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## Past Lives for Beginners: A Guide to Reincarnation and Techniques to Improve Your Present Life

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By Douglas De Long

Llewellyn Publications,U.S. Paperback. Book Condition: new. BRAND NEW, Past Lives for Beginners: A Guide to Reincarnation and Techniques to Improve Your Present Life, Douglas De Long, This title helps you explore your previous lifetimes, embrace your wondrous past, and recognize that you, as a human soul, are eternal. Past Lives for Beginners is a detailed and approachable introduction to understanding reincarnation and how it impacts your present life. Using fascinating case studies, De Long describes different types of past-life recall experiences and shares favoured techniques of meditation and visualization used to gain access to those memories. With guidance on how to connect with spirit guides and religious figures, the book also discusses future lives and how to work toward smooth life transitions. Past Lives for Beginners also includes resources for finding past-life therapists to help you understand your history and forgive past transgressions.



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