

The Journal Approach to Past-Life Therapy

Daily entries into a journal, using the following headings as a guide, can help you to become more aware of your thoughts and emotions. This is the first step in discovering your past lives—the continuity of your consciousness from previous lifetimes. In keeping a journal, remember that self-honesty is the key to obtaining a more objective analysis of oneself. Be open to your intuitive thoughts and feelings that will reveal the truth about your situation, bringing you greater peace of mind in your daily life.

1. **Obsessive Thoughts and Emotions:** Concern about the past or the future; repetitive thoughts and emotions that prevent you from being in the present moment.
2. **People:** Experiences revolving around interactions with certain people—both positive and negative reactions.
3. **Events:** Significant experiences that have made an impression on you or that have changed the course of your life.
4. **The Body:** Aspects of health and illness involving the physical anatomy.
5. **Work:** Interactions with people, places, and things in your daily work environment.
6. **Dream State:** Experiences while out of the body in sleep-state.
7. **Hypnagogic State or Hypnopompic State:** Semiconscious state of awareness preceding sleep or preceding waking.
8. **Inner Wisdom:** Intuitive, creative, or inspirational insight manifesting in your daily life as the “effortless way.”