

# PAST LIFE

## REGRESSION AND REINCARNATION



EVERYTHING YOU NEED TO KNOW  
ABOUT REINCARNATION AND PAST LIVES

EVERYTHING YOU NEED TO KNOW  
ABOUT REINCARNATION AND PAST LIVES

This book was kindly sponsored by:



**Freebies  
For Everyone!**

Grab  
Yours  
Today!

A Charitable Non-Profit Organisation

**FreebieSave**.org

The image features a woman with blonde hair and a surprised expression, holding several colorful shopping bags (pink, orange, red) in front of her. The text is overlaid on the image in various colors and fonts.

This book was kindly sponsored by:



Teach English Online or Travel the World and Teach!  
Internationally Accredited TEFL & TEFL Degree Courses

Degree  
Courses  
\$995.00

**tecca**  
International

ACCREDITED  
TECID: TTU87584273  
tecca.org

<http://thetefluniversity.com>

The image shows a group of diverse young adults in a classroom setting, all giving a thumbs-up gesture. The background is a bright, modern classroom with windows. The text and logos are overlaid on the image.

# Terms and Conditions

## LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

# Table Of Contents

Foreword

Chapter 1:

***Introduction***

Chapter 2:

***Memories are Not Infallible***

Chapter 3:

***Fatalism is Not the Correct Approach***

Chapter 4:

***The Law of Cause and Effect, Karma***

Chapter 5:

***Lords of Karma***

Chapter 6:

***The Degree Of Reincarnation Leads to Self-Mastery***

Chapter 7:

***The Best Method for Resolving Karma***

Chapter 8:

***Right Relationships End the Karmic Cycle***

Chapter 9:

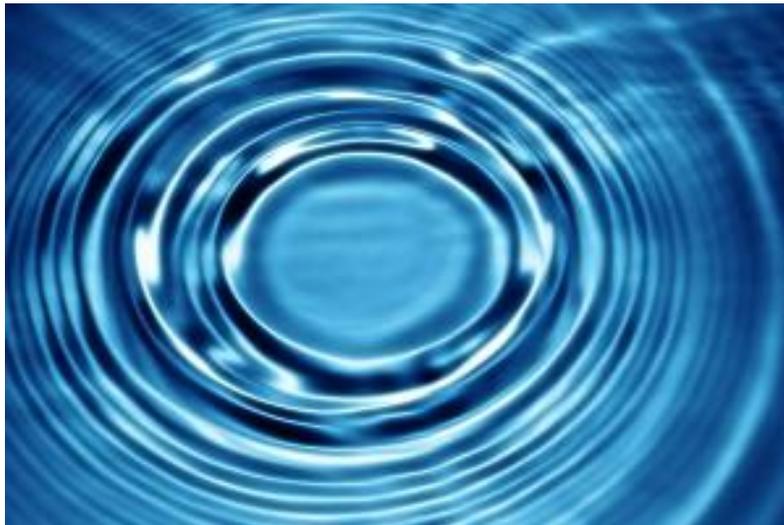
***Is Misfortune Always Retribution For Past Lives***

Wrapping Up:

***The Dangers Of Knowing Your Past Lives***

# Foreword

Between the two concepts of past life regression and reincarnation, most people are probably more familiar with the latter. However, what few realize is that these two concepts are essentially linked with each other. Reincarnation has to do with the rebirth of a soul. If you believe that you will be reincarnated, then death is nothing to be afraid of. After all, if reincarnation exists for you it only means that life is but one cycle after another and death is just a transition from a previous life to the next. Get all the info you need here.



## ***Past Life Regression And Reincarnation***

Everything You Need To Know About Reincarnation And Past Lives

# Chapter 1:

## *Introduction*

---

### **Synopsis**

75% of the world's population today believes in reincarnation. However, when it comes to Americans and other Westerners, such belief doesn't come easy. Even though their hearts tell them it's true, their brains insist for more proof.

Past life regressions are the proof they - or maybe even you - are looking for. Have you ever experienced a sense of déjà vu in your life? Most people do - and more than once at that. Such experiences produce very vivid images in your mind that you feel like it really did happen to you. The question is, why can't it be true?



## **The Basics**

Recurring dreams - good or bad - are also examples of past life regression. Children are more receptive to the thoughts, feelings, and experiences that linger in their minds and are remnants from their past lives. As a child's mind is free from pre-conceived notions about what is real or not, it does not automatically reject what it sees. Of course, it's a different case altogether when they tell the adults about it. Since children's minds are also impressionable, being told repeatedly by parents, teachers and older siblings that what they're seeing isn't true will eventually train them to think at a certain way.

You are no longer a child, but it will still be difficult to reverse or even just alter your thinking process. However, there is much for you to enjoy if you at least allow yourself to consider the possibility of past life regressions and reincarnation. Things that you once did not understand about your life become unbelievably clear. You may also become more at peace with yourself as you see how your past lives have shaped who you are now.

Opening yourself to these possibilities will take time and effort, but this book is meant to make your journey of self-discovery a lot easier.

As you go from page to page, just remember to keep an open mind and try not to reject anything simply because your mind tells you it is not rational. There are many things in this world that are not rational.

If you insist in limiting yourself to only rational possibilities, life will gradually lose its meaning, its magic---and even its importance.

This book is for everyone. Your faith, your age, or even how you define yourself is irrelevant. Many believe that the gods of different religions are simply variations of one Supreme Being.

It's only the name that changes. Your faith does not have to change with this book. On the other hand, it's guaranteed that how you see the world, your life, and yourself will change completely - and for the better.

Start changing your life now by embracing your past and developing the power to shape your present and future.



# Chapter 2:

## *Memories are Not Infallible*

---

### Synopsis

It so happens that memories are not to be relied on considering that most of us forget stuff that did occur or recalling things in a different manner from the way they actually happened, some of us even remember people we have never met or places we have never been to. Experimental evidence revealed that people can indeed remember events that never happened or perhaps they did happen but to someone else which can be very confusing as to whether or not memories are infallible or not.

Young children heavily rely on their memory as an invaluable tool for learning with those memories created before they had their second birthday being discarded by the brain in blurry childhood amnesia. As we carry on with our lives, the memories we have accumulated over time help us to predict and prepare for future experiences, actions, and encounters, and even though by itself it is not as valuable, it allows us to easily adapt to the different situations we face in our day to day lives.

## **Memories Define Personality**

Memory is the medium through which we create our individuality and even when we regale our friends with our interesting stories we can be heard saying something like ‘I am not the type who does that kind of thing’, showing that you are using your memories as a reference point or as the basis of the conclusion you have made concerning the nature of your personality.

Memory also creates the notion that our lives are coherent and that nothing is either added or missing from it; the reality is that our lives are irrational and incoherent. This can be proved when swopping stories with each other and we realize that lying is inevitable because most of the time we tend to omit a lot of information and invent things to make our stories seem more consistent; over time, we continuously remember the stories we told and start to believe them as being true.

### ***False Memories***

Research shows that our earliest memories are highly suspect, with experiments revealing that a toddler’s memories are better than those of an older child. This is because when we are five years of age, we can remember some of our childhood experiences whereas a toddler’s memories are more likely have been conjured up from the stories that they were told, they internalized them making them their own.

Memory is a dynamic process; it requires recalling events or experiences which requires a lot of construction considering that there is no portion of the brain dedicated to storing memories. We create our own history as we carry on with our lives, and every time we come across some new information, we reconstruct the latter merging it with our pre-existing memories.

Some claim that sexually abused children suffering from psychological illnesses were likely to have developed such mental disorders due to repressed memories with some citing cases where victims said that they had recovered memories of child abuse. On the other hand, psychologists and therapists refuted the reliability of these memories adding that therapists should not only be but also careful and phenomenological as well in their explorations with their patients so as not to encourage or influence the latter's memories causing them to 'recall' something that in essence never occurred.



# Chapter 3:

## *Fatalism is not the Correct Approach*

---

### Synopsis

Fatalism is a philosophical belief that all things are determined by fate, thus a person submits to his fate, feeling that it is inevitable. Oftentimes, the view on fatalism is directed towards believing that the future will predictably end in a horrible manner.

People who believe in fatalism tend to view themselves as powerless and that they won't be able to do anything to change the course of his destiny.

In fatalism, there is a perception that a person has to resign to his fate rather than fight or change it. This kind of philosophy usually stems from people who have either been taught strongly about predestination or those who believe that they have a strong cognizance to predict what will happen in life.

However, fatalism is not the correct approach when it comes to living life. Anyone has the capacity to create his own destiny and not succumb to what he believe will be his dark future.

## **Fatalism and the Human Unpredictability**

Each individual has a different personality, and thus, this can lead to a string of different events in everybody's life. Each person has a different set of beliefs, views, actions and reactions which are oftentimes unexpected.

Every person that an individual meets will undeniably affect his future, the way he thinks or even change the way how he views life. Fatalists should recognize that unpredictability leads to uncertain events which are not exactly what is taught in fatalism.

### ***Fatalists Avoid Social Scenario***

Fatalists submit themselves to the inevitability of fate, and would rather not try to change its course. This is the reason why they are not usually too involved and too keen in interacting with people. They would rather observe and try to predict what will eventually happen in the end instead of giving their opinion. They believe that they can't influence whatever has already been destined and that they lack the capacity to change it.

In addition, fatalists tend to avoid personal relationships with others, as they are only interested in trying to see if their predicted outcome will take place or not. However, it is important to note that man is a social animal and he needs to interact with other human beings in order to grow and develop holistically. Shying away from social

situations can stunt his growth, and this shouldn't be the case if a person wants to fully live his life.

### ***Learn how to Avoid Fatalism***

The worldview of fatalists can be quite restrictive and limited. In order to overcome such beliefs, a person needs to accept that unexpected things can happen. Although maintaining hindsight can be helpful for others as they seek guidance through it when making decisions, it shouldn't determine the overall quality of a person's life. A fatalist who wants to change his views should accept the fact that his future will be determined more on his experiences. Such experiences are subjective to specific events, which mean that they will vary from one person to another.



# Chapter 4:

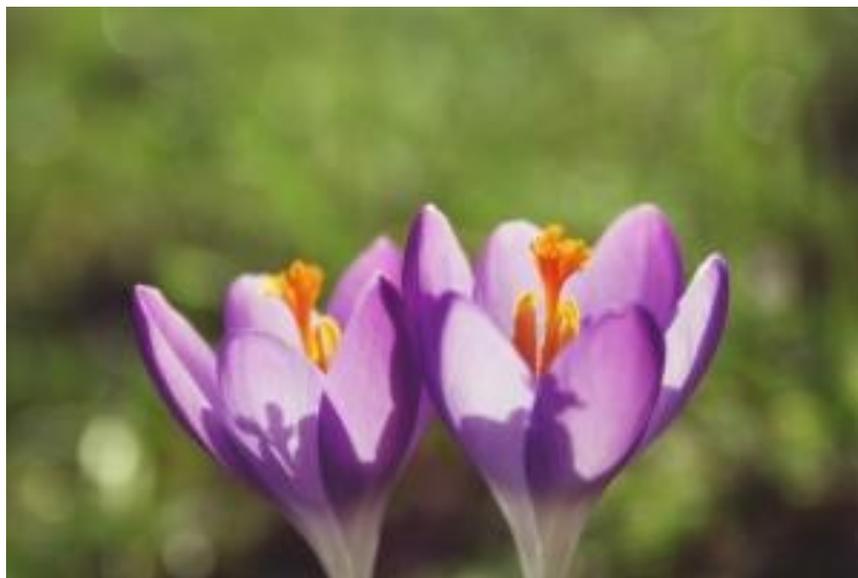
## *The Law of Cause and Effect, Karma*

---

### Synopsis

When speaking about the topic of Karma, there is a wide misconception that this occurs as a negative effect of something that might have been done in the past.

However, the concept of Karma is actually beyond that. In simpler terms, it actually deals with the natural law of cause and effect. What you give, you get it back. Thus, your actions will generate the Karma that will come into your life later on. When you do something good, you can expect your Karma to be positive. At the same time, negative Karma will come into your life when your actions are ill.



## **Phases of Karma**

Being the law of cause and effect, Karma does not necessarily mean that you will be punished or rewarded by your actions. The law of Karma is cyclic and it actually goes through different stages that help restore the balance of things in the universe. In order to understand Karma, it is important to understand the different phases that take place in its occurrence.

The first phase of Karma which is considered as the seed or the earliest stage is the ***Sanchita Karma***. This type of Karma covers the karma from a person's action from his past and present life.

The second phase of karma is the one which creates the seeds. The ***Kriyamana Karma*** is formed as a result of actions which were made on a daily basis. These seeds will accumulate along with those which were done in the past and in the next life.

The last phase of karma is called the ***Prarabdha Karma***. This phase takes place day-to-day and is a part of the karma that has already matured.

### ***Understanding Prarabdha***

You may not notice it but you are currently living in the stages of Prarabdha karma. The events that are taking place in your life are a result of the seeds which have already ripened which you have sown

in your past life. This type of karma can manifest in different patterns and it can affect your emotions, dependencies, preferences and your relationship towards other people, especially with your family.

When you become aware that these events that are affecting your life at this point are part of the natural law of cause and effect, you will be mindful of creating positive seeds that will eventually mature to generate positive karma. Being a law of nature, you have the capacity to balance the negative aspects with the positive ones by eliminating ill-mannered thoughts and actions and live a life devoted to goodness. This mindfulness in creating good Karma is usually termed as “Bhakti” or devotion.

### ***Creating Positive Karma***

Bhakti is aimed towards being aware that your good action will inevitably unite you with Divinity. When you become mindful that your present Karma is an effect of your past life, you acquire the opportunity to balance the Karma in your life. Karma shouldn't be seen as something negative or positive. Instead, it should be viewed as a window to clear out the negative imprints that might have accumulated in your past. You are given the capacity to create a positive Karma which will be connected to your current life and carried on to the next.

# Chapter 5:

## *Lords of Karma*

---

### **Synopsis**

#### ***The Different Lords of Karma and the Part They Play in the Lives of People***

Popular belief states that people, even in the olden times, believed that karma was merely associated to evil. This has been carried from generation to generation until that time when studies and experts claimed that there is a good side of karma.

Ultimately, what those people claimed have an argument because of the fact that good deeds are rewarded by good things. Further claims were made that there are particular lords of karma and each had its particular duty. Anyhow, here are some of the most famous lords of karma that you should be aware of.

## **The Lords**

Paul is considered as the master of the ray that stands for harmony in the course of conflict. It has been said that he had close ties with Gabriel the Archangel and that he had a great relationship with God because of his devotion to kindness and goodness. Having said this, it would be but logical to say that he is one of those lords of karma that can be attributed to good.

### ***Kathumi***

Now Kathumi is the second most popular lord of karma and he is known as the master of the ray that embodies truth, wisdom and Divine love. These three traits enshrined by the second ray are somewhat needed for a person to succeed in life. Thus, Kathumi is deeply involved in touching the lives of teacher, architects, engineers, students and artists. It is also said that Kathumi has somehow experienced the life of a human being numerous times. That may be the controlling factor why he is concerned about the welfare of the people who makes the society tick.

### ***The Lady Portia***

The Lady Portia is no ordinary lady as she has been tasked to balance judgment and mercy all at once. By this alone, you can infer what role she has to play in the lives of people. She is tasked to enlighten the minds of those people who quickly judge or criticize others and she

aids those who are dedicated to spread the love in the world. In light of all these, it would be safe to say that she provides grace to every human being in the planet.

### ***Serapis Bay***

Serapis Bay is another lord of karma that can be labeled as good because of the compassion and intelligence he provides to people. He is otherwise known as the master of the yellow ray – the third ray – because he helps people to achieve perfection and independence to most artists, philosophers and all other individuals that are concerned about how the world should work to be in harmony.

### ***Lord Gautama***

Lord Gautama, otherwise known as the Buddha, is known for the unrelenting wisdom he provides to people. Christ is the energy of love while Lord Gautama on the other hand is known as the energy of wisdom because of his responsibility to human beings.

These are the most popular lords of karma that can be labeled as the good guys. After seeing what they truly do for the people, you can say that they are the most important lords of karma as well.

# Chapter 6:

## *The Degree of Reincarnation Leads to Self-Mastery*

---

### Synopsis

Evolutionary life is regarded as a means through which a person gradually renounces the lower stages of divinity so as to achieve higher levels bearing in mind that the latter is reincarnated from the former and that the journey towards the perfection of the evolutionary goal is reached by embodying the lower stages of reincarnation. The higher levels matures into a soul which embarks on the incarnation journey over eons of lifetimes and then later on comes back due to its need to incarnate all life.



## **Effects Of Continued Reincarnation**

When the soul reincarnates itself, it gradually releases itself from the restrictions of mental, physical, and astral planes through the infusion of its physical, mental and emotional vehicles with its qualities and energies. Two things take place; the first one involves the soul's gradual spiritualization of the vehicle and the other is the soul intentionally burdening the vehicle so as to burn up old karma.

The more the soul progresses, the greater the incarnation experience which causes the person being reincarnated to reflect more on themselves since they continue to receive a heavier burden with every incarnation will the last stage of reincarnation, the fourth-degree initiate, having the heaviest burden of all.

This explains why the West refer to the fourth reincarnation as the 'Crucifixion' where as the East call it the 'Great Renunciation'; it is during this experience that every low aspect is renounced so as to gain a higher spiritual experience with the fourth level initiate being perceived as the most painful of all the reincarnation stages.

### ***The Higher the Karma Initiate the Higher the Burden***

People think that the karma becomes less restrictive as they go up the evolution ladder; this couldn't be farther from the truth because a reincarnated person becomes more disciplined, a world-server, and

more initiate since they become more burdened with the weight of the world's karma. Such people support the world as true disciples under the law of Karma initiates and disciples by having come into the world to serve and the more advanced the person, the more service he renders to the world.

When the soul reaches the third-degree initiate, the laws of Karma no longer apply to him since the person is able to manipulate his own destiny. The person grows into a conscious spiritual soul who serves the world wholeheartedly controlling the law of cause and effect and in as much as they may have a grand Master, they still remain in control. This does not happen automatically but through a gradual process of actively taking part in their own evolution under the strict supervision of their incarnated soul.

Such a person is a master not only of their actions but of the consequences that may arise from their decisions or choices and later on, when their previous lifetimes are revealed to them, it opens up their inner perspective and as this happens Karma increases the initiate burden by opening them on the physical plane.

The objective is that when the person is ready to take on the fifth initiation, he will have become a true Master, after which all Karma will be burnt up, resolved and returned to the ultimate source from which it originated.

# Chapter 7:

## *The Best Method for Resolving Karma*

---

### **Synopsis**

People don't always get what they want because that's just the way life is and nobody can ever change that. There are numerous theories that can somehow be attributed to how people's acts affect their lives. One of the most popular theories as regards this issues is the positivist theory where the acts of a person do not have any kind of consequence whatsoever because destiny is inherently good. On the other hand, there is this theory, belief or whatever you may want to label it named karma.

Karma is defined as a direct result of an act of a person whether it be good or bad. This general definition somehow negates the popular belief that karma is essentially evil. That is not true because there are two sides to karma, the good and the bad side.

The former is a direct result of a good deed of a person while the latter is the direct result of an evil deed. Now this article will somehow teach you on how you may avoid the consequences of the latter. As you know, thoughts and emotions are the main reasons behind a person's acts. By controlling them you control karma effectively that's why these tips below are the best things to do to avoid evil karma.

## **Optimism**

More than half of the populace of the world are known as pessimistic people; this directly results to unwanted and unbeneficial for them. Therefore, by thinking positively, you somehow eliminate the risk of experiencing the consequences of bad karma. Do not easily give up on things that are hard because when you do, you succumb to the negative energy that surrounds you. This, in turn, would result to events that are unfavorable to you and to the world.

### ***Failure is the Only Way to Succeed***

Too many people fail to recognize the lessons that are brought by failure in the things they do. Though it may sound utterly absurd but failure is a mere stepping stone towards achieving ultimate success. Hence, if you constantly fail in the things you do, do not be discouraged at it; instead you should take it as a challenge for you to take the necessary steps to improve yourself. A wise man says that a person's life is like an arrow – the person being the arrow – because when you have experienced all the setbacks that any man can think off, be ready because you will be launched to greater heights sooner rather than later.

### ***Patience is Indeed a Virtue***

Though patience is not valued as much today than before, it is still necessary to practice it because of the wisdom it gives. It does not

necessarily mean that patience should be coupled by sacrifice and forgiveness; it only means that there is always a time for everything. If you do not practice patience or if you choose not to develop your patience, you will end up rampaging each time you get in trouble. Now that would clearly result to bad karma and you would never want to experience that evil karma because it can ruin your life.



# Chapter 8:

## *Right Relationships End the Karmic Cycle*

---

### Synopsis

Findings strongly affirm the theories behind karma and reincarnation and they will continue to be deemed as viable explanations to life's most complex mysteries. Another notion related to the reincarnation theory is one that states that there are no accidents or coincidences in life and that everyone is born into the pre-existing conditions of innate inclinations and abilities that they have earned during the lifetimes.



## **The Relationship between Soul Mates and Karma**

A lot of people are curious as to whether their current partner is indeed their soul mate. Some even seek insight on the matter unable to understand that the concept of soul mates comes in many forms such as whether or not your partner is incredibly romantic, financially rewarding, hardworking, pleasure oriented, the challenging type who motivates personal growth, or the toxic one who has a lot of negative karma.

A lot of people have been on the receiving end of challenging relationships with some being glad that the relationship ended hoping that they never meet their ex ever again. It is unfortunate that there is a high probability if running into people you may not be fond of including business associates, a former lover or former acquaintances just because the connection from your previous encounter may not have fully dissolved with regards to your karmic dance in your lifetimes.

### ***Forgive and Release***

The inability to let go of negative emotions or feelings for the individual is just one of the ways you that you may be magnetizing the soul of that person towards you from a future existence. In as much as it natural for you to feel anger, resentment, intolerance, or other negative human emotions, it is important that you eventually forgive and accept the turn of events prior to your death, otherwise, you may

find yourself learning the same lesson in another lifetime in the future.

Forgiving and learning to let go is not an easy process; it helps you to look at the bigger picture, realizing that there is a lesson to be learnt after going through very trying times allowing you to understand other people's perspectives and flaws, being grateful that you are strong enough to go beyond the hurt or pain inflicted on you. Looking at the situation from a spiritual, rather, a religious perspective may help you find the peace you so desperately need.

### ***Peaceful Endings Terminate Karma***

If relationships end peacefully with total lack of animosity, most especially on your end and granting true forgiveness does end karma and shows that you have the potential of having a harmonious relationship with them in the next lifetime should your souls happen to cross paths once again. It is very likely that your most rewarding and closest friendships and other relationships in this lifetime may have been the complete opposite of what they were lifetimes ago.

Very strong feelings, both positive and negative, can be compared to invisible cords which bind souls together increasing the likelihood of future encounters in other lifetimes. It is not easy for a person to detach themselves from karmic debt, especially when it involves interpersonal relationships, but once an individual succeeds in doing so, they are able to reach greater heights of personal growth not only on a spiritual level, but on a soul level as well.

# Chapter 9:

## *Is Misfortune Always Retribution For Past Lives*

---

### Synopsis

Understanding the Concept of Karma and How it is Related With Reincarnation

Many philosophers, idealists and laymen say that the things that happen in the lives of people happen for a particular reason not known to man. To some extent, this popular belief is true but as expressed, there can be no logical reason to point out that said happening has a purpose that can be understood by humans.

A group of certain people from different continents believe that the lives of the elders somehow affect the lives of their offspring. In addition, they believe that everyone has a past life and that it likewise affects the misfortunes as well as the good fortunes in their present lives. To clear the clouds that hover over your minds, here are some questions that are answered briefly to somehow explain the belief of many.

## **If there really is a “God”, why are there misfortunes and evil?**

The answer to this controversial question is indefinite because there are so many reasons that can explain why there is and there is no God. If you try to look at it from a Christian’s point of view, it is said that such a question can never be explained because the basis of their belief of the existence of an “Almighty God” is plainly based on faith. Now you can never question this because it is their way of life and it is what they saw when they were brought into this world.

On the other hand, if you take this question from the point of view of Buddhists, Pagans and etc, it is but safe to say that they believe otherwise. Others would even say that people have lived since time immemorial but with different lives. Though it cannot be denied that 99% of people believe that people have limited time on earth, it cannot be denied that some believe a life lost is a life gained for another.

Question:

***If you believe in reincarnation, is the past life determinative of the new life that you are given today?***

This is a question that has likewise earned popularity due to the debates and discourses that it brought to the world. Surely people with different religions will have various reasons and explanations as

regards this question. However, there are many who believe that Karma is all about retribution – Karma by the way is intertwined with the belief of reincarnation.

Karma is never about retribution because the point that it tries to convey to people is the effect of a single or a series of acts. It does not always revolve around the evil world because if one does good deeds, good things will follow. This is quite true in a sense because this is likewise practiced by most Christians – with more good deeds, God shall shower you with blessings. So it would be but logical to say that the past lives of people are determinative with the new life they are living.

In addition to the foregoing, this is in line with the belief of most people because with good deeds, sufferings and misfortunes will be miles away from your life. Meaning, if you continuously do good in your life, you will always be blessed and be far from getting bad luck but if you do otherwise then bad luck and sufferings will always be on your tail.

# Wrapping Up

## *The Dangers Of Knowing Your Past Lives*

---

Through hypnosis, you can revisit your past life. Most people think that knowing about their past lives can be largely entertaining. After all, they get to take a peek and see their life unfold through a different perspective. However, it is also important to understand that revisiting your past life can create a string of effects. It may affect your emotions and your psyche. If you are still keen about it, trudge with care and make sure that you are emotionally and mentally stable to handle it. In addition, see to it that you trust the expertise and the confidentiality of the person who will be doing it for you.

### ***Accumulating Karma***

When you visit your past, you go back to your old karma. You have to bear in mind that at this point in your life, you are already carrying the load of the karma that took place in your current and previous lives. This means that when you go back to your past life, your karma will have additional seeds which you planted from previous lives before it. These karmas might be those which you are still not able to resolve or might not have matured. This karma will enter in your consciousness as a cause and effect of what you just have undergone.

### ***Re-living Past Trauma***

You might be living a good life, but what if you found out that your previous life is full of pain and suffering? Aside from visiting your past life, you are opening up a well of emotions and memories that you never thought existed within you. Some memories from your past life might even come off vividly as if you are living in it once again.

Are you certain that you won't get scarred if you feel the trauma that the past life has brought you?

Another danger in re-living past trauma lies in what clairvoyants and hypnotists call as "aspecting". When this occurs, your past personality dominates your current personality, leading you to develop multiple personalities. There is a high risk that you will have identity crisis as you try to join both personalities into one. When you awaken from your subconscious, you can't fully escape from the fact that you are already aware of your past traumas. This can lead you to be nostalgic or to bring your past trauma with you. How can you fully live your current life when you still dwell in your past?

### ***Avoiding the Risks***

Before visiting your past life, ask yourself if you can actually live without knowing what you were before. If what you see is correct, will it benefit your present life in any way? Still, if your curiosity is strong enough to dismiss the thoughts of possible risks, find a person who can guide you through the process.

A trained hypnotherapist can help you deal with any trauma that might come up while you are in regression. It would also be favorable if the therapist knows how you can avoid the risks of aspecting so you won't have problems in dealing with your past personality once you rouse from your subconscious state.

