

HOW TO DISCOVER YOUR PAST LIVES



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How to Discover Your Past Lives

You're about to start on an exciting adventure in self-discovery. Through online instructions and the pages of your workbook, you'll be taken through a comprehensive course in identifying past lives. In fact, we believe it's the most complete experience in past-life recall offered anywhere.

Your primary instruction is contained in the audio portion of the course, so it's important that you begin listening to Session One before writing in your workbook. Your course experience will be most valuable if you follow the instructions as they're given on the Internet and complete the worksheets in the order specified there. A description of the course sessions and an estimate of the time involved in each is provided below in order to help you plan your progress through the material.

Session One Awakening Memories

In this session you'll learn how the sounds, sights, and circumstances around you can awaken unconscious memories of past lives. Allow 45 minutes to an hour for the guided tape experience and accompanying worksheets combined.

Session Two Wardrobe Fantasy

This experience will help you exercise your ability to imagine. Allow 15-20 minutes for reverie and worksheet.

Session Three Understanding the Laws That Govern Relationships

This segment will use case histories from the Edgar Cayce life readings to demonstrate how the laws of reincarnation work. Allow 25-30 minutes.

Session Four You and Your Surroundings

Here you'll explore your tastes in home, furnishings and decor to discover the past-life clues they hold. Allow 20-30 minutes for instructions and workbook exercise.

Session Five A Trip Around the World

This segment will put you in touch with your personal impressions, biases and feelings about different cultures of the world. The workbook aspect of this session will be one of your major sources of past-life information and should be done slowly over a period of several days.

Session Six Hereditary and Environmental Influences

A discussion of how heredity and environment fit in with past-life influences will lead you into workshops on "reading" your body, and remembering your early childhood to gain past-life information. Allow 45 minutes to an hour.

Session Seven Analyzing Your Fears and Distastes

Brief instructions and a comprehensive workbook inventory will put you in touch with how your fears and distastes may be reflecting past-life experiences. Allow 20-30 minutes.

Session Eight Learning to Put Past-Life Theories Together from Clues

In this session you will match your answers with actual case histories from the Edgar Cayce readings. Allow 20-30 minutes.

Session Nine Exploring Your Talents and Hobbies

This session will combine reverie and worksheets to help you identify past lives as they are reflected in your talents and hobbies. It will also help you recognize and develop your hidden talents. Allow at least one hour.

Session Ten Looking for Patterns in Your Life

In this section, brief instructions on the tape will lead you through a workbook exercise that will reveal your major life patterns. You'll also learn how these patterns spring from past-life experiences. You should probably plan to complete this segment slowly, covering only one life area per day.

Session Eleven Using Dreams and Meditation to Aid Past-Life Recall

This taped instruction will discuss how to look for past-life information in your dreams, as well as how you can enhance your recall through meditation. Allow 20 minutes.

Session Twelve Past-Life Reverie

This session uses guided reverie to bring unconscious past-life memories to the surface. Allow 45 minutes to an hour.

Session Thirteen Forming Your Own Past-Life Theories

Here you will be taken, step by step, through the process of putting together the information you've gathered throughout the course. Allow yourself several time periods of at least an hour each, to adequately process your own past-life information.

Session Fourteen Your Future Life

A glimpse – through reverie – at the future life you are building today.

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