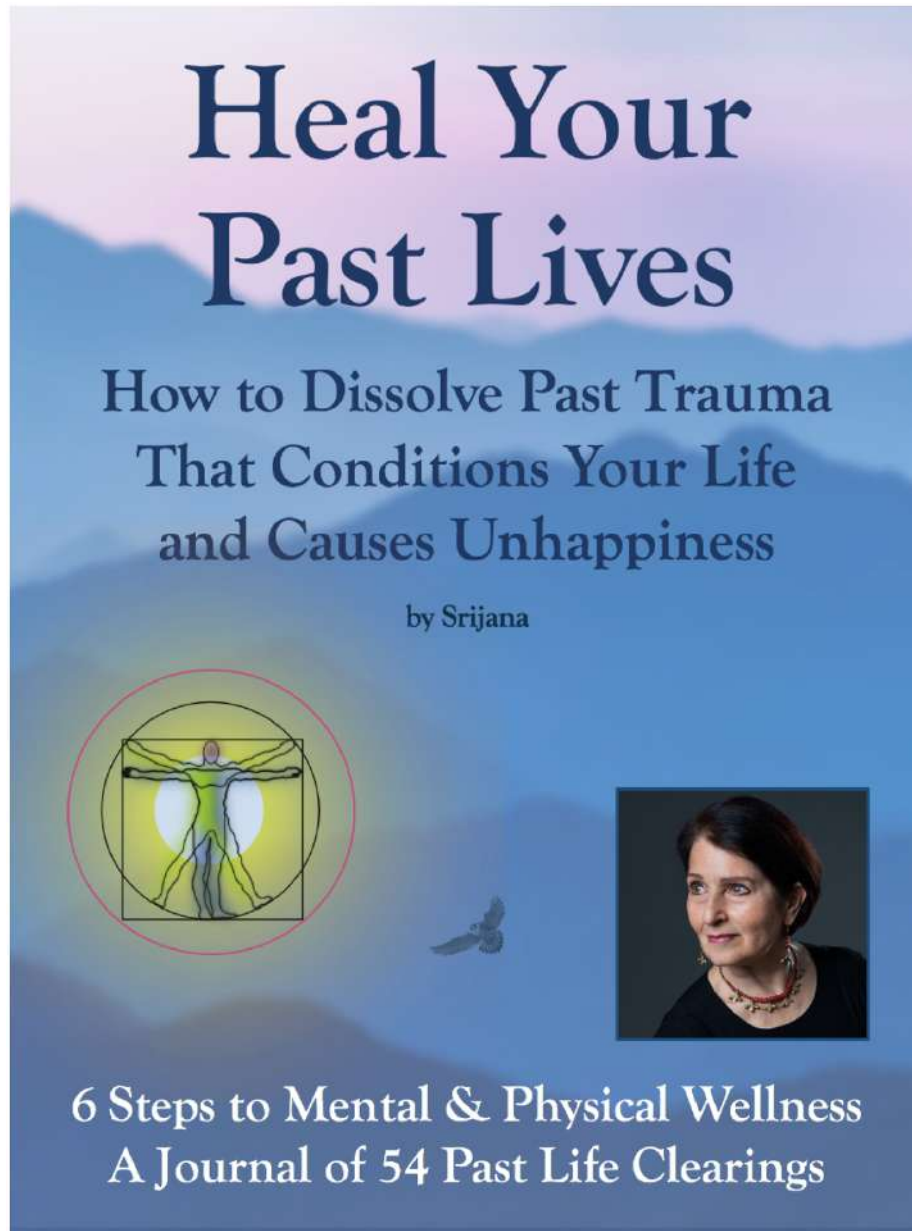


Heal Your Past Lives Book Proposal



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Book Concept

Heal Your Past Lives offers a technique to permanently dissolve negative thoughts rooted in the past. Many people carry distant memories of traumatic heartbreak and fear. These memories can manifest in the present as disease, allergies, intolerances, limiting beliefs, and irrational reactions. We tend to attract and repeat what is familiar or expected. Now is the time for humanity to heal. In this ground-breaking book, I offer 6-Step instructions to show clearly how to pinpoint and heal your own past trauma.

Chronic illness led me to energy medicine.

As a medical intuitive beset by bizarre dreams and déjà vu experiences, I suffered low self-esteem, shame, skin eruptions, depression, and multiple food - chemical sensitivities. A series of life-threatening illnesses passed through my life including cancer, total adrenal failure, chronic fatigue, shingles, digestive collapse, and frozen shoulders, all creating an unexpectedly ideal scenario for my groundbreaking discovery.

I began doing weekly self-healings.

I found I have over 200 previous lifetimes, many of them traumatic. I discovered how to identify and dissolve old impressions that were causing self-defeating habits, bad dreams, and perceptual distortions in my life. I persisted in weekly self-healings, scribbling messy notes through my surprised relief. As past scenes revealed themselves clearly under self-hypnosis, I could hardly believe the traumas I found. My journey took me through the Stone Age, ancient Tibet, and into Biblical times. I saw the Inquisition, the Holocaust. I suffered as a victim and sometimes a terrible perpetrator. I was persecuted as Hildegard von Bingen and left for dead as a general in Genghis Khan's army. With each session, trauma vanished, and my health returned.

My healings turned into a life-changing journey.

Each day became increasingly filled with happiness, joy and beautiful synchronicities. The book outlines six steps to heal your own past lives, a journal of 54 unexpected past life stories, and how clearing those traumas transformed my life.

My mission is to show that it is possible to heal the body-mind-spirit permanently. I wish to empower people to recall their past clearly, painlessly and to discover well-being right now.

Are you carrying a burden of past traumatic memories? When old burdens are dissolved through this simple technique, the immediate result is greater health and mental clarity.

A key to massive popular self-healing.

There's no book like this. Billions of people need it. The market is everyone with an interest in past lives, professionals, millennials, and anyone with unexplained physical-emotional reactions.

We have a LOT of history to clean up collectively.

This technique can change lives, gently and permanently. It is equally effective DIY alone or with a friend. This is not "regression". It is permanent removal of past traumatic charge affecting this life. I plan to invite a screen play and movie of selected scenes. Now is the time to support the healing transformation of humanity and society. Please help this book come to market.

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*“Some say life begins at birth.
Others say it begins at conception.
I say life is the journey of uncountable threads
of destiny and dreams beyond time,
Converging through each one of us in the present moment.
In truth, life has no beginning and no end,
Only chapters.”*

Srijana



Sample Chapters, Heal Your Past Lives

1. Introduction: How Past Trauma Conditions Your Life

Do Past Lives Really Exist?

I do not know what actually gets passed from one life to the next. Is there an essence of a person that remains after death? A soul? A unique spirit? I cannot say. These questions do not relate directly to my goal, which is simply to dissolve old trauma, to be free and happy now. My journey began with a series of déjà vu experiences, distinct feelings that I had lived through a similar moment long before. Meeting a person for the first time, where I vaguely remembered them was sometimes a warning, sometimes an irresistible intimacy like falling in love.

As a trained medical intuitive, I also did regular healings on myself. In my personal sessions I would sit on the couch in my treatment room and quiet my breathing as I do before every session. I sank into a deeply relaxed state of self-hypnosis that remained clear and fully aware. I followed my standard treatment protocols and kept a scribbly journal of notes. Surprisingly, in every session, some past life trauma came up as a top priority to heal. I knew that past trauma can affect our current lives, and that we often attract situations like those from our distant past.

At first a scene would come to me in very hazy images or concepts. Soon the patterns became clearer, and I would receive a flood of memories. The lives that came in to heal were not kings and queens, but a variety of people, each struggling with issues of destiny, family, fear, and upheaval. They showed up as male, female, sometimes children. I simply focused on identifying the trauma and asked for it to be healed. In many cases I was a victim. In other cases I was a terrifying perpetrator. I just kept going on, determined to clear trauma whatever it was, including anger, grief, self-hatred and shame. After each successive session, I felt lighter, freer, stronger,

and more fully myself. In the quiet I knew beyond a shadow of doubt that I had found an important secret that I must share with others.

Past Trauma Conditions Your Life

Your body holds impressions from life experiences, memories and emotions. These impressions influence your everyday reactions, emotions, and actions. One could safely say that all your responses to daily experiences are deeply rooted somewhere in your past. Some of these memories are from your current life, and some of them may be from the distant past.

We are conditioned by what we've been taught to believe, by the society we live in. We are limited by what we expect to experience through our five senses of sight, sound, smell, taste, and touch. But life is far bigger than our five senses and our conditioning. We are deeply influenced by invisible forces within us and outside us. These patterns may help us, or obstruct us.

Many people live with constant stress and anxiety. Where do these difficulties come from? The worries that we carry are often a repeating pattern, an unnecessary burden, and a drain on our energy. All these concerns, hardships, and stress make our days more difficult. Most people go through life focusing on avoiding painful experiences. However, the avoidance approach slowly isolates you in fear and steals your energy. It takes a toll year after year, like living an illusion.

For example, some people suffer from a fear of sex. In my case I found past sexual encounters brought forward feelings of fear and shame into otherwise happy sexual experiences. Some people fear rejection or persecution in groups as a result of past trauma from the Inquisition or past punishment. Many people carry anger from one life to another, as if continually trying to fight their way out of this old emotional pattern. An illness in this life can be influenced by having suffered it in the past, giving a predisposition, or a tendency to suffer the same disease again. In my case I found back pain, indigestion, and shingles that had roots in the distant past. A pattern of doubt or self-hatred that we carry now may be related to an experience a very long time long ago. However once the trauma is dissolved, it can no longer imprison you.

Your life is always trying to heal you. Even in illness, your body wisdom is telling you something. You need to listen to get well. If you have the courage to live, if you have the courage to die, then you can summon the courage to look at your past and clear it while you can. You can enjoy life without the stress of carrying these burdens around every moment of the day. When you're really ready to heal, and willing to face the pain, you are free to dissolve old patterns that will re-orient your life toward the positive. It's that simple.

Free Yourself from Past Life Trauma

To reclaim your happiness and gain control of your reactions, it all starts with your mind. Using this simple self-hypnosis technique, you won't have to travel back in time or re-live painful experiences. Instead, you can observe them from a distance and dissolve the emotional content that affects you now. The only requirement is that you must be willing to see and accept all your emotions, even the difficult, uncomfortable ones.

As I continued doing personal sessions, my health grew stronger. Positive change starts on the inside, and eventually comes to the surface to manifest in physical reality. In a relatively brief

period of time, my life transformed from the inside out. The major themes of different lives seemed to be linked somehow in a progression, as if I was to learn something in each life. This book represents the culmination of research into my past and clearing many burdens. The experience has utterly changed my life. Now I feel free, less stressed, I no longer fear death, and I can enjoy each moment without carrying the weight of the past into every experience.

A sixth sense is the birthright of every human being. Anyone can develop their intuitive abilities if they are willing to be quiet and see things simply as they are. It helps to be relatively free of mind chatter and stress. Stress can come in different forms, such as physical toxins in food, air, water, or medicines. It can be from people, situations or electro-magnetic fields. It can be our own internal stress such as mental distractions, addictions, habits, opinions, or emotions. Now you can strip away the old barriers to your happiness. You can simply remove the heavy obstructions from your past lives one layer at a time, to be free in body, mind, and spirit.

2. Six-Steps to Heal Your Past Lives

What's Self-hypnosis?

Back in 1774 when Franz Anton Mesmer first experimented with hypnotism, people believed it to be a bizarre, occult technique requiring strange words as he dangled a pendulum before one's eyes, inducing a trance. Likewise, meditation was once viewed as a mysterious Eastern practice with Sanskrit incantations taught by an Indian guru. Nowadays hypnosis is commonly used to heal bad habits. And meditation is an accepted tool to calm the mind.

We know that different emotions, attitudes, and mental states occur naturally in everyday life. Simple self-observation will confirm that you're constantly moving from one state to another. We can learn to observe these states and then use hypnosis to access deep, powerful parts of ourselves on request. Self-hypnosis is simply using the mind to access deeper parts of yourself in order to heal.

Brain Wave Frequencies

Brain wave speeds can be measured and are associated with different states of consciousness.

Gamma Waves (38 To 42 Hz) are the fastest and most subtle high-frequency brain waves. They indicate complex integration from different brain centers when you are very quiet. Gamma waves are usually of short duration, like a burst of genius, such as when you find a brilliant solution to a problem but don't know quite where it came from. In experienced meditators, Gamma waves are often present all the time, indicating a relaxed state of high awareness.

Beta Waves (12 To 38 Hz) occur in a normal waking state of faster brain activity when your attention is focused on everyday talking and cognitive tasks in the world. Beta gives you problem solving, judgment, decision making, and focused mental activity.

Alpha Waves (9 To 14 Hz) are associated with quietly flowing thoughts, when we are fully present in the moment and the brain is calm. Alpha waves are characterized by mental ease, tranquility, alertness, mind-body integration, and some types of meditation.

Theta Waves (4 To 8 Hz) occur in sleep, deep meditation, and hypnosis, in which the senses are withdrawn from the external world and you are more focused on inner signals. Theta is said to be our doorway to learning, memory, and intuition. Theta is the twilight state that you might feel when in hypnosis, when drifting off to sleep or waking up.

Delta waves (.5 to 3 Hz) are slow and deeply penetrating, found in deepest meditation, profound dreamless sleep, and are essential in healing and regeneration.

Your Brain Waves Fluctuate Every Day

In a given day, you continuously drift up and down through different states of being. In the early morning hours you're probably sleeping deeply in the Delta state. As you awaken slowly, you may drift up through Theta, in which you feel intuitions about the day. Your morning meditation might bring you into the Alpha state, in which you breathe deeply and feel tranquil. Soon the day is upon you and you rush to strategize, fully awake in the conscious Beta state. Suddenly you may have a brilliant insight in the highest Gamma state, when a surprising genius discovery changes your day completely. As a result you have to re-strategize your morning in a Beta state. You take a break for a cup of tea and a snack, drifting briefly into a relaxed Alpha state. A colleague says something that triggers a reaction, and suddenly you're in an agitated high Beta state. Perhaps you use your meditative skills and deep breathing to calm back down to Alpha. In this more tranquil state you happen to watch a Facebook video about animals, which temporarily puts you into a deep state of Theta harmony. At lunch with a friend, you review the experiences of the day in Beta consciousness. A brief off-the-charts ecstatic state overtakes you as you bite into a piece of chocolate cake for dessert. On the way home, you get stuck in a traffic jam with angry motorists, which pulls you into an agitated Beta defensive mode. When it finally clears, you follow your usual route in a semi-hypnotic trance, arriving home without any memory of how you got there. Dinnertime might be full of busy Beta cognitive talk. After dinner you watch a movie in a quiet, open, Alpha state. Gradually you move toward sleep, drifting down from Alpha, through relaxed Theta, and finally into deepest restful Delta sleep. How many altered states did you experience in a single day?

You are More Powerful Than You Know

Our brain waves and states of being are constantly shifting up and down every day without much awareness on our part, because we're mostly reacting to outside stimuli. But what if you could use your mind to observe and control your states? You would have a key to unravel all the problems in your life! By using your mind to relax deeply, you can find and dissolve old trauma that is held in the body-mind. You can remove the negative effects of stress, handle traumatic events, prevent overwhelm, and feel safe and secure. With this self-hypnosis technique, old traumatic memories are stripped of their emotional intensity, leaving you free of the past and able to gain self-mastery right now. This is the essence of self-hypnosis.

Manage Your Thoughts, Manage your Health

Imagine the power you will have when you are able to balance your state and guide yourself through the myriad experiences of life. When you learn to observe and control your thoughts, your brain waves will follow. You can maintain a constant state of health and wellbeing to a very great extent.

The secret to integrating ALL your power is to learn to RELAX. Most of our responses are directly connected to traumatic memories held in the body. Factual knowledge and medical books can never help you heal until you develop the skill of embodied relaxation. Without conscious relaxation your body remains stuck in tension and hypervigilance, so that feelings of calm safety and intimacy are never available. When you can relax deeply, you feel grounded and safe. You can trust the present moment. You can feel connection and joy. You have full access to your inner power.

Brain States in Self-Hypnosis

In self-hypnosis, like meditation, you set aside a quiet time to invite yourself to deeply relax, instead of being controlled by reactions to external events. The instructions in Step One will show you how to practice self-hypnosis. Use slow breathing to move gradually from wakeful alertness of Beta into a more tranquil Alpha state, and then to Theta in which you are deeply relaxed and totally aware yet not sleepy. It is not particularly important to identify the states, just keep relaxing deeper and deeper.

As you practice self-hypnosis, your mind will become more tranquil, the brain moves to a deeper state in which you can access information about the past. Your body-mind is more suggestible. In this state you can accept changes, allowing old patterns to come up and be dissolved. Take simple scribble notes if possible, as when you come out of this state you may or may not remember all the details.

Specific Tapping Technique

The precise tapping technique in Step 5 is very important. By tapping on these three places in the body: Top of the cranium (both sides, both hemispheres), Heart, and Lower belly, you are activating the extraordinary meridians in Chinese medicine called Du Mai and Ren Mai. These are the deepest and most foundational ancestral channels of the body. Tap lightly four to eight times on each location in succession several times to allow a deep shift to take place. I suggest you read the next section through completely to familiarize yourself with all six steps before you start your first session. You may need to practice the specific sections before you begin.

Six-Steps to Self-healing Past Trauma:

Step One: Entering a Trance State, Setting a Goal

Sit comfortably at a time when you will not be disturbed for 30 to 60 minutes. Begin to breathe and relax your body. Let any distracted thoughts drift away and allow yourself to feel neutral in the body. Take three to ten breaths as you allow tension to fall away. Feel yourself sinking into stillness as you count backwards slowly from ten. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0, sinking deeper on each count. There are many techniques to go into a hypnotic state, and if you have learned a different way, feel free to use it. The important thing is that you are very relaxed, the mind is quiet, your breath is slow, and you are open to receiving information. As you breathe calmly, notice that your mind also becomes more tranquil. Allow thoughts to come in and go out without focusing on anything except for relaxing deeper and deeper.

Ask humbly aloud or silently to contact your deepest self, to receive the truth, and to see what you need in order to heal. Ask to be whole, ask to trust. Ask for assistance to heal what is next and the most important for your life. Feel your body soften and relax. Take long, relaxed breaths.

Set a goal. Say it clearly, out loud or silently like a wish. For example, your goal might be to learn why you get angry at something. Or ask - what is up next to heal in my life? Why does XXX trigger me? Or: Please help me heal the most important thing in my life now. Or: If there is any trauma affecting my life now, please help me find and dissolve it. If necessary, repeat Step One breathing and counting backwards from ten until you feel quite relaxed and ready to begin your inquiry.

Step Two: Body Dowse for Answers

Use simple body-dowsing to answer Yes/No questions. Body dowsing is a tool that I use to ask many questions. I use it not only in past life healings. I also use it to ask questions about what is needed to be happy and healthy. Just like we have a spiritual intuition, we have a physical bodily intuition. You can use body dowsing to benefit your life in many areas. Although your body is always communicating with you and sending you messages, you may not always realize it is doing that. Many people do not know how to HEAR, or to LISTEN to those messages. This is why body dowsing is a very effective tool that allows us to ask Yes/No questions and receive immediate answers from the body.

To do body dowsing, the mind needs to be free of chatter, free of excessive stress or noise. Find a quiet moment when you feel balanced. Your breathing needs to be very even and deep. You need to be in a neutral frame of mind and body. When you're in this condition, then begin by standing or sitting with bare feet firmly planted on the ground about one foot apart. In this state, you can ask any question you want in a Yes/No format.

Before starting your body dowsing, you need to determine how your body answers your questions. Normally when your body answers in the affirmative, as in a Yes, it will tip forward a bit. Likewise when the answer is negative, the body tips backwards a bit. But this direction can vary from person to person, so you will need to test it out for yourself. To do that, ask a question where you already know the answer. For example, you can ask if your name is George Washington. If your body tips backwards, that would be a negative answer, as in No. You can ask the same question with your real name, and if the body tips forward, that is a Yes or positive answer. Once you have determined your tipping direction, you're ready to begin body dowsing.

It is so important to listen to the answers of your body. The body has a lot of valuable things to tell us for our great benefit. You can ask all sorts of questions, not just about past lives. When we follow the messages of the body, we truly strengthen the connection between ourselves and our inner voice, or what the wisdom of the body is trying to tell us. The good news is that with practice you will become familiar with the quality of the body's messages. Soon you have enough experience and don't need to wait for the tip forward or back. You just ask a question in the mind, and you will hear the body's answer.

Once you have the first few answers to your past life questions using body dowsing, your deep memory may connect into the actual lifetime or event, and you might receive a flood of

memories from that past life as if you were physically there. If this happens, just be a detached observer. Do not be distracted or emotionally pulled in. Stay on target, get the answers to your questions and leave the scene with your prize. Your prize is to find the root of the trauma that took place, the emotional distortion which you are about to extract and dissolve.

Step Three: Ask Questions, Find the Lifetime

Most people do not know how to ask questions precisely, and this is critical. Imprecise questions will give you wrong answers. The most important factor here is to not make assumptions. Just stay simple and ask one question at a time without jumping to any conclusions. When you receive an answer, you can check it by asking the question another way or the opposite way. Ex: Was I a man? Was I a woman? Was I not a man? Was I an animal? Was I not an animal? Are you sure? Am I finished? Is there more to ask? Getting started may be slow, so be patient.

Asking precise questions is a skill you can develop. I find it easiest to start with Yes/No questions. Like Sherlock Holmes try to stay on target. Your goal is simply to find the core of any trauma in the past and to dissolve it with regard to its effect on your life now. You're not time traveling. You're not curious about extraneous or unrelated things. You never ask about someone else, or invade another person's past life without their specific permission. You have nothing to prove. Your single goal is to learn the truth in order to heal your own life now.

Ask: Is there a past life that's ready to heal? Y/N Is there not a past life to heal? How many lifetimes ago? More than 10? Less than 10? Less than 5? 1, 2, or 3 lifetimes ago? Was I a man or a woman? Where did I live? North America, Asia? Mexico? Michigan? Was I a child? Married? Single? What century was it? Approximately what year was it? Before 1700 CE? after 1911? Did I have children? What was my profession? What did I love? Gardening? What was my lifestyle? Was I a kind person? Or a cruel person? Why? Was I rich or poor? What did I desire more than anything?

What was the essence or core of the trauma? How did I die? How old was I when I died? Was it a political issue? A war? A family issue? What was my role? Was I a victim? A perpetrator? Why did I feel the emotion of fear/anger/grief/etc? How many people were involved? Keep asking simple questions backwards and forwards until you have a clear and complete picture of the situation.

Step Four: Determine the Specific Emotion to Heal

Was there a trauma? Did I die? What was the nature of the trauma? Use the emotions wheel to narrow it down to a specific emotion or combination of emotions. How many years was this emotion a pattern in that past life? Start with the big five emotions, as these are the most basic: Anger, Joy, Worry, Grief, Fear. If necessary, refine it down to more specific emotions.

Ask: Do I have enough information to dissolve the trauma? Or do I need more details? Keep asking questions until you have enough of a picture to move to the next step of clearing. Remember your goal of healing this life now. Keep it simple and stay in a deeply relaxed trance state.

Step Five: Dissolve the Trauma With Specific Tapping

Once you are sure you have a clear enough picture of the nature of the trauma, you are ready to dissolve it. Ask with all your heart to heal any traumatic memory that is affecting your life now.

Place one hand on your solar plexus to represent the past life trauma you are dissolving. With the other hand tap lightly on top of head, heart, and lower belly. Keep your fingers separated so that your tapping touches both sides of the top of your head. Breathe comfortably and continue to ask to dissolve any trauma that lingers in this life. Tap 6 – 9 times lightly in each of these three places several times: Top of the head on both sides, Heart, and Lower belly. Repeat the tapping until you are satisfied that the desired shift has taken place. You may feel a sense of lightness or a change in your heart, like you are carrying less weight, as if a burden has been lifted. That's very good. If you don't feel anything, do not worry, it is working. Trust that your deep wish has a very positive effect.

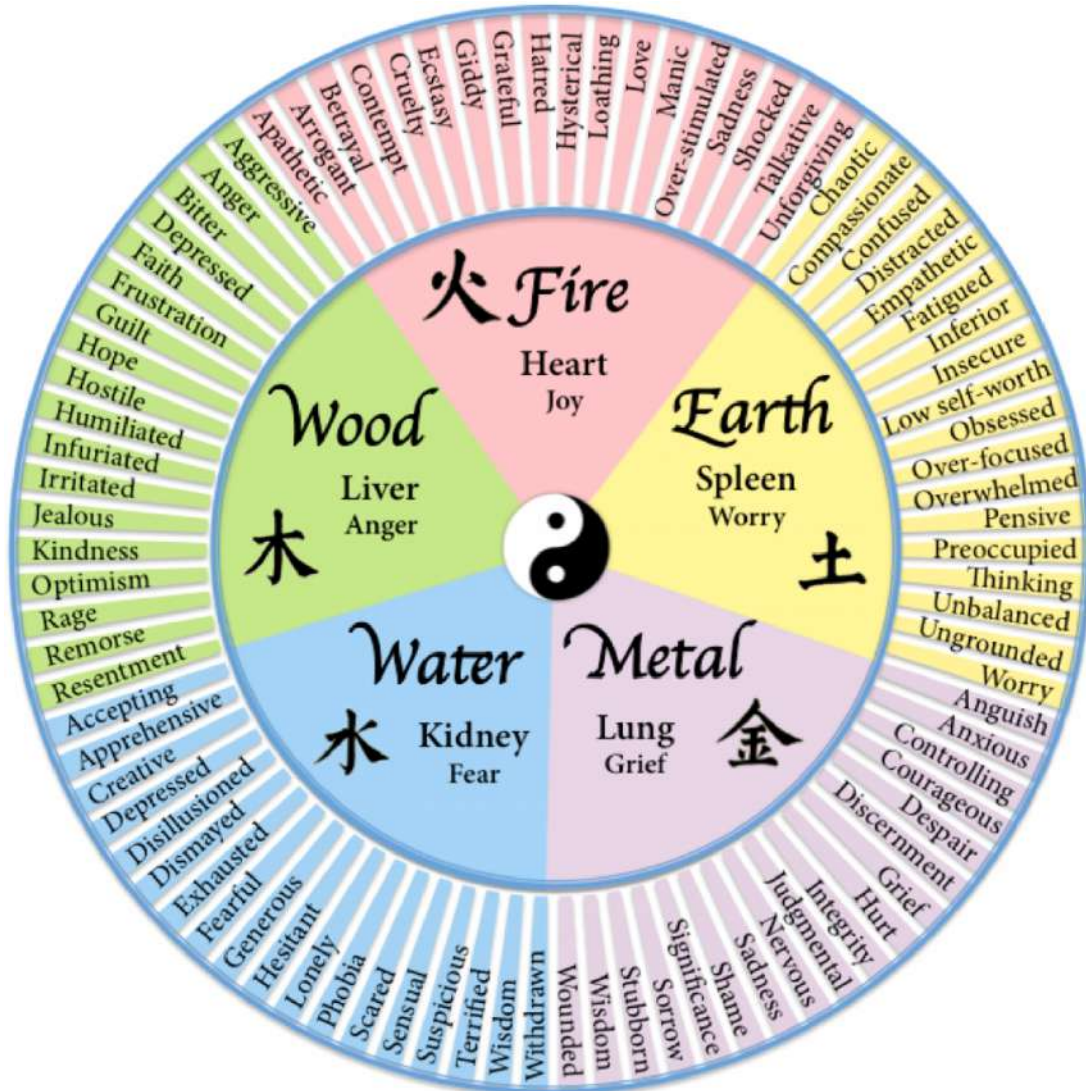
Step Six: Gratitude and Conscious Closing

Take a few moments to be grateful for your experience. Take brief notes if you like. Visualize a protective bubble around you that invites any negative energies to leave. Ask to be protected from any un-serving energies, that will be deflected out of the bubble and you will be safe inside.

Close your session mindfully with an affirmation that relates to your clearing, such as: I now feel relieved of a burden of fear/anger/hatred/jealousy/grief. Offer gratitude for your ability to heal. Take a few deep, easy breaths, and pause before you come back to normal awareness. Have a cup of tea. Notice any subtle change that you feel in yourself. You might feel lighter and happier. After removing a past trauma, a big change can sometimes be felt immediately. Many other positive changes take place gradually over a period of weeks and months.

Wait at least one week after your healing before you attempt another. Do not try to do another past life clearing immediately. This time allows your body-mind-spirit to adjust to a subtle change, so that your next healing can be even deeper and more successful.

Emotions Wheel



3. Genghis Khan's general left for dead

I was on my way to an acupuncture appointment to heal the cranium from lingering trigeminal shingles pain. Dr. Jason Hao is a very skilled practitioner and teacher of skull acupuncture. That day for some reason my nose started to hurt and ache deep inside, like the bone was out of place and didn't even belong on my face. Sitting quietly in the car, I asked what it was, and got this scene. Later I laughingly related the scene to the doctor. His eyes twinkled. He just smiled and took out his needles.

I was a general in Genghis Khan's Army in about 1266. We were doing an invasion of the Western lands near Lebanon. It was our plan to take over all these lands in a peaceful way, killing as few people as possible. We killed only the warriors who opposed us, and of course the kings. We were always kind to women and children. Our Mongolian forces traveled in unity like brothers. We came on horses for thousands of miles. My horse was one of the finest. He was my life support and best friend. The Saracen warriors were fierce. We did not expect such skilled warriorship. and they had high quality weapons. Their horses were very well trained for battle.

Genghis Khan was watching the battle and thought that I was dead. There were about 250 Mongol Warriors and about 300 Saracens. They were fierce and fought well, but we prevailed in the battle. Or one could say we killed more and had fewer losses, because we were more skilled fighting on horses. And we used bows and arrows that were more precise for distance shooting.

In the middle of a battle I was struck in the chest and went unconscious. I fell hard off my horse directly onto my face, nose and forehead. My nose was broken, utterly shattered. The ethmoid bone was pushed inward, and the frontal cranium bone fractured. I was unconscious for many hours and left for dead. My horse found me and breathed on me, which brought me back to life. He stayed with me and never left me alone while I was recuperating. But my Mongol brothers had left me behind.

I stayed in the area you call Lebanon for the rest of my life, and eventually healed. I took three wives and had 5 children. I lived there for many years teaching archery and horsemanship to the Saracen warriors. After the accident I was deformed, ugly, and very fierce. I was revered and feared by the local people. Even so, I was respected for having a good heart.

The Treatment: Dr. Hao inserted needles in the cranium where it hurt on the right side. And he put one needle at the base of my nose. Then he left while I rested. After the treatment my nose pain was completely gone and has never come back. Shingles pain has taken some more time and required pulling off a few more layers.

4. Hildegard Von Bingen, Persecution, Perseverance, Poison

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

I was feisty. I channeled God's will without ego and built a fine nunnery in the face of terrible repression, superstition, fear, and control. I was brilliant, wise, and impossible to argue with. I was more knowledgeable and more devout by far than the men who tried to persecute me. My real and true visions rendered them speechless. They could not respond or argue. This was my gift, and an effective tool which forced them in many cases to honor my requests. My body was frail and sensitive. Every new challenge felt insurmountable to me. They believed me to be very strong but had no idea the internal suffering I endured, both physically and mentally. The pressure took a toll on my body. I suffered from heart problems, sadness, and emotional fatigue. But my spirit was always strong, so I could never be discouraged from pursuing what was right. This was perhaps my greatest strength, the ability to invoke higher inspiration that gave me the tenacity to keep going no matter what.

I read the scriptures, studying healing and herbs, which we used and prepared 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, and 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, establishing my own school. I acquired property in the name of the church. But I became a target of jealousy and humiliation on the part of church leaders. Local overseers of the church killed me. They used a plant venom in a hot drink. I fell sick immediately and died three days later. No one was ever held accountable, and I was very old. My closest allies knew what had happened and we discussed it. After my death the school continued very well for about 20 years because of the strong traditions of discipline and love that we had cultivated.

A faction within the church administration had been trying to poison me for years. The final event was an internal dispute among the leaders regarding a community near us that I knew and loved. I cannot see the exact issue, but it was a question of following church policies to the letter or viewing the particular situation with compassion. My view was to be somewhat understanding, knowing 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 to pour into my drink. The worker crept into our kitchen when no one was looking. His uncle the monk felt I was wrong in my views, and the worker was deeply bound by his family ties. The nuns brought the drink to me in my room, and I did not taste anything different. In the end the situation was dealt with according to the strict laws of the church and the community was punished. Over ten people were put to death by hanging.

For 25 years I suffered trauma of wrath, infuriated rage, and resentment. I frequently felt intense, seething anger, which I always restrained internally. I was very polite, humble, and I tried to be a true servant of God. My anger was never directed at any particular person, but at the whole event I was embroiled in. I did not blame. I felt I had no choice but to continue working for divine goodness. My music and healing were divinely inspired and very unusual for the time. 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 loved food, good nourishing food. The cooks in my nunnery were the very best. They gathered and prepared food lovingly. We ate sparingly but very well. It was known that we had the best food of all the monasteries and nunneries. I loved our gardens and the orchards. We grew fruit trees, pears, peaches, and plums. I wrote music for the nuns to sing in order to allow listeners to enter a state of spiritual ecstasy, but my music had to be admissible within the narrow confines of social acceptability. Even so I hope that modern people can hear it for what it is, to experience even a little of the joy that we felt in making it.

Healing: Rebalance wounded throat and heart chakras. Linked to anger, frustration, self-limitation, inferiority, fatigue, fear of persecution by authority within the central nervous system.

5. French opera singer, opioid addiction

I was a French Opera singer 3 lifetimes ago. I lived in Genova and sang in opera theaters in Italy. I remember traveling frequently on the train from Paris to Genova and Milan with my suitcases. I spoke perfect Italian. I had a beautiful figure and a full soprano voice. I used cocaine drops prescribed by my doctor to help me handle the emotional stress of performing, rehearsals, travel, and exhaustion. While the drops helped me at first, soon they became an addiction that lasted my entire life.

When I was 24 years old, I suffered an embarrassment because of my health. I was fatigued, preoccupied, and worried. I had to cancel and forfeit an important performance of Madame Butterfly at La Scala. I managed to sing the First Act, but after the duet with the tenor I could not continue. There was no cover that night, no one else to take my place. The Italian tenor was lividly angry with me. The theater management was very displeased, and my career suffered greatly from this.

Later in life the pattern of stress in my lifestyle as a performer got worse. I developed serious periodontal disease and lost most of my teeth. It was a combination of lifestyle factors including late night eating after performing, exhaustion, partying, sweets, heavy drinking, and my cocaine drops. This was the accepted norm for performers of the day, however I did not expect it to take such a heavy and painful toll on my health. I passed away from heart failure at the age of 42 in Genova.

Clearing:

Pattern of Stomach Yin deficiency linked to Stomach consciousness of digesting life, worry, nourishment. Emotional clearing of fatigue and worry from the endocrine and digestive systems, Cleared intolerances linking to the stomach, pancreas, and all five senses.

Cleared the memory of the loss of lower teeth.

6. Buried alive in the Inquisition

I was a Jewish trader in Portugal around 1545 CE. I lived in a city in the south of Portugal near the ocean. I was a well-to-do trader, married with two beautiful daughters. I made my living by importing spices and teas from the East. We had an international network of Jewish traders in Spain, Portugal, Italy, Tunisia, Greece, and Turkey. I was educated in the synagogue by the rabbis. I spoke Portuguese, Spanish, and some Hebrew. All the Jewish men I knew were able to read and write.

I was not particularly religious. I wore a yamaka, long hair, and traditional Jewish clothing. I could read the scriptures pretty well and I celebrated the traditional Jewish festivals. I especially loved sweets, honey, teas, spices, and of course my daughters. For the last 24 years of my life I suffered trauma of anger, bitterness, frustration, hostility, infuriated rage, and resentment, due to constant stress of the Inquisition that was starting in Portugal. Many of my friends and comrades converted to Christianity. I did not.

The Christian authorities came to my house during the day and took me and my family to jail for detainment. It was a filthy center with a dirt floor and no windows. We were held there for a week with no food and water. During that time I was tortured with hot pokers, metal poles, and spears, along with the other men. The women and children were not tortured. They beat me, broke my spine in several places, and the sacral-coccygeal junction at the base of the spine was shattered. After a week all 30 of us were pushed into a group hole that had been dug for the purpose and buried alive. There was no trial and no discussion.

I was of medium build, dark hair, and my dark eyes often burned bright with anger to defend my family from the senseless fundamentalism of the time.

Balancing:

Dissolved trauma of anger from the past life, which was linked to the energy center Taoist gate called Wei Lu, like the Sacral chakra near the base of the spine, the sacral-coccygeal junction, in which I had always felt pain, poor circulation, and difficulty keeping loose. This release was linked to the emotions of infuriated rage, resentment, and anger.

7. Chinese Emperor's advisor burned at stake

I was an advisor to an Emperor in a Kingdom in Northern China in about 950 CE. There were about 40 people in the imperial court, which ruled a kingdom of about 50,000 people in the mountains of Manchuria. I suffered from trauma of fear and terror of betrayal within a group. I felt threatened for 15 years by a complex power struggle in the emperor's court. I was feared by the others because I was the closest person to the Emperor. However I always kept my words simple to him because I was a skilled negotiator, loyal to the emperor and did not wish to prejudice him against anyone in his court or create disharmony. Ultimately, I was killed by several men and women in his court because I exposed a lie that put them in danger. I expressed concern to a few key members of the court, which threatened them and put them in danger of being discovered. I knew I was risking death to express it openly. I was aware of this but hoped they would find integrity in themselves. If not, I was willing to die for truth and harmony.

I do not remember the details of the intrigue. The lie was about power. I was a trusted visionary. I was aware of the ongoing betrayal in the kingdom by someone in the court, someone very close to the emperor, his number two man. I spoke to several people who then spread the word to this man that he was under suspicion. Finally he organized a group to kill me. They burned me at the stake, tied me and built a fire of wood around me.

The emperor did not know of the situation or of my death until after I was gone. Then he was given a partial story. He remained in the dark and was in great danger for many years. Ultimately, he suffered the consequences in his kingdom, and the well-being of the people also suffered. He lost his kingdom to the number two man, who usurped his role as emperor. His family and descendants lost the throne and power. I had suspected the betrayal for 12 years before speaking about it. Finally I decided it was necessary to defend the emperor. I did not speak directly with the emperor. I do not know why. But I tried to show key members what was

happening. After my death I was accused of betrayal and the emperor was confused. He never learned the truth about my death. This was a complicated story of court intrigue and a power grab.

Balancing: Dissolved fear, terror of betrayal in a group, isolation, vulnerability. Link to the skin, protection, and fear, balance lymph circulation within the skin. Linked to active memory, fear and phobia of betrayal in close groups. Parallel session: I used BodyGenics to remove fear, terror, isolation, vulnerability, and betrayal from the Nervous system. This was linked to General Consciousness of separation Self vs. Others. Rebalanced my current life family matrix of support, friends, and advisors around me with no fear. Revised my awareness of family support. Strengthened my root as the center of my own matrix of support. After this treatment, my energy shifted, and I began to be more outgoing and trusting in groups.

8. A child's view of the Holocaust

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 all 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 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 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 mom. 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.

Clearing:

Cleared trauma of death, heartlessness, destruction, sadness, hopelessness, remorse, disillusioned, confused, bewildered. Linked to sluggish lymphatic system, grief, sadness, death.

Released a Belief: Life is overwhelming. Acceptance

Balanced Body Chemistry, Toxins in experimental chemical injections, absorbed into my body, linked to a sad and heavy heart.

Cleared the pathological consciousness of group society lymph, grief, tears, and hopelessness, anchored in the heart. Clearing successful – my heart feels lighter, and this grief is gone.

9. Babylonian strategist conquers Aramaeans

In this healing, I began with a new question. Instead of asking for any trauma to be lifted, I asked to find the root of ALL my illnesses and physical maladies. The answer came as a great surprise. What I found filled me with shock and terror, but also with compassion for the self-hatred and unworthiness I have held inside me for so many subsequent lifetimes. This was a major discovery which I see as a turning point in my existence. It felt like black mass had been removed or rather exploded inside me. And the shards and the debris from this explosion were so huge, they would take several months to clean up.

I was a Babylonian man, a brilliant strategist working for a cruel King in roughly 3,700 BCE. We were a team of three, the king, his brother and me. We were all descendants of the Gods. I was 1/8 God, and they were 1/4 God. I had always been raised with the knowledge that I was entitled, powerful, that it was my destiny and the destiny of the Babylonians to rule the world. I was very strong physically and a brilliant strategist, a mastermind of war and destruction. We set out to eliminate our neighbors, their culture, and all their people.

We did everything possible to eliminate them. We sent armies of killers, we raped their wives and daughters, blockaded their cities so they could not get water or food. We did this for 20 years until finally there were no more. It was an ethnic purging. These were natives of this area, both farmers and herders. These were not Hebrews. I believe they were Arameans, who lived in the area we now call Syria. 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. Some escaped to the north into the area we now 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 felt it was our destiny to rid the Earth of these people. As descendants of the gods, it was our right and duty to wield our power over men. Yes, our divine right. We had powerful armies trained in the use of weaponry, spears, knives, horses, torches, and poisons. Oh yes, we infiltrated their leaders' homes and kitchens to poison their food. We destroyed their homes with deadly torches, 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. For 20 years we worked as a team. The king, his brother, and I were the sole architects and designers of this destruction. We worked diligently with joy. The two brothers were 1/4 God, hence they were of a higher rank than I was.

We lived in Uruq to the East, which in modern times is called Iraq. I was married with three wives and six children. I traveled a lot. When we were victorious, it was a huge celebration and 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 those 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. My father was a powerful man in the Babylonian Noble Court. My mother was a commoner. My father was 1/4 God, and I was 1/8 God. He taught me the ways of the Gods, that we were to rule the world. Anyone who did not follow was to be eliminated. This was not a war. It was a systematic extermination. The Aramaeans could not and did not retaliate that I knew of.

Our Babylonian civilization consisted of about 1 million inhabitants in the area we call Iraq and parts of Turkey. We wanted to expand to enjoy the sea for seafaring voyages and expansion into Greece, Turkey, and the islands. We were a unified court for most of my life. After the annihilation was complete and the King was growing older, some of our Babylonians said bad things about our actions. Our team was seen in a negative light. Those younger people slowly took control of the Court and we were somewhat ostracized. When I was 61 years old, the king, his brother, and I were killed. The new king and his group were 1/8 God, like me. I knew them as acquaintances.

Our killers first spoke to us patiently and tried to explain our errors to us. They were fierce, determined and yet compassionate. It was the end of my life and I somehow understood the 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 the king and his brother were resolute right through to the end. The three of us, the king, his brother, and myself were publicly hung from the neck. The sons of my Friend the King and his brother were banished, forced to leave our country. My sons were not banished, but they lived with the stigma for one generation. My physical seed and descendants are still alive in many parts of the world even after many generations. My seed is primarily found in Russia, Ukraine, Slavic countries, Turkey, India, Greece, North and South America, and in all European nobility.

We worshipped, or more accurately said, we drew our energy from the gods that were our forefathers. Therefore we felt empowered and entitled in our lineage of rulership. I personally killed over 100 people with my own hands. I was directly responsible for the deaths of over 450,000 people, men, women, and children. I personally raped over 110 women and girls. My name was something like Yur or Yuri. I loved my wives and treated them well. I provided everything they needed - homes, food, servants, animals, land, water. I loved the emotional high of winning. the victory over others gave me sexual excitement and I felt my masculine power flow through me like the sexual power of a god. I loved our land. 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.

I'd say there are perhaps 1,750,000 people living today that are carrying similar past life traumas, many of whom are still playing out the same games of fear and control.

The clearing:

This session was immediately followed by a visit to the dentist which resulted in the extraction of two deeply infected teeth in my lower right jaw.

I cleared this past life trauma with its violent entitlement and God-like arrogance. This was linked in my body to pathological consciousness of the stomach organ, which has to do with the digestion of life, rejection of nourishment, rejection of self, intolerance, worried, thinking, congestion, dampness, poisoning, fear of food, and unworthiness. This Consciousness was further linked to rebalance family and group matrices with the emotions of apprehension, fear, hesitant, lonely, phobia, scared, sensual, suspicious.

It was a double session. In the second part I rebalanced the body part that consisted of the head, neck, spine on the right side of my body including the collarbone, shoulder, front ribs, and jaw. this was further linked to an emotional release from those body parts. The emotions released were worry, confusion, fatigue, inferiority, insecure, low self-worth, obsessed, over focused, overwhelmed, preoccupied self-annihilation.

The following day I was still in shock and feeling exhausted, like I had witnessed a fatal accident. I noticed large skin eruptions on my chest, arms, and legs. I felt a kind of an energy crack along my right ribs' sternum cartilage, which spread up into my cranium and I was unable to sleep. I continued to ask to release the karma and trauma of this lifetime, like cleaning up a great black explosion of something I had been holding inside for centuries, that now had to be cleaned up physically, mentally, emotionally, spiritually. I understood in some small way how and why in the past I had often gratefully accepted cruelty from others, as if I deserved it.

Two nights later I sensed a continuing releasing of self-hatred as I lay in bed. I felt as if there was some sort of a blackness inside me between the liver and the lung that was moving out of my body, and I felt like throwing up. During the day I was distracted enough to suppress these impressions, however at night when it was quiet, they were utterly clear experiences of self-hatred moving out of my body. They came out of the chest and upper arms as itchy red spots like deep pockets of toxins and self-loathing moving toward the body surface.

As I lay in bed I asked where this toxic energy was coming from in my body. The answer I got was that there were large amounts of toxic energy emanating outward from my blood and bone marrow coming to the surface. I got out of bed at 5 a.m. to do EFT, which seemed to help. I felt something like black negative tar being held in the connective tissue between the liver and the heart. I felt a constant itching as if it was releasing.

I did cranial sacral therapy on myself, holding the coccyx, pelvis, zygoma, and jaw. This helped to ease the discomfort and to feel more harmony. The itching deep inside my skin was strong as if a black rottenness was moving out of me.

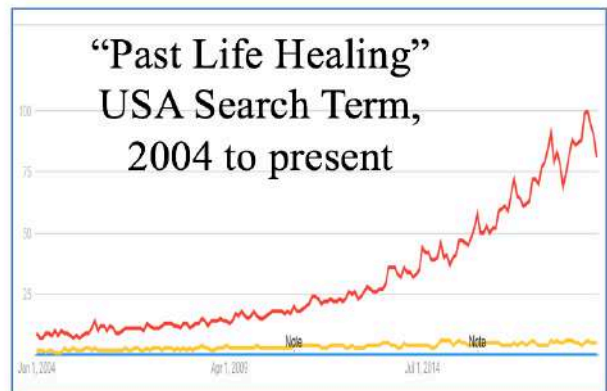
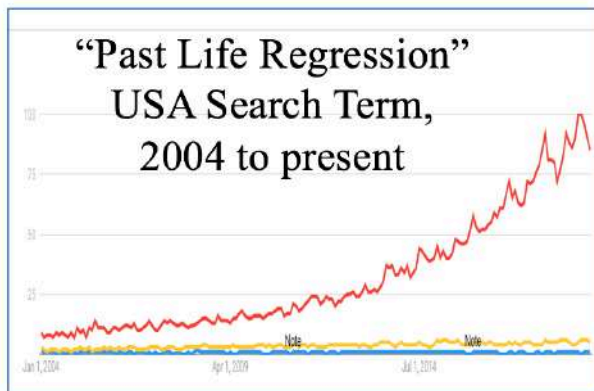
The liver and the lung meridians were being clogged by this dark mass. I knew it would be removed in time. The entire first month after the session, I felt the same dark mass on the right side of the cranium, lungs, liver, and connective tissue. If I became deeply quiet, I could feel a total body vibration in all my connective tissue, bones, and blood. My heart and lungs were heavy as if with grief, however there was a joy welling upward through the collarbone and neck where I had been hung, the jaw, right brain, and right cranium. There was so much darkness evaporating up and out above me, a pocket of self-hatred between the lung, heart, and liver.

For the next three weeks, boils and a rash covered my chest, right arm, back, and right leg. (Photos available on request.) They were hot, and my whole body was so hot that my lips started to dry out, splitting the skin. Then after 3 weeks, the boils started to heal and the rash slowly subsided, although I was still burning all over.

Within six months everything was healed. I am now a different person. It feels great!

Target Market for the Book - Heal Your Past Lives

1. **The market for this book is anyone and everyone** with sensitivity and interest in past lives, an interest in healing the body-mind, and millions of lay people who have experiences they cannot explain.
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.
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](#)
- [International Association of Counselors and Therapists \(IACT\)](#):

7. 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 through my websites, events, and newsletters

- [FiveSeasonsMedicine.com](#)
- [PowerDharma.com](#)
- <facebook.com/jane.Barthelemy>
- <facebook.com/whitetigerbhutan/>
- <facebook.com/srijana1080>

9. I will write articles and purchase ads in relevant magazines and websites.

- 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 one of a kind. I find nothing even close to it. No other book gives techniques to dissolve your own past life trauma in order to heal your present life right now. No other book offers practical tools for clearing and resolving our primary issues of existence, rebirth, and freedom. No book offers a journal of real-life examples of personal past life healings.

Other books confirm an interest in past lives, and this is very good. However we don't need to prove the existence of past lives. We don't need to visit the past for entertainment. We need practical solutions to the problems of existence. These relevant books explore how clearing past life trauma can help to heal one's current life, describe past life regression on clients, and describe the journey between lives of clients:

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 profoundly and permanently heal mind and body in this life.)
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 and events from clients' past life regressions, showing the power of clearing past trauma to raise awareness and 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 of one's present life is informed by one's past lives, and how problems may have their roots in unresolved past lives.
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.
An autobiography that connects the 20th century European life of internationally beloved yoga teacher Elisabeth Haich and her lucid memories of initiation into the hidden mystical teachings of the priesthood in ancient Egypt. It reveals her insights into the subtle workings of karma, reincarnation, and spiritual development.
12. **Edgar Cayce's Tales of Ancient Egypt**, By John Van Auken, A.R.E. Press.
John Van Auken combines the collection of Egyptian past lives found in the Cayce readings from sessions with Cayce's clients. with Egyptian legends that appear in papyruses, on temple walls, and in pyramid texts reveals the story of priestesses, healers, female pharaohs, and gods among humans.
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, as came up in my readings. 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 of *The Sign and the Seal* reveals the true origins of civilization. Connecting puzzling clues scattered throughout the world, Hancock discovers compelling evidence of a technologically and culturally advanced civilization that was destroyed and obliterated 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.

About Srijana



Srijana, aka Jane Barthelemy, is a Buddhist practitioner, medical intuitive, channel, artist, and author. The name Srijana means *“She who is deeply inventive, creative, and independent, one who serves and assists all of humankind.”*

Srijana grew up in a non-traditional family of scientists, world travelers, artists, educators and independent thinkers. She studied music, languages, and writing, receiving her BS in Opera and Russian, and her MBA from Indiana University. She began her spiritual journey in 1972 under Swami Rudrananda, known as Rudi. The first American-born Swami, Rudi was a brilliant renegade master who integrated many Himalayan traditions into a highly effective practice for modern times. Jane continued her Buddhist studies with Tibetan Lama Tshering Wangdu Rinpoche, a lineage holder of the Longchen Nyingthig, Shije, and Chöd traditions.

Jane's profound curiosity about almost everything has led her through a life of surprising change. Her careers include MBA and CFO of the original Rudi's Bakery, opera prima donna in Italian theaters, jewelry designer and owner of Marco Polo Designs - a Venetian glass jewelry company, Paleo chef, Taichi instructor, intuitive healer, English Foreign Language teacher, and author.

Several life-threatening illnesses prompted her to study energy medicine and led her to make major lifestyle changes. Each chapter of her life was punctuated by some kind of critical event in which everything had to change: health, career, relationships, lifestyle, and place of residence.

Severe intolerances to industrial foods led her to change her diet and write two successful books: *Paleo Desserts* 2012, and *Good Morning Paleo* 2014, published by Da Capo Press / Hachette Books. Jane's comprehensive food blog janeshhealthykitchen.com recently won the prestigious CV Magazine award for the *Most Innovative Healthy Food and Lifestyle Blog in North America*.

While living in Italy and performing as an opera prima donna, Srijana began to cultivate and work with the powerful collective energy of the audiences in theaters. Over time this led her to be aware of what she calls the "World Mind". She began to tune into that universal field every day in her morning practice, listening for energy changes, and responding accordingly.

She discovered her intuitive abilities and became certified in multiple energy medicine healing modalities including BodyTalk, EFT, Body Code, Accunect, NLP, Reiki, and Craniosacral Therapy. She began to channel ancient therapies, introducing Kodaishin Japanese Extraprinary-Meridian therapy, Past Life Clearings, and Advanced Bio-Energetics to clear imbalances in body, mind, and spirit. She considers the human body to be a highly tuned listening device linking the functions of the skin, pineal, connective tissue, nervous system, and energy body into a system that receives and transmits our experience of reality. She created her healing website: fiveseasonsmedicine.com, where she offers distance healing sessions, articles, philosophical discussions, ancient healing wisdom, and a weekly travel blog: fiveseasonsmedicine.com/blog/.

Srijana is a lover of Nature and Buddhist practitioner for nearly 50 years. She teaches Taichi and Qigong in the tradition of Master Lam Kam Chueng in London. On a 2017 medical service healing trip to the Himalayas with a group of American doctors, she met her future husband, Lama Duntsho of Bhutan. Srijana fell in love with Bhutan, its pristine waters, clean air, unsullied lifestyle, and kind-hearted Buddhist traditions. She has taught English creative writing, Taichi, and Health Sciences in the Yoezerling Higher Secondary School in Bhutan. She writes books, articles, and offers healing sessions via Skype. Srijana helped found White Tiger Bhutan Tours. Currently Lama Duntsho and Srijana are now creating a variety of transformational tours and retreats in Bhutan, Nepal, Tibet, and Bali. They reside in Bhutan and Bali.

About Srijana, photos

Opera primadonna in Italy



My two Paleo cookbooks



Healing practice

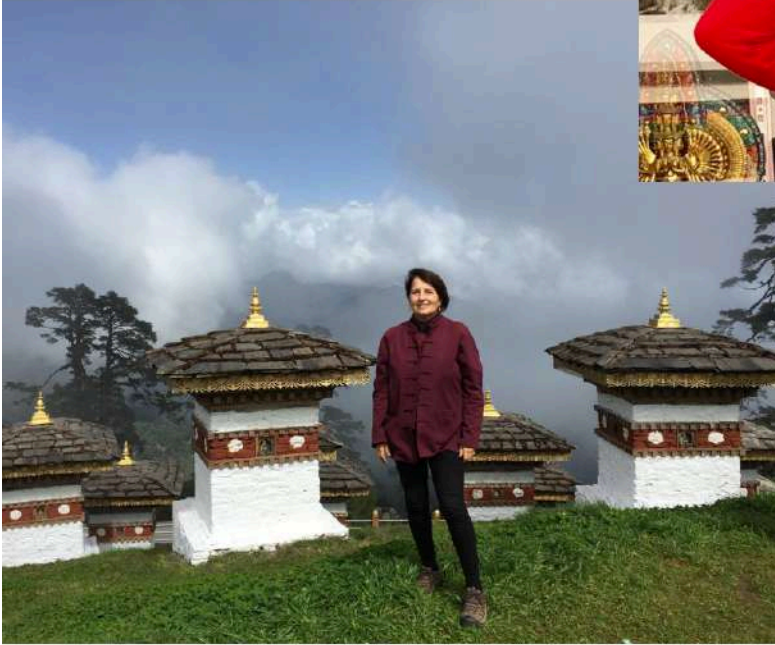


Teaching Qigong
In Santa Fe



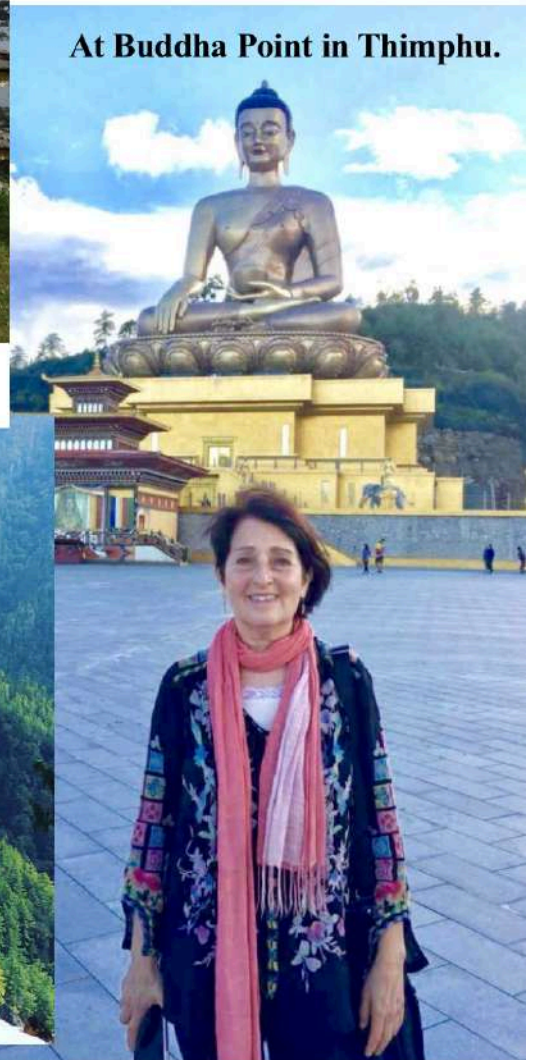
First trip to Bhutan in 2017 was with a group of American doctors on a traveling clinic for Tibetan refugees.

We visit the sacred Druk memorial near Thimphu.



Trying on a Mahakala mask.

At Buddha Point in Thimphu.



We hike up to Tiger's Nest Monastery in Paro.



**Second trip to Bhutan began August 2018.
I am officially on sabbatical leave from my
school and clinic in Santa Fe, NM.**

**Lama Dingtsho and I were married in Bhutan
11/13/18. It turned out to be my birthday.**



**My new Bhutanese family
accepts their surprise member.**

**Teaching English creative
writing at Yoezerling Higher
Secondary School of Paro.**



The famous pillar of Emperor Ashoka, 3rd century, honoring the Buddha's birthplace. Inscription in Pali language.



I visit the Buddha's birthplace in Lumbini, Nepal and sit under the sacred Bodhi Tree.



We launch White Tiger Tours, managed by my sister-in-law Ghalem.
<http://whitetigerbhutan.com>. We are offering Buddhist retreats in Bhutan, Nepal, Tibet, Bali.

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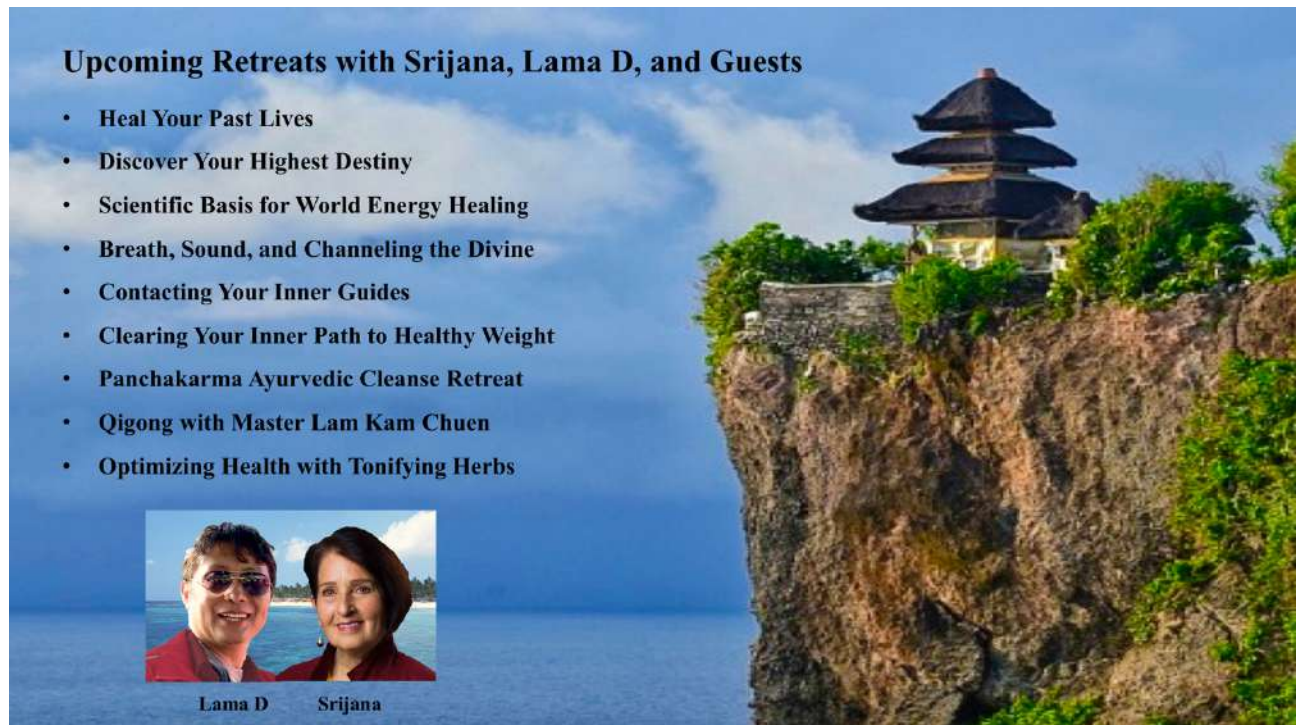
With Lama D and White Tiger Tours, we are creating a network of enthusiasts around authentic Buddhist teachings and practices, offering tours and retreats in 2020.

Retreats and tours will be Spring - Summer in Nepal, Bhutan, Tibet, Winter retreats in Bali.




My husband, Lama Dungshto speaks English, Tibetan, Nepali, Dzongkha, and Hindi. He will teach and lead tours and retreats. Our Bali retreats will be theme-related topics around Buddhism, Health and Wellness.

Announcing Upcoming Retreats and Tours in Bhutan, Nepal, Bali, and Tibet.
Building a network of followers. Hosted by our travel company, White Tiger Tours.



Upcoming Retreats with Srijana, Lama D, and Guests

- Heal Your Past Lives
- Discover Your Highest Destiny
- Scientific Basis for World Energy Healing
- Breath, Sound, and Channeling the Divine
- Contacting Your Inner Guides
- Clearing Your Inner Path to Healthy Weight
- Panchakarma Ayurvedic Cleanse Retreat
- Qigong with Master Lam Kam Chuen
- Optimizing Health with Tonifying Herbs



Lama D Srijana

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Travel blog: fiveseasonsmedicine.com/blog/

Food Website: JanesHealthyKitchen.com, 6,100 subscribers

Healing Website: FiveSeasonsMedicine.com 300 subscribers

White Tiger Tour Company: www.WhiteTigerBhutan.com

Coming soon: www.BuddhaSpeaks.com

Coming soon: Srijana and Lama Dungshto, Retreats in Nepal, Bhutan, Tibet, and Bali:

www.PowerDharma.com

Website coming soon: www.Srijana.bt

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