with Past Life Therapy

This street atlas of London contains a large amount of detail, with land use clearly colour coded to aid use. It includes thousands of updates and has involved extensive and exhaustive research on the ground. It incorporates mapping at four different scales, ranging from route planning maps to large-scale central area maps.

Children's Past Lives

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This is the second edition of an inspired manual for psychotherapists, practitioners, healers, and students of emotional, mental, and spiritual healing. It has been updated with an index and additional spiritual insights into the dynamics of sanskara, impressions upon the soul created out of trauma that create our themes and issues in this life. The author describes how the issues we experience in this life are the effect of unfinished and unhealed trauma and wounds of our past lives and this one. He describes how the emotionally charged magnetic fields and signature beliefs created out of these events create our misperceptions of the world, ourselves, and others in relationships. Until now Regression and Past Life Therapy has been a significant tool in bringing emotional and mental healing to individuals. The New Regression Therapy raises that whole modality to a literally Higher Level of healing work, one that is a significant augmentation to the great work of all the pioneers in this field. The New Regression Therapy incorporates additional elements that enhance and broaden the scope and depth of what has been the state of the art in Regression and Past Life Therapy. Most significant among them is the application of Divine Presence from resources found in the Interlife or through Angelic Higher Resources that are brought to the events and fields of attraction where the wounds and signature beliefs have resided. In the second edition further insights into the dynamics of spirit attachment and augmented protocols for the clearing of such attached entities are included. Greg McHugh is a Registered Psychotherapist and Clinical Hypnotherapist with a practice in Denver, CO. He can be reached through his website at www.gregmchugh.com

Meditation

This practical manual is packed with illuminating case studies and specialised techniques using past life and regression therapy, suitable for any therapist.

The New Regression Therapy

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!

Beyond Past Lives

Healing through time is the first combination of the ancient wisdom of reincarnation with the modern understanding of hypnosis to uncover problems and issues ranging from fear, anger and unworthiness to eating disorders and lost memory. Anyone reading this book will discover how to regress both themselves and others through any point in time to uncover the root causes of everyday problems. It answers the age old questions of abortion and fear of death along with religion . An indepth discovery into your innermost subconscious is possible with the techniques offered by one of the world's few experts in the field - Laurel Phelan

Healing Your Past Lives

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Untying The Karmic Knot joins past-life regression and life-between-lives regression, uniting them in an amazingly powerful and effective process that brings healing to current life challenges. These regressions reveal the source of difficult relationships, depression, anger, addiction, phobias, abandonment issues, unexplained anxiety and body pains. Rather than originating in this life, these problems come forward from a past life. This untying of the original Karmic Knot releases those spirits bound in that ongoing struggle. When that past life ends our spirit enters the afterlife, a realm of unconditional love. Our spirit guide meets us to share knowledge about our current life: the lessons, our soul's purpose on earth, and where we find meaning in our present life. Diane Morrin, M.A., a Licensed Professional Counselor in Montana, earned her bachelor's degree in Sociology from the University of California, and her master's degree in Transpersonal Counseling Psychology from the Naropa University, Boulder, CO. Diane trained in past-life regression with Brian Weiss, M.D., the author of "Many Lives, Many Masters." Her training continued in life-between-lives regression with Dr. Michael Newton, Ph.D., author of "Journey of Souls." A member of the Newton Institute, Ms. Morrin practices and teaches the Insight Meditation tradition. As a spiritual regression therapist, she supports raising the level of consciousness among those courageous enough to discover our human purpose here on earth. Ms. Morrin is the mother of three adult sons and is committed to her stewardship of the environment. Visit online: www.untyingthekarmicknot.com for more information. Contact: 406-827-9330

br> PRAISE FOR REGRESSION THERAPY .." ..breaks down the figurative prison we make for ourselves caused by our beliefs and opinions that trap and bind us in this life. We learn the truth about ourselves and the universe. This set me free by giving me a window into the larger picture of my existence." BT, Dallas, TX .." ..confirmed my belief in a Creator. I experienced unconditional love in the spirit world and am no longer afraid of dying. Dying is simply transitioning to that wonderful place where my loved ones reside continually. Knowing I am here to learn and to teach others has given meaning and purpose to my life." ALM, Thompson Falls, MT .." .. turned my life into a wild ride with Alice down the proverbial 'Rabbit Hole'. My life was shoved into perspective. The knowledge I received both from my past lives and the spirit world left me breathless. My awareness moves forward at the speed of light. RT caused a profound shift in my life." BBC, Missoula, MT "Deep depression had swallowed my life. Regression therapy gave me my life back, filled with healing, understanding, knowledge and energy so that I could move forward with purpose and meaning." THB, Atlanta, GA "I had multiple addictions for many years. Regression therapy revealed this was the third life I had been working on addiction. Enough!! Clean and sober immediately!" RSS, Kalispell, MT "Past-life and life-between-lives regression puts spiritual growth on the fast track. It answers questions that years of traditional therapy may never ask. Knowing what happened to me in past lives has helped me understand who I am in this life. Life-between-lives showed me my current life plan, gave meaning to my life, and energy to move forward with purpose." SL, Boulder, CO"

Karmic Healing

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.

Past Life Regression

This book will teach you how to do past life regression like a professional hypnotist. In this short and easy to understand guide, you will learn: - What past life regression is and the benefits of it - How to regress yourself and others one-on-one or in a group setting - How to heal your present by healing your past - How to recognize the meaning behind the symptoms - How to earn money by doing past life regression and promote your services - How to recognize and untangle karmic relationships - How to connect with your soul family members and call in a soulmate - Energetic cleansing and protection - Energetic cord cutting Scripts included: two variations of past life regression; grounding; protection; connecting with your soul family; meet your soulmate; general healing.

Life Without Guilt

Soul Regression Therapy enables the healing of emotional wounds and trauma in the current life, providing life changing resolution via the unconscious mind. The information contained in this book will help you to discover how Past Life Regression and Between Life Regression can help heal your mind, body and spirit. The case studies and testimonials of amazing transformations that have taken place as a result of Soul Regression Therapy will reveal the true richness of the soul and its powerful innate healing ability. This innate wisdom is available to us all through hypnotic regression, allowing us to access the realm beyond ours, a realm where master guides reside and universal wisdom is available to all. Lorna and John Jackson are premier regression therapists having facilitated and explored over one thousand cases during the last twelve years. They teach their unique form of Soul Regression Therapy throughout Australia and around the world. They have trained extensively in the areas of Hypnotherapy, Psychotherapy, Healing Techniques, and Regression Therapies with many of the worlds pioneers in these fields. Their passion and interest has always been in Past Lives and the immortal Souls journey, exploring their own Past Lives and wanting to help others do the same. They are qualified and certified, practising Clinical Regression Hypnotherapists and Soul Regression Therapists. Lorna and John are also the founders and head trainers at The Jackson Institute, Australia. The mission of The Jackson Institute is to help awaken consciousness and facilitate the healing of souls globally through building a network of enlightened healers.

AS I WALK WITH SPIRIT: Hypnotherapy, Past Lives, Healing and Spirituality

The first book to approach reincarnation from the perspective of dreams • Identifies soul bloodlines, the key to past life therapies • Combines the author's own experiences with case studies and dreamwork with empirical research • Reveals how the analyst and client are often karmically linked In Past Life Dreamwork, Sabine Lucas examines "soul bloodlines"--character traits, talents, and life issues that are the common elements and circumstances of successive past lives. Found threaded through our dreams, these bloodlines reveal the forces manifesting in this life, and, taken together, they shape individuality as well as destiny within the reincarnation cycle. Though a wealth of past life related material regularly surfaces in dreams, until now dreamwork has been largely ignored as a therapy for successfully integrating past life experiences. Using the results of 27 years of personal and professional work, Lucas explains that past life memories help us work out karma on the macro level and trauma on a micro level. She distinguishes three types of past life dreams--classic, informatory, and hybrid--and demonstrates how to distinguish these from other dreams. Her dramatic case studies illustrate the effectiveness of dream therapy in recognizing and integrating the resonant and recurrent circumstances and ethical dilemmas that are played out in the subconscious mind. These psychologically revealing stories bear witness to how individuals are made whole through the integration of common strands of forgotten or repressed past lives. Lucas shows that the integration of past lives enriches the conscious self and also

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promotes universal tolerance through an understanding of the patterns of our psychic soul inheritance.

Healing Through Time

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

How to Uncover Your Past Lives

Providing evidence to the validity of past lives, this self-help guide delves deeply into past life regression and offers a thorough understanding of each step of the process. Through detailed transcripts of actual sessions, ordinary people speak candidly about their experiences with this form of self-discovery. Confirming that she has gone through the same journey to healing, Lorraine Flaherty incorporates stories of her own past lives to illustrate the ways these insights can aid in clearing away mental clutter, help to form better decisions, cause one to become more empowered, and put one's life on the right path. With a compelling and down-to-earth approach, this remarkable discussion illustrates the ways that any reader—from the idly curious to the serious spiritual seeker—can develop a greater understanding of who they are, where they come from, and where they are going.

Soul Regression Therapy

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.

Mirrors of Time

Children who claim to remember a previous life have been found in many parts of the world, particularly in the Buddhist and Hindu countries of South Asia, among the Shiite peoples of Lebanon and Turkey, the tribes of West Africa, and the American northwest. Stevenson has collected over 2,600 reported cases of past-life memories of which 65 detailed reports have been published. Specific information from the children's memories has been collected and matched with the data of their claimed former identity, family, residence, and manner of death. Birthmarks or other physiological manifestations have been found to relate to experiences of the remembered past life, particularly violent death. Writing as a specialist in psychiatry and as a world-renowned scientific investigator of reported paranormal events, Stevenson asks us to suspend our Western tendencies to disbelieve in reincarnation and consider the reality of the burgeoning record of cases now available. This book summarizes Stevenson's findings which are presented in full in the multi-volume work entitled *Reincarnation and*

Biology: A Contribution to the Etiology of Birthmarks and Birth Defects, also published by Praeger.

Healing the Eternal Soul - Insights from Past Life and Spiritual Regression

Past Lives - a Present Healing

A 28-day program for eating clean, featuring more than 100 healthy recipes with time-saving advance-prep methods, from the author of *The 5-Day Real Food Detox* “An effective guide to help you achieve a healthier life and stop dieting once and for all.”—Mark Hyman, M.D., #1 New York Times bestselling author of *Food: What the Heck Should I Eat? LOSE WEIGHT IN JUST FOUR WEEKS* Any successful goal starts with a plan. And diet and fitness guru Nikki Sharp knows all about planning. The former model, Instagram star, and author of *The 5-Day Real Food Detox* discovered that the best way to drop pounds and feel great is through meal prep: making portion-controlled dishes in advance that can be enjoyed all week. Now Sharp shares her secrets and shortcuts for creating a week’s worth of healthy, plant-based food designed to help you lose the weight and keep it off. *Meal Prep Your Way to Weight Loss* breaks it down for you in three easy parts: First, you’ll learn the life-changing, health-altering meal-prep system. Second, you’ll discover “super meals” that infuse ultra-nutrition into every bite. Finally, you’ll receive Sharp’s 28-day guide to meal prepping your weekly breakfast, lunch, dinner, and snacks with ease. As a meal prep master, you’ll enjoy ? steady, satisfying weight loss—up to five pounds each week ? automatic portion control without counting calories, fat grams, or carbohydrates ? an escape from emotional eating and bingeing ? tips and tricks for easy-to-freeze preps ? stress-free cooking, eating—and an overall healthy lifestyle Loaded with photos, grocery shopping lists, and such delicious recipes as Noodles and Cashew Cream, Summer Spring Rolls, Orange Dreamsicle Bliss Balls, and Paleo Bread, *Meal Prep Your Way to Weight Loss* will save you time and money—and help you eat clean and sustainably for the rest of your life! “This book is a must-read for anyone trying to lose weight, get healthy, or change his or her life. Meal prepping is the key to sustainable habits, and Nikki breaks it down to help you succeed.”—David Zinczenko, #1 New York Times bestselling author and NBC News health and wellness contributor

Where Reincarnation and Biology Intersect

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

Life Between Lives

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

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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.

Practical Manual to Past Life Regression

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.

Untying the Karmic Knot

Do you have "memories" not of this life and time? Have you ever experienced a *déjà vu*? Does the idea of reincarnation fascinate you? Have you ever wondered if this is all there is? "If you are a spiritual seeker, if you are on a journey of self-discovery, if you are aware of the speed at which life is moving, if you are learning to listen and heed your intuition, if you have experienced the synchronicity of life, if you are learning to love unconditionally, if you long for 'Home'... "If you suffer from anxiety, phobias, or emotional blocks, if you have ever felt disempowered, if you want to know more about the karmic residue of the past, the Higher Self, the Inner Guide, the Soul's purpose, if you want to gain insight through the shared stories of others on their journey back to Oneness, if you have ever felt spiritually isolated and alone...you will find resonance here...insight...perhaps answers." — from the Introduction *The Light of Roses* is an exploration of past-life regression as a form of healing, witnessed through fascinating case studies and the author's own spiritual journey.

Healing with Past Life Therapy

A past-life regression therapist uses numerous case studies to show readers how to leave their guilt in the past, learn to forgive themselves, and free themselves for a more fulfilling life.

Heal Your Life with Past Life Regression Techniques

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

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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!

Magic Past Lives

A resource for those who assist others in achieving contact with the eternal part of themselves.

Through Time Into Healing

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.

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