

# The Transformation: Healing Your Past Lives to Realize Your Soul's Potential

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Many of us yearn to live out our highest potential but can't seem to make it happen. External circumstances such as money, the right job, or family demands seem to get in the way. But what if our greatest challenge to fulfillment wasn't an external obstacle but rather an internal one? And what if it didn't have anything to do with this lifetime, but a previous incarnation? This is the radical message Ainslie MacLeod shares in *The Transformation*.

In this empowering new approach to healing, Ainslie teaches us how to identify our past-life fears and then transform them into opportunities for growth and spiritual development. Join this renowned psychic to explore:

- >> The ten most common past-life fears-and how each one contains the seed of its own healing
- >> More than a dozen spiritual acts and exercises to help you move toward fulfillment and joy in this lifetime
- >> Reaching "Stage-Four Consciousness"-the next evolutionary step our souls are striving to take
- >> How the human species is "clearing out" our collective past-life traumas to make way for a global transformation

Ainslie's spirit guides suggest that we are standing on the brink of the greatest leap in human consciousness in 55,000 years. For each of us to take an active part in this shift, we must learn how to release the fears our souls have accumulated over many lifetimes, while retaining the essential wisdom that each incarnation has given us. Rich with practical techniques and compelling stories, *The Transformation* is a fresh examination of one of the most critical yet often overlooked elements of spiritual awakening.

Ainslie MacLeod has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior for more than a decade. The author of *The Instruction*, Ainslie was a featured teacher on "Oprah's Soul Series." Currently, he teaches at the Omega Institute and Kripalu. Originally from Aberdeen, Scotland, he now offers guidance to clients worldwide from his home in the Pacific Northwest.

Ainslie MacLeod

For more than a decade, Ainslie MacLeod has used his talents as a psychic to explore the soul and its effects on human beliefs and behavior. Collaborating with elevated spirit guides, he developed *The Instruction* as a way to help each of us understand our own personal destiny. Originally from Aberdeen, Scotland, he currently lives in the beautiful Pacific Northwest, where, from his office on a tranquil island, he offers psychic guidance to clients worldwide.

#### Other Books

*The Secret of Life Wellness*. Provides twenty-one questions to guide the reader through every stage of personal well-being, covering such personal challenges as weight loss, child rearing, and dealing with loss.

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the author delineates the American thinker's main advice for living a more fulfilling life and explains how this wisdom has inspired the modern New Thought ..."