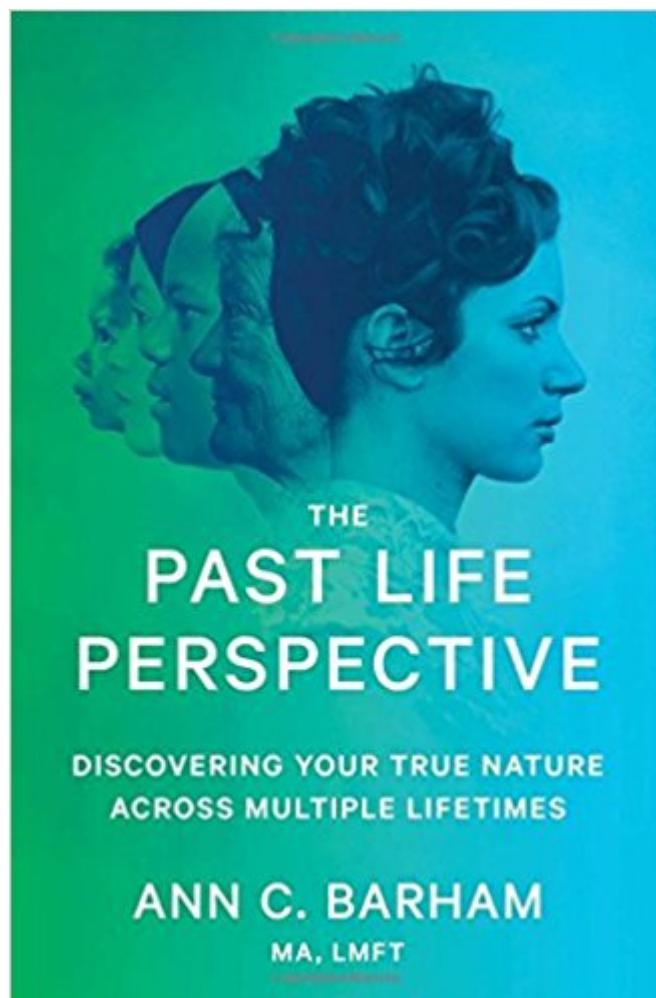


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# The Past Life Perspective: Discovering Your True Nature Across Multiple Lifetimes



## **Synopsis**

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 clientâ™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.

## **Book Information**

Hardcover: 256 pages

Publisher: Atria/Enliven Books (June 7, 2016)

Language: English

ISBN-10: 1501135732

ISBN-13: 978-1501135736

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (14 customer reviews)

Best Sellers Rank: #144,855 in Books (See Top 100 in Books) #100 inÂ Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Near-Death Experiences #205 inÂ Books > Religion & Spirituality > New Age & Spirituality > Reincarnation #937 inÂ Books > Self-Help > Spiritual

## **Customer Reviews**

Have you ever had *deja vu*? If so, you may have had a past life. I've always been curious about past lives and past life regression and this book illustrates how certain behaviors in your current life

may be a consequence of a previous life. The lessons learned from regression can help you overcome obstacles in your current life. Which would only enhance your well being. I could barely put this book down. Would highly recommend this book! Especially if you've ever experienced recurring dreams of living in a certain era or have had *deja vu*.

The story we create of our life is central to giving our life meaning and critical to guiding our choices. As a culture, we are all learning to be less quick with judgements about our stories and those of others until we know more of the backstory of any event. In her book *The Past Life Perspective*, Ann Barham does an amazing job of illuminating how our prior lifetimes- our backstories before our births, help us make sense of the present and make our personal narratives more rich and complete. Ms. Barham is clear that whether one treats past life stories as factual events, or metaphors for those backstories, that exploring past lives can help each of us live our current lives more filled with more understanding and wisdom. She shares details of each clientâ™s past life story with her own storytellerâ™s gift. Her talent as a guide comes through clearly as she asks each client to create a focus for their journey to their past. These usually come from concerns in their present life. She then uses her detective skills to discover the connections between past visions and current life struggles. She then goes furtherâ• She uses each example to explore what she calls âœEssential Truths.â• Then, with thoughtful suggestions, she invites us all to use the wisdom and perspectives in each experience to further understand our own stories. It is clear that Ms. Barhamâ™s book is a gift to many as they travel on the path of creating a world of more kindness, compassion, and love today.

I loved reading this book! From an extremely professional view, and yet using close and caring narrative, Ann C Barham offers an intimate and enlightening window to explore several interesting stories of people who have had regression experiences with her. Above all, this book gives you a clear idea of the therapeutical power of regression and tells you about the many aspects of your current living experience that could be explored and analyzed through regression therapy. If you are willing to discover more about past life experiences this book is a perfect first step, but even if you already had a regression session this book will also help you get a better understanding of many of the emotions you went through and it will give helpful ideas on how to continue analyzing your soul's learning experience.

The book was incredibly interesting and engaging, with multiple personal stories each containing a

glimpse into spiritual and psychological lives (both past and present!) of many diverse individuals. The book was enlightening but not aggressive, allowing the reader to perceive the stories in a way that was meaningful to them. Between the fascinating stories of discovery and healing and the stimulating commentary, this book is a great success.

I am truly enjoying this book more than I thought I would. As I have read several books on the subject I thought this would be more of the same but was really taken how Ann presents the life lessons to learn. There are lessons there I need to examine more myself. It also helps me to tune in on my alternate lives for possible healing. Thank you Ann Barham!

LOVE this book! What a waste of an existence, if this one life is all there is. Wrapping your head around the possibilities may take some time, or it may make sense right away. The more you read about past lives, and the influence that they all have on where, what, how, and why you are the way you are today, the more 'everything' makes sense. We're all looking for answers. Maybe you'll find some of those answers in your exploration of past lives.

Ann Barham's book was so compelling that JoAnn and I had to go visit her in person. She's the real deal. The quick takeaway, for me anyway, is that the unexamined life is not worth living, and how can you possibly succeed in your current life if you don't grasp the failures and disappointments you bring to it from the past. Get this book. Read it. Then go see Ann! I promise, it will have a profound impact on your lives. All of them. -BMG

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