

HELLO OTHER

Book One – DISCOVERY

By S C Dinsdale

"Fear outs when the Truth is out of alignment and opinions prevail."

Chapter 9: Awakening

...In the years subsequent to my first past life regression, I read widely and acquire a greater knowledge of this fascinating subject. I come to understand that the relevance of a previous life is how it influences us now. Current problematic patterns typically mirror older patterns. Regression is a valid method for exploring these habitual behaviours and discovering their importance. Increased self-awareness and empowerment through self-responsibility provide opportunities for healing. Whether past lives are seen as real soul experiences or viewed metaphorically as theoretical creations of the subconscious, they hold special meaning for an individual. Recognising our own dysfunction becomes a valuable tool for personal development.

The underlying anxiety that has been haunting me dissipates, at least temporarily. In the months that follow, I feel more content and better equipped to focus on work, study and on my children. I remain blissfully unaware that a door has opened, inviting the spontaneous recall of other elements from my distant history.

While conversing with a nursing colleague at work one afternoon, an unsettling experience unfolds. Gazing directly into his eyes, a sudden uncannily strong sense of recognition is accompanied by a new and unexpected feeling of attraction. Momentarily disoriented, I lose track of our conversation, and lose track of time. Somehow my awareness expands beyond time, as if time has suspended. Realising that I must've been staring, I look down at the patient chart and ask him to repeat what he has just said. This sudden shift in my perception seems odd, because I've had a working relationship with this person for several years. What has caused this unprecedented change?...

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