

BEYOND
PAST
LIVES

What
PARALLEL REALITIES
Can Teach Us
about RELATIONSHIPS,
HEALING, and
TRANSFORMATION

MIRA
KELLEY

FOREWORD BY *DR. WAYNE W. DYER*

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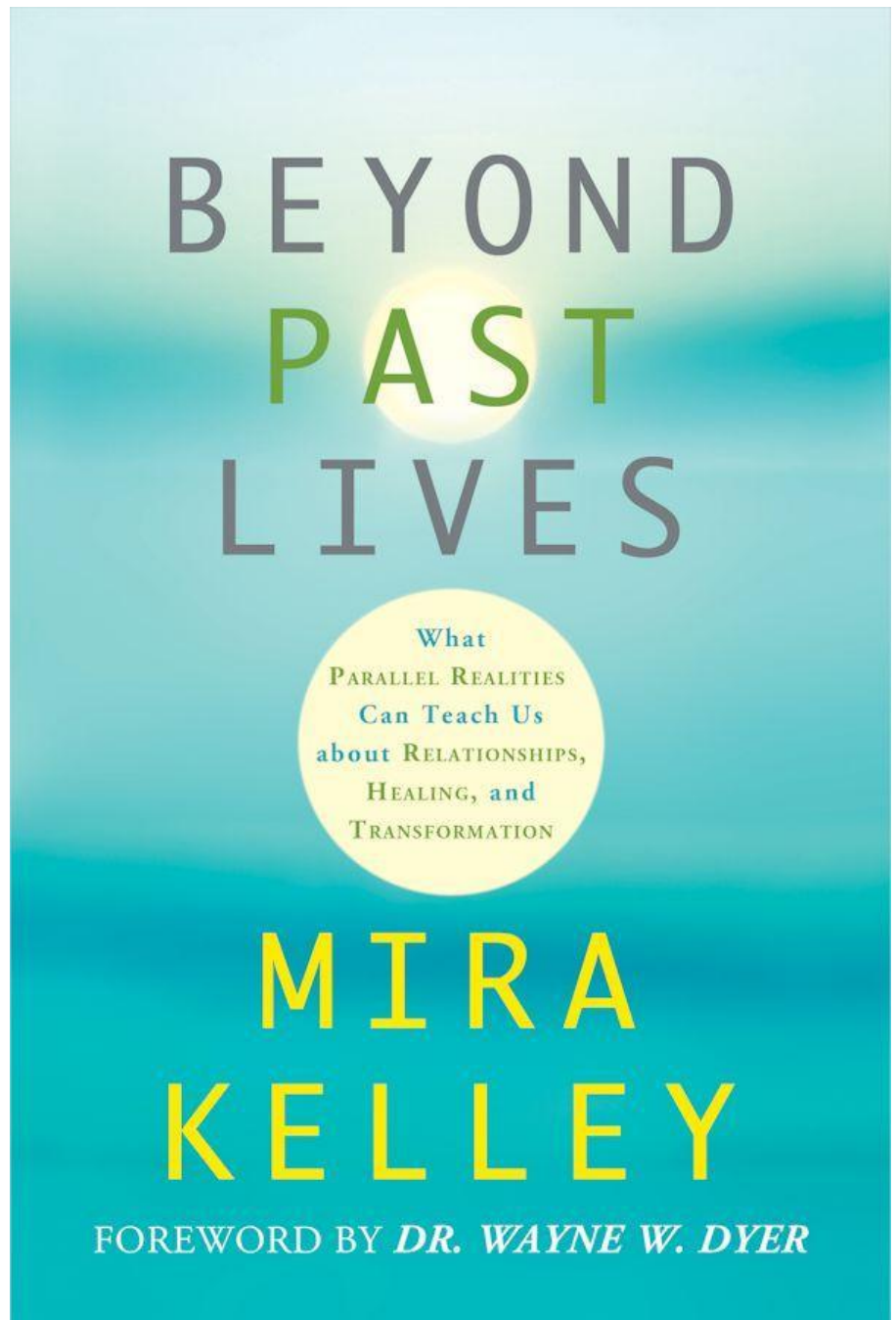
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MIRA KELLEY



HAY HOUSE, INC.

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*To my mother, Liliana Angelova Paslieva.
Your unconditional love and support for me
mirrors the unconditional love and support
that Source has for each one of us.*

Thank you! I love you!

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FOREWORD

Several years ago I wrote a book titled *10 Secrets for Success and Inner Peace*. The very first principle is “Have a mind that is open to everything and attached to nothing,” and I cannot emphasize enough how important this has been in my own life. I have long believed that being open causes miraculous occurrences to become the norm. The benevolent forces of the universe begin to come to our aid, and Divine synchronicity “moves the pieces around,” showing the ego who’s really in charge.

My wife and I always raised our children to have open minds as well, and we encouraged discussion on any number of topics, including reincarnation and past-life recollections. However, although I had read *Many Lives, Many Masters* by my good friend Brian Weiss, and shared stages with him all over the world, I seldom had any firsthand experience with past-life regression. Then I met Mira Kelley.

Mira, who had worked with Dr. Weiss, contacted me a few years ago with the invitation to participate in a regression with her. She said that she intuitively felt I would benefit from the session, and wanted nothing from me other than to offer me this opportunity. I was so intrigued by her heartfelt letter that I decided to take her up on her offer.

When I called Mira about setting up a time to do the regression, she suddenly told me about a woman named Anita Moorjani, who had written an incredible description of the near-death experience (NDE) she’d experienced. Mira sent me what Anita had written, and it moved me to the point that I gave away numerous copies of it and ultimately encouraged Hay House to publish a

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book by this amazing woman. Anita and I became close friends, and her book, *Dying to Be Me*, went on to become a bestseller and inspire countless people. And Mira Kelley's decision to send Anita's NDE report to me sparked this stupendous chain of events.

Some time passed after I met Mira, during which we had several more conversations. Finally, she came out to see me in Maui for the regression. I had no expectations for our session, but within an hour of her arrival, I entered into one of the most riveting experiences of hypnotic time traveling imaginable. Mira recorded the entire session and transcribed every word, some of which I reproduced in my book *Wishes Fulfilled* (and Mira touches on here in *Beyond Past Lives*).

While I had almost no memory of precisely what I said during our session, the visual images were crystal clear. I am still very intrigued by all that transpired while I was in that semihypnotic state with Mira—and by all of the synchronistic occurrences that followed after meeting her. It was just another example of what happens when we keep a mind that is open to everything and attached to nothing. As one of my favorite quotes by Mark Twain reminds us, “It ain't so much the things we don't know that get us into trouble. It's the things we know that just ain't so.”

I know you will enjoy this book and the insights Mira presents herein as much as I have.

— I AM,
Wayne W. Dyer



A NEW BEGINNING

I want to begin this book with an old Bulgarian ritual. This is something my beloved mother, Liliana Paslieva, and I have done on numerous occasions when I have been on the verge of a new beginning:

My mother takes a vessel of water and puts a few fresh flowers in it. She holds it in her hands and, closing her eyes, infuses the water with her motherly love. She prays that I will be protected and guided in my journey.

My mother and I stand just inside the entryway of our home. She opens the front door, pours the water on the ground, and says, “God ahead of you, and you follow.”

I cross the threshold, filled with the exhilaration of a new beginning. I place one foot in the puddle on the ground and say, “God ahead of me, and I follow.”

I take this first step knowing that I am ready. I leap with faith into the unknown. The crossing of the threshold symbolizes how I am stepping into my greater being—physically, emotionally, and spiritually.

I place my other foot in the puddle of water. Once again I say, “God ahead of me, and I follow.”

I feel the stability and assuredness present in my feet. I am now firmly rooted on my path—the path of serving the expansion of humanity by sharing what has been revealed to me through my work.

I embark on this voyage with trust. I know I will be guided. I know that every step of the way, whatever I need will arrive to support my journey. I am grateful for all the gifts and opportunities that I already know will present themselves to me. I am

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grateful for the ways the information I'm sharing in this book has already changed my life. I know it will impact others' lives, too, and that it will assist them in creating a life of miracles and expansion.

So let's step across the threshold together, shall we? Join me on an adventure into past-life regression, time, transformation, and healing.

God ahead of us, and we follow.



PREFACE

My Path to Healing and Growth Through Regression

I was 13 years old when I regressed myself for the first time. I had just read Brian Weiss's book *Through Time Into Healing* and was fascinated by the way his clients were able to resolve complicated issues after they saw their present-day challenges played out in past lives. I had no preconceived beliefs about reincarnation because I grew up in Communist Bulgaria, so religion and spirituality were not topics that were discussed during my childhood. However, the possibilities intrigued me, so I followed the instructions in the book to try a past-life regression for myself. In that first regression, I relived a life as a Soviet spy during World War II. (I tell the full story of this life in Chapter 3.) The experience was very vivid and emotional, and it greatly affected my formative years.

My life continued in much the same way as any child's. I then went to college and to law school, and I was working as an attorney in New York City when regression once again touched my life. After suffering through more than a year of debilitating pain with no relief from any of the medical professionals I'd consulted, I suddenly remembered the regression I'd done as a child. Out of desperation I called a local practitioner, and I experienced a spontaneous healing after only two sessions. The pain never returned.

At that point it became my greatest joy to share my story and the incredible possibilities offered by past-life regression. The study of it became my passion. I began attending lectures and reading

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every book I could find on past-life regression and reincarnation. I told my friends about all that I had learned. I knew regression worked, so for every issue that came up my suggestion was always the same: “Let’s heal it through a session.” I regressed all my loved ones who would agree to try it, most frequently my beloved partner.

It didn’t matter that I hadn’t been taught how to regress others; it felt comfortable and easy, like I had an innate understanding of how to do it. However, the next logical step on my path seemed to be taking classes, so I studied with some of the most prominent practitioners in the field: Dr. Brian Weiss and Dolores Cannon. Eventually I started my own practice and began seeing clients on weekends. The turning point was when I had the opportunity to do a regression with Dr. Wayne W. Dyer: That experience opened doors so that I have been able to fully dedicate myself to helping people improve their current lives by experiencing their past lives.

When I work with clients, they transform right before my very eyes. Their lives are never the same after the work we do together, and this gives me a tremendous sense of fulfillment and satisfaction. But the most interesting part about the work is how much I have learned about life through my clients. My greatest spiritual lessons have come to me through their explorations, and it was my desire to share these lessons that prompted me to write this book. I’ve deepened my understanding of things I’ve long heard about but had not yet internalized, and I have also discovered truths that I’ve never heard anywhere else before. In this way, I feel like a true adventurer exploring unknown dimensions of consciousness.



INTRODUCTION

Before we begin the book in earnest, I would like to talk about a few things to help you maximize the *Beyond Past Lives* experience. Please note the following as you read:

Chapters Are Lessons

Each of the ten chapters in this book is devoted to a lesson that has been revealed to me through past-life regression. The most basic lesson is that it *is* possible to heal your present by working with your past. I will go into more detail about this in Chapter 1, as well as explain how I guide clients through a past-life regression. In Chapter 2, I share my shocking discovery that from the viewpoint of the soul, all of our past, present, and future lives are simultaneously existing in the same “now” moment. I build on this lesson in Chapter 3 and explain how each choice we make creates a new reality. In Chapter 4, I explain the difference between your everyday “self” and your “Higher Self,” and teach you how to connect with your Higher Self in any moment to receive guidance. Chapter 5 is devoted to the lesson that everything around us reflects us back to ourselves, while Chapter 6 covers the importance of forgiveness. In Chapter 7 we explore how to play with time, before going into the topic of self-healing in Chapter 8. The lesson at the heart of Chapter 9 can help you understand why you have the right to love yourself and how the Universe supports you lovingly and unconditionally. Finally, in Chapter 10, I share with you what my clients have taught me about karma, destiny, and free will.

Some Helpful Definitions

In this book I use quite a few specialized terms, some of which may be familiar to you and some that may not. Allow me to provide some helpful definitions before we begin.

The prime energy source from which all creation originates has no right or wrong name. All names we could come up with originate from within it, and so all are correct. Therefore, I will refer to it interchangeably as *God, All That Is, the One, Source, Creation, Spirit, the Infinite, and the Light*.

I use the word *soul* to refer to your essence, your being, your spirit, or the energy of your consciousness. Your soul projects aspects of itself into physical reality, and you know those aspects of yourself as your body and your ego, and your conscious and subconscious minds.

Every soul originates from an *Oversoul*, a composite of different souls. The Oversoul wants to experience creation in different dimensions and environments, and to do that it “splits” its energy—and each split is a different life. Each of these fragments is a whole and complete soul unto itself. Another person whose soul originates from the same Oversoul as yours is your *counterpart*.

A *soul group* is a number of Oversouls who have created close bonds with each other through their different incarnations. The members of a soul group have an agreement to help one another experience the lessons our spirits incarnate to learn.

The *levels of existence* start at the bottom with the individual soul and go all the way up to *God consciousness*. As you rise through the levels, each resonates at a higher vibration than the previous one, and the individual nature of conscious energy becomes less and less and the merging of consciousness becomes greater and greater, until you reach the One. Angelic consciousness is the first level, or split, below the energy of God, and the first to know themselves as separate and individuated beings from the one consciousness of Source. By splitting further and further into the denser vibrational realities, angelic consciousness descends into the level of the Oversoul, which further splits itself

into individual souls. To imagine this structure visually, simply think of a triangle. The base represents the physical incarnations of a soul as people, and the top represents the Source. In between you find the Oversoul, and angelic consciousness above that.

During past-life regressions, I help people connect with their *Higher Self* to receive guidance and answers. Your Higher Self is an extension of your soul that exists in the higher dimensions; it is not oriented in physical reality the way your mind is. Your Higher Self holds the themes, goals, and overall vision for your current life. It carries the energy vibration of your soul, allowing you to connect and align with your vibrational essence and purpose.

Throughout this book I use the terms *past lives*, *simultaneous lives*, *other lives*, and *parallel lives* interchangeably. This is because, from the point of view of the Oversoul, all lives are taking place simultaneously in this current moment, parallel to one another. However, time is linear from our point of view, so lives taking place before the present day seem to be a “past” life. For the purposes of this book, I use all of these terms to describe what is, in truth, the same experience.

What I’ve just listed are basic definitions. Your understanding will deepen over the course of the book as each word is discussed in context, so don’t worry if you aren’t entirely clear on one or two; by the end of the book, they will be part of your vocabulary.

Exercises

Throughout *Beyond Past Lives* I offer exercises for accessing the powerful healing available to you, with or without regression. To take full advantage of the exercises, have a journal and a pen handy as you read. Take notes, but also make this book your own: Feel free to underline the sections that speak to you or highlight the sentences that move you. Write in the margins or in your journal, and express your “aha” moments. Then, share what you learn here with others. This will allow you to fully blend the energy of your consciousness with the energy of this book and create a greater plane of awareness, transformation, and growth for yourself.

I also encourage you to try past-life regression—both so you can understand the process from the inside out and because I know you will find immense value in revisiting other lives you have experienced. I have included an Appendix with a script you can use to regress yourself; please refer to it whenever you'd like. If you would rather have your regression be guided by me, I include information on where to find my audio, *Healing Through Past-Life Regression . . . and Beyond*, in the Further Resources section.

My Goal

Life is a cycle of learning and teaching. My goal in writing *Beyond Past Lives* is to share how regression has helped my clients shift to a reality of health and well-being so that you can achieve the same for yourself.

This book does not seek to delve into the validity of incarnation and regression. There are so many wonderful sources that have already explored these topics. The efficacy of this work has been established in my mind ever since my first regression. My clients and I have derived tremendous, life-changing benefits, and that is the value I want to emphasize. I will present the miraculous cases of emotional shifts, physical alignment, and transformation that my clients have gone through.

Every story told in these pages has been powerful and moving to me. As I began to write, I noticed that something bigger was going on. It felt as if this book were a project of Spirit, and I was simply a node on the big grid of Creation through which the information was pouring. Spirit was orchestrating everything. All I had to do was simply be present with each of my clients and ask the simple question, "May I share your story with others?" (*Note:* Except for Wayne and Serena Dyer, I have changed the names of my clients to protect their privacy.)

It is my hope that by sharing these stories I may show you the lessons I've learned through past-life regression, for these lessons

Introduction

are not merely my own; they are the lessons that all of us are learning. They speak to the challenges we all face.

I also hope that you will find support, reassurance, and new perspectives as well as new opportunities and new ways of being in the world. May this book nourish you, increase your understanding, and empower you in your growth. But most of all, may it offer you the feeling of being welcomed home—reconnection with the divinity that is already inside of you.



CHAPTER 1

EXPLORING YOUR PAST ALLOWS YOU TO HEAL YOUR PRESENT

It all began rather unassumingly. An old tooth filling had broken, so I needed to get a new one. The dentist I saw came highly recommended, yet the work he did left my mouth completely out of balance. The new filling did not fit well with the rest of my teeth and it didn't feel right when I chewed, so he did adjustment after adjustment to both the filling and the surrounding area. The numerous "fixes" left me in tremendous pain, with a condition called temporomandibular joint and muscle disorder (TMJ). There was nothing structurally wrong with my jaw, but its muscles had gotten out of alignment. I could not open my mouth without terrible discomfort, so eating became difficult. Shooting pain made my neck and shoulder muscles constantly sore. Even talking and sleeping were difficult.

I did everything I could think of to possibly remedy the situation. I started seeing a new dentist weekly for even more rounds of adjustments to ease the clenching in my muscles and allow my

jaw to relax. I began sleeping with a mouth guard. I changed my pillow, and then changed my bed. I saw a physical therapist three times a week. To make chewing and eating easier, I completely changed my diet. I constantly took pills to minimize the pain and prevent infection. The list goes on and on. The whole situation was taxing my life—and my bank account—very heavily.

A year passed, and the pain still had not gone away. One day, my dentist sat me down and said, “Mira, we need to be realistic.” There was no use continuing what we were doing, and it was time for me to make a choice. He suggested that I either undergo surgery or learn to live with the pain for the rest of my life. The surgery involved breaking my jaw and reattaching it with wires, and there was no guarantee that it would relieve the pain. I could not see the point in breaking something that was not broken, especially when I had been told that the problem was not in the bones and joints but in the muscles. Yet the possibility of living my life in chronic pain also scared me. Neither option seemed acceptable.

The synchronicities of life always arrange themselves. Earlier in the week, I had scheduled an appointment with the physical therapist right after my visit with the dentist. As my physical-therapy treatment began, questions arose in my mind. *Now what do I do? I've explored every possible avenue. I've done everything I could possibly do . . . or have I?* In that moment, it was as if a lightbulb went on in my mind. I remembered the regression I'd done as a child and reading about people who had miraculous physical healings after experiencing their past lives. Not knowing where else to turn, I quickly found a regressionist in New York City and scheduled an appointment.

My first session was scheduled for one hour, but we had only about 15 minutes for the actual regression, due to the time needed to get acquainted with the practitioner, share my issue, and make myself comfortable before she regressed me, and then to review what had happened before I left. (The sessions I conduct with clients today often last as long as four hours.) Because it felt very rushed and we had not yet established a level of trust, I didn't

experience a past life that time. However, I was desperate for help, so I scheduled an appointment to see her again a few days later.

During my second session, I had a brief experience of a past life. I saw a picture of myself as a tall, strong black man. There was a very heavy, thick metal collar around my neck, and I had four manacles around my wrists and ankles. Chains were attached to the collar and continued down to the manacles on my wrists and feet. The metal collar was always there and incredibly uncomfortable, rubbing my jaw. I had a permanent wound in the very same spot where, in this life, I was feeling the TMJ pain. In the slave lifetime, I was quite strong physically, but inhumane treatment had broken my spirit. The dichotomy between my powerful body and the powerless spirit that occupied it was stark. I felt completely helpless. I felt no hatred toward my owners; in fact, I was grateful to them. Although they were not treating me well, they were giving me food, and I perceived that as a great kindness. I was so appreciative of it.

There in the practitioner's office, tears streamed down my face. I felt so sad for myself as this enslaved man. I felt his pain and his broken soul. How could someone treat another being in such a way? How could anyone chain another with a metal collar? How could I be so grateful to people who were clearly mistreating me—just because they were feeding me? How could I have such a strong body and yet feel completely powerless? Why didn't I speak up? Why didn't I try to change my conditions, to rebel or even escape?

The main message I brought back from the experience was the lack of personal power I had felt. As I came out of the trance and sat up on the practitioner's couch, I asked her, "What does it mean to be powerful?" She had no answer for me. (Today I use questions to guide my clients toward higher levels of understanding, but she didn't work that way.) Her response to my question was simply, "You will have to discover that on your own."

This was the only vision I had during my second session with the regressionist, and the experience was very cathartic for me. I spent the rest of the day asking myself, "What does it mean to be

powerful?" No clear answers came to me, but I received emotional release along with freely flowing tears.

Looking back now, I can see that this question was central to my career experience up to that point. I was a young attorney, considered one of the most valuable members of my corporate law practice group. During every evaluation my superiors praised my work ethic, my legal skills, and my ability to manage clients and business deals. Yet they would not increase my salary to match that of my peers, and they denied my heartfelt request to switch offices even though several were available. Rather than feeling nurtured for my loyalty, I felt powerless, just like the slave had. I loved my colleagues and didn't want to lose the comfort and security I had at the firm, but I was not getting what I wanted. Speaking up hadn't helped, and persistence could potentially hurt me, so all I could do was swallow my feelings and continue being the good worker that I was.

These were the emotional issues that I was chewing on day after day, while my jaw was seeking to find relief from the pain. As I later realized (and will discuss at length in this book), all of our physical ailments begin on an emotional level. When there is discomfort in the body, it's pointing toward an idea that we need to process and resolve within ourselves. When we fail to face our challenges consciously, our bodies reflect them back to us in the form of health issues. The correlations between my struggles as the slave and my struggles in the present day are obvious now.

Although the regressionist did not ask for my jaw to be healed, the session allowed me to see that I am powerful and that I have options. The following day, I woke up without pain in my jaw for the first time in more than a year.

Very quickly my life returned to normal. I stopped taking the pain pills and sleeping with a mouth guard, and I never went back to the physical therapist. The next time I went to see the dentist, he did not know what to make of my recovery. He called my healing a miracle.

I realized I was free to make a move to another firm at any time; I did not need to repeat the pattern of powerlessness I'd

experienced as the slave. I could choose instead to see myself as equal and powerful in relation to my job. This brought emotional and physical resolution to the issue, allowing me to move on.

Did I get an answer to my question about what it means to be powerful? My experience of the slave life and the situation with my employer made me realize that true power is very different from the power I had learned about in my political-science classes in school. I now know that to be powerful means to be true to who you are, rather than the domination of others. People who control and manipulate others do so only because they in fact feel *powerless*. They don't believe it is possible for them to achieve what they want without hurting themselves or others. Yet true power requires only desire, allowance, and trust. True power requires only alignment with the creative majesty of Source. To a real leader, being powerful means leading from a place of integrity and the desire to empower others.

My painful physical condition taught me this simple yet profound lesson. I learned that power comes from recognizing my true nature, and I alone can grant myself the knowing of my own powerful essence.



That story took place seven years ago. To this day, I continue to be pain free.

Through all those years, I never told my dentist how I healed my jaw. Back then I felt uncomfortable openly discussing my spiritual pursuits. It was enough that I was healed; I didn't feel explanations were needed. But as I was in the process of writing this book, I met with my dentist again. We hadn't seen each other in a while, so as we were catching up, I told him about my new career path. He listened with interest, and shared with me that he has a strange feeling of familiarity every time he visits the Old City of Jerusalem. He wondered out loud whether he had lived there in a different life.

His comment amazed me. Was it possible that all along my dentist had been open to spiritual discussions? Perhaps I had

projected my own insecurities onto him all those years. Encouraged by his openness, I reached into my bag and pulled out a copy of my CD set, *Healing Through Past-Life Regression . . . and Beyond*, and gave it to him.

“I never told you how I healed my jaw,” I said. He listened intently as I told him the story.

“I am opening a center to specialize in the healing of TMJ conditions,” he told me when I’d finished. Pausing for a moment, he looked me in the eyes and said, “We should talk.”

Needless to say, I left his office feeling elated for the miracle that regression has been in my life. I know it can help you, too. So let’s get started by answering the most basic question you may have: What *is* past-life regression, anyway?

Past-Life Regression 101

Regression is a gentle yet powerful tool. In our sessions, I guide my clients into a state of deep physical and mental relaxation. With their bodies relaxed, their natural focus goes within, and they can access deeper states than they are able to in waking life.

We are always connected to all the lifetimes that we have lived and will live. They are part of our path, our nature, and our heritage. By letting the stimuli of the external world recede into the background, we can easily connect with the experiences that have created us. The stories, images, and feelings of those other lives are immediately present to my clients during our sessions, flowing vividly in their minds. I ask them to tell me what they perceive, and they simply narrate the story to me.

Every session is unique, yet what clients experience is always perfectly tailored to give them whatever will serve them in their highest capacity. The lifetimes are never selected at random; they’re not just fun stories to tell at a dinner party. Reliving other incarnations helps us understand who we are and gives us guidance on our most pressing emotional and physical challenges. Through this simple process, people experience other lives they have lived,

with many different results. Always, however, my clients leave in awe. The work I do also allows them to communicate with their Higher Selves, spirit guides, and angels; to receive guidance around important decisions; and to receive answers to lifelong questions.

Regression can help us resolve emotional and physical issues. It is helpful for understanding and releasing phobias and traumas. Through regression, we can learn about our relationships with others, and what roles those people have played in the lifetimes that we've shared. Seeing the threads between us, the connections created across time, gives us an understanding about our present-day circumstances; we can start to see with more compassion, forgiveness, and love.

The regression stories in these pages—my own and those of my clients—have revealed to me lessons about what it means to be human, how time works, the infinite possibilities of the Universe, and how to heal our most persistent emotional and physical challenges.

We don't need any special circumstances in order to experience other lifetimes. It can happen spontaneously when we find ourselves in a place or situation that reminds us of another life, and it can also happen in our dreams. That said, when we connect intentionally through regression, we can use information from our past lives to receive answers and guidance.

To the mind, the process is almost seamless. It requires only a subtle change in brain-wave activity. During a regression, we shift from a beta brain-wave state—the state characteristic of normal waking consciousness—to the alpha state, the state of relaxation. From there, and with my guidance, my clients move into either a theta or gamma state.

Theta is the state of being aware but drowsy; it's most often experienced just before falling asleep and again just before waking. Theta is the border state between conscious and unconscious. When used with intent, it is a state where profound learning, healing, and growth can take place. In the gamma state, one experiences a heightened sense of perception and consciousness, resulting in a feeling of Oneness with all—bliss and an innate

understanding of the nature of existence. It is in the theta and gamma states where the powerful work of regression takes place.

To get a client into that deep level of trance, I use hypnosis. Hypnosis is such a misunderstood and feared process! Because of what we have seen during performances of stage hypnosis—and because of the claims of “mind domination” through hypnotic suggestion—our egos are naturally afraid to surrender control. What we don’t understand is that reaching a deep level of trance does not need to involve the release of control over our person. During regression you will be in complete control. In fact, it’s important for your ego—your mind—to be present throughout the entire session. Your mind becomes part of the process; it’s the part of you that learns and understands. The new information discovered during a regression allows for your whole personality, including your ego, to shift to an expanded place of being and creating life.

All hypnosis is really self-hypnosis. In the process of relaxation, the ego mind determines that my client’s body—the person—is safe in its physical surroundings; that it is safe to relax into the serenity and comfort of my office and my presence because I am someone who can be trusted to guide them and take good care of them. The moment the ego determines that it will be safe during its explorations, the mind is able to orient itself.

Hypnosis is the ability to focus within. By relaxing the body, our focus can shift from the input of the external senses to the input of the *inner* senses. The mind disentangles from physical reality and gives the inner senses freedom to go beyond and explore. Next, the inner senses naturally orient themselves and travel up through the different layers of consciousness—through emotions, through personal beliefs, through the shared social beliefs and constructs, and through the Higher Self. The higher our psychic energy rises, the freer we are from our personality and the story of our life. The higher our vibration rises, the closer we come to merging with the consciousness of our Oversoul.

As I discussed, our Oversoul is the “mother” of all the souls that have inhabited our present, past, and future lives. It exists in a dimension where all time is experienced as *now*. To the Oversoul,

what you and I call “past,” “present,” and “future” is all happening in the same moment. During a regression, we allow our inner senses to reach the dimension of the Oversoul; we merge our consciousness with its consciousness. From that dimension, we are able to plunge back down and experience the physical reality of any life we choose. This is why, when we relive a lifetime, we fully identify *as* that person. We are perceiving that life from the position of our Oversoul, which is one with all the souls it creates. During a regression, we know ourselves as that “other” life as well as “this” life because both lives are simultaneously taking place on two separate tracks of our Oversoul’s energy and activity. All of our lives appear as “now” to the Oversoul; consequently, that is how we experience them during regression.

Therefore, regression is not really the experience of a memory. Sure, we can call it that for the sake of convenience; that’s what we’re doing when we refer to our other lives as “past” lives. But if we truly want to understand what occurs during regression, we need to acknowledge that we are connecting our vibrational energy with that of our Oversoul—and from there we merge with other lives that are unfolding in the present, now moment. This is a very novel understanding of the regression process and the nature of existence. The lessons on time in Chapter 6 will allow you to better understand this truth, and to appreciate the power of these explorations we call “past-life regressions.”

Life Lessons

Regression is one of the most effective paths for learning our life lessons. When we connect with other lifetimes we have lived, we are able to experience for ourselves the struggles, joys, emotions, and details of our story. Souls like to incarnate with other souls with whom they have created bonds in prior lives so that they can continue growing and exploring together. Because of this, during regression we often meet loved ones and friends as well as people with whom we have challenging relationships.

BEYOND PAST LIVES

The life we experience during a regression will always share a common theme with the life we're living now. By reliving another life, we get the benefit of a different perspective on how to handle a lesson we may be struggling with. That is the power of this process: We see the bigger picture, the tapestry that has been weaved through different lifetimes. In doing so, we get a deep and profound understanding of our soul's path. When we see how we handled the same challenges in our other lives, we have the ability to do things differently now. We free ourselves. We empower ourselves. This is how exploring past lives allows us to heal our present, both physically and emotionally.

Now let's take a look at the life lessons my clients have taught me—and the possibilities these lessons offer to transform *your* life.



AFTERWORD

A LIFE OF GLORIOUS EXPANSION

Today, I continue to trust synchronicity to lead me where I need to go. My story is by no means complete. But it always warms my heart when people approach me and tell me how inspired they are by my journey—how I have allowed my path to take me from the law to past-life regression. If my story resonates with you, then it's been Divinely orchestrated that you would be reading these words. You too are in a place where you're seeking to create a life of glorious expansion. I am here to serve as an example, to assure you that each of us can be supported in doing what we love most. If you fully step into your power, you will experience a life of purpose and fulfillment that you may never have thought possible.

Allow for the lessons shared in this book to seep deeply into your consciousness. Think about them, and then apply them in your life. Do the exercises. Regress yourself and see the events of the past through the new perspectives presented here. Play with time. Allow for synchronicities, miracles, and magic. Forgive yourself and others. And most of all, *love*. We are all so good at loving others, but it's time to place an equal focus on loving ourselves. For when our own cup is full, we have so much more love, genuine and unconditional love, to offer others.

Keep this book with you. Carry it even when you're done reading it, as its energy will serve as a strong reminder of the true direction of your soul. Share the stories and the lessons with others. Be like me, and gift this book to every kindred spirit. Through your passion you can ignite sparks in others' hearts and minds. By teaching, you will understand even more. Trust yourself, trust

your life, and trust the Universe. Most of all, know that you are loved and treasured *just as you are*. Source knew what it was doing when it created you. Source does not do pointless things.

I have allowed myself to grow into my true self, so I know that you can do it, too. You have attracted my story as an example because you hold within you that very same vibration. If you didn't hold the potential of your Highest Self and if it wasn't seeking to express itself, you wouldn't be able to perceive the expression of that potential in others. Because of that, I encourage you to trust your own expansion. Trust the direction in which your excitement is pulling you.

I have created a tool to assist you in your development. It is called *The Trust Meditation* and is focused on the ideas of self-love and trust. Please download this recording, free of charge, from my website: www.mirakelley.com/meditation-download. This meditation will allow you to effortlessly release your limiting beliefs and internalize how deserving, loved, and supported you are. It will guide you into trusting whatever you prefer, and aligning and creating your best life yet.

Appendix A in this book provides a transcript that you can use to regress yourself. You can either have a trusted friend read it to you or make a recording of your own voice reading the script. If you prefer, you can also use the guided regression that is part of my CD set, *Healing Through Past-Life Regression . . . and Beyond*. No matter which path you choose, regression will lead you into the fascinating world of experiences that magically transform people's lives. You will be able to revisit other lives you have lived. It will allow you to release emotional and physical traumas, and it will help you receive guidance from your Higher Self. After listening once, each subsequent time you listen you will go deeper and deeper. The depth of your trance will be more and more profound, and the potential of your explorations will be greater. Therefore, use it as often as your intuition guides you.

I would love to hear about your experiences, so please e-mail me: info@mirakelley.com and share your stories with me. I am truly blessed to be doing something that allows me to communicate

Afterword

with Spirit every day. I love being on the cutting edge of the expansion of our consciousness, and to be able to connect deeply with people, assist them with emotional and physical healing, and help them transform into their greater selves. Just the other day, a beautiful woman came all the way from Switzerland to see me. “Now I know why you love what you do so much,” she said after the session was complete. She had just come out of the trance, and her face had that loving, relaxed look all my clients wake up with.

I send you oceans of love, and I thank you for allowing me to take you on this journey of adventure, transformation, and healing through past-life regression.

In Light, Love, and Oneness,

Mira Kelley



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ABOUT THE AUTHOR

Mira Kelley grew up in Bulgaria, where at the age of 13 she had a powerful regression experience. With great courage and trust in her heart, Mira followed her intuition and came to the United States to go to college. Following her graduation from law school, Mira practiced as a corporate and securities attorney at a large firm in New York City. A painful physical condition led her to rediscover the instantaneous emotional and physical healing available through regression, and now she assists people in transforming their own lives in this way. Stories from Mira's sessions are included in *Wishes Fulfilled* by Dr. Wayne W. Dyer and *Miracles Happen* by Brian L. Weiss, M.D.; they have also been featured on Oprah.com.

Website: www.mirakelley.com



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