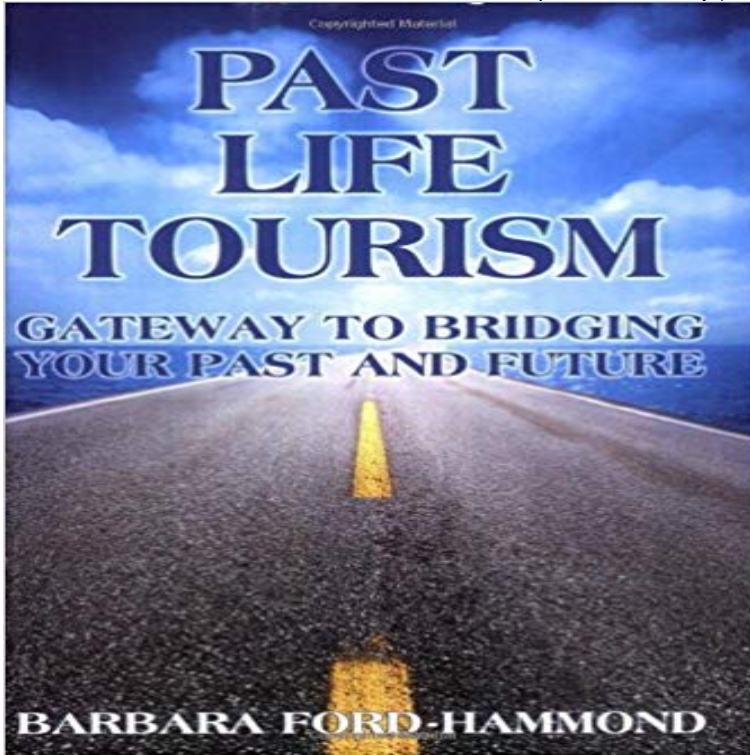


Past Life Tourism: Gateway to Bridging Your Past and Future



Ever had that feeling of deja vu? Do you sometimes get a snapshot of a long forgotten memory? Now it is possible to retrieve your own memories from a past life. Past lives therapist Barbara Ford-Hammond unveils the methods used to connect to your past (and future) lives. With real life participants selected especially for this book, the author unveils their hidden memories of the hereafter. This book will enable you, with a step-by-step approach, to research your memories. The interest in past life regression has surged over recent years and many people are intrigued, but have neither the interest nor the resources to visit a regression therapist. Here you will be able to self-regress and if you wish, research your findings. We are all the sum total of our experiences and lessons in life regardless of whether they are from this one, the last or the next - as you will discover, if you haven't already. Finding out about our past lives is a very attractive thought. Many people visit psychics to be told who they were or what might happen, when actually it is very possible to retrieve our own memories. Herein are the answers for everyone with an interest or reason to learn the techniques to regress themselves easily and safely. We can just travel and explore anywhere that we choose for no other reason than we want to. In this book you will discover the facts about past life regression and future life progression: by the end of which you will be able to self-regress and, if you wish, research your findings. You may use any of the techniques in this book alone or with a friend or get together with a group of travelling companions. Are you living your best life? Can you imagine it? Would you know if you were? If you are struggling or suffering, the solutions to heal are within you and with guidance from this book many answers can be found. Another rather cool thing is that you don't need to have a

problem or any issues to be able to retrieve your memories from the past or to explore your possible futures. Desire is more than enough of a reason. After thorough explanations of the whys and wherefores, the author will share the regressions carried out specifically for the book but also others already done. She will include hers, including one where she murdered an irritating husband and another during which she had an accident performing on a stage that resulted in her having intermittent stage-fright in this life - all sorted now. The stories range from profound healing experiences and phobia release to funny spontaneous memories that her clients, friends and strangers have shared. Not everyone is interested in any kind of verification as just the knowing or the changes they experience is enough. However, for those who wish to research their memories this book will enable that with a step-by-step how to.

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Bridging Your Past and Future, in which Lorelei and I appear, was published in August **Richard King: Richards**

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