

# 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 following my first experience of past life regression, I read widely and acquire a greater knowledge of this interesting subject. I come to understand that the relevance of a previous life is the significance that lifetime has now. Current problematic patterns typically mirror older patterns. Past life regression is a valid method of exploring these habitual patterns of behaviour and discovering their importance in the present. Increased self-awareness and empowerment through self-responsibility allow opportunities for healing. Whether past lives are viewed as real soul experiences or viewed metaphorically as theoretical creations of the subconscious, they hold special meaning for an individual. Recognising our own subconscious behavioural patterns is a valuable tool for personal development.

The underlying anxiety that I've been experiencing 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 I have opened a door for the spontaneous surfacing of subconscious memory. While conversing with a nursing colleague at work one afternoon an unsettling experience unfolds. Gazing directly into his eyes, an uncanny strong sense of recognition is accompanied by a new and unexpected feeling of attraction. Momentarily disoriented, I lose track of our conversation and I lose track of time. Somehow my awareness expands beyond time, as if time has been suspended. Realising suddenly that I'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 awareness seems odd, because I've had a working relationship with this colleague for several years. What has caused this unprecedented change in my perception?...

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