



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 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.

This book is a practical and common sense approach to helping you overcome self-defeating behavior. It explores some of the ways that you may have contracted the limiting, deep-seated beliefs that are keeping you stuck in negative patterns. It is presented in a humorous and accessible way and makes you think. This work touches on many of the world religions, just enough to help you understand how they, along with parental and peer pressures, have led you to think and act the way you do. It also looks at the possibility of soul choices and karma and even alien abduction. It gives you tools you can use to rethink your deepest beliefs, thereby recreate your reality, regardless of where it came from.

Helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. This title describes different types of past-life recall experiences and shares favored techniques of meditation and visualization used to gain access to your past. How to Be a Psychic

A Practical Guide to Death and Dying

The Healing Power of Your Past Lives

Step by Step Guide and Hypnosis Scripts

Doors to Past Lives & Future Lives

Healing with Past Life Therapy

Opening A Window To The Soul

The human soul is eternal, and though physical death marks the end of one life, it heralds a transition to the next. To help us focus on the lessons of our current life, most of us are born without conscious memory of what came before this life. When the time is right, past-life memories can be beneficial. They can reveal our life's purpose and help heal current wounds. Conscious past-life recall can also help you clear karmic imbalances and discover latent skills and talents carried over from previous lifetimes. Because one past-life regression method does not always work for everyone, Richard Webster presents twelve different techniques for investigating your past lives, including: dreaming of your past lives, scrying, hypnotic regressions you can do alone or with a partner, and exploring the Akashic records. Whether you seek to release old traumatic experiences that may be affecting your health and happiness in this lifetime, or you're simply curious about who you have been throughout the ages, this practical guidebook has everything you need to explore your soul's past.

Seeing Through the Game of Life is a practical guide to spiritual enlightenment that includes sixteen powerful practice ideas on how to awaken to your authentic self, satisfy the self-fulfilling prophecy of enlightenment, discover the ultimate truth of your existence, see through your own thoughts, stories, and projections . . . and various ways of cultivating mystical experiences that lead to enlightened living in a brave new world. The human soul is eternal, and though physical death marks the end of one life, it heralds a transition to the next. To help us focus on the lessons of our current life, most of us are born without conscious memory of what came before. When the time is right

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.

Living in Your Sweet Spot

The Art of Dying Well

The Seven Spiritual Laws of Success

A Practical Guide to the Fulfillment of Your Dreams: Easyread Large Bold Edition

A Practical Guide to Helping Children Understand Their Past

Instructions for Seekers, Witches & Other Spiritual Misfits

How Past Life Memories Affect Your Child

Do you feel fulfilled with your life? Do you love your job but have no time for your family and friends? Are you bogged down in stress and worry and feel good sleep and healthy eating slipping away? Have you resigned yourself to the belief that your life is what it is because you're sick of trying and failing with nothing ever changing? Living in Your Sweet Spot: A

Practical Guide to Your Authentic Life is designed to guide you to understanding what you do that brings yourself closer to or further from your authentic self. It is about what you do to protect, avoid, delay, deny, or excuse not living your life to its fullest potential. Living in Your Sweet Spot can help you better understand and confront: The physical damage of stress; What is keeping you from restful sleep; Easy steps to effective meditation; The emotional and physical value of gratitude; Understanding your purpose and following it to your destiny; and Many more powerful steps to living in your sweet spot. When you live in your sweet spot as your authentic self, all the pieces of your life fit together harmoniously and you have a feeling of inner peace and satisfaction. Using personal narratives gained from her clients' success stories and her own, Dr. Pat Gibson's Living in Your Sweet Spot offers the exercises, tools, and knowledge to achieve your authentic self and live the life you deserve.

Have you ever visited a strange place and felt that you had been there before? Do you struggle with frustrations and fears that seem to have no basis in your present life? Are you afraid of death? This book presents a simple technique that you can use to obtain past life information today. There are no mysterious preparations, no groups to join, no philosophy to which you must adhere. You don't even have to believe in reincarnation. The tools are provided for you to make your own investigations, find your own answers and make your own judgements as to the validity of the information and its usefulness to you.

A Practical Guide to Past Life Regression Llewellyn Worldwide Limited

Over 85 percent of Americans today express concern about health and the environment, yet only a small fraction say they know where to begin. If you are concerned about climate change, personal health, or simply wish to tread more lightly on the earth, this book is for you. It will help you get past the worry and take positive action to improve both your health and the health of the planet. Based on a lifetime of research and practice, Greg Horn provides the ultimate primer for living sustainably.

A Guide to Living Beyond the Human Drama

Step by Step Guide and Hypnosis Scripts for Your Metaphysical Practice

The Old Soul's Guidebook

The True Story of a Police Detective's Reincarnation

A Mystical Practical Guide to Magic

Dot Journaling—A Practical Guide

Clear Your Karma

Many people are so afraid of death that they don't want to think about it, hear about it, or plan for it. But death must be understood and prepared for -- otherwise we will live in fear and burden our loved ones with unanswered questions and unnecessary responsibilities. In

A Practical Guide to Death and Dying, consciousness researcher John White provides a thorough, compassionate look at death and explores the biology, psychology, and metaphysics of one's own demise. In addition to recounting the personal stories of those who have developed a healthy attitude toward death, White also offers a program for personal action. He provides information about the evidence of life after death; how to eliminate fears about death; how to plan for it; practical exercises for learning how to die; and where to find more help. A Practical Guide to Death and Dying will benefit readers who are ill and those who are healthy, readers who care for the dying, and readers who are curious about what lies ahead.

You were created for a lifestyle of excellence...not a life of mediocrity And what's amazing is you're equipped with everything you need to make that lifestyle yours. You can reach your goals. You can live your dreams. You already have what it takes to be happy and successful right inside of you. ...so, why aren't you?! Making changes is one of the hardest things any of us ever tries to do. It's so easy to get stuck, using strategies that don't work anymore and not knowing what to do to keep moving in the right direction. If you're frustrated with where you are in your life... If you're tired of getting the same old results... If you're ready to do what it takes to create your life as you want it to be... Then, The Excellence Lifestyle Guide may be just what you're looking for. Discover how you can \* Stop counting on "luck" to get you where you want to go in life \* Start proactively doing what it takes to have more, do more and be more \* Take advantage of simple, effective principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you may not have any idea how to use it to your advantage! That's where The Excellence Lifestyle Guide can help. Author Jan Marie Mueller shares insights on many topics, including \* How the world really works...and why people struggle achieving the success they desire \* Why most people never achieve a life of excellence...and how you can be different \* How to harness the amazing power of your thoughts to guide your life in the direction you want it to go \* The importance of knowing who you really are - and what you can do to figure it out \* How to master your mindset and use it to achieve the life of excellence you deserve to be living \* The one key resource you need to succeed at anything - and how to get it (Tip: It's more important than either time or money!) \* Three of the BIGGEST secrets to success...and much, much more! What you think and believe about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help you transform your life in ways you've only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn't quite where you believe it should be, Jan Marie challenges you to discover the secrets to becoming your best self and start putting the skills she shares to work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today.

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

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? - What are the benefits of doing past life regression? - How to regress yourself? - How to regress others: individuals and groups? - How to understand your pain, illnesses, and behavioral patterns? - How to use past life regression to heal yourself and others? - How to prepare and set the space for your sessions? - How to earn money by doing past life regression? - How to cleanse your home energetically? Two variations of hypnosis script included.

Living on an Acre

Past Life Regression

Past Life Recovery

Twelve Proven Methods

A Practical Guide to Past Life Regression

Practical Applications of Self-Hypnosis

Past Lives for Beginners

A profound and in-depth dialog of Spirit-guided insights describing the nature of the soul essence and presenting imaginative, practical tools to transform human dramas. Addressing commonly asked questions, Opening a Window to the Soul presents a unique way to understand how the world operates, heal painful emotions, get along with difficult people, and clear unhealthy patterns. With potent examples from the author's personal journey as well as client sessions, the messages are compassionate, enlightening and universally applicable. Topics include: the nature of the soul essence; what's between lives; soul memories, emotions, ego, and creative thought as aspects of the Earth Suit; how past life experiences impact present time; the soul family as relating to childhood and karmic agreements; love relationships and soul mates; working with the Spirit team (soul family guides) and soul purpose.

A veteran police detective, Robert Snow was devoted to evidence and hard facts—he had never given any thought to reincarnation. But during a hypnotic regression, he experiences a vivid awareness of being alive in three separate historical scenes. Remaining skeptical, Snow begins to investigate with the intention of disproving reincarnation. Instead, diligent research and corroboration from multiple sources reveal solid evidence that he lived a former life as Carroll Beckwith, a nineteenth-century American artist. Portrait of a Past Life Skeptic tells the fascinating story of Robert Snow's transformation from skeptic to believer.

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.

This "comforting...thoughtful" (The Washington Post) guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of Knocking on Heaven's Door is a "roadmap to the end that combines medical, practical, and spiritual guidance" (The Boston Globe). "A common sense path to define what a 'good' death looks like" (USA TODAY), The Art of Dying Well is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own "good death" more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or months. Based on Butler's experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, The Art of Dying Well also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This "empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear" (Shelf Awareness).

A Practical Guide to the Self-Reliant Life

Portrait of a Past-Life Skeptic