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Please visit [My Fat Fox Productions](#) where you can buy the full eworkbook.

We are also working on a computer program which will collect and analysis your past life clues, suggesting times and locations for your possible past lives. This should be ready on our website later in 2013.

PAST LIFE CLUES

Find Your Past Lives Without Hypnosis



KARIN HOPPE HOLLOWAY



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Find Your Past Lives
Without Hypnosis

Karin Hoppe Holloway CHt

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FOREWORD

Nearly twenty years ago, during the final session of my classes in hypnotherapy, I was the “guinea pig” for a deep hypnotic therapeutic regression to take me to the root of my fears. My teacher/therapist never mentioned anything about past lives; I didn’t expect one to pop into my mind, but it did. I relived some of this person’s life: I saw events from when he was a baby, a young man, and I relived his death. I (he?) cried over his frustrations.

When I came out of the hypnotic state I was stunned. I needed time to recover before I could talk about what I had experienced. I questioned the reality of what I’d seen even though it had seemed so real! I was actually in a man’s body, seeing out of his eyes, into what appeared to be a world several centuries in the past. I had heard about past lives but I hadn’t expected to have one! Nor had I ever expected that re-experiencing someone’s life was the way to get rid of a present fear that was limiting my life.

After this, everyone else in the class wanted to see their own past lives and so we discontinued the “root” therapeutic regressions and took time to regress each other to important past lives. We learned about abreaction, which is the sudden explosion of emotion during a therapeutic regression that releases old negative emotions, first hand. My fellow hypnotherapy students were thrilled with what they’d discovered about themselves but I was still disturbed by the experience and unwilling to just accept it as real.

I’m a rational person, first a student of mathematics and the natural sciences before getting a degree in philosophy, and I needed to research the details I’d

seen in my regression. I had a number of details to research including shoes, a baby crib, the weather, clothing, a wagon, a field of wheat, a castle's stones, a tower, people I'd thought about and talked to, a bed's cover, the language he spoke (in response to the therapist's question about it), the first three letters of this man's last name and what he'd feverishly thought about as he'd died. I scoured libraries and even took advantage of a trip to Washington, D.C. to comb the Library of Congress.

It took me three years of research before I finally allowed myself to accept that what I'd seen had indeed been the life of Djuradj Brankovich, the last despot of Serbia, 1365-1456. I then became a past life therapist and I was privy to my client's fascinating trips backward, as well as forward, into time. I have also since uncovered several of my other past lives but never to the same extent as Djuradj's.

It didn't take me long to realize that scattered throughout my present life were many small but important clues which I'd never realized had any meaning before I became acquainted with my past lives. During the many classes I gave, and the many past life regressions I carried out with clients over the following years, I became more aware of these clues in myself and in other people. The workbook before you grew from this recognition. All of my own small clues add up to the past lives I'm now acquainted with. Your own clues will be just as meaningful.

I've divided the "clues" into those that are traces of the past, recollections of the past, and resonances of the past. Look for "clusters" of clues which should form around your possible past lives. To best use this workbook, I suggest you jot down your notes and ideas on separate pages as you explore the lists I've made for you. Eventually you will be able to spread the pages out around you to look for clusters of clues. You will also benefit from mapping your clues (positive and negative) on a world map.

A past life therapist will be able to help you become better acquainted with your past life personalities, as well as heal any negative repercussions from those

lives. You can find your closest PL therapist through the [International Association for Regression Research and Therapies](#).

I hope that you will have as much fun exploring the Past Life Clues Workbook as I have had preparing it.

How to use this workbook

This edition of the Past Life Clues workbook has many questions interspersed with fields that you can type in. Keep the original version of the workbook in a safe place, and save a copy with your name as part of the file name. Each time you work on the workbook be sure to save it, and the text you have typed in the fields will be saved with it.

It will take some work on your part to get the most out of this workbook. The questions are designed to lead you to notice aspects of your life that do not appear to have arisen from your upbringing and events in this life. Spend some time with the workbook when you are feeling relaxed and curious. You do not have to work through it in order, pick any subject that appeals to you from the contents, and jump right in.

You can always go back and read back what you have written, and add to it as you wish. Bit by bit you will begin to build up an impression of clues that cluster in particular times and places. These are possible locations of your past lives.

Please don't make working on your past life clues a chore – it should be fun. If you are tired, or it doesn't feel right, put it aside until you feel more refreshed and enthusiastic.

Even if you don't uncover any past lives (not all of us have any!), this workbook will lead you on a journey of self-exploration that can have unexpected and far-reaching benefits. We wish you well on your journey, wherever it leads you.



PAST LIFE CLUES: TRACES

Traces are tendencies toward traits, behaviors and fears.

They are also abilities, preferences, emotions, and
appearance.

You are born with them.

They have no basis in your present life.

They are obvious, even to other people.

Physical Traits

Some of our physical characteristics may be carryovers from the past. Some past-life researchers think we may even continuously look the same, while others have found only special physical aspects, such as birthmarks, to be reflections of the past.

Please record the ways in which you are not like your genetic family:

- Complexion
- Hair color and texture
- Facial features
(nose, lips, eyes, etc.)
- Height
- Weight
- Birthmarks

Do you have strong feelings about any of these traits?

Do you have any birth defects?

Do any parts of your body (e.g. hands, back) have great strength or agility?

Are any parts of your body exceptionally weak?

Are you exceptionally acute or weak in any of your senses?

Which of your features do others most often remark upon?

Record which of your physical traits might be related to your past lives here:

Illnesses

Illnesses, as well aches and pains, may be re-stimulated by similar experiences from life to life as if imprinted on an invisible template. If you can't find a current life reason for them, look into the past.

Have you had any life-threatening illnesses? What age were you?

Do you have any disabilities, born with or acquired?

Do you have any allergies or sensitivities?

Do you have any “psychosomatic” or stress related problems?

Do you have any repeated problems, e.g. bad back or “female problems”, especially those that are a real bother to you?

Record which of your illnesses might be related to your past lives here:

Accidents

“Accidents” may have nothing accidental about them. Some people find that past-life deaths occurred at the same age their present selves had major “accidents”. These will be more noticeable when they fit into a larger pattern later.

Did you have any major childhood accidents?

Any major adult accidents?

Have you had a Near Death Experience? If so, how old were you?

Record which accidents you have had that might be related to your past lives here:

Body Talk

Your body, as well as your mind, retains memories of past lives. You first need to rule out physical reasons for the following before assuming they relate to past lives.

Are you hypervigilant, i.e. is your body usually tense?

Do you fall asleep easily?

Do you often feel you lack energy or as though you are wading through invisible mud?

Do you ever have panic attacks? Where were you and what were you doing when they occurred?

Body image, or the idea in your head of how you look and move, can be psychically inherited from past lives.

How does your body image not match your real appearance?

Record any of your body talk that may relate to your past lives here: