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Past Life Recall - For Greater Understanding Of Ourselves

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Past life recall is one of the most interesting areas of unexplained human phenomena, although scientific methods have not yet been able to prove or disprove it, the evidence on past live recall is compelling.

Many people believe it can lead to a greater understanding of ourSelves.

There are enough striking examples of past life recall to make the subject of interest to a great number of people worldwide, who want to understand their history and being in greater detail and gain a greater understanding of themselves.

Under hypnosis, numerous people worldwide have recalled details of their previous lives, even taking on the personalities of their former selves.

In these lives and for example, people have spoken in foreign languages or recalled amazing facts in great detail which when checked later are proved correct - Yet, they would have no way of knowing them.

This is the fascination of past life recall.

Many people who have studied claims of past life recall are undecided whether it is an historical recollection due to reincarnation, or simply information received from the subconscious mind.

Past life recall generally comes about spontaneously and is more common in children than in adults.

People who believe in reincarnation have concluded that this is because children are closer to their past lives (their younger in their new life) and their minds are therefore more likely to be influenced by their past lives, as they are simply closer to it.

Their minds have not received significant inputs from their new life, making past life recall easier.

If you believe in past life recall then you will believe in reincarnation and the law of karma, which are central beliefs of many Eastern religions.

Reincarnation postulates that one can return to existence in a new physical form when after you die i.e. you are reincarnated as a human, animal or even vegetable.

The form one takes, it is believed, is determined by the law of karma - That the higher or lower form one takes is due to one's behavior in the previous life.

If you were bad in your previous life you will reap the consequences when you are reincarnated and

the reverse is true:

If you were good in your previous life you will come back in a higher form and live a happier life.

Both reincarnation and karma are central to the theory of past life recall.

Both adults and children who experience past life recall tend to do so in three specific situations:

1. Hypnosis
2. Dreaming
3. A Specific event that acts as a trigger i.e. a blow to the head.

Past life recall for those who want to try it out without dreaming or a specific event normally consult a trained hypnotist who has experience of past life recall techniques.

People want to explore past life recall and relive their past lives for a number of reasons.

The most common is our need for greater understanding of the factors which have made us who we are today and this is heavily influenced by our past lives.

Regression therapist's aim is to help people regress and come to terms and understand their personalities and what makes them the way they are in their present life.

Regression can help you understand yourself better:

Your hopes, dreams, fears strengths and weaknesses can all benefit from past life recall therapy.

If you are considering past life recall, make sure you find a hypnotist you trust and feel comfortable with and try and get as many testimonials as you can, so you can decide if past life recall is something you are totally at ease with before attempting it.

for more on past life recall

reincarnation, karma and a wide variety of alternative thought for greater personal understanding visit:

<http://www.net-planet.org/newage.html>

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