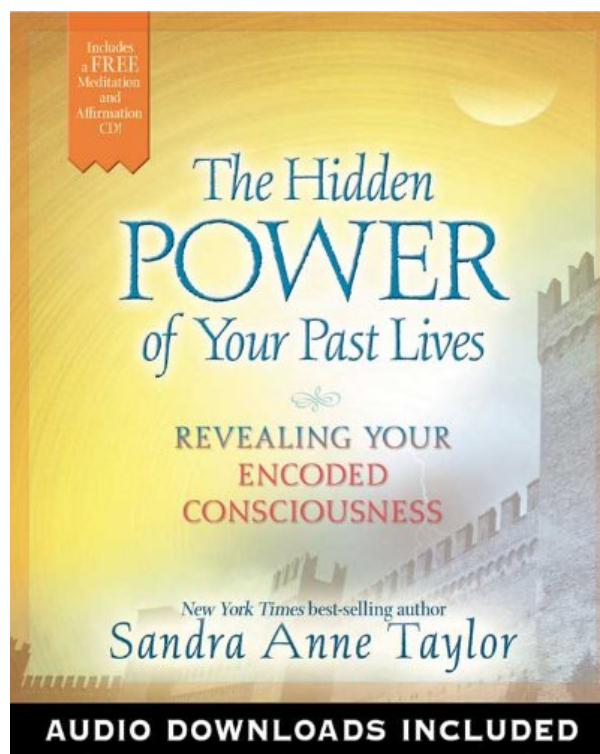
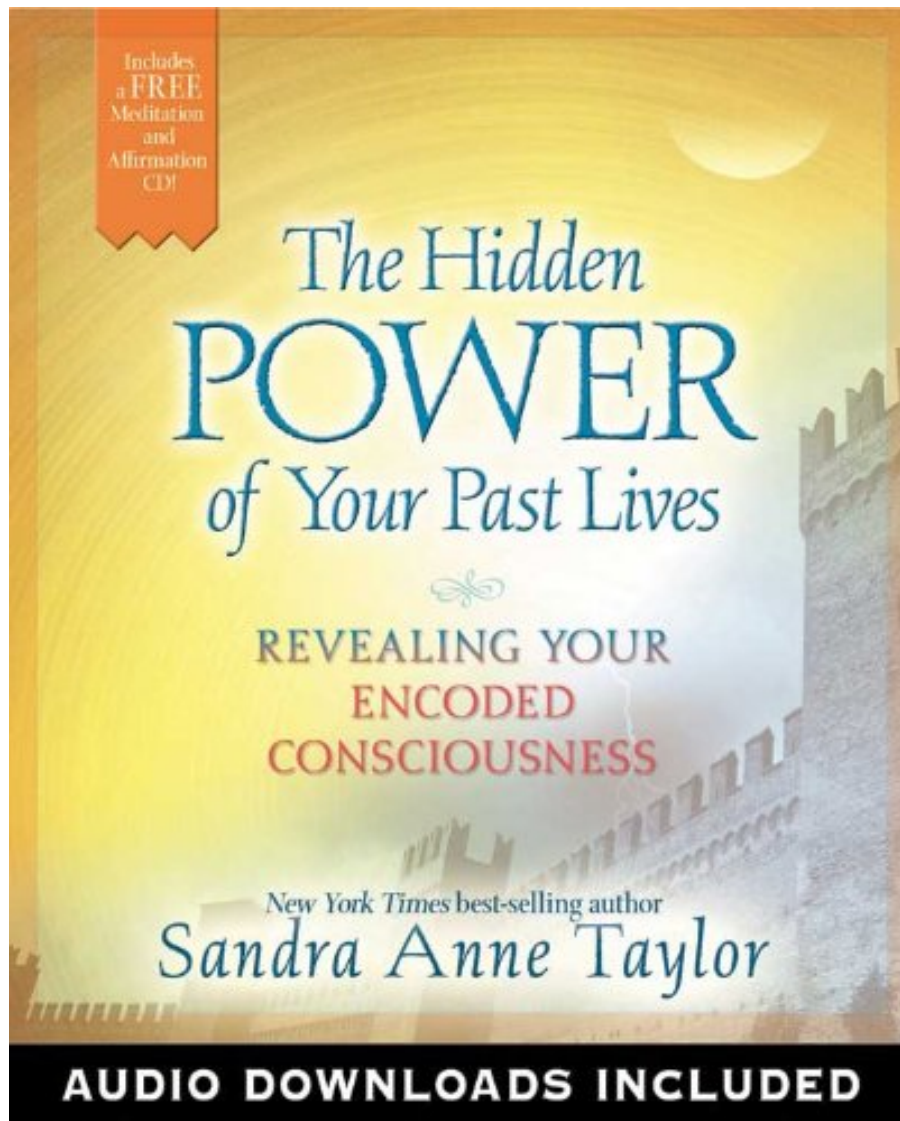


**THE HIDDEN POWER OF YOUR PAST  
LIVES: REVEALING YOUR ENCODED  
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## Review

“In a riveting journey of case histories and personal revelations, Sandra Anne Taylor demonstrates how everything from the healing of our bodies to the success of our relationships is often linked to experiences from the past. If her ideas are right, they catapult us light years beyond conventional explanations of the seemingly meaningless events in life. Whether you’re an artist or an engineer, this book is about you, your world, and every relationship that you’ll ever experience in life.”

— Gregg Braden, the New York Times best-selling author of *The Divine Matrix* and *Fractal Time*

## About the Author

Sandra Anne Taylor is the New York Times best-selling author of *Quantum Success* and *Truth, Triumph, and Transformation*. In her 25 years as a counselor in private psychological practice, she has often used regression as a vehicle for the treatment of anxiety, depression, and relationship problems; and she speaks internationally on the life-changing powers of personal energy and consciousness creation. Her present consulting practice includes energy and past-life readings; cognitive restructuring; and consciousness shifting for personal empowerment, happiness, and success. Her books are available in 24 languages throughout the world. Her popular radio show, *Living Your Quantum Success*, can be heard Mondays on [HayHouseRadio.com](http://HayHouseRadio.com).

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# **THE HIDDEN POWER OF YOUR PAST LIVES: REVEALING YOUR ENCODED CONSCIOUSNESS BY SANDRA ANNE TAYLOR PDF**

Have you ever wondered why certain life patterns have been so hard to turn around? Well, the reasons may be encoded in your eternal history—in karmic sources that were set lifetimes ago. Perhaps you keep struggling with money problems, feel hopeless about finding true love, or have an addiction you can't seem to beat.

These current issues could be traced back to previous lives. Even psychological and physical ailments such as chronic pain, allergies, weight problems, and self-doubts could originate in unknown past events. Yet these past-life sources don't have to remain a mystery—or have any power over you anymore!

In this enlightening and truly liberating book, New York Times best-selling author Sandra Anne Taylor explores the energy of karma and reincarnation, revealing how your eternal consciousness can become encoded, influencing your destiny today.

When you learn how to release and rescript your karma, you can pave the way to joy and personal power—now and in years to come!

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world. Her popular radio show, Living Your Quantum Success, can be heard Mondays on HayHouseRadio.com@.

Most helpful customer reviews

3 of 3 people found the following review helpful.

Recommended

By Lynn

I started reading this book from a very skeptic perspective and wasn't fully convinced on the legitimacy or effectiveness of past life regression even after reading the book in it's entirety. After using the accompanying CD, however, I do believe that the regressions have an amazing healing power for any negative aspects of your life. Whether my regressions are stories that my mind makes up or true past life events, I still do not know, but I do know that the work I have done with this book and cd has made my life better so the authenticity of what I see doesn't matter much. What matters is the results. I recommend this book for anyone who feels there are aspects of their life that could be improved.

12 of 12 people found the following review helpful.

Changing Your Karma

By Laurel

The first part of this book is an introduction to the concept and applications of reincarnation and karma. To those who are already familiar with the beliefs, the first few chapters can be read as a summary or review of the principles.

The following chapters provide a fascinating practical application to changing one's karmic code, i.e. reprogramming your life: past, present and future. This book is a must-read for those who seriously want to address the issues, traits and behaviours with which they're unhappy or dissatisfied.

Accompanying the book is a CD that contains recorded meditations and past-life regressions. The reader can listen to these and re-visit past lives, in order to reveal karmic codes and reprogram them, to improve the present and direct the future.

My experience with the recordings was disappointing, which is why I rated this book four stars instead of five. I found the voice on the CD (I presume the author's) to be unpleasant and annoying. Also, the mode of speech was extremely slow; I assume that's necessary for many people, to get them into the state of relaxation required for the regression/meditation. I found myself becoming so impatient to get on with it - and her voice was getting on my nerves - that I couldn't get into the right state of mind. I've tried using her methods without actually listening to the CD.

Despite my criticism of the CD, I highly recommend this book.

4 of 4 people found the following review helpful.

I love Sandra Taylor and enjoy her work

By pinkpetal12

I love Sandra Taylor and enjoy her work .. Loved the book... But the guided meditation I find a little annoying because she keeps talking when you want a little bit of silence. I guess it would be good for beginners that can't see or imagine things and need a little bit of help and guidance.

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