



BAXI NISHANT

**PAST LIFE
REGRESSION &
REINCARNATION**

Baxi Nishant

Past Life Regression & Reincarnation

«Издательские решения»

Nishant B.

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Between the two concepts of past life regression and reincarnation, most people are probably more familiar with the latter. However, what few realize is that these two concepts are essentially linked with each other. Reincarnation has to do with the rebirth of a soul. If you believe that you will be reincarnated, then death is nothing to be afraid of.

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Foreword

Between the two concepts of past life regression and reincarnation, most people are probably more familiar with the latter. However, what few realize is that these two concepts are essentially linked with each other. Reincarnation has to do with the rebirth of a soul. If you believe that you will be reincarnated, then death is nothing to be afraid of. After all, if reincarnation exists for you it only means that life is but one cycle after another and death is just a transition from a previous life to the next. Get all the info you need here.



Chapter 1:

Introduction

Synopsis

75% of the world's population today believes in reincarnation. However, when it comes to Americans and other Westerners, such belief doesn't come easy. Even though their hearts tell them it's true, their brains insist for more proof.

Past life regressions are the proof they – or maybe even you – are looking for. Have you ever experienced a sense of *déjà vu* in your life? Most people do – and more than once at that. Such experiences produce very vivid images in your mind that you feel like it really did happen to you. The question is, why can't it be true?



The Basics

Recurring dreams – good or bad – are also examples of past life regression. Children are more receptive to the thoughts, feelings, and experiences that linger in their minds and are remnants from their past lives. As a child's mind is free from pre-conceived notions about what is real or not, it does not automatically reject what it sees. Of course, it's a different case altogether when they tell the adults about it. Since children's minds are also impressionable, being told repeatedly by parents, teachers and older siblings that what they're seeing isn't true will eventually train them to think at a certain way.

You are no longer a child, but it will still be difficult to reverse or even just alter your thinking process. However, there is much for you to enjoy if you at least allow yourself to consider the possibility of past life regressions and reincarnation. Things that you once did not understand about your life become unbelievably clear. You may also become more at peace with yourself as you see how your past lives have shaped who you are now.

Opening yourself to these possibilities will take time and effort, but this book is meant to make your journey of self-discovery a lot easier.

As you go from page to page, just remember to keep an open mind and try not to reject anything simply because your mind tells you it is not rational. There are many things in this world that are not rational.

If you insist in limiting yourself to only rational possibilities, life will gradually lose its meaning, its magic – -and even its importance.

This book is for everyone. Your faith, your age, or even how you define yourself is irrelevant. Many believe that the gods of different religions are simply variations of one Supreme Being.

It's only the name that changes. Your faith does not have to change with this book. On the other hand, it's guaranteed that how you see the world, your life, and yourself will change completely – and for the better.

Start changing your life now by embracing your past and developing the power to shape your present and future.



Chapter 2:

Memories are Not Infallible

Synopsis

It so happens that memories are not to be relied on considering that most of us forget stuff that did occur or recalling things in a different manner from the way they actually happened, some of us even remember people we have never met or places we have never been to. Experimental evidence revealed that people can indeed remember events that never happened or perhaps they did happen but to someone else which can be very confusing as to whether or not memories are infallible or not.

Young children heavily rely on their memory as an invaluable tool for learning with those memories created before they had their second birthday being discarded by the brain in blurry childhood amnesia. As we carry on with our lives, the memories we have accumulated over time help us to predict and prepare for future experiences, actions, and encounters, and even though by itself it is not as valuable, it allows us to easily adapt to the different situations we face in our day to day lives.

Memories Define Personality

Memory is the medium through which we create our individuality and even when we regale our friends with our interesting stories we can be heard saying something like “I am not the type who does that kind of thing”, showing that you are using your memories as a reference point or as the basis of the conclusion you have made concerning the nature of your personality.

Memory also creates the notion that our lives are coherent and that nothing is either added or missing from it; the reality is that our lives are irrational and incoherent. This can be proved when swapping stories with each other and we realize that lying is inevitable because most of the time we tend to omit a lot of information and invent things to make our stories seem more consistent; over time, we continuously remember the stories we told and start to believe them as being true.

False Memories

Research shows that our earliest memories are highly suspect, with experiments revealing that a toddler’s memories are better than those of an older child. This is because when we are five years of age, we can remember some of our childhood experiences where as a toddler’s memories are more likely have been conjured up from the stories that they were told, they internalized them making them their own.

Memory is a dynamic process; it requires recalling events or experiences which requires a lot of construction considering that there is no portion of the brain dedicated to storing memories. We create our own history as we carry on with our lives, and every time we come across some new information, we reconstruct the latter merging it with our pre-existing memories.

Some claim that sexually abused children suffering from psychological illnesses were likely to have developed such mental disorders due to repressed memories with some citing cases where victims said that they had recovered memories of child abuse. On the other hand, psychologists and therapists refuted the reliability of these memories adding that therapists should not only be but also careful and phenomenological as well in their explorations with their patients so as not to encourage or influence the latter’s memories causing them to “recall” something that in essence never occurred.



Fatalism is not the Correct Approach

Synopsis

Fatalism is a philosophical belief that all things are determined by fate, thus a person submits to his fate, feeling that it is inevitable. Oftentimes, the view on fatalism is directed towards believing that the future will predictably end in a horrible manner.

People who believe in fatalism tend to view themselves as powerless and that they won't be able to do anything to change the course of his destiny.

In fatalism, there is a perception that a person has to resign to his fate rather than fight or change it. This kind of philosophy usually stems from people who have either been taught strongly about predestination or those who believe that they have a strong cognizance to predict what will happen in life.

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