

# Past Lives? Why Should You Care?!

By Sue Maisano, PhD

*Do you believe in reincarnation?  
What's your past that led you to this life?  
Why does healing your past empower you in the present?*



**To the soul, which is your eternal essence, time does not exist.**

Therefore, you can think of the so-called past life as your parallel self.

You *simultaneously* live many lives, but your human conscious mind only perceives this physical life your body is living in.

You have many parallel selves, interacting with each other and influencing each other. It has a subtle influence on your personality, behavioral patterns, and the choices you make in life.

What you see in your life in a particular area now could be a **manifestation** from a past life. For example, the fear of water.

If in a past life you were drowned, in this life you may experience tremendous fear towards water. This fear may show up as overwhelming, unreasonable and unexplainable. Once you uncover its *root* cause, the drowning trauma from a past life in this case, the *fear* of water dissolves itself.

You can view your current behavior, fear of water, as a *wake-up call*. It's your soul memory calling your conscious mind to **rediscover** and **heal** your past life trauma.

Let's go back to the parallel self theory.

By rediscovering and healing this particular incident from your past life, you heal the parallel self in that past life. The actual experience of drowning does not change but the fearful **emotions** embedded in the experience are *released*.

By healing your parallel self in that past life, you also heal your current self, that is the unreasonable fear of water is dissolved, for the **purpose** of that fear is your inner-being calling your *attention* to solve the imbalance. Now that you healed that part, the fear of water served its purpose and no longer needs to be present.

By healing your past you heal your now.

The way the past tried to get your attention could be through behavioral patterns, relationship or health issues. By discovering your deeply buried soul memories you are presented with a new **opportunity** to heal it with an *expanded* consciousness.

Our past lives are never "PAST".

They are like computer software running in the background, influencing every aspect of you in very subtle ways. The so-called past is still there, very much alive, waiting for rediscovery and waiting to be *transcended* through a NEW perspective.

You have been endowed with great healing powers because even though you have many parallel selves, it is the current self that's living this physical reality in real time.

**You are on the leading edge of physical creation.**

Past unresolved issues, either from past lives or since your *conception* in this lifetime up to the present moment, come up in your current moment and manifest into behavioral patterns, relationship issues, or bodily ailments to gain your conscious attention for resolution.

*"Whatever we don't bring to consciousness comes back to haunt us."*  
– Stephen Belgin

Your ability to uncover deeply buried memories and heal your past empowers your now.

*What are the lessons in life's most challenging situations?  
How can you better live this current physical life?  
How can you heal yourself through transcending your past?*

## **About Sue Maisano, PhD**



Sue is a Chinese American author, healer and coach. She came to the United States at the age of 23 to obtain her PhD in Biology from Wesleyan University, and following her successful completion of her PhD in a short few years with multiple scientific papers, getting married and having her first kid, she decided to answer her deep inner calling and became a healer. Her incredible life stories are included in her memoir, *The Healing Journey: How a Poor Chinese Village Girl Became an American Healer*.

Sue enjoys running meditation workshops and helping people with their spiritual awakening by exploring their past lives, connecting with their spirit guides and exploring their akashic records. She offers one on one healing sessions as well as ongoing spiritual coaching, business coaching and human potential/genius mind coaching. Sue believes that there's no limitation on what one can do once you uncover the power of the mind!

Her healing website is: <http://MindRealities.com> Her upcoming past life meditation workshops are September 14<sup>th</sup> 2019, 10am-noon in Branford and September 18<sup>th</sup> 2019 6:30-8pm in Farmington. Contact Sue@MindRealities.com to register.