

1: Past Lives and Your Health – Clayhut Healing Blog

*Your Past Lives and the Healing Process: A Psychiatrist Looks at Reincarnation and Spiritual Healing [Adrian Finkelstein] on www.enganchecubano.com *FREE* shipping on qualifying offers. A psychiatrist explores reincarnation and spiritual healing, giving actual case studies of patients who have been healed through past-life regression and psychic surgery.*

This helps your physician to better understand and anticipate your genetic and environmental health issues, and improves the level of care you can receive for your physical, mental and emotional health. But what about your spiritual health? Human are hybrids after all. We are spirits inhabiting biological avatars. Past Lives Chances are, your oversoul has experienced many incarnations here on Earth. In every lifetime, the human avatar died. Your soul, on the other hand, is eternal and so it continues to exist. All those past death experiences are never really forgotten. Whoever you were, and whatever you experienced in another life, is going to affect how you feel today. When you return to your spiritual home in between physical incarnations, you heal from the incurred pain and trauma of illness and death. Instead, many souls reincarnate multiple times, and so each return visit draws old pain and fear to the surface. These past life traumas can be detected in several key ways.

Birth Marks As the soul enters the foetus, it imbues the developing body with knowledge. Naturally this includes past life incarnational memories. Soul energy is imparted to the cells, and affects how they develop. An indication of a previous injury may show up in the form of a birthmark. This often occurs when the injury was severe or fatal. For instance, a large red mark on the forehead could indicate a mortal head wound incurred during battle. Other times, the mark resembles a scar. It may be angry red or faded white. These could indicate past life burns. Birthmarks come in all shapes, sizes and many colours and can appear almost anywhere on the body. When you know what to look for, birthmarks speak volumes about past life trauma.

Phobias Past life fears can be retriggered by similar life events. For instance, if your 18th century soul incarnation experienced death by drowning at age 14, you may develop a strong aversion to swimming at the same age. Or, instead of developing a phobia, you may simply be born with a fear. Many people, for instance, have a strong fear of heights. In reality, they are afraid of falling, and this is often the result of having sustained mortal injuries due to a fall from a tree, roof or cliff. Anything that triggers a fight or flight response bears investigating. If no cause can be found in this life, it probably connects to a prior incarnation. Past life healing is effective at helping to heal these ancient phobias.

Aversions Sometimes the past life memory is more subtle as in the persistent aversion to mushrooms. Or, it could be a fear of spiders. Perhaps you were bitten by a poisonous spider in another incarnation. The aversion could be to anything: If you have an aversion that is not connected to your present life, then it is likely the result of unpleasant past life experiences.

Afflictions Past life illnesses and afflictions can also creep into present-day life. A mysterious condition that cannot be healed, no matter the course of treatment, could actually have its roots in the past. Take chronic obesity, for example. If you eat a healthy, moderate diet; exercise regularly, and have addressed all your emotional eating habit issues, and yet still cannot lose weight, you may be unconsciously compensating for a prior life in which you perished due to famine. Similarly, the sudden on-set of an affliction at a particular age that has no reasonable explanation could also be linked to past life. For instance, a person may develop asthma at age 20 because he died in a house fire during his previous incarnation at age Or, if you were in a carriage accident, and lost the use of your legs at age 52, you may begin to dream of paralyses when you turn 52 which could then manifest in the physical form.

Solution If conventional medicine and therapy do not produce desired results, you may wish to explore your previous incarnations. Addressing your old fears and traumas may be all that is needed to restore your health and happiness. Some of these alternative therapies include past life healing , past life reading and past life regression. Of the three, past life healing is probably the most effective because it heals your wounds before bringing the past life memories into your present awareness. Past Life Healing helps release you from the pain and limitation of stubborn ailments, mysterious afflictions, and puzzling phobias. It also assists you in cutting harmful karmic ties and breaking old, self-limiting vows.

2: Reiki and Past Life Regression - Reiki Rays

A psychiatrist explores reincarnation and spiritual healing, giving actual case studies of patients who have been healed through past-life regression and psychic surgery. Dr. Finkelstein is currently assistant clinical professor of psychiatry at UCLA.

There are over 50 case studies in the book, with detailed past lives outlined for each astrological archetype. She also includes an exploration of the common themes that arise within the archetypes, which are usefully summarized in the Appendix at the back of the book. This book is an absolute work of art, as well as of the mind, offering readers at all levels rich food for the soul, regardless of astrological training or spiritual beliefs. Astrology "ISAR Journal April "Patricia has created an invaluable work on behalf of Evolutionary Astrology generally, and to all students of this work specifically. Patricia Walsh is indeed one of those few men or women of wisdom who can accurately interpret the natal chart of each Soul. I cannot more highly recommend this work to any serious student who endeavors to understand the true beauty of what Evolutionary Astrology is; which is to be a true SOUL WORKER, who desires to help any Soul understand their own unique, individual, evolutionary journey that ultimately takes them back from where they began: Her introduction contains an excellent synopsis of the main concepts of Evolutionary Astrology, as well as a description of the methods used in past life regression sessions that provide the substance of the book. Her understanding of the zodiac archetypes is multivalent and eloquent. This book is a must have for anybody who has been studying Evolutionary Astrology, and desires to utilize it as a counseling tool. Even the few astrologers who claimed to practice regression to past lives with their clients for me had little of substance to offer, since, for the most part, they had no practical awareness of the deeper issues psychotherapy. This ground-breaking book must surely be welcomed by all practicing astrologers, whether or not they use past life regression therapy or believe in reincarnation. Astrology and Reincarnation , Roger J. Her name was Patricia Walsh. In other words, Patricia Walsh was proving that trance-work and Evolutionary Astrology were coming up with the same results. Her work is meticulous and very concrete. Case studies are compared, with the parallels between the two systems leaping out dramatically. Patricia will have a book out soon. I find the work that Roger Woolger and Patricia Walsh are doing particularly exciting for two reasons. First, and more importantly, there is tremendous potential for a healing synergy between hypnotic regressions and Evolutionary Astrology. A regression in which a person actually has direct experience of a prior life trauma can be tremendously cathartic, adding dimensionality and punch to the more abstract astrological analysis. In other words, if you were the captain of a slave ship or one of its passengers in a prior life, you might vastly prefer to recall lifetimes as a French pastry chef! Astrology strategically directs the attention in the most therapeutic direction, while Deep Memory Process can better trigger highly specific memories, plus release, confidence in the reality of the experience, and healing. The second reason I am so excited about this coming together of Deep Memory Process and Evolutionary Astrology is that the combination is just so incredibly convincing. If Joe tells you he saw a UFO around sunset last night over the reservoir, you are interested, but you are not sure. If an hour later Ann, who has never even met Joe, tells you the same thing, you are far more compelled to belief. Throughout the book the reader is also introduced to a variety of psychological processes unavailable in other astrological texts. The author works with past life regression therapy and evolutionary astrology so that she has been able to present real clients with the past life stories that were therapeutic to this life and then correlate those stories to the natal birth charts. She presents this with appealing clarity so that her process is no mystery even though the subject matter is famously mysterious to us earthlings in general. Her work will certainly be helpful to my own clients in astrology and though I am a graduate of the same school, I do not personally know the author. Her niche is all her own. No one else has done this. And her mentors express their sincere appreciation in both forwards, from Roger Woolger and from Jeffrey Wolf Green. A work of genius, courage and compassion. A very great offering to help people heal the imprints that hold them back. O, did I say I recommend it? It is so readable that one need not be a regression therapist nor astrologer to sit spellbound, story to planet to lifetime to healing. Buy now Upcoming Events.

3: Past Life Regression Therapy - Seattle Healing and Hypnosis

Your Past Lives and the Healing Process: A Psychiatrist Looks At Reincarnation and Spiritual Healing by Adrian Finkelstein A psychiatrist explores reincarnation and spiritual healing, giving actual case studies of patients who have been healed through past-life regression and psychic surgery.

Life can be hard, and we all get hurt at times by someone or something that happens to us. But there is good news if you are a believer in Christ Jesus: God is the healer, and He can heal us everywhere we hurt! I was sexually abused by my dad and other men throughout my childhood, and as an adult I went through years battling migraine headaches and also had breast cancer at one time. But when you realize that God really is smarter than you, and He will give you the ability to do everything He shows you to do, then you can experience His power in your life! Get Spirit-filled content delivered right to your inbox! Click here to subscribe to our newsletter. And it affected every part of my life: I was miserable and believed everyone had a problem but me! When God showed me in John But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too. The Why Behind the What It helps us forgive others when we understand that hurting people hurt people. Many times when people hurt us, they are acting out of their own pain and may not even realize what they are doing. A long time after I left home and escaped that abusive situation, I came to see that my dad had done those things to me because of the way he had been raised. He grew up in a family that practiced incest and it caused him to behave like that in our home. Understanding this about my father helped me forgive him, and I actually felt sorry for him. He led such a miserable life and at the end, he had more regrets than anything else to speak of. Instead, make a determined decision to trust God and do things His way. God is smarter than you and whatever He tells you to do, He has your best interest at heart. Trust Him and forgive!

4: Past Lives and Self-Healing with Adrian Finkelstein, M.D. | Author of *By Love Reclaimed*

Find great deals for Your Past Lives and the Healing Process: A Psychiatrist Looks at Reincarnation and Spiritual Healing by Adrian Finkelstein (, Hardcover, Expanded).

Muscle tension Healing from trauma Trauma symptoms typically last from a few days to a few months, gradually fading as you process the unsettling event. Symptoms, Treatment, and Self-Help Whether or not a traumatic event involves death, you as a survivor must cope with the loss, at least temporarily, of your sense of safety. The natural reaction to this loss is grief. The following tips can help you cope with the sense of grief, heal from the trauma, and move on with your life. Trauma recovery tip 1: As well as burning off adrenaline and releasing endorphins, exercise and movement can actually help repair your nervous system. Try to exercise for 30 minutes or more on most days. Exercise that is rhythmic and engages both your arms and legs—such as walking, running, swimming, basketball, or even dancing—works best. Add a mindfulness element. Instead of focusing on your thoughts or distracting yourself while you exercise, really focus on your body and how it feels as you move. Notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of wind on your skin. Rock climbing, boxing, weight training, or martial arts can make this easier—after all, you need to focus on your body movements during these activities in order to avoid injury. Connecting to others face to face will help you heal, so make an effort to maintain your relationships and avoid spending too much time alone. In fact, for some people, that can just make things worse. Comfort comes from feeling engaged and accepted by others. Turn to a trusted family member, friend, counselor, or clergyman. Reconnect with old friends. Join a support group for trauma survivors. Being with others who are facing the same problems can help reduce your sense of isolation and hearing how others cope can help inspire you in your own recovery. As well as helping others, volunteering can be a great way to challenge the sense of helplessness that often accompanies trauma. Remind yourself of your strengths and reclaim your sense of power by helping others. If connecting to others is difficult Many people who have experienced trauma feel disconnected, withdrawn and find it difficult to connect with other people. If that describes you, there are some things you can do before you next sit down with a friend: Jump up and down, swing your arms and legs, or just flail around. As strange as it sounds, vocal toning is a great way to open up to social engagement. Change the pitch and volume until you experience a pleasant vibration in your face. Not only will it help relieve the anxiety associated with trauma, but it will also engender a greater sense of control. If you are feeling disoriented, confused, or upset, a quick way to calm yourself is through mindful breathing. Simply take 60 breaths, focusing your attention on each out breath. Does a specific sight, smell or taste quickly make you feel calm? Or maybe petting an animal or listening to music works to quickly soothe you? Everyone responds to sensory input a little differently, so experiment with different quick stress relief techniques to find what works best for you. To feel in the present and more grounded, sit on a chair. Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer. Allow yourself to feel what you feel when you feel it. Acknowledge your feelings about the trauma as they arise and accept them. Get plenty of sleep. After a traumatic experience, worry or fear may disturb your sleep patterns. But a lack of quality sleep can exacerbate your trauma symptoms and make it harder to maintain your emotional balance. Go to sleep and get up at the same time each day and aim for 7 to 9 hours of sleep each night. Avoid alcohol and drugs. Their use can worsen your trauma symptoms and increase feelings of depression, anxiety, and isolation. Eat a well-balanced diet. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. Try relaxation techniques such as meditation, yoga, or deep breathing exercises. Schedule time for activities that bring you joy such as favorite hobbies. When to seek professional therapy for trauma Recovering from trauma takes time, and everyone heals at their own pace. Having trouble functioning at home or work Suffering from severe fear, anxiety, or depression Unable to form close, satisfying relationships Experiencing terrifying memories, nightmares, or flashbacks Avoiding more and more things that remind you of the trauma Emotionally numb and disconnected from others Using alcohol or drugs to feel better Working

through trauma can be scary, painful, and potentially re-traumatizing, so this healing work is best done with the help of an experienced trauma specialist. Finding the right therapist may take some time. But the quality of the relationship with your therapist is equally important. Choose a trauma specialist you feel comfortable with. Did you feel comfortable discussing your problems with the therapist? Did you feel like the therapist understood what you were talking about? Were your concerns taken seriously or were they minimized or dismissed? Were you treated with compassion and respect? Do you believe that you could grow to trust the therapist? A trauma specialist may use a variety of different therapy approaches in your treatment. Somatic experiencing focuses on bodily sensations, rather than thoughts and memories about the traumatic event. Cognitive-behavioral therapy helps you process and evaluate your thoughts and feelings about a trauma. EMDR Eye Movement Desensitization and Reprocessing incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation that can "unfreeze" traumatic memories.

Helping a loved one deal with trauma When a loved one has suffered trauma, your support can be a crucial factor in their recovery. Be patient and understanding. Healing from trauma takes time. That may mean help with collecting groceries or housework, for example, or simply being available to talk or listen. Some trauma survivors find it difficult to talk about what happened. Help your loved one to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends. Your loved one may become angry, irritable, withdrawn, or emotionally distant. Remember that this is a result of the trauma and may not have anything to do with you or your relationship. Your child may also look to you for cues on how they should respond to trauma so let them see you dealing with symptoms in a positive way.

How children react to emotional and psychological trauma Some common reactions to trauma and ways to help your child deal with them: Many children need to return to an earlier stage when they felt safer. Younger children may wet the bed or want a bottle; older children may fear being alone. Thinking the event is their fault. Children younger than 8 tend to think that if something goes wrong, it must be their fault. Be sure your child understands that he or she did not cause the event. Some children have difficulty falling to sleep; others wake frequently or have troubling dreams. Give your child a stuffed animal, soft blanket, or flashlight to take to bed. Try spending extra time together in the evening, doing quiet activities or reading. It may take a while before your child can sleep through the night again. Being active in a campaign to prevent an event from happening again, writing thank you letters to people who have helped, and caring for others can bring a sense of hope and control to everyone in the family.

5: This Will Sabotage Holy Spirit's Healing Process in Your Life – Charisma News

Add tags for "Your past lives and the healing process: a psychiatrist looks at reincarnation and spiritual healing". Be the first.

Removing all negativity from my life I appreciate it. I would recommend him to anyone needing a spiritual healing! Thank you so much Uriel!!! My boyfriend had left me for another woman. I was really going through a rough time in life. Uriel told me not to worry and that he would take care of me. Me and my boyfriend are back together thanks to Uriel. I would recommend him to anyone having a hard time in life. Thank you Uriel, 5 out of 5 Edouard B. My mother left my father when I was 4 and his mother who was a witch cursed my mother and me. We had random evil come to us my entire life growing up. Car accidents, floods, home appliances failing even being almost new, men never lasted in my mothers life and I was always having trouble making friends or dating as I got older. It felt like a vale was put around us to lock us up in 1 place. My mother could never keep a job without being let go for no reason the companies would just lay off and she was always the "lucky one". We went to countless healers, psychics, shamans, priests, you name it and we tried it all. I found Uriel online and decided it was worth a shot to try his service. First 2 weeks I admit I was very negative and emailed him saying I am losing hope and giving up even though he assured me that we just started and to allow him some time to perform his work. I was losing hope regardless and my mind learned to be very negative and I became a pessimist by nature due to so much bad luck. One morning I wake up and decide out of no where to go to the library i never go there a young beautiful girl approached me and we began to talk within few weeks we fell in love and decided to get married. To my surprise her uncle was single and my mother began dating him due to my introduction and things just changed for us. Today about year in half later my mother is living a happy life with him, no struggles with money as he is very successful and I am living with my new wife and truly am happy for the blessings Uriel has given both me and my mother. I have decided to write this review and send him a gift for his amazing work. If you are struggling this man is truly gifted and worth every dime. My boy friend of 7 years left me for another woman few months before we were due to get married. My life was so miserable that I had to quit my job and just stayed in bed crying all day. I lost everything and moved back in with my parents. All I wanted was my ex back and Uriel was my last resort. He told me he will do his best to help me and after few weeks of working together I was out of bed, and my family was shocked of how I began to change. Everyone said this man is God send because I really felt it was the end for me. Today 11 months later I am back on my feet, moved out of my parents house, got my own place and me and my new boy friend are expecting a baby. My ex did come back but Uriel advised me to leave the past in the past and as much as I wanted to get back I realized that If i did I could of been in same boat again. He is truly inspiring, smart and has a gift like no other to perform healing. Uriel was my last hope and he did exactly what he promised. He worked with me daily and truly kept to his word. It took few months but I am truly doing so much better now. I have a stable job, my new girlfriend is very friendly and I no longer have fears I had before. He is truly an angel. When I met him I would cry at night and not know why I am even living. After a few weeks of knowing him I had purpose and I feel stronger then I have ever. He is truly a gifted man. This curse followed me for over 20 years of my life. I had Uriel do a healing on me and the man I am with now has not left me and we are actually thinking of getting married. I told him what was going on and he instructed me on what he needed to do to help. True Man of his word, and my life is really getting better. After 15 years of being with my kids father and a woman coming in a doing Black Majic. Uriel directed me on different things and I did them. He always answers me and always honest. I really appreciate him alot. Mext review coming soon 5 out of 5 Yaffa D. I truly was miserable before meeting Uriel. He always was very patient and took the time to write me whenever I asked him questions. He is very caring and checked up on me almost every day. I was struggling with blockage in every part of my life money, health, relationships and today I am doing much better. Thank you so much for being there for me. I struggled for 6 months and a friend recommended I get spiritual healing so I gave it a try. Today I am doing much better thanks to Uriel. It felt really good rejecting him too. Uriel you are truly an angel and I thank you every day. I realized that I

needed a spiritual healing and decided to give it a try, I am doing much better and life has been much better ever since. Its worth it getting a healing if you are struggling. He turned my entire life around and gave me ability to get back to normal. I found a new job, met a really decent man and been traveling with the extra money I am making. Instead of progressing forward I was stuck in one spot for years. I came to Uriel and he totally helped me come out of this and within weeks i was back to a good life.

6: Emotional and Psychological Trauma: Healing from Trauma and Moving On

*Your Past Lives and the Healing Process: A Psychiatrist Looks at Reincarnation and Spiritual Healing by Adrian Finkelstein () [Adrian Finkelstein] on www.enganchecubano.com *FREE* shipping on qualifying offers.*

Some of us continue to feel the pain and anger of those early times and the beliefs we formed about ourselves and the world also continue to shape our lives. Holding onto our childhood stories can keep us stuck in the past and prevent us from living the life we deserve. We can make ourselves sick by keeping the emotions trapped in our bodies and live as victims controlled by fear. For many of us, our histories feed our deepest feelings of being unworthy and unlovable. It is only by releasing these feelings and letting go of the past that you will be free. Free to feel good enough. Free to create the life and love you want. Your past is in the past. I have been there. But, I have also been able to move beyond it. If I can do it, you can too. Often, the assistance of a qualified coach, counselor, specialized program, or trusted friend can help you find the way. If you would like to talk to me about the possibility of working together to support your healing, you can contact me here. Below is one of the exercises that I have used and recommended. You will want to create some alone time in a quiet space to focus on the process. It may feel awkward at first, but when you really dive in it can help you start to heal your past. Here are the steps: Do not judge or edit, just write. She may swear, be angry, or scared. You are giving her an opportunity to feel heard. You can ask questions or interact with her if you want to further the conversation. When she is through, close your eyes and focus on your breathing. Take a very deep breath and breathe out any negative or limiting emotions that came up during the process. Repeat a couple times if needed and then settle into a pattern of breathing out what no longer serves you and breathing in LOVE. Sit with the feeling of letting go and bringing in love for a few moments. Comfort your younger self. Do what feels right for you. Sit with that feeling of love and healing for awhile and then form an intention to carry it forward with you as you step back into your daily life. You may want to journal more about what you have learned in the process and how you feel. But, when you start taking steps in that direction, you are taking a stand for yourself. If you have thoughts of ending your life, please call a suicide hotline immediately. Here is the number for the National Suicide Prevention Lifeline: I did, and it changed my life.

7: Past Life Healing & Reading | Clearing & Cleansing Negative Energy

Coming to peace with your past lives works the same way as healing a past traumatic event from your present life. How Does the Past Life Healing Process Work for YOU? 1> You identify the problem by tracing the pain back to its point of origin.

Delo April 8, , 6: Can contact me for any diseases or problems. My contact details are: There are some very good reasons I felt pushed to find my past lives. And more to unfold with future ones. I live in Dallas, TX. Would you happen to know of someone in Dallas, or of websites with listings of practitioners that I can refer to? I am posting on past lives this week. Rather to be aware of what you may encounter. Some are not ready for the realization that they may have been that which they now hate the most. As always your posts are insightful and full of wonderful lessons. Thank you Robbie dr sunita January 22, , As you come back with a selection of the same people from each life time, it can be interesting to see what characters they play in each life and what relationship they have to you in that life. I must appreciate this one. I think by using these sort of techniques we can solve our purpose to birth. Because the information comes from your own subconscious you are the source it harms none and is always helpful for anyone who wants to heal. Of course it is best to work with someone who has been trained to do this and of course with someone who has done this work with success. I conduct past life regression hypnotherapy sessions. My clients have all released dysfunctional behaviour, destructive pattern and illness. Am i able to do on myself? If working plr on your self it might be hard to be a good objective hollow bone when your own emotions are on the line.

8: Healing The Past Quotes (quotes)

Your Past Lives and the Healing Process, A Psychiatrist Looks at Reincarnation and Spiritual Healing () A Psychiatrist Search For God, Back to God Finding Joy in Divine Union () A Search For Love Through Many Lives (Manuscript).

This life is often difficult enough right? Why complicate things with lives lived long in the past, when the present moment is NOW and your moment of creative power also lies in this moment? What I found however in the Soul Journeys with my clients is that current life drama is often a direct result of past life trauma. Heal the past life trauma, and you heal the current life drama, it turns out to be that freaking simple. Current life drama is fully cleared and disappears, when you heal the underlying trauma from a past life. Let me repeat that, so it fully sinks in. When you heal the past life trauma, you heal your current life drama. Karma has often gotten a bad rep, because it has often been interpreted as this reward and punishment system from the Universe. You wanted to learn something that lifetime, you missed the lesson, maybe made some wrong conclusions and now this life you get a chance to revisit that lesson with new insights, with more soul maturity and the opportunity to nail it this time around. The Universe loves you so much, you get as many chances as you need to master whatever you set out to achieve. This is so powerful, these insights that most of the healing work is done right there in that one session – unless your soul or guides come up with some extra homework for you to support you after the journey in your further healing process. So no need to keep suffering. No need to give this drama any negative attention or energy. No need to even talk it out often if others are involved, because once you have seen the truth of the situation – you find out that nothing was as it seemed anyway. It depends on the way they process this kind of information, some will really see it as a movie. Others will hear it, know it or feel it. But the client always gains the information themselves. I do not see for them. I only guide them on their journey in their subconscious mind and their own Akashic record where all their past lives are stored. The Gangsta Goddesses energy that I channel which clears old energy, outdated beliefs, soul contracts, etc and aligns you deeper to your own soul path opens the vortex through which you can access this information, even if you have never done something like this before. Past life players coming back in this life One thing that I often see pop up is that past life players, are often also present in this lifetime. This is because you made soul contracts with those souls to learn these lessons together, they committed pre-incarnation to do anything it takes to help you learn what you wanted to learn and by that you are helping them learn the other side perspective of the same lesson. On a soul level there are never victims and perpetrators, on a soul level there are only two or more souls who agreed to help each other in their soul growth. It can be that one or two players are the same, but it can very well be that all players are the same. In that lifetime she was structurally raped by her brother from 15 to 30, which her mother and father pretended not to know. She stepped out of the lesson. This lifetime all players came back in the exact same formation, mother, father and brother although in this lifetime the brother kept his distance from her and the biggest trigger in her life was her relationship with her mother. These souls chose to all come back for a redo, because the client opted out of that life at that time without learning the lesson she had wanted to learn. Past life fears sabotaging you in this lifetime A theme that I have seen come back over and over again in Soul Journeys are past life fears, holding the clients small in this lifetime. Especially fears around stepping into their full soul potential, speaking their truth and living their soul purpose – sharing their unique gift with the world. So many of us have been threatened with death, persecuted, killed or had our loved ones be hurt when in previous lives we have felt called to step into our soul purpose and share our unique gift with the world. I myself had multiple lives that I had to work through layer for layer that had me scared shitless around owning my unique gift channeling the Gangsta Goddesses energy. The eccentric rich man life , where my family had me committed to a mental asylum was a more recent one but it went as far back as a life as high priestess in Lemuria, where I had even blocked off a part of my spiritual powers to protect myself and the people there. The powers belong to the soul and as you are the same soul, even in two different lives, the you in this lifetime can access the powers the soul developed in previous lifetimes. Past live beliefs co-creating your current reality Recently a young mother with a big secret contacted me for a Soul Journey. She returned to a lifetime in which she was a burlesque dancer. When we went deeper

into the journey, she saw she was held captive in a cage and after her dancing she would be raped by an endless queue of men. At one point she got pregnant and was allowed to keep the baby with her, but she had no idea who the father was. It could be any of the men who raped her on a regular basis. Huge guilt ate at her of course. It now made perfect sense to her that she had not felt herself, while having affairs with other men. She knew that her behavior was not like her at all, and still she allowed these experiences to happen in this lifetime that now that she went back to the past life made her feel the same disgust now, that she had felt then when all these men were groping at her in her life as a dancer. When we looked back, of course her partner and the other potential father of the baby were in the long queue of men in her other life. No matter what I tried, she went blank on what she wanted to learn from that lifetime. Up till then we had a stunning story, full of twists and turns but no breakthrough which makes it useless. That did the trick, she immediately realized that she had believed that when a woman is beautiful, powerful and capable of taking care of herself "men would come to take that away from her exactly what had happened to her as burlesque dancer. Once she verbalized this past life believe, she saw how and when it had sabotaged her life again and again in this lifetime. At that moment I could feel, that she had really made the energetic switch. Healing took place and the hook from that past life on this life was released. Just as whatever you believe in this lifetime, co-creates your current reality " what you believed in a past life and took with you energetically because it was hard coded in your believe system, when activated will again co-create your reality. Even when nothing you experienced in this life, justifies the reality that is being created. It is the past life believe bleeding through in this life that is responsible for the often dramatic consequences you see manifest in your current reality. Retrieving separated parts of the soul Another possible scenario is that you retrieve separated parts of the soul from past lives. A female client that had been following me for years already, long before I started Gangsta Goddesses saw an update on Facebook about my Soul Journeys and knew she had to book one, which she immediately did. We went into the journey and she went straight into a blind panic. She was hyperventilating on the phone, so I calmed her down. Reminded her, that she and I were here in this reality. She calmed down and found herself chained and locked in a room. Her head hurting from being hit over the head. She was a 12 year old boy whose name was Jens. There was no lesson to be learned. There was no believe to be uncovered. I was led to do an inner child integration with her with this past life child and that did the trick, she took the little guy in her arms and for the first time in this lifetime she felt complete. She had always felt this intense feeling of being alone and deep sorrow, that was healed on the spot. Current life childhood abuse is almost always rooted in a past life When I hear of extreme childhood circumstances I now know the root lies in a past life. As souls we always choose those parents and life circumstances that will support us the most in what we want to achieve in that lifetime. They actually help us prepare for that what we came to do, as you saw in previous examples. Still when it comes to children, we all want them to grow up in love and a feeling of protection. One of the most extreme Soul Journeys I went on with a client that I actually knew from my prior coaching business, when I was still teaching people how to be successful online. Her current life was like a nightmare past life, her mother had worked as a prostitute her father was a pimp and she had been anally raped by her five years older brother from the age of 8 until she was 15 years old. I was shocked when I heard her story, what a horror for a child to endure. I asked her why the incest stopped at the age of She told me her brother had gotten a girlfriend then and she had told him that now that he had a girlfriend, he had to keep his fucking hands off her. He never touched her again. Yet even her very first sexual experience with a boy she liked, ended up in rape. Can you imagine how a young girl who went through all this will experience sexuality in her life? Instead of this beautiful and amazing experience, sex had become this painful and violating experience to her. By the time I spoke to her, she was already middle aged and fully disappointed in men. She had some trouble going in the Soul Journey, her mind kept telling her it was nonsense what she was seeing, yet still we went deeper and deeper until the full story was shown. She was a six year old girl in a family of eight children. Her father sold her to an uncle or nephew. In the beginning there was a fight, men beating each other. Her father won and she was sold off. For the rest of her life she was abused by the man who bought her and his wife, she was used as maid and sex slave to the man. This is a typical example of a past life bleeding through in a current life. In that past life rape was all she knew, her whole life long. This life started out the same way.

Forgiveness in these cases is crucial, because hating the abuser will only hurt yourself. Extreme situations like this, call for forgiving the unforgivable. It freed her from this experience and this energy frequency. Also here you can do wonders for your relationship with your child by healing these past life energies. Clearing up this joint past life, will allow your current relationship to develop free of the influences and subconscious memories of your other life together. Past life vows tripping you up in the here and now Past life vows can trip you up bad. Deathbed vows are very powerful energetically, whatever you vowed while dying gets hard coded in your energy system and can influence your current reality. For example the vow to never love any other then the soul you were married to in that lifetime or any other decision that you fully committed to. If you were a priest or a nun of any order you probably took a poverty vow and often also a celibacy vow. When these past life vows get activated in this lifetime for whatever reason, they sabotage your current reality often without you even knowing it. What needs to be done, is to bring these vows out of the dark depths of your subconscious mind in your consciousness so that you can let them go. In for example a Soul Journey you could access them, if they are relevant to your current life.

9: Reading List | Brian L. Weiss, MD

That's your only responsibility over your past-lives. Very often the subject of past-lives is not just about curiosity. It's something that urgently begs for healing and closure, for the sake.

YOUR PAST LIVES AND THE HEALING PROCESS pdf

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