



Practical Guide to Past-Life Memories: Twelve Proven Methods (Practical Guide Series)

Richard Webster

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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.

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