

The title is correct, the author does indeed go "Beyond Past Lives" and into the captivating realm of "life between lives" with startling consequences. The book is filled with transcript notes from Mira Kelley's personal regression sessions, in which she takes the client on a journey into a past life, the death of that body, and into the soul's.

In the book, Mira shares a number of lessons that she learned while regressing her clients. Some of these lessons are not likely things that you have heard of too often before, and some you probably have. The lessons she has learned and shares in the book include: You can heal your present by exploring your past All lives are simultaneous Each choice you make creates a new reality It is possible to talk to your higher self Everything is a direct reflection of you You should forgive everyone, including yourself Time can be played with It is possible to heal your body You should love yourself and you have the right to Trust yourself and follow what excites you These points make up the chapters in the book. There are some exercises to help the reader implement various lessons. For instance, in the chapter about talking to your higher self, there is an exercise on how to have a dialogue with your higher self. She is passionate about what she does and what she believes. There was one concept in Beyond Past Lives that I liked. I believe in the law of attraction , and while talking about how time is not relevant, she says that what you desire and what you currently have are two separate realities, and that by asking yourself how you are different in that other reality, and becoming that person, you can create that reality for yourself. In other words, she is saying that you can create your own reality. I could resonate with that, and it makes sense to me that if you act like someone you want to be, circumstances will start to manifest and your life will start to change. Following are the biggest issues I had with the book. For instance, when talking about how all incarnations exist simultaneously, she says, "An Oversoul creates its fragment souls in order to grow through them, and all of these different souls exist simultaneously. Later she says, "To explore specific themes and grow to its fullest potential, an Oversoul may choose a very large span of time as its playground. I suppose that many clients may have told her this, but that is not explained in the book. She also says in the chapter about playing with time that she can assure us that our souls have created universes in an instant. How can she assure us that? There are many matter-of-fact statements that have no proof behind them, and while I am one of the most open people when it comes to new beliefs, I had a hard time buying into a lot of what she was saying. I have never questioned an author so much in my life! The truth is that I believe things that are backed by science; however, I also believe things that could obviously be the truth. For instance, when tons of people experience the same thing over and over again, like in Journey Of The Souls , it is hard not to believe that something more is going on than just coincidence. For me, this book lacked both scientific evidence and consistency. Her Instant Belief In New Concepts It seems like once a client told her something, she instantly incorporated it into her belief system. For instance, after a client told her about parallel lives he had experienced six lifetimes in one time period of years , she says that directly after her session with him, she wanted to tell everyone about parallel lives. It seemed every new concept or experience, no matter how weird or isolated it was, instantly resonated with her and became a truth in her mind. They were awkward in some cases and it just felt, to me, like it was the client speaking about what they thought they should say, and not actually the higher self. This is weird for me because I actively participate in things like automatic writing , where I believe I am conversing with my higher self. Probably because there were so many inconsistencies and theories without proof elsewhere. For instance, one client said that new souls were being created all the time, while another client said that there was no need to create that many new souls, so it was not happening very often anymore. So, which one is it? But not for me. The ideas behind the book are nice, and I think that many people can benefit from understanding that there is a mind-body connection or that we can talk to our higher self. She is, for the most part, simply talking to her clients and exclaiming what they say to be true. Then she talks about her beliefs that she has developed from these experiences. And because many of the concepts are not widely known or talked about, it is a hard pill to swallow without some consistency thrown in. The book would be good for someone who just wants to hear and think about new theories.

Chapter 2 : Future Life Hypnosis: Moving Beyond Past Lives | Skill Success

Beyond Past Lives is the new Many Lives, Many Masters (Dr. Brian Weiss) for a new generation of soul seekers! Beyond Past Lives is the book you have been waiting for. In this book, I share the life-changing lessons I have learned from my clients to help you find support and understanding, and to empower you in your own growth.

Aug 01, Bellaisa Filippis rated it it was ok Did not like this book. It seemed like one of her clients could tell her that the sky was purple and she would automatically incorporate that into a new belief. She believed everything from all of her clients, even if it contradicted what another client said. Without scientific proof, that kind of thing helps me believe the experiences a little more. One was a flower. There was no explanation as to why he was a flower. The book is a little bit about past life stories and a lot about theories of how time works and how we can change our future, present, and even our past with this knowledge. In fact, there were a few sections of the book where I had no idea what she was trying to say. There were a few interesting thoughts to ponder, but those were few and far between. Not worth the read if you ask me. Beyond Past Lives was filled with "Ah-Ha" moments and gave me clarity to why I have been carrying around physical and emotional pain. It also helped me understand why I was born into a family with challenges. Please go to Amazon. Her life-changing wisdom will help you live your best life. Prepare for a powerful transformation Gonzalez rated it it was amazing Book Review: You can be a skeptic of past live and still find relatable insights to improve your life. However, for those that do believe, this book has a unique theory that all lives are happening simultaneously. As time Book Review: Mira Kelley explains why this concept is so important in healing lives and relationship today. She cites examples of quantum physics that correlate and define this theory. From numerous examples of case studies of her clients, she weaves stories of healing and life transformations. While it focuses on the therapy aspect of hypnosis to clear thinking and heal your life, it includes so much more. Beyond Past Lives is more than a treatise of hypnotherapy and delving into past life regression; Mira Kelley explains how each chapter is a lesson: When she was working as an attorney after law-school she began to have debilitating pain. She was so amazed by the spontaneous healing that she began studying regression therapy with prominent practitioners. Her faith in the process and the spiritual lessons she has witnessed and learned led the way to this book. The lessons are universal and everybody can find healing. No other compensation was awarded.

Chapter 3 : Beyond Past Lives By Mira Kelley

Beyond Past Lives was filled with "Ah-Ha" moments and gave me clarity to why I have been carrying around physical and emotional pain. It also helped me understand why I was born into a family with challenges.

Praise For Beyond Past Lives I spent one spectacular afternoon in a hypnotic time lapse in which I was taken on a magical journey into a past life with Mira Kelley. This experience with Mira was truly one of the peak experiences of my life. She was so skillful and yet gentle and compassionate throughout every moment of this wondrous time I spent examining the world of the invisible. The book can be used as a workbook as well as a reference book. Each chapter has stories of powerful healing and easy to follow exercises. Beyond Past Lives is for any person interested in healing. I started reading and did not stop until I was finished in the wee hours of the morning! The stories are so compelling and Ms. The transformation was astounding and now all of that information and access is available to anyone who is interested with, Beyond Past Lives. The stories and wisdom she shares are gifts that allow you to see the miracles possible in your everyday life. Her sweet voice transported me into the realm of Truth and Transformation. A rare authenticity permeates her being and her words. This book has the power to give you courage to face difficult recurrent patterns and resolve them by reconnecting with your internal wise self. This book will give you a new perspective on your life. During her amazing tale of injury and recovery, she shows the power of connecting to our Higher Self. Through the depth of this book, Mira Kelley establishes herself as an authority in past life regression. As the title suggests, her story reaches beyond anecdotes of historical characters and their tales of triumph. She uses multiple case study examples of healing and self-realization to provide verification of our complex spiritual being. I especially loved the exercises that helped tap in to my past in a new and exciting way. Her mastery of regression combined with her accessible writing style makes Beyond Past Lives a timely voyage into the timeless expanse of our very own healing and transformation.

Chapter 4 : 9 best Beyond Past Lives images on Pinterest

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Chapter 5 : Beyond Past Lives by Mira Kelley | Kirkus Reviews

Beyond Past Lives: What Parallel Realities Can Teach Us about Relationships, Healing, and Transformation by Mira Kelley In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth.

Chapter 6 : Beyond Past Lives With Best Selling Author Mira Kelley | Melanie Tonia Evans

As you read Beyond Past Lives, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

Chapter 7 : Beyond Past Lives Review: Will Mira Kelley's Book Change Your Life? | HubPages

Beyond Past Lives by Mira Kelley. likes. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you.

Chapter 8 : Past Lives & Beyond | Soul-Centered Therapy

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