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## **Publisher's note**

Research has shown that establishing a habit requires 21 days' practice. That's why Hay House has decided to adapt the work of some of its most prestigious authors into these short, 21-day courses, designed specifically to develop new mastery of subjects such as past lives.

*21 Days to Master Past Lives* draws from Denise Linn's bestselling *Past Lives, Present Miracles* (Hay House, 2008).

Other titles that will help you to explore further the concepts featured in the 21-day program are listed in Related Resources at the end of this ebook.

## Introduction

You can create extraordinary positive change in your life, smoothly and effortlessly. It's simply a matter of remembering who you are—and in order to do this, you must clear the blockages that stand between you and your soul. Almost all of these obstacles have their roots in your far past, so it's immensely valuable to travel back into time to release them. However, most of us are so caught up in limiting beliefs about who we are and what we deserve that it's almost impossible to take that journey.

If you really want to know who you are, and you're ready for your life to blossom, this book will reveal secret pathways that will help you clear your inner clutter so that you can truly discover why you're here. With this knowledge, you'll learn how to manifest your innermost dreams. The time is now! You wouldn't be reading this book if you weren't prepared to begin the journey.

As the transformation of our planet intensifies, exploring past lives can be an increasing source of healing and inspiration. But how can you best take advantage of the energies now available for growth and personal expansion? In what ways can you remember who you were in your former lives and then release any negative programming that has carried forward into your present life? How does releasing blockages from the past help you create miracles in your current existence? What should you do so that you can remember your dreams and understand what they're trying to tell you? Why is this a very significant time in history? In the following chapters, I'll give you the simple, viable answers and solutions.

This book offers easy-to-use techniques to help you recall events from your previous lives. It also explains reincarnation and karma, and why these concepts are so important at this time. You'll learn how to use a range of past-life clues to discover who you were in earlier incarnations. As our planet's vibratory rate continues to accelerate, it's vital that you listen to the secrets of your soul. I'll teach you how to program, remember, and interpret these messages.

Right now in our human evolution, massive, exciting changes that have been foretold by native cultures around the world are beginning to occur on many levels. The aim of this book is to provide you with information and techniques that will show you how to release the past so that you can experience joy in your everyday life and prepare for upcoming events.

We are the spiritual heirs of the planet. If we can let go of the ancient blockages and limitations from the past and listen to the inner guidance of our soul, we can lovingly step into the future.

## DAY I

# Why Past-life Therapy Works

Today we are going to look at why exploring our past lives can help us in our present lives.

Past-life therapy is healing because it allows you to get to the source of your problems; until then, you're dealing with symptoms rather than causes. Whether you call it genetic coding, cellular memory, or even collective unconsciousness, the vast repository of our previous experiences rules us all; and in many ways, these experiences dictate the situations we encounter in the present.

For example, many compulsions and phobias are rooted in the distant past. If you've always hated wearing anything tight around your neck, you may discover that you were choked to death in a previous lifetime. By reliving—and healing—ancient memories and associated emotions, your current life-limiting behaviors will change.

We often create incidents today that subconsciously remind us of events from our former lives, in an attempt to heal the original pain. If emotions such as fear, anger, or grief were suppressed during traumatic events in a past life, they'll stay embedded in your energy field and form inner conflicts that recur lifetime after lifetime. As you continue to push these undesired feelings deeper into your psyche, a greater barrier builds between you and whatever you're afraid to confront. But when you relive a past-life incident, the emotions and decisions that were held back for so long finally have the opportunity to rise to the surface and be released so that they no longer control you.

To understand why past-life therapy works, it's important to realize that it's not necessarily what you endured in your earlier lives that creates problems in your present life; rather, it's the trauma and emotions that you suppressed in the past that initiates difficulties in the present. Your past experiences don't cause continuing problems—it's your reactions to them that create challenges. For example, suffering a fatal wound in a former life won't necessarily create a blockage in your present life, but a fatal wound while feeling suppressed intense emotional anguish could.

Imagine two similar scenarios. In the first, an Aztec warrior is fighting alongside his best friend. The dust is churning as spears fly on either side of the gallant warrior. Suddenly in the haze of battle, a spear is flung straight

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at the chest of his friend. The young warrior steps in front of it, valiantly saving the life of his comrade. Mortally wounded by the spear that pierced his chest, he dies but feels a deep peace, for he has saved his friend's life.

In the second scenario, two young warriors are battling side by side. They are best friends. Suddenly in the thrall of battle and obscured by thick haze and dust, one turns to the other and thrusts a spear into his friend's chest. As the warrior lies dying on the battlefield, he learns that his best friend is having an affair with his wife and wants him out of the way. He dies making a decision that he can never really trust anyone.

In both scenes the physical trauma is the same—a spear wound to the chest causes death. In the first instance, the Aztec warrior feels exhilaration at having spared the life of his friend. In the second scenario, however, the warrior decides that it's unwise to trust anyone. In future lives, whenever this man begins to get close to someone, similar memories and decisions will be activated. Whenever he starts to trust, he experiences severe chest pains and the fear of being betrayed. For him, establishing a bond with another activates an emotional and physical response from a past life.

So it's not your past-life trauma that causes your present-day blockages; it's the meaning you give to those events that haunts you through time. And it's possible to travel back and change the significance of any event, and thus create a time/space domino effect that transforms your present life.

One of the most powerful things that you can gain from past-life therapy is forgiveness. In order to heal, you must be willing to forgive the past. It's much easier to pardon those who have hurt you in your present life once you understand the karma that precipitated the situation. When you travel to the past-life source of your hurt—to absolve yourself and others—a loving energy weaves its way through time and space to your current life. Of course it's important to forgive those who hurt or denied you in a previous lifetime; however, it's just as vital to release the guilt for things that you did to others. (If you have difficulty letting go, you must forgive yourself for not forgiving.)

Some of the most rewarding comments I receive after past-life seminars relate to forgiving present and past-life circumstances. In Australia, I conducted a seminar at the Japanese-owned Nikko Hotel, and a woman who attended that seminar later wrote me an interesting letter. Upon entering the hotel, she experienced an intense wave of resentment and panic washing over her. She almost fled but was very glad that she stayed because a debilitating condition, which she'd had since she was a teenager, totally healed.

In her letter, she told me that when she was 17 years old, she had been taken prisoner in Indonesia by Japanese soldiers during World War II. She wrote:

“I suffered physically as well as mentally from their brutality. I survived, but my intestines were damaged from untreated dysentery. I was severely undernourished, and I harbored a deep hatred for everything Japanese. I’ve sought treatment from many physicians and psychologists during the last 50 years, but I’ve had to live with a chronic weakness of the bowel and a constant pain in the solar plexus.”

She had come to see her suffering as something that she carried for all reviled people in the world. The woman went on to tell me that after she’d regressed to a past life in my seminar, she was able to observe the source of her current resentment (she didn’t mention what the past life was). As a result of forgiving prior-life circumstances, the pain that had plagued her for 50 years had completely lifted! “My debilitating pain disappeared during the seminar, and today I’m still free of it! When I left the hotel, I even gave a friendly greeting to the Japanese staff,” she wrote. She added that she had spent time talking to some of them and found them to be very pleasant, lovely people: “I feel free! Free from pain! Free from all animosity and all resentment! Truly and gloriously free and easy!”

## DAY 2

# Reincarnation

Today we are going to explore the concept of reincarnation, which is the center of past-life therapy. Reincarnation has been with us since before recorded history. It's the doctrine or belief that an essential part—the higher self, or the soul—of each human being survives death and is reborn in another body. Although a new identity develops in each life, there's a spiritual part of the being that remains constant throughout successive lives.

Current estimates suggest that at least a third of the people alive today believe that the soul is eternal and repeatedly returns to Earth through rebirth into new bodies in order to grow and learn. A recent Harris Poll of the spiritual beliefs of Americans found that 27 percent believe in reincarnation—that is, they believe they were once another person. This includes 40 percent of people aged 25 to 29 but only 14 percent of individuals aged 65 and over (which indicates that the belief in reincarnation is growing among our youth).

The spiritual belief in an enduring “self” that incarnates again and again declares that each lifetime provides a wealth of experiences that allow us as divine beings to become stronger, more balanced, and more loving. And eventually, we reunite with Spirit. (At times I prefer to use the words Spirit or Creator instead of God because some people equate God with a male deity in the sky who's judgmental. To me, the words God, Goddess, the Creator, Great Spirit, Spirit, and Cosmic Consciousness all mean the same thing—which is the living force within all things.)

Spontaneous reincarnation episodes can occur in many ways. Have you ever had the eerie experience of being in a strange town and feeling a sense of recognition almost too deep to describe? Have you ever heard a particular piece of music and felt transported by it or had a vivid dream about a time in history or a foreign country that seemed extraordinarily familiar and real? All these incidents could have their roots in past lifetimes.

In one life, perhaps you were very poor and thus had a chance to learn humility and resourcefulness firsthand. In another, you might have been wealthy in order to understand how to deal with money fairly and positively. You may have been blind in order to activate your inner sight, or athletic to experience and comprehend physical strength. You might have been a woman in one life and a man in another—or Caucasian in one and Asian

in another. Try to think of past lives not so much as building blocks but as pieces of a jigsaw puzzle, with each piece a lifetime making you more balanced.

Throughout history, great thinkers have pondered the mysteries of life, birth, and rebirth. The earliest record of the theory of reincarnation, which comes from ancient Egypt, says that the soul is immortal; when the body perishes, the soul enters into another human body. Both early and present-day Hindus believe that the soul is immortal and inhabits one body after another in search of its true divine nature. Centuries before Christ, Buddha taught about the cycle of reincarnation—the great wheel of life and death. Like Hindus and Sikhs, Buddhists strive to be released from the death/rebirth cycle by attaining nirvana, or oneness with the Creator. In addition, the Essenes, an early Jewish sect; the medieval Christian Cathari, who flourished in France; and Islamic Sufis are also said to have embraced the idea of reincarnation.

The Greek philosopher Pythagoras, who lived some five centuries before Christ, not only wrote about this subject but also described his personal recollections of his various incarnations. His fellow philosopher Plato was also a believer. Napoleon claimed to have been the 8th-century Holy Roman emperor Charlemagne in a past life. The French philosopher Voltaire observed, “It’s not more surprising to be born twice than once.” The Spanish surrealist painter Salvador Dalí said that he believed he’d been the great Spanish mystic St. John of the Cross. And the 18th-century German writer and poet Johann Wolfgang von Goethe deeply embraced the idea of past lives as well: “I am certain that I’ve been here, as I am now, a thousand times before, and I hope to return a thousand times.”

Many famous Americans, including Benjamin Franklin and Thomas Edison, also gave credence to reincarnation. George S. Patton, the famous American World War II general, believed that he’d been the Carthaginian general Hannibal in a previous life. Henry Ford, the father of modern assembly lines and mass production, was convinced that he’d lived before, too; and his most recent life had been as a soldier killed during the Battle of Gettysburg. Ralph Waldo Emerson, the American poet and essayist, subscribed to the notion of past lives.

Reincarnation is becoming more prevalent in Western culture as a viable personal belief system, because many people find that their spiritual needs aren’t being met by current religions. Disillusioned individuals are turning instead to this philosophy, which answers questions such as “Why do we keep repeating the same negative patterns? Where do our recurring fears and phobias come from? Why do we feel an instant attraction to some

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people and places?” And more important, it helps to answer the question “What is our purpose here on Earth?” The concept of reincarnation allows us to understand the way in which we each weave our own destiny.

## DAY 3

# Soul Mates and Love Mates

Today we are going to look at one of the most important aspects of life that the philosophy of reincarnation addresses—relationships. Understanding and healing emotional difficulties that have their roots in past lives can help improve the quality of our present relationships. Our current partners, who are our karmic counterparts, give us the chance to complete unfinished tasks and help us release negative thoughts and emotions that intrude into this lifetime. Those with whom we have relationships that originated in a past life are called our “soul mates” or “love mates.”

How many times have you caught a brief glimpse of someone across a crowded room and felt an instant rapport—an inner knowing that you’ve encountered a kindred spirit? In that brief moment, did you feel a yearning to rekindle those memories from the past and hold on to them for eternity? On the other hand, have you ever met someone and instantly felt uncomfortable, confused, or perhaps even angry for no apparent reason?

Such meetings are part of a complex web of intrigue that lies deep within our subconscious minds and dictates the tapestries of events that weave their way throughout our lifetimes. Our past-life relationships determine how we interact with those around us. They may also cause us to feel intense love or desire for an individual—or hatred, envy, or spite for another. As the soul memories are roused, relationships are rekindled. And almost everyone we connect with in this life is likely to have been involved in many of our past lives—perhaps as a brother, sister, parent, colleague, child, lover, or even an enemy.

The dynamics of our former-life situations are re-created in our present lives; and they may be passionate, romantic, and adventurous or even angry and vengeful. When we meet familiar souls in this current lifetime, it’s to relive and rework the relationship. Those familiar eyes across a crowded room are often an inner reminder of the individuals whom we’ve chosen to interact with once more, and the encounter provides us with the opportunity to reexperience those karmic bonds.

The idea of a soul mate usually evokes images of Romeo and Juliet, Tristan and Isolde, or Katharine Hepburn and Spencer Tracy—individuals who found their perfect complement, becoming symbols of exquisite love that seem to transcend time and space. Although the term “soul mate” is commonly used to describe the one great love of your life, I prefer to call

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ideal partners “love mates.” I believe that soul mates are actually *all* the individuals you’ve been with in past lives and even in other dimensions. This idea is based on the theory that you incarnate with the same individuals in each lifetime. You and your soul mates enter a lifetime together and are attracted to each other even from the far reaches of the world.

There’s a tendency to think that our destined partners are the only ones to whom we feel an instant attraction; however, in my regression work, I’ve found that soul mates can also be the people we experience difficulties with in our present lives. In fact, such challenging individuals are often the ones we’ve had the most intimate past-life connections with.

When soul mates meet, there’s usually an instant rapport, recognition, or even repulsion. If there was a sexual liaison in a past life, there will likely be a physical attraction in the present life—sometimes an intense and almost explosive one. Although soul mates don’t always see eye to eye, there’s usually a sense of familiarity in the relationship. They’ll often have a communication beyond logical explanation and a deep attachment (either negative or positive) that is sometimes telepathic.

One of the greatest mysteries in the philosophy of reincarnation is the idea that every human being has a perfect partner. This person has been called a soul mate, dual mate, twin flame, and love mate—though I use the latter term to differentiate the one true love from all the soul mates or individuals who have been our companions or lovers in past lives. Researchers have stated that even in religions dating back to the Stone Age, one of the main reasons for leading a positive life was so that one could be reborn near his or her love mate in the next life. The writer and poet Goethe also wrote a book based on the medieval idea that couples were divinely united. *Die Wahlverwandtschaften*, which is usually translated as *Elective Affinities*, contends that every individual has a perfect mate waiting to be discovered.

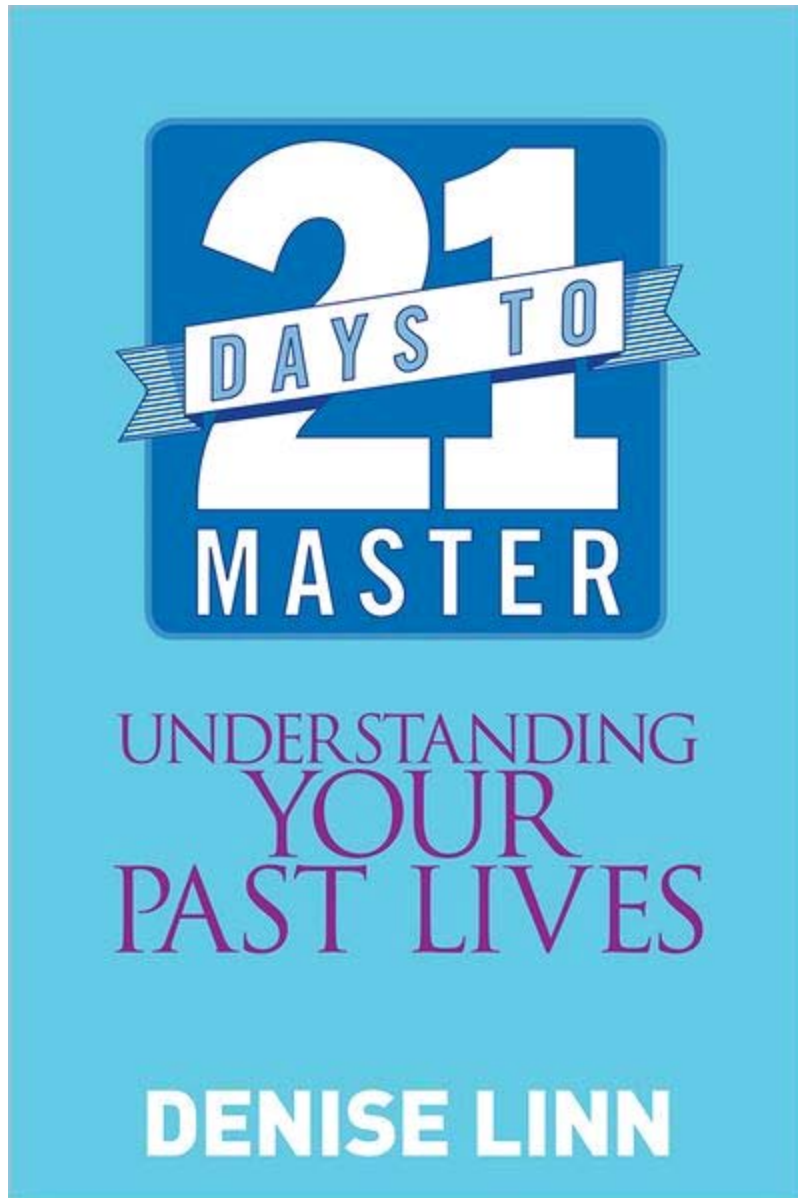
A commonly held theory regarding love mates is that we were originally androgynous beings—souls that were neither male nor female. Somewhere in time we were split in two and became either male or female energy but not necessarily two distinct bodies. These halves set forth into the Earth plane—a division of polarities growing and expanding, forever striving to reunite. The constant drive toward procreation is seen as a deep spiritual urge for that primal union and for the experience of oneness that occurred before the separation.

Those who adhere to this theory contend that there will be an increase in the search for and reunion with love mates in the coming years due to the increase in the vibratory rate of the planet. This accounts for the rise in relationships that transcend differences in race, age, gender, religion, and social standing.

Sometimes a love mate can be in the spirit world rather than in a physical body, offering assistance from the “other side.” This can account for the feeling that a loving presence is watching over you. Soul mates can also be the same sex, although one will usually have the negative (feminine) polarity, while the other has the positive (masculine) polarity.

The degree to which you accept and love yourself plays an important role in your success in finding your love mate. If you feel unworthy while attempting to attract your destined partner, you’ll start to think, There must be something wrong with this person if he (or she) loves me. You’ll then subconsciously begin to find things wrong with the other person and push him or her away. Your love mate could even be the person you’ve been married to for the past 20 years, but you haven’t been able to see the truth.

For many people, the philosophy of reincarnation, and soul mates and love mates provides an understanding of why we’re here. It can give us insight into our current relationships and offer answers to some of life’s seemingly unanswerable questions.



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