

Heal Your Past Lives

6 Steps to Dissolve Old Trauma
For Lasting Happiness

by Srijana



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How to Achieve Mental & Physical Wellness

A Journal of 54 Past Life Clearings

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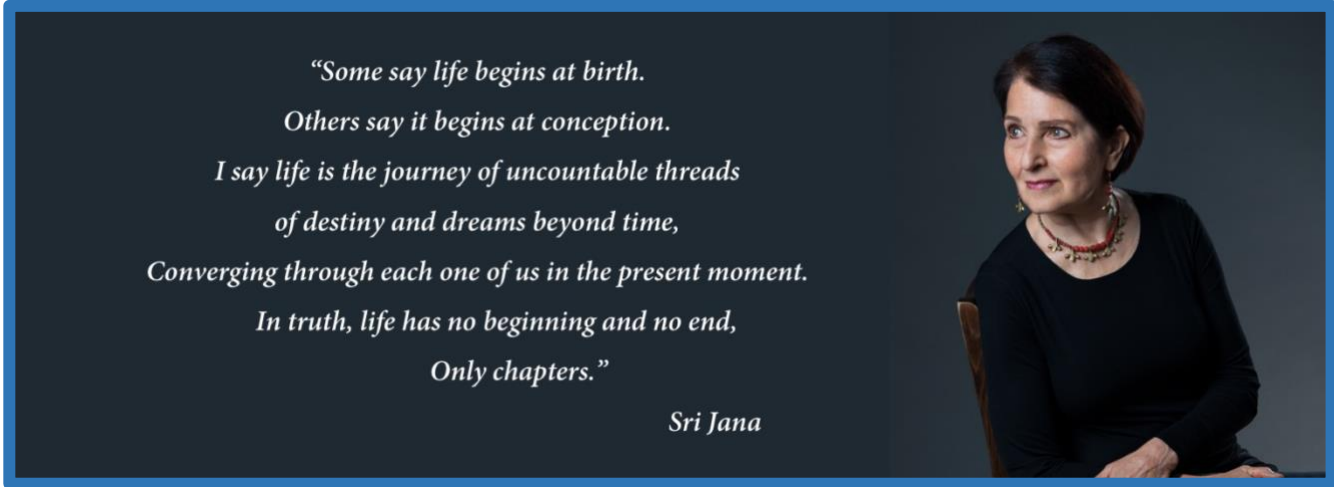
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Book Concept

Heal Your Past Lives

Who would you be if you didn't carry burdens from the past? *Heal Your Past Lives* offers a technique to permanently dissolve negative patterns rooted in the past. Many people carry distant memories of heartbreak and fear. Deep, subconscious memories influence our experience, and can manifest as illness or stress. This book shows how to pinpoint and dissolve any past trauma.

My mission is to empower everyone to find health and wellness, to permanently dissolve negative patterns rooted in the past. I offer 6-Steps to identify and remove old patterns forever.

What is trauma? Trauma represents highly concentrated toxic energy, like a knot at the root of friction and stress. Trauma holds you back from achieving your highest destiny. Every trauma you carry fragments your consciousness, as if a piece of your awareness is tied up remembering it. When you deal with your trauma, your consciousness opens up. Your intuition wakes up.

Trauma is a burden. Trauma creates holes in your auric field, that protective energy called Wei Qi in Chinese medicine. Old memories show up as wounds in your light body. Each trauma is tethered to specific memories and to a part of your body. Think about a pain in your body. When you release the root of trauma, you dissolve a physical knot and expand your inner awareness.

For example, a person who suffers panic attacks for no apparent reason, may carry an old pattern of fear, or activation of the autonomic nervous system (ANS), increasing the likelihood of a fight-flight-reaction. It's as if PTSD from the distant past seeps into our subsequent lives, bringing with it physiological as well as psychological distress.

This book outlines six steps to heal your own past trauma, plus a journal of 54 past lives, and how clearing them transformed my reality. As past life scenes were revealed, I could hardly believe the traumas I found. My journey included wars on earth and other planets. At my best I was a Buddhist Lama in Tibet and the clairvoyant medieval nun, Hildegard von Bingen. At my worst, I was a Babylonian part God, a cruel mastermind of pestilence and extermination. With each session, trauma vanished, health returned, and my intuition expanded. I found it easier to forgive everyone including myself. My healings became a life-changing journey to wellness.

Readers will learn how to:

- Intentionally change your brain chemistry for happiness in the present moment.
- Reprogram subconscious memories to harmonize with your highest destiny.
- Free yourself of old self-defeating habits and restore your body-mind to peak levels.
- Develop the capacity to tune in to frequencies beyond our material world.
- Learn to face yourself with compassion to weaken the bonds of past Karma.
- Experience your own hidden, latent creative abilities, to change your destiny.

Anyone can do this. To heal old emotions can change your whole perspective, empower your true destiny, and bring you to health and wellness.

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Sample Chapters, Heal Your Past Lives

1. My Story Begins

Storytelling is a magical way to show how things work together. Life is complicated, you see. My story has exotic characters and colorful events that stir the imagination. A story may show you what is good, what is not good. Or perhaps it will ask a question and leave you hanging without any answer at all. Today I will tell you a story and the story behind my story, of how this book began.

I could make up a story for you. That would be so easy. It might be a tale of adventure, love, sex, hardship, success, and everything else. But I'm not going to do that. Instead I will tell you a story that is 100% true. This is my way. Because then the universe has my back. The power of a true story can never fail to reach its mark. If it is meant for you, a true story is guaranteed to touch that sweet spot inside you that knows truth. And inside anyone who hears it. A true story is something so astonishing and unpredictable, it can spark your next brilliant idea. Or fuel your true destiny.

If you are reading this page, then the story unfolding right now is meant for you. Although it is the true story of my life and my many lives, the story isn't about me at all. These experiences are shared by everyone. We all feel the heartache, the pain, the excitement, the futility, the joy, and the power of the world we live in. We're all in this together. This story is about healing the world.

Real life is far more interesting than fiction. My story begins several years ago when I was working as a medical intuitive in Santa Fe, New Mexico. I was beset by bizarre dreams and déjà vu experiences. I suffered depression, panic attacks, food-chemical intolerances, and

unknown maladies. A series of life-threatening illnesses came through my life like shadows, including cancer, adrenal failure, chronic fatigue, shingles, and digestive collapse. Life seemed impossible. I continued my work and my daily life as best I could. However I never imagined in my wildest dreams that all this hardship was a perfect storm leading me to a groundbreaking discovery.

I began doing regular self-healings and found that I have over 200 previous lifetimes, many of them traumatic. I discovered how to identify and dissolve old emotional impressions that were causing bad dreams, self-defeating habits, and emotional distortions. I persisted in weekly healings, scribbling messy notes through my astonishment. As past scenes revealed themselves clearly under self-hypnosis, I could hardly believe the events that I found. I did not find kings or queens, but instead far more surprising: real people.

My journey included many wars on earth and other planets. At my best I was a Buddhist Lama in Tibet and the clairvoyant medieval nun, Hildegard von Bingen. At my worst, I was a Babylonian part God, a cruel mastermind of pestilence and extermination. With each session, trauma vanished, health returned, and my intuition expanded. I found it easier to forgive everyone including myself. My healings became a life-changing journey to wellness.

This book is for experienced healers and lay people alike. Its single goal is to help you heal your life right now. We don't need to time travel, wander around in the past, or re-live painful experiences. We may not need to spend thousands of dollars on professional therapists. I don't care one iota if I was once a King, a Queen, or a beggar. The technique that I will show you to heal trauma is simple and uncomplicated. Like Sherlock Holmes, we will pinpoint emotional patterns from the past that are negatively affecting you now. All other issues are

extraneous and can only confuse. Our only goal is to discover and clear past emotional patterns that are affecting your present life, in order to move forward in health.

My mission in writing this book is not to entertain or seek notoriety, but to show that it is possible for anyone to heal themselves in body-mind-spirit within this lifetime. I'd like to demystify time-healing, to help others recall their own past lives in order to clear and empower their lives right now. Perhaps these accounts can help us all come together, to unravel the shared mysteries, to find lasting solutions to our personal and global challenges.

How the Book Began

One evening I was in the bathroom when my primary guide appeared in front of me. He seems to show up when my mind is relatively quiet and undistracted, like taking a pee or half-asleep. I recognized him, tall, imposing, stern and loving. He told me in thoughts that he had a warning for me. There were no words. He instructed me in no uncertain terms to begin to do healings on myself. I understood immediately, and I shivered. I had been doing intuitive healings for clients for a long time, but I had never considered doing this work on myself. He instructed me to start immediately and to do one healing a week. Then he vanished. I heard his warning deeply and resolved to begin right away.

My first few sessions were effortless and revealing. I noticed I could relax and go into self-hypnosis quite easily. I would sit on the couch in my treatment room to calm my breath and body as I do before every session. I sank into a deeply relaxed state of self-hypnosis that remained clear and fully aware. I began with a fervent prayer and a wish for total healing of whatever was the highest priority to address on that day. I followed my standard treatment steps and kept a scribbly journal of notes. Surprisingly, in nearly every session, some past life trauma came up as a top priority to heal. I was aware that past trauma can affect our current lives. I knew

that we often attract situations similar to those from our distant past. My clear wish as a healer was only to find and dissolve any traumatic emotional memory that negatively affected my present life. But to encounter such a series of gruesome events in every session was a shocking revelation.

The scenes that came in were beyond surprising. Although I was stunned, I did my best to simply observe without reacting. At first a scene would come to me in very hazy images or concepts. As I asked specific questions, soon the patterns became clearer, and I would receive a flood of memories. The lives that came in to heal were not royalty, but a wide variety of people living in different times and distant geographic areas, each one struggling with issues of destiny, family, fears, and upheaval. They showed up as male, female, sometimes children. I simply focused on identifying the emotional trauma and asking for it to be healed. In many lives I was a victim. In several others I was a ruthless killer. I just kept going, determined to clear trauma whatever it was, including anger, grief, self-hatred and shame. When a particular life trauma was clear enough to heal, I did the meridian tapping you'll find in the next pages, just as I do for any client, in order to invite a healing shift. While this took some inner focus and concentration, I found it comforting to embrace all sides of the issues. I was able to forgive everyone involved, especially myself. At the end of each session I always felt surprise, accompanied by a sense of completion and grateful relief.

After each successive session, I felt lighter, freer, stronger, and more fully myself. Within three months I had completed twelve sessions. I knew beyond a shadow of doubt, I had found an important secret that I must share with others.

Human Destiny and Evolution

Like all living beings, humans are constantly changing in response to the environment. Viruses mutate, caterpillars pupate, and humans transform. We are each encoded with memories from other dimensions and other timelines. While this is difficult to express in words, I've come to understand that we each hold a record of the entire universe. Lifetime after lifetime we are born into a specific astrological, biological and DNA blueprint, representing circumstances and possibilities we may make use of. We sometimes use the word FATE to describe a kind of fixed path, and DESTINY to have a larger meaning that includes transformation beyond the blueprint.

Life endures. Life evolves in response to the environment. Our fast-track healing now involves tuning into universal cycles deep within our subconscious memory to harmonize and balance ourselves to a new reality. Is our chain of lifetimes strung together into an overarching existence for a specific purpose, a destiny? Is it possible that we are meant to discover that destiny now?

What is trauma? Trauma represents highly concentrated toxic energy, like a knot at the root of friction and stress. Trauma holds you back from achieving your highest destiny. Every trauma you carry fragments your consciousness, as if a piece of your awareness is tied up remembering it. When you deal with your trauma, your consciousness opens up. Your intuition wakes up.

Trauma is a burden. Trauma creates holes in your auric field, that protective energy called Wei Qi in Chinese medicine. Old memories show up as wounds in your light body. Each trauma is tethered to specific memories and to a part of your body. Think about a pain in your body. When you release the root of trauma, you dissolve a physical knot and expand your inner awareness.

For example, a person who suffers panic attacks for no apparent reason, may carry an old pattern of fear, or activation of the autonomic nervous system (ANS), increasing the likelihood of a fight-flight-reaction. It's as if PTSD from the distant past seeps into our subsequent lives, bringing with it physiological as well as psychological distress.

When I began doing self-healings, I never imagined that this process would change my reality. Looking back, it's as if I managed to "upgrade" my physical health and my awareness of each experience. Past traumas dissolved, and my challenges disappeared. I could see difficulty as an opportunity, a useful lesson, or cleaning the slate. As old self-defeating habits began to fall away, I could more easily accept my new inner reality. I trusted more the intrinsic value of my chain of existences. It was as if the timeline that was once my indelible, unavoidable FATE, merged into a happier, fulfilling DESTINY I never could have dreamed, that defies explanation. I often wondered: "How can I possibly describe this to others?" I decided to try to document my changing awareness over time, to teach readers how to step into the multi-dimensional game of evolution. It's so much fun, and we have nothing to lose, everything to gain.

As you embark on this technique, it is very important for you to ground yourself in your deepest reality, the beautiful, positive multi-verse of light. You may find it helpful to shelter yourself to become a bit more resilient to little disturbances and challenges. These can include worry about money, family dissonance, electro-magnetic frequencies, disagreements, opinions of others, poisons in food, water, etc. As your root into this new reality grows stronger, you will become more resilient, even tolerant to static distractions. Just like the pot of gold at the end of the rainbow is guarded by a tricky leprechaun. You may need to overcome some very tantalizing distractions to claim a great treasure.

What is your treasure? Our great treasure is freedom, health, and peace of mind. Visualize what you want every day. Describe it and ask for it clearly. Let this practice fill your days, as we recreate the world together in the image of truth and goodness.

2. Hildegard Von Bingen, Persecution, Perseverance, Poison

Anger, Wariness, Fear of betrayal, Painful Heart and Throat

During the 12th century CE I was in Catholic nun in Germany not far from Belgium. My name was Hildegard Von Bingen. I managed a large nunnery and was well-loved by the surrounding community. I taught music, healing, and spiritual ecstasy. We used prayer to go into trance. I was teaching them psychic vision in order to see the divine. The Catholic church leaders were threatened by my abilities and feared my power with the nuns. I suffered persecution by the leaders, and I was killed, poisoned at the age of 81.

As a nun and leader I was brilliant, courageous, wise, and impossible to argue with. I channeled God's will without ego and built a fine nunnery in the face of terrible repression, superstition, fear, and control. In many ways I was more knowledgeable and more devout than the men who tried to persecute me. My real and true visions rendered them speechless, so that they could not respond or argue. This was my gift and became an effective tool which forced them in many cases to honor my requests.

Although my spirit and my determination were strong, my body was frail and sensitive. Every new challenge felt insurmountable to me and caused me great pain. The church leaders believed me to be very strong but had no idea the internal suffering that I endured, both physically and mentally. This stress took a toll on my body. As a result I suffered from heart problems, sadness, and emotional fatigue. But my spirit was indestructible, so that I could never

be discouraged from pursuing what was right. This was perhaps my greatest strength, the ability to invoke higher inspiration which gave me the tenacity to keep going in spite of the difficulties.

I loved to read the scriptures and to study healing herbs, which we prepared and used in the nunnery. I had a fine singing voice. I taught the nuns how to breathe, and how to sing beautifully. My music was loved by all. Yes, it was mesmerizing, designed to promote a higher state of being that is beyond words. In spite of overwhelming odds, I became more and more successful over time. I acquired property in the name of the church, expanding my own school.

But I became a target of jealousy and humiliation on the part of church leaders. For 25 years I suffered trauma of wrath, infuriated rage, and resentment. I was very polite, humble, and I tried to be a true servant of God. However I frequently felt intense, seething anger, which I always restrained inside. My anger was never directed at any particular person, but at the complex event in which I was embroiled. Vicious backstabbing and powerful control motives on the part of the certain leaders imposed ever more rules designed to tie my hands and make it difficult or impossible for me to carry out my dreams. I did not blame them. I felt I had no choice but to continue working for divine goodness. God always gave me the necessary inspiration and means to continue to create divine truth and beauty.

A faction within the church administration had been trying to poison me for many years. The final event was an internal dispute among the leaders regarding a community nearby that I knew and loved. It was a question of whether to follow church policies to the letter or to view the particular situation with compassion. My view was to be somewhat understanding, as I knew the individuals and roots of the problem. It was a hotly debated topic and there was much dissention within the top leadership. Once again, I was a thorn in the side of those who wished to impose harsh rules and punishment.

They finally found a way to poison me through one of our trusted workers, a middle-aged man who cared for our animals. He was a fine boy, intelligent and hard-working. But he was deaf, dumb, and had the emotions of a child. His uncle, a monk from a distant monastery came to give him a vial of tasteless poison. The worker crept into our kitchen when no one was looking and poured it into my drink. The nuns brought the drink to me in my room, and I did not taste anything strange. I fell sick immediately and died three days later. No one was ever held accountable, assuming it was a natural death, as I was very old. My closest friends and allies knew what had happened as we discussed it. After my death the school continued very well for about 20 years because of the strong traditions of love and discipline that we had cultivated.

The worker's uncle, the monk, felt I was wrong in my views, and the worker was deeply bound by his family ties of loyalty. The disputed issue was finally decided according to the strict laws of the church, and the community was punished. Over ten people were put to death by hanging.

I loved food, good nourishing food. The cooks in my nunnery were the very best. They gathered ingredients and prepared our meals lovingly. We ate sparingly but very well. It was known that we had the best food of all the monasteries and nunneries in the area. I loved our gardens and especially the orchards, where we grew pears, peaches, and plums.

My music and healing were divinely inspired and very unusual for the time. I wrote my music for the nuns to sing and to allow listeners to enter a state of spiritual ecstasy, But my compositions had to be admissible within the limits of social norms and acceptability. Even so I hope that modern people can hear it for what it is, to feel even a little of the joy that we experienced in making it.

3. A child's view of the Holocaust

Hopelessness, Grief, Chemical Intolerance, Lymph toxins

I am 5 years old walking down a muddy path with my mother, whom I love more than anything in the world. It is 1944. My name is Marie. We came here in the wintertime on a train from France with my father. I'm an only child as I have no brothers or sisters. I am wearing a green dress and a dark blue wool coat. My mother picked me up at the nursery today and I'm always so happy to see her. As we walk down the path, I notice people hurrying around with worried faces. Lifeless bodies wait to be cleared away.

I understand death. Yes, and I also understand ethnic cleansing, the subjugation and careful extermination of my people. This is normal for me. I do not judge it. Even though I am unusually wise and observant as a child, my life is a bit of a blur. Some things are confusing and hard for me to understand. I do not understand why some of the adults are sad and desperate. I always feel very safe and happy with my mother.

I live with the other children in the nursery where we eat and sleep. We get to go to school, and now I can speak German as well as French. The nurses take care of me too. They are very busy and sometimes they prick me in the arm with shots and then I get scabs on my skin. They peer into my eyes with funny tools. The food is boring. Sometimes I feel tired. When I get to see my mother every few days, I am very happy. She looks tired too. I think she works very hard. Her body is thinner, and her eyes are sad and serious. She plays the violin in the orchestra here. I haven't seen my father since we came here when I was 3 years old. Auschwitz is a muddy place. It is also somewhat confusing, but I'm always safe with my

mother. Sometimes I feel cold. There's always a lot of hurrying and rushing around here. Everybody looks sad and dirty. I am dirty too.

My mother doesn't talk much. I feel so happy and safe with her. I see sad thin faces and tired eyes. I don't understand. No one is talking much and it's very quiet. Everybody is hurrying and following obediently into a building. I am sometimes bewildered and feel there are important things I don't understand. I am just a child, so I accept that. We are following the others and are taking off our clothes. I snuggle close on my mother's lap to stay warm in a big room with the others. I feel very sleepy. I'm so happy to be with my mother. I love to fall asleep in her arms.

4. Babylonian strategist conquers Aramaeans

Self-rejection, Self-poisoning, Neck Pain, Entitlement, Superiority

In this very unusual healing, I began with a different question. Instead of asking my usual question, of requesting the next priority trauma to be lifted, I asked to find the **root of ALL my illnesses**. Although I am glad that I asked this question, the answer that came shocked me to the core. What I found filled me with horror. And it helped me to understand with compassion the self-hatred and unworthiness I have held inside myself for so long. This was a major discovery that I see as a turning point in my existence through many lifetimes. After the session, it felt like a black poisonous mass had been removed or rather exploded inside me. And the shards of debris from this explosion were so huge, they would take some time to clean up. Yes, there was great discomfort after this session, physical, mental, emotional, spiritual. However within six months

after the clearing, my present life had been utterly transformed for the better. This was the most important transformational clearing of my life.

I was a Babylonian man, in roughly 3,700 BCE, a brilliant strategist working with a cruel King. We were a team of three, the King, his brother and me. All of us were direct descendants of the Gods. The two brothers were 1/4 God. I was 1/8 God. Hence, they were taller and of a higher rank than I was. My name was something like Yur or Yuri. I was very strong physically and my role was to be the mastermind of destruction.

My father had been a powerful man in the Babylonian Noble court, and my mother was a commoner. My father was 1/4 God therefore I was 1/8 God. He taught me the ways of the Gods, that we were destined to rule the world. Anyone who did not follow was to be eliminated. I was raised with the knowledge that I was entitled, powerful, that it was my divine right and the destiny of the Babylonians to rule the world. I loved our land. We lived in a place called Uruq to the East, which in modern times is called Iraq. I was married with three wives and six children. I was very fond of my four sons and taught them the ways of my father. This was important because my sons were part God as well, although they were only 1/16 God. We worshipped, or more accurately, we drew our energy from the Gods, our forefathers. Therefore we felt empowered and entitled in our lineage of rulership.

Our Babylonian civilization consisted of about 1 million inhabitants in the area we call Iraq and parts of Turkey. We wanted to expand to the West to enjoy the ocean for seafaring voyages into Greece, Turkey, and the islands. We were a unified court for most of my life. I loved my three wives and treated them well. I provided everything they needed - homes, food, servants, animals, land, water.

As masterminds of war and destruction, three of us set out to eliminate our neighbors the Arameans, their culture, and all their people. Arameans were farmers and herders, natives of the area we now call Syria. These were not Hebrews. They had their own language and culture similar to Hebrew, to the West of Babylon, along the Mediterranean coast. Their culture is not widely known in modern times. They worshipped God's similar to the Egyptians.

We did everything possible to destroy them. We sent armies of killers, we raped their wives and daughters, we blockaded their cities so they could not get water or food. This was not a war. It was a systematic extermination. The Arameans could not and did not retaliate. It was a total ethnic purging. We did this for 20 years until finally they were no more. Some of them escaped into the area we call Lebanon, but we were unaware, or we would have gone after them.

The Babylonian King was my best friend through my whole life. Together we believed it to be our destiny to rid the earth of these people. As descendants of the Gods, it was our divine right and duty to wield our power over men. We had powerful armies trained in the use of weaponry, spears, knives, horses, torches, and poisons. Oh yes, we sent spies to infiltrate their leaders' homes and into their kitchens to poison their food. We destroyed their houses with torches that were fed with a kind of burning tar from the ground. My brilliant work as a military strategist was to find their every weakness and to take advantage of it at their most vulnerable moment. We gave them no rest. Working as a team, the King, his brother, and I were the architects and designers of destruction. We worked diligently with joy.

We traveled over a wide area in our war maneuvers. Whenever we were victorious in battle, it was a huge celebration, an almost intoxicating high, as if we were on drugs. We pillaged, sacked, and raped everything in sight. We were even convinced that the women we

raped enjoyed it. In the days of celebration, we raped women and children singly and in gangs. As descendants of the Gods, we were destined to rule the world. This was our right. We did not use mass graves. We left the dead bodies for the survivors to dispose.

I was directly and personally responsible for the deaths of over 450,000 people, men, women, and children. I loved the emotional high of winning. Victory over others excited me sexually, and I felt my masculine power flow through me like an intoxicating divine power. I personally killed over 100 people with my own hands, and I personally raped over 110 women and girls.

After the annihilation was complete and the King was growing older, some of our Babylonian leaders said bad things about our actions, and our annihilation was seen in a negative light. A new group took control of the Court and we were slowly ostracized. The new King and his colleagues were 1/8 God, and I knew them as acquaintances. When I was 61 years old, my friend the former King, his brother, and I were all sentenced to be punished by hanging.

Our new rulers spoke to us patiently and tried to explain our errors to us. They were fierce, determined, and also compassionate. At the end of my life I saw my error in the destruction and terror I had caused. I felt great remorse and sorrow, and I accepted death as a partial payment for the violence I had inflicted. But my friend the King and his brother were resolute right to the end. The three of us, the former King, his brother, and I were publicly hung from the neck. The sons of the King and his brother were banished, forced to leave our country forever. My sons were not banished, but they lived with the stigma for one generation. My physical seed is still alive in many parts of the world even after many generations. It is primarily found in the Slavic countries, Turkey, India, Greece, the Americas, and most European nobility.

I'd venture to guess about 1,750,000 people living today carry a similar past life pattern. And that most of them continue to play out the same games of fear, control, domination, and killing. For some reason I dropped out of the cabal and had a change of heart at the end of that terrible lifetime. The fact that I felt tremendous regret and shame for what I had done, I believe was a turning point in my existence. My remorse helped to make me a better person, kinder, and more compassionate in subsequent lives with possible hope one day for spiritual merit.

Target Market - Heal Your Past Lives

1. **The market for this book is anyone** with sensitivity and interest in past lives, an interest in healing the body-mind, and many lay people with unexplainable experiences.
2. **The market is professional healers**, including medical doctors, counselors, teachers, religious leaders, therapists, psychologists, psychiatrists, energy healers, and hypnotists.
3. **I will use it as a required textbook in my past life workshops online and in Bali.**
4. **Google Trends Indicate Rapidly Growing Interest in this Topic.**
Google Search Trends are a valid indicator of interest over time. The trends show steadily growing interest in search terms of **“Past Life Regression”** and **“Past Life Healing”**. Find them at this link: <https://trends.google.com/trends/explore?>. See the graphs below:



Marketing the Book - Heal Your Past Lives

1. I will commission a screen play and movie of selected past life scenes.
2. I will find famous persons to write a foreword and reviews for the book, such as, Brian Weiss or Shirley MacLaine.
3. I will promote the book in my **Heal Your Past Lives Workshops** online.
4. I will use it as a textbook for my **Heal Your Past Lives Retreats** in Bali.
5. **I will promote the book through professional healers’ associations including**
 - <https://www.energyhealingconference.com>
 - <https://www.healingbeyondborders.org/index.php/conference>
 - <https://vibesup.com/event/energy-healing-conference/>
 - <http://www.hopehavenevents.com>
6. **I will write articles to post on Professional Groups in Social Media including**
 - <https://www.facebook.com/groups/professionalhealers/>
 - <https://www.facebook.com/SpiritualHealerProfessionalLearningInstitute/>
 - <https://nationalhealerassociation.com>
 - <https://www.facebook.com/TheHealerUniversity/>

- <https://thrivinghealers.com>
- <https://www.facebook.com/The-Hypnotherapy-Association>
- Oregon Hypnotherapy Association: <https://www.facebook.com/groups/ohanw/about/>
- International Medical and Dental Hypnotherapy Association

7. International Association of Counselors and Therapists (IACT):

I will distribute it to new age and spiritual book distributors in the USA including:

- Baker & Taylor
- Bookazine (Bayonne, NJ)
- Brodart (Williamsport, PA)
- DeVorss & Company <http://www.devorss.com/>
- Ingram Books
- Integral Yoga (Buckingham, VA)
- Last Gasp (San Francisco, CA)
- Lotus Light (Silverlake, WI)
- New Leaf Distributing <https://newleaf-dist.com/>
- Nutri-Books (Denver, CO)
- Time-Life Books

8. **I will promote the book online via social media, YouTube, my websites, and events.**

- FiveSeasonsMedicine.com
- PowerDharma.com
- facebook.com/jane.Barthelemy
- facebook.com/whitetigerbhutan/
- facebook.com/srijana1080
- [YouTube Channel: Sri Jana](https://www.youtube.com/channel/UC...)

9. **I will write articles in relevant magazines and websites. A partial list includes...**

- Ascent Magazine
- Awakenings Magazine
- Awareness Magazine
- Clarity Magazine
- Conscious Shift Magazine
- Elephant Journal
- <http://newageebook.com/new-age-book-promotions/>
- Inner Realm
- Integral Yoga Magazine
- LA Yoga
- Life Connection
- Light of Consciousness – Journal of Spiritual Awakening.
- Natural Life News
- New Spirit Journal.

Comparative Titles, Heal Your Past Lives

This book is a unique guide based on my own research, interviews, and studies, for health and wellness for everybody. I have not found any books that are quite comparable. It's sort of like "*A Journey of Souls*" by Brian Weiss meets Edgar Cayce's "*Beyond Death*". Or "*The Book of Secret Wisdom*" by Zinovia Dushkova's meets Shirley MacLaine's "*I'm Over All That*".

These other books offer some similar information; however, none have put it together in a comprehensive way, offering practical tools for clearing our own traumas around existence, rebirth, and freedom. No other book gives specific techniques to dissolve one's own past life wounds in order to heal your life right now. No other book offers a journal of examples of personal past life healings, all of which I experienced.

The titles below confirm an interest in past lives, and this is very good. However, we don't need to prove the existence of past lives or visit ancient times to entertain our curiosity. We need practical solutions to resolve our current problems. The following comparative titles are still highly relevant in that they show how clearing past life trauma can help to heal one's current life. My book follows suit, taking it a few steps further, because I offer a specific six-step technique to heal past life trauma, and I write firsthand of my own experiences.

1. **Many Lives, Many Masters:** The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives by Brian L. Weiss, Fireside, 1988 (A highly relevant book of stories of a patient's past lives, and how it helped heal her present life)
2. **Miracles Happen:** The Transformational Healing Power of Past-Life Memories, by Brian L. Weiss, Harper One, 2013 (A highly relevant book by NYT best-selling author, that demonstrates how healing past life trauma can permanently heal mind and body.)
3. **Journey of Souls:** Case Studies of Life Between Lives, by Michael Newton PhD, Llewellyn Publications, 1994 (Relevant stories of people's experiences after death. The success of this book shows an interest in the afterlife and reincarnation.)
4. **Your Soul's Plan:** Discovering the Real Meaning of the Life You Planned Before You Were Born, by Robert Schwartz, Frog Books, 2009 (A highly relevant book, shows how past life challenges may be linked to, or even planned as challenges in our current life.)
5. **Memories of Heaven:** Children's Astounding Recollections of the Time Before They Came to Earth, by Dr. Wayne W. Dyer, Hay House, 2015 (A highly relevant book of stories that demonstrate the direct connection between a past life and our present lives.)
6. **Lives Remembered,** by Dolores Cannon, Ozark Mountain Publishing, 2009
A highly relevant book of stories of past lives under hypnosis, by an established hypnotherapist who has written fifteen books about her discoveries.

7. **Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships, by Brian L. Weiss,** Fireside - Simon and Schuster, 1992 A highly relevant book of stories from clients' past life regressions, showing the power of clearing past trauma to eliminate difficulty in this life.
8. **Beyond Past Lives: What Parallel Realities Can Teach Us about Relationships, Healing, and Transformation by Mira Kelley (Author), Dr. Wayne D. Dyer (Foreword) Hay House, 2015 .** A highly relevant book by Mira Kelley, a brilliant regressionist, in which she shares stories of her clients' past lives as well as her own.
9. **Past Lives, Future Healing: A Psychic Reveals the Secrets to Good Health and Great Relationships, by Sylvia Brown Lindsay Harrison, Piatkus, Berkley, 2002** A highly relevant book of Sylvia Brown's regressions with clients resulting in restored health and better lives. An insightful look at how much one's present life is informed by one's past.
10. **Past Lives, Present Miracles: The Most Empowering Book on Reincarnation You'll Ever Read...in this Lifetime!, by Denise Linn, Hay House, 2007** A highly relevant and validating book, describing the author's first experience of the other side, along with stories of how past life regression can help us remove obstructions in our current lives.
11. **Initiation, by Elisabeth Haich, Aurora Press, 2000.**
This autobiography connects the 20th century European life of internationally loved yoga teacher Elisabeth Haich and her lucid memories of initiation into the hidden mystical teachings in ancient Egypt. It reveals insights into karma, reincarnation, spiritual work.
12. **Edgar Cayce's Tales of Ancient Egypt, By John Van Auken, A.R.E. Press.**
John Van Auken combines past lives from Cayce readings from sessions with his clients. Egyptian legends reveal the story of priestesses, healers, female pharaohs, and gods.
13. **Chariots of the Gods, by Erich von Däniken, Berkley Books, 1999.** The enduring success of this book indicates growing public awareness of the presence of "gods" in human history. Most incredible of all, however, is von Däniken's theory that we ourselves are the descendants of these galactic pioneers—with archeological proof.
14. **Fingerprints of the Gods, by Graham Hancock, Three Rivers Press, 1996.** The bestselling author reveals true origins of civilization. Connecting clues scattered through the world, Hancock finds evidence of advanced civilization erased from human memory.
15. **You Were Born Again To Be Together, by Dick Sutphen, Pocket Books, 1976**
This book presents what claims to be case histories of love surviving death via the process of reincarnation. A reader is introduced to several people who apparently remembered under hypnosis not only who they were in previous lifetimes, but that many of those they knew in their current life were with them then.