

past lives past masters

Past lives past masters: Exploring the Concepts of Reincarnation and Spiritual Guidance

Understanding the mysterious realms of past lives and spiritual masters has fascinated humanity for centuries. Many believe that our current existence is just one chapter in an endless cycle of reincarnation, where past lives influence our present circumstances, personality traits, and spiritual growth. The idea of past masters—enlightened beings who have transcended the cycle of rebirth—serves as a guiding light for seekers aiming to understand their soul's journey. This comprehensive guide delves into the concepts of past lives, past masters, their significance in spiritual traditions, and how exploring these realms can aid in personal development.

What Are Past Lives?

Past lives refer to the concept that the soul reincarnates into different bodies over multiple lifetimes. This idea is prevalent across various spiritual and religious traditions, including Hinduism, Buddhism, and certain New Age philosophies. The core belief is that our current life circumstances, talents, fears, and relationships are influenced by experiences from previous incarnations.

The Reincarnation Process

The process of reincarnation involves the soul leaving one physical body at death and entering another. This cycle continues until the soul achieves spiritual enlightenment or liberation (moksha, nirvana). Key aspects include:

- Karma: The law of cause and effect that determines the circumstances of each incarnation.
- Soul's Evolution: Each lifetime offers opportunities for growth, learning, and overcoming karmic debts.
- Memories and Imprints: While most past life memories fade, some individuals retain vivid recollections or subconscious impressions.

Evidence and Experiences

Many people report spontaneous memories of past lives, déjà vu experiences, or encounters with individuals they feel inexplicably connected to. Hypnosis and regression therapy have become popular methods to access these memories under controlled conditions.

The Role of Past Masters in Spiritual Traditions

Past masters are revered spiritual teachers, saints, or enlightened beings who have achieved a high level of spiritual realization during their earthly incarnations. They serve as guides and inspirations for those on the spiritual path.

Who Are the Past Masters?

Past masters can be historical figures or hidden spiritual entities who have contributed significantly to the evolution of spiritual thought and practice. Examples include:

- Buddha (Siddhartha Gautama): The founder of Buddhism, whose teachings continue to guide millions.
- Jesus Christ: Central figure in Christianity, embodying divine love and compassion.
- Laozi: Ancient Chinese philosopher credited with founding Taoism.
- Guru Nanak: Founder of Sikhism, emphasizing devotion and equality.
- Modern Enlightened Masters: Such as Paramahansa Yogananda, Ramana Maharshi, and Sri Ramakrishna.

Characteristics of Past Masters

Past masters are often characterized by:

- Deep compassion and love for all beings
- Profound wisdom and insight
- Ability to transmit divine energy or spiritual truths
- Demonstrated mastery over their mind and emotions
- A legacy of teachings that continue to inspire and uplift

Significance of Past Masters in Personal Spiritual Growth

Connecting with past masters—either through their teachings, spiritual practices, or subconscious memories—can accelerate one's spiritual evolution. They serve as models of enlightenment and provide guidance through challenging life situations.

How Past Masters Influence Our Lives

1. Inspiration and Motivation: Their lives exemplify virtues such as compassion, patience, and humility.
2. Spiritual Transmission: Many believe that spiritual energy or blessings from past masters can be accessed through meditation or prayer.
3. Understanding Karmic Patterns: Their teachings often help individuals interpret and resolve karmic debts.
4. Guidance in Challenges: Devotees seek their guidance during difficult times, trusting in their wisdom.

Connecting with Past Masters Today

Modern spiritual practices facilitate connection with past masters:

- Meditation and Visualization: Focusing on their images or teachings.
- Recitations and Mantras: Chanting sacred names associated with masters.
- Dreamwork and Intuitive Insights: Seeking guidance through subconscious channels.
- Studying Their Lives and Teachings: Deepening understanding and inspiration.

Exploring Past Lives and Past Masters Through Techniques

Many spiritual seekers utilize various methods to access memories of past lives and connect with past masters. Here are some common approaches:

1. Past Life Regression Therapy

A guided hypnosis process that aims to uncover memories from previous incarnations. It involves:

- Relaxation techniques
- Visualizations to access past life scenes
- Integration of insights gained

Benefits:

- Resolving phobias or emotional blocks
- Understanding karmic patterns
- Gaining clarity about life purpose

2. Meditation and Mindfulness

Practicing regular meditation can quiet the mind, opening pathways to higher consciousness and past wisdom. Techniques include:

- Focused breathing
- Visualization of spiritual masters
- Chanting or mantra repetition

3. Study of Spiritual Texts and Lives

Learning about the lives of past masters can inspire and provide practical guidance. Recommended resources include:

- Biographies
- Sacred scriptures
- Teachings of modern masters

4. Dreamwork and Intuitive Practice

Paying attention to dreams and intuitive insights can reveal past life memories or connections with spiritual guides.

The Impact of Recognizing Past Lives and Past Masters

Understanding and acknowledging past lives and past masters can have profound effects on one's spiritual and personal development.

Personal Benefits

- Healing Emotional Wounds: Releasing deep-seated fears rooted in past experiences.
- Enhancing Compassion: Recognizing the interconnectedness of all beings.
- Clarifying Life Purpose: Gaining insights into soul's journey and mission.
- Increasing Faith and Trust: Belief in divine guidance and the continuity of the soul.

Broader Spiritual and Cultural Significance

- Reinforces the concept of eternal life and continuity beyond physical death.
- Bridges different spiritual traditions through shared themes of reincarnation and spiritual guides.
- Encourages a holistic view of human existence, emphasizing growth and evolution.

Common Misconceptions About Past Lives and Past Masters

Despite widespread interest, several misconceptions exist:

- Past lives are always literal memories: Often, they are symbolic or metaphorical insights.
- Past masters are perfect beings: They are deeply enlightened but still human, with imperfections.
- Accessing past lives guarantees spiritual enlightenment: It is a tool, not a shortcut; consistent practice and humility are essential.
- Only certain people can remember past lives: Everyone has the potential with dedicated effort.

Conclusion: Embracing the Wisdom of Past Lives and Past Masters

The exploration of past lives and past masters offers a rich tapestry of spiritual insight and personal growth. Whether through meditation, study, or regression techniques, connecting with these realms can deepen understanding of oneself and the universe. Recognizing that our current existence is part of a larger, eternal journey encourages us to live with purpose, compassion, and awareness. Embracing the teachings and legacies of past masters not only honors their spiritual achievements but also guides us toward our own enlightenment. As we navigate the complexities of life, remembering our soul's journey through past lives and the wisdom of past masters can serve as a beacon of hope and inspiration on the path to higher consciousness.

FAQs About Past Lives and Past Masters

Q1: Can I access my past lives naturally?

A1: Yes, through meditation, dreams, or intuitive practices, some people naturally recall past life memories. Regression therapy also facilitates this process.

Q2: How do I know if a person I met is a past master?

A2: Look for qualities like compassion, wisdom, humility, and unwavering love. Their teachings often resonate deeply and inspire positive change.

Q3: Are past lives relevant in modern spiritual practice?

A3: Absolutely. Many spiritual traditions incorporate past life awareness as a means of healing, growth, and understanding one's purpose.

Q4: Is it necessary to believe in past lives to be spiritual?

A4: Not necessarily. Belief can enhance understanding, but openness and personal experience are more important in spiritual growth.

Q5: How can I honor past masters in my daily life?

A5: Study their teachings, emulate their virtues, meditate on their qualities, and share their messages to elevate your spiritual journey.

Embark on your journey of discovery by exploring the profound realms of past lives and past masters. Whether seeking healing, wisdom, or enlightenment, these spiritual facets open doors to understanding the eternal nature of the soul and its infinite journey through time.

Frequently Asked Questions

What are past lives and how do they relate to past masters?

Past lives refer to the concept that individuals have lived previous incarnations before their current life. Past masters are considered enlightened beings or spiritual teachers from these previous incarnations, whose wisdom and teachings can influence spiritual growth in the present.

Can I access information about my past lives and past masters?

Many believe that through practices like hypnosis, meditation, or past life regression therapy, individuals can access memories of their past lives and connect with past masters to gain spiritual insights and guidance.

Who are some famous past masters recognized in spiritual traditions?

Famous past masters include figures like Buddha, Jesus Christ, Laozi, Krishna, and Saint Germain, who are revered for their spiritual wisdom and teachings and are often considered guides from previous incarnations.

How do past lives influence our current spiritual journey?

Past lives are believed to carry unresolved karma, lessons, and strengths that influence current behaviors, relationships, and spiritual growth, helping individuals understand their life purpose and spiritual path.

What role do past masters play in modern spiritual practices?

In contemporary spirituality, past masters serve as sources of inspiration, guides in meditation, and symbols of spiritual achievement, helping practitioners connect with higher wisdom and accelerate their spiritual evolution.

Is there scientific evidence supporting the existence of past lives and past masters?

Currently, scientific evidence for past lives and past masters remains inconclusive and is often considered a matter of personal belief or spiritual faith rather than empirical fact.

How can understanding past lives and past masters help in healing and personal growth?

By exploring past lives and connecting with past masters, individuals can uncover root causes of emotional issues, resolve karmic debts, and gain insights that facilitate healing, forgiveness, and personal development.

Are past lives and past masters relevant in all spiritual traditions?

While beliefs in past lives and past masters are central to traditions like Hinduism, Buddhism, and some esoteric schools, other spiritual paths may interpret these concepts differently or not emphasize them at all.

What practices can I use to connect with my past masters?

Practices such as guided meditations, past life regressions, prayer, and visualization can help individuals connect with their past masters, seek guidance, and access higher wisdom from previous incarnations.

Additional Resources

Past Lives Past Masters: Unlocking the Mysteries of Reincarnation and Spiritual Wisdom

In the realm of spirituality and metaphysics, few concepts have captivated human curiosity as profoundly as past lives and past masters. These ideas hint at a vast, interconnected web of existence that extends beyond our current incarnation, suggesting that our souls carry wisdom, lessons, and energies accumulated over countless lifetimes. For those seeking deeper understanding or spiritual growth, exploring past lives and the masters associated with them can be a transformative journey. In this in-depth review, we will dissect the core concepts, historical context, methods of exploration, and the significance of past masters, offering a comprehensive guide to this intriguing domain.

Understanding Past Lives and Past Masters

What Are Past Lives?

Past lives refer to the belief that individual souls reincarnate multiple times across various lifetimes. This cyclical view of existence posits that our current life is just one chapter in an ongoing spiritual saga. The idea is prevalent in many spiritual traditions, including Hinduism, Buddhism, and certain New Age philosophies.

Core Principles of Past Lives:

- Reincarnation: The process of the soul being born again into a new body after death.
- Karmic Law: The concept that actions in previous lives influence current circumstances, fostering lessons and growth.
- Soul Evolution: The belief that each incarnation is an opportunity for the soul to evolve, learn, and resolve karmic debts.

People who believe in past lives often seek to recall memories from previous incarnations to better understand their present challenges, talents, and relationships.

Who Are Past Masters?

Past masters are enlightened beings, spiritual teachers, or advanced souls who have achieved high levels of wisdom and mastery through multiple incarnations. These entities often serve as guides, protectors, or sources of divine knowledge for those on the spiritual path.

Characteristics of Past Masters:

- **Deep Wisdom:** Accumulated through countless lifetimes of spiritual practice and learning.
- **Guidance:** Often invoked or communicated with through meditation, prayer, or spiritual practices.
- **Role Models:** Exemplars of spiritual achievement, such as Buddha, Jesus Christ, Lao Tzu, or contemporary spiritual

teachers.

In many traditions, past masters are revered figures whose teachings continue to influence spiritual seekers centuries after their physical departure.

Historical and Cultural Context of Past Lives and Masters

Ancient Traditions Embracing Reincarnation

- Hinduism and Buddhism: Central to their doctrines, with texts like the Bhagavad Gita and the Tibetan Book of the Dead describing reincarnation cycles and spiritual masters guiding souls.**
- Jainism: Emphasizes karma and the soul's journey through countless rebirths toward liberation.**
- Sufism and Mystical Islam: Some mystical branches interpret spiritual knowledge as passed down through generations of enlightened teachers.**

Western Perspectives

Although historically less prominent in Western traditions, the idea gained traction through the works of spiritualists and

theosophists in the 19th and 20th centuries. Figures like Helena Blavatsky and Rudolf Steiner popularized concepts of spiritual evolution and master teachers who guide humanity's progress.

Modern Interpretations and New Age Movements

Today, many spiritual practitioners incorporate past lives and past masters into their personal beliefs, often facilitated by regression therapy, meditation, or channeling. The concept has evolved into a rich tapestry of personal exploration, guided by intuitive or scientific approaches.

Methods of Exploring Past Lives and Connecting with Past Masters

Understanding or recalling past lives and connecting with past masters involves various techniques, each with its own nuances and spiritual philosophies.

Past Life Regression Therapy

This is perhaps the most well-known method, utilizing hypnosis to access memories from previous incarnations.

Key Aspects:

- **Guided hypnosis sessions led by certified practitioners.**
- **The individual may experience vivid visions, emotions, or flashbacks.**
- **Often used to resolve karmic issues, phobias, or relationship patterns.**

Considerations:

- **Effectiveness varies; some report profound insights, while others see it as imaginative storytelling.**
- **Should be approached with an open mind and caution, ideally under professional supervision.**

Meditation and Intuitive Practices

Many spiritual traditions advocate meditation as a means to access higher consciousness and divine guidance.

Techniques include:

- **Deep Visualization: Focusing on past life scenes or figures.**
- **Chanting or Mantras: Invoking energies associated with past masters.**
- **Inner Guidance: Asking the subconscious or intuition to reveal past life memories or messages from past masters.**

Channeling and Spirit Communication

Some practitioners believe that certain beings or entities can communicate knowledge of past lives or reveal the identities of past masters.

Methods:

- Automatic writing.**
- Mediumship sessions.**
- Use of crystal balls or pendulums.**

Risks and Ethical Considerations:

- Ensuring authenticity and protecting against deception.**
- Maintaining discernment to avoid false guidance.**

Dream Work and Intuitive Insights

Dream analysis can sometimes provide glimpses into past lives or messages from spiritual guides, including past masters.

Tips:

- Keep a dream journal.**
- Practice lucid dreaming techniques.**
- Reflect on recurring symbols or themes.**

The Significance of Past Masters in Personal and Collective Evolution

Guidance for Personal Growth

Connecting with past masters—whether through their teachings or perceived presence—can catalyze profound personal development. Their wisdom often embodies universal truths, compassion, and mastery over the ego.

Benefits include:

- Clarifying life purpose.**
- Healing emotional wounds rooted in karmic patterns.**
- Gaining insights into talents and life challenges.**
- Accelerating spiritual awakening.**

Understanding Humanity's Collective Evolution

Many believe that past masters have played pivotal roles in shaping human consciousness. Their teachings serve as spiritual anchors, helping humanity navigate moral dilemmas, conflicts, and existential questions.

Notable Past Masters and Their Contributions:

- Buddha: Enlightenment, compassion, and mindfulness.**
- Jesus Christ: Unconditional love and forgiveness.**
- Lao Tzu: Taoist wisdom emphasizing harmony with nature.**
- Saints and Mystics: Embodying divine love and spiritual discipline.**

By studying their lives and teachings, contemporary seekers

find inspiration and guidance for collective upliftment.

Practical Advice for Those Interested in Exploring Past Lives and Past Masters

- Maintain an Open Mind: Approach with curiosity but also discernment.**
- Practice Regular Meditation: Build inner awareness and receptivity.**
- Seek Qualified Guidance: When exploring past life regression, work with reputable practitioners.**
- Read Sacred Texts and Biographies: Deepen understanding of past masters' teachings.**
- Keep a Journal: Record experiences, dreams, and insights.**
- Join Spiritual Communities: Share experiences and learn from others' journeys.**
- Stay Grounded: Balance spiritual exploration with everyday life responsibilities.**

Conclusion: The Endless Journey of the Soul

The exploration of past lives and past masters offers a remarkable window into the eternal nature of the soul, the accumulation of divine wisdom, and the potential for spiritual evolution. Whether one approaches these concepts through

meditation, regression, or study, the underlying message remains consistent: we are all interconnected, carrying within us the echoes of countless incarnations and the guidance of enlightened beings who have walked before us.

Embracing this knowledge can enrich our current lives, foster compassion, and accelerate our journey toward self-realization. As the ancient sages and modern mystics have shown, the path to understanding ourselves is a journey across time—through the echoes of past lives and the luminous presence of past masters guiding us ever forward.

Embark on your exploration today and discover the timeless wisdom that awaits within the depths of your soul.

Past Lives Past Masters

past lives past masters: Many Lives, Many Masters Brian L. Weiss, 1988-07-15 Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy.

past lives past masters: Extended Summary - Many Lives, Many Masters Mentors Library, 2023-10-29 EXTENDED SUMMARY: MANY LIVES, MANY MASTERS - THE TRUE STORY OF A PROMINENT PSYCHIATRIST, HIS YOUNG PATIENT, AND THE PAST-LIFE THERAPY THAT CHANGED BOTH THEIR LIVES - BASED ON THE BOOK BY BRIAN WEISS Are you ready to boost your knowledge about "MANY LIVES, MANY MASTERS"? Do you want to quickly and concisely learn the key lessons of this book? Are you ready to process the information of an entire book in just one reading of approximately 20 minutes? Would you like to have a deeper understanding of the techniques and exercises in the original book? Then this book is for you! BOOK CONTENT: Introduction to Past-Life Regression The Skeptic Meets Catherine Uncovering Catherine's Past Lives Lessons from the Masters Reincarnation and the Healing Process Exploring the Space Between Lives Regression Therapy's Transformative Power Healing the Present by Healing the Past The Multifaceted Nature of Time Soul Connections and Soul Groups The Influence of Past Lives on Relationships Overcoming Fear of Death Messages from Beyond Living with Greater Purpose and Understanding The Continued Journey of Exploration

past lives past masters: Past Lives, Present Stories Judith Marshall, 2014-10-08 Discover

how flashes from past lives can appear as signs and synchronicities, childhood impressions, dreams and memories, even spontaneous shifts in consciousness or time. Providing time-tested exercises, *Past Lives, Present Stories* shows how to explore your past lives and use the lessons you've learned to flourish in your present incarnation. Join author Judith Marshall as she takes you through the full range of techniques for exploring your past lives and piecing together information to help you on your path. Providing examples of her own glimpses into her past lives, Judith illustrates how illuminating and healing past-life discovery can be.

past lives past masters: *It Is Not a Dream to Change Your Past* Dr. Shirli Regev, Dr. Gil Tivon, 2018-02-01 If you only had three wishes that you think can change your current life dramatically, what would they be? Will you then be happy and satisfied, knowing that you can go back into your past and change your present life or even make your dreams come true? We are growing in a world that provides us with the resources and knowledge of how to make it all better. We strive to be and feel happy and fulfilled, searching outwardly for answers, not knowing that all the answers and our sought-after treasures lie and are already available to us within us. The book *It Is Not a Dream to Change Your Past* is an eye-opener and an exploration for all you spiritual seekers who wish to know and explore past life regression, as well as dreams and their interpretations, therapies, and benefits. This book is intended for you to give you a direction, a new point of view, tools, and a road map that will be useful for your own private life. We are going to learn together how to empower yourself to be able to change your life that is, with grace, harmony, and peace of mind to know how to be able to navigate our own ship to quiet waters and embrace life's challenges with inner quietude and knowledge that, yes, you can. Join us for a great journey.

past lives past masters: *Reincarnation in America* Lee Irwin, 2017-07-31 *Reincarnation in America: An Esoteric History* surveys the complex history of reincarnation theories across multiple fields of discourse in a pre-American context, ranging from early Greek traditions to Medieval Christian theories, Renaissance esotericism, and European Kabbalah, all of which had adherents that brought those theories to America. Rebirth theories are shown in all these groups to be highly complex and often disjunctive with mainstream religions even though members of conventional religions frequently affirm the possibility of rebirth. As a history of an idea, reincarnation theory is a current, vital belief pattern that cuts across a wide spectrum of social, cultural, and scientific domains in a long, complex history not reducible to any specific religious or theoretical explanation. This book is cross-disciplinary and multicultural, linking religious studies perspectives with science based research; it draws upon many distinct disciplines and avoids reduction of reincarnation to any specific theory. The underlying thesis is to demonstrate the complexity of reincarnation theories; what is unique is the historical overview and the gradual shift away from religious theories of rebirth to new theories that are therapeutic and trans-traditional.

past lives past masters: *Avatar: The Last Airbender - The Rift Library Edition* Gene Luen Yang, 2015-02-24 Avatar Aang and friends honor an Air Nomad holiday that hasn't been celebrated in over one hundred years, but when cryptic visits from the spirit of Avatar Yangchen lead Aang to a refinery operating on land sacred to the Airbenders--they soon find themselves in peril as a dangerously powerful ancient spirit awakens with vengeance and destruction on its mind! This collection of *The Rift* Parts 1-3 features annotations by Eisner Award-winning writer Gene Luen Yang (American Born Chinese) and artists Gurihiru (Thor and the Warriors Four), with a brand-new sketchbook section!

past lives past masters: *In the Cool Shade of Compassion* Kamala Tiyavanich, 2018-09-04 A fascinating collection of stories of the Thai forest monks that illuminates the Thai Forest tradition as a vibrant, compassionate, and highly appealing way of life. This work ingeniously intermingles real-life stories about nineteenth- and early twentieth-century Buddhist monks in old Siam (today's Thailand) with experiences recorded by their Western contemporaries. Stories of giant snakes, bandits, boatmen, midwives, and guardian spirits collectively portray a Buddhist culture in all its imaginative and geographical brilliance. By juxtaposing these eyewitness accounts, Kamala

Tiyavanich presents a new and vivid picture of Buddhism as it was lived and of the natural environments in which the Buddha's teachings were practiced. This book was previously published under the title *The Buddha in the Jungle*.

past lives past masters: Does the Soul Survive? (2nd Edition) Rabbi Elie Kaplan Spitz, 2015-02-06 Near-death experiences? Past-life regression? Reincarnation? Are these sorts of things Jewish? With a blend of candor, personal questioning, and sharp-eyed scholarship, Rabbi Elie Kaplan Spitz relates his own observations and the firsthand accounts shared with him by others, experiences that helped propel his journey from skeptic to believer that there is life after life. From near-death experiences to reincarnation, past-life memory to the work of mediums, Rabbi Spitz explores what we are really able to know about the afterlife, and draws on Jewish texts to share that belief in these concepts—so often approached with reluctance—is in fact true to Jewish tradition. “The increasing interest and faith in survival of the soul may grow into a cultural wave that is as potentially transformative for society as the civil rights movement and feminism. A renewed faith in ‘the soul’s journeys’ will call for a reassessment of our priorities, and will enable traditional religions to renew and transform their adherents.” —from the Introduction

past lives past masters: Love the One You're With Lee Ellis, 2019-08-06 Learn how to jumpstart a flailing marriage and break out of your relationship rut. Maybe you have always dreamed of having a family, but your current relationship just isn't what you thought it would be. Your dream come true would be to get the passion back in your marriage, but you just don't think it's possible. Does leaving your current relationship scare you, but staying and taking the risk that things will never get better scare you even worse? In *Love the One You're With*, Lee Ellis will inspire you to look at your relationship in a new way. She will show you how you can get the spark back in your marriage—and in your life. Lee shares her years of experience in working with clients, using real examples of people who completely turned their lives around using her simple techniques. In *Love the One You're With*, you will discover: · Why most marriages fail, and how you can beat the statistics · Why trading in one partner for another almost never fixes the problem, and how to be happy in your current relationship instead · Why people repeat the same patterns over and over—and how to break the cycle · Why trying to change your partner never works, and how to more effectively get what you want Read *Love the One You're With* and discover the secrets to being happy now without having to start over.

past lives past masters: Only Love is Real Brian Weiss, 2020-05-01 A beautiful and sensitive tale of true love that transcends time, from the multi-million bestselling author of *Many Lives, Many Masters* (Gary Zukav, author of *Seat of the Soul*). Recommended by Kendall Jenner. In *Many Lives, Many Masters*, a skeptical Dr. Brian Weiss found his life changed profoundly after curing a patient using past-life therapy. Now he takes his research into transcendental messages one breathtaking step further. He portrays two strangers, Elizabeth and Pedro, who are unaware that they have been lovers throughout the long centuries -- until fate brings them together again. He shows how each and every one of us has a soulmate whom we have loved in past incarnations and who waits to reunite with us now. And he opens up entirely new worlds for all of us everywhere, based on a single, powerful truth...

past lives past masters: How We Remember Our Past Lives Curuppumullagē Jinarājadāsa, 1923

past lives past masters: A Story to Be Told Sally-Ann Taylor, 2011-05-29 The life story of a Psychic Medium. By telling her own personal story of how she became a Psychic Medium, Sally-Ann shows us how the synchronistic events that happen in our lives can lead us to situations and meeting people, to forward us on our spiritual pathway. Sally-Ann's book is filled with stories of her clients and the experiences she has gone through to make her the person she is today.

past lives past masters: Tibetan Buddhism Khenpo Sodargye, 2024-01-16 Your genuine, go-to overview of Tibetan Buddhism from a leading contemporary teacher who has traversed the wisdom path This guide shares Tibetan Buddhist insight and tools that will benefit everyone in

transforming their mind. Khenpo Sodargye, who has attracted hundreds of thousands of students worldwide with his concise, easy-to-follow teaching style, sketches the big picture of the Mahayana path in straightforward language with stories relevant to everyday life. He draws on authentic texts and teachings by renowned Buddhist masters to explain complex concepts like: The Four Dharma Seals Faith Bodhichitta The Three Supreme Methods The Two Truths Rebirth and karma Spiritual teachers The Great Perfection This book introduces a systematic approach to studying Mahayana Buddhism. Through proper listening, contemplating, and meditating, we can generate the wisdom that enables us to transform suffering and happiness into enlightenment and to cultivate the compassion that inspires us to bring enlightenment to everyone, which is the essence of Mahayana Buddhism. This book is the perfect companion for anyone wanting to learn more about the basics of Mahayana Buddhism or to strengthen the foundations of their spiritual practice.

past lives past masters: The Origins of Psychic Phenomena Stan Gooch, 2007-02-07

Examines unexplained phenomena in psychiatric and psychological terms rather than occult terms • Explores how the unconscious mind manifests paranormal phenomena • Shows how the cerebellum--the seat of the unconscious--is the source of these energies, subpersonalities, and manifestations • Identifies our neglected "Neanderthal" subconscious as responsible for the rising incidence of paranormal happenings Alien abduction, poltergeist attacks, incubi, succubi, split and multiple personalities, possessions, precognition, spontaneous combustion--the list of phenomena not just unexplained but ignored by mainstream science seems endless. Yet the key to the origin of all these manifestations lies deep within our own brains. In *The Origins of Psychic Phenomena*, Stan Gooch explores the functioning of the dream-producing part of the brain--the cerebellum--and how the unconscious mind is able to externalize itself. The cerebellum is the physical seat of the unconscious and was once equal to or even superior to the cerebrum as essential to our functioning. In modern times it has been shunted into the subliminal, yet the cerebellum continues to process our worldly experiences and reveals its concerns in misunderstood, often frightening, manifestations. Gooch explains that Neanderthal Man possessed a much larger cerebellum than Cro-Magnon Man and posits that the modern repression of the cerebellum's role in our consciousness has given rise to these supernatural phenomena.

past lives past masters: *Making Life Easy* Christiane Northrup, M.D., 2018-01-23

You know Dr. Christiane Northrup as the best-selling author of books such as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body "behave." When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to: • Untie the knots of blame and guilt that harm your health • Use sexual energy consciously to increase vitality • Balance your microbiome through healthy eating • Cultivate a healthy ego that serves you (not vice versa) • Communicate directly with the Divine • And much more Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

past lives past masters: *Making Life Easy* Christiane Northrup, 2016

Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula: The Spirit is Life. The Mind is the Builder. The Physical is the Result.

past lives past masters: *New Age Journal*, 1994

past lives past masters: Alternative Healing in American History Michael Shally-Jensen, 2019-07-19 This book examines alternative healing practices in American popular culture. From traditional folk approaches to more recent developments, it discusses the rise and fall of more than 100 popular approaches to addressing both physical ailments and mental health needs. Offering insightful accounts of everything from aging prevention to voodoo & Santería, *Alternative Healing in American History: An Encyclopedia from Acupuncture to Yoga* situates each popular approach in the history and culture of health and wellness in America. Moreover, the book shows that orthodox medicine and unconventional approaches may have more in common than many people think, because both are subject to the changing nature of the medical understanding and the strength of their appeal to consumers. While the main focus is on remedies lying outside the medical mainstream, the book also highlights how many widely accepted therapeutic treatments of the past—for example, the water cure (hydrotherapy) or lobotomy (psychosurgery)—fell out of favor and were quickly forgotten. Besides examining popular healing techniques, the book also explores the changing nature of the medical marketplace and how once-standard treatments (e.g., leeching, psychoanalysis) have had their ups and downs. The book comprises five chronological sections covering time periods from pre-1900 to the present.

past lives past masters: Your Journey to Peace Rosemary McCarthy, 2016-10-21 Intertwined with Rosemary McCarthy's personal journey of shifting from an angry, frustrated person blaming others for her unhappiness, to someone who now lives content with herself and in harmony with others, *Your Journey to Peace* brings the esoteric to the practical and maps out how to become your Best Self and feel empowered in all areas of your life. It also explains: Why we are the way we are individually and collectively; and how we got this way. How we find peace within ourselves by making peace in our relationships and all situations. That God does not allow for suffering! We create it by upholding dualistic concepts of me-and-you and us-and-them that we embraced at our beginnings and before form. The precursor to the Big Bang was the need for form to play out those dualistic concepts we chose at our beginnings: all our issues stem from those original concepts based on ideas of separation rather than unity. That understanding time makes the seven-day creation model valid. What are the extraterrestrials' origins? How we can reconcile the growing evidence of our past association with the ETs and our scriptures and beliefs. Our need to embrace the Indigenous peoples' connection to Gaia. That we chose to be here at this time of the Shift to bring about our personal and Gaia's Ascensions.

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