

## Past Life Therapy

Of all ideas in the history of major religions, none is more universal in its appeal than is that of reincarnation. It appears both in very primitive forms of religion and in highly developed ones. The belief in reincarnation persists both in Christian and Judaism and is found from the earliest times down to the present.

Reincarnation is an age old belief that the soul or spirit of someone who has died, survives death and returns to be reborn into a physical existence once more, offering them another opportunity for spiritual and personal growth. This belief was readily accepted by cultures that lived close to and in harmony with the earth. They could witness the birth, death and renewal of nature and understand and accept the cycle as a natural and necessary process of life itself.

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So many of us have had "flash backs" or experienced de' ja vu that serious investigation has been done to determine the basis for this common occurrence. Psychologists are finding that past lives are a legitimate source of information that can explain a person's behavior, compulsions, or relationship; They began to understand their client's feel of familiarity with distant locales, cultures or customs of ancient countries.

Dr. Brian Weiss, prominent Yale-educated psychiatrist and author, sheds, new light on the extraordinary healing potential of regression therapy, based on his extensive clinical experience. Building on the time-tested techniques of psychotherapy, he illustrates how by opening doors through space and time, past life regressions permits the healing of traumas whose roots are to be found not in the present but in a prior lifetime.

Edgar Cayce has long been revered as America's foremost psychic and his prophecies have brought personal insight and spiritual enlightenment to people all over the world. He appreciated the powerful influence that reincarnation had on human nature. Through his past life readings, he reveals how people come together out of the past to work out the unresolved conflicts of their precious lives and shows how those who were once intimate are united through eternity. We are able to tap into our 'ancient memories' so that we can recognize and understand the powerful influences that affect our behavior today.