



Past-Life Regression Workbook: Journey Through Time Into Healing

Barbara Lane

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Begin to identify unproductive patterns and "soul bruises" that recur in your life.

Your workbook will help you to move through the emotional process by reframing counterproductive feelings from the perspective of growth opportunities and soul lessons.

It will facilitate your cognitive exploration of new ways of thinking, acting and reacting.

You will begin to create a new, more empowering framework and set of behaviors and attitudes.

When used in conjunction with the "Past Life Regression Audio Program," you will be able to go deeper--to the root causes of your issues in other lifetimes and address them using your subconscious mind and multidimensional perspective.

67 pages

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