



# Healing the Eternal Soul - Insights from Past Life and Spiritual Regression

*Andy Tomlinson*

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Within each of us reside the events and memories of past lives. As the soul returns to life over and over, these traumatic memories are often re-created making little sense in the context of our present life and brought to conscious awareness by obsessions, recurring relationship problems, nightmares, destructive emotional patterns and chronic unexplainable pain. This practical manual covers the theory and techniques needed to heal past lives. It includes regression into current life problems, past lives, and the soul memories between past lives. Illustrated with numerous moving case studies it will benefit both therapists and the general reader alike. Comprehensive and definitive, it gives insights into the immortal soul. Andy Tomlinson graduated in psychology and is a registered psychotherapist. He is the Director of Training for the Past Life Regression Academy, and a founder member of the Spiritual Regression Therapy Association and the European Academy of Regression Therapy. Andy trains, lectures and gives talks internationally on past lives and the soul memories between past lives.

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