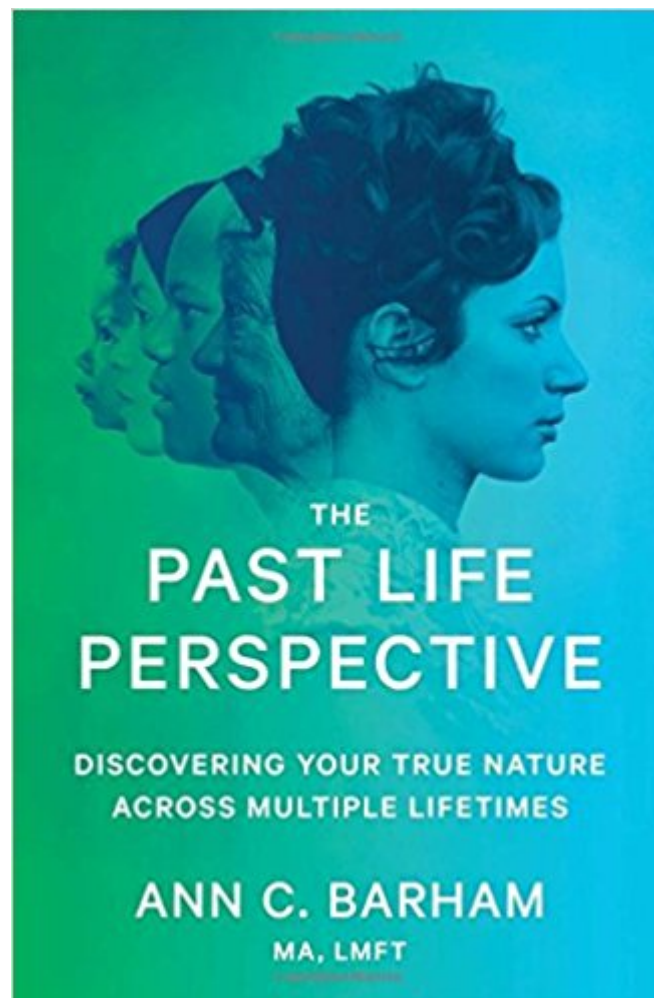




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# The Past Life Perspective: Discovering Your True Nature Across Multiple Lifetimes



## 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 clients'™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

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## Customer Reviews

"A wonderful book that helps the reader understand the eternal nature of our existence, as evidenced in fascinating past life stories from actual clients. The spiritual advice that comes

through clients' higher guidance rings true! It is a must read if you are interested in matters of the spirit and how we embody our souls in human form." (Susan Scolastico, Transpersonal Consultation Group)

Ann C. Barham is a licensed marriage and family therapist and a certified regression therapist with training in transpersonal psychology, hypnosis, therapeutic imagery, and trauma release modalities. Throughout her nearly twenty year career, she has evolved her practice to merge her interest in spirituality with her counseling work, now focusing almost exclusively on past life regression therapy, which she believes has the greatest healing impact for her clients in the shortest amount of time. She lives in California.

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.

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.

I'm very interested in the subject of past lives and regression therapy. This is an easy read and thought-provoking, things I prefer for my reading material to be. The author Ann Barham is an experienced and informative therapist and author. She starts the book by sharing her experience with beginning the practice of past life reading, and she shares her own past life memories. The book includes a myriad of case studies providing explanations to current life variables -- everything

from relationships, attitudes, preferences, addictions, physical ailments, to change in socioeconomic status, nationality and race, gender and religion. Many clients review the experience of death and in between physical lives, and remove fears about death and the afterlife. Each chapter concludes with a summary of the lesson and how we can reflect upon it. I understand that there are a lot of people skeptical or unbelieving of the subject of past lives. I hope regardless of belief, the reader can take into account the life lessons taught with each case study, because the reflections are the most important takeaway, after all. This book makes a compelling case for this mysterious phenomena, and it serves to help understand ourselves better as human beings and our unique experiences on earth. If you're looking for a book recounting past life regression sessions, this is a great read.

Ann Barham's collection of case histories was marvelous and fascinating to read. Because of the way each story was evaluated and explained it was very encouraging and helpful to me. My own story and experience with Ann many years ago opened my awareness to the reasons for many things in my life now. That inquiry set me on a path of discovery that continues daily. I evaluate my interactions with others with more and more compassion as time goes by. I feel that Ann's book, *The Past Life Perspective*, will continue to be a valuable resource for readers, clients and practitioners alike. The *Essential Truths* and *Expanding your Perspective* sections will continue to be used and referred to by me. In my own session with Ann, one of the most valuable things I experienced was my own death from a lifetime during the French Revolution. My brief experience of eternal existence after death took away any fear I previously had of dying. I have been able to grow in the ability to connect with loved ones who have made their transitions and look forward to many more openings in my consciousness. A big thank you Ann for following your heart and producing this wonderful book. My life is richer as a result of your work. Much love and appreciation also go to Susan and Ron Scolastico for making our connection possible. J. Frost

No matter what you believe, Ann Barham's regression therapy works. Remarkable results for mental health therapy of any kind. This book is very readable, enjoyable, and enlightening. And, it doesn't matter if you believe in past lives or not. It does not matter whether past lives as we understand it exist or not. Whether it is past lives or some inner workings of the mind, Ann Barham's regression therapy works. People are finding life-changing answers and relief.

It's a good book. Informative. Interesting. Author, Dr. Ann Barham, seems very capable and helpful

as well as truly fascinated by her clients and their past life experiences, especially in the first half of her book. The last half seemed more a compilation of the magnituded and variety of patients Dr. Barham has treated. I would of liked to have read more about each client's personal experiences. Otherwise a good book.

Fantastic book. What I really liked about it - it is not just a collection of past life stories, but each story has current client's issues and how past life was related to them, and in some cases even follow up - what happened with the client's life after the session, Very good read, useful for past life therapists or students, or anybody interested in PLR.

An interesting account of past lives of people who are being regressed through hypnosis. Even though, quite intriguing in its nature, I find the book to be a compilation of accounts that lack any emotional involvement on the reader's part. I feel all the material is somehow methodically boxed into chapters. I would like to know more about her clients feelings as they uncover their past life personalities. What do they feel while the hypnosis is happening? .... smiling, laughing, crying ??? What is the impact of a past life regression on a person who had never experienced it before? Mrs. Barham's chapters are written in a very precise and disciplined manner, each ending with a summary of the client's uncovered truths and future perspectives. Great read but for me I miss the connection with the client's experiences.

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