



AUTHOR Q&A (TRANSFORMATION)

Ainslie MacLeod discusses his most recent book, *The Transformation: Healing Your Past-Life Fears to Realize Your Soul's Potential*. Members of the media who wish to excerpt any portion of this interview should contact Ainslie's publisher, [Sounds True](#).

Q: Your latest book is called *The Transformation: Healing Your Past-Life Fears to Realize Your Soul's Potential*. What is the Transformation?

A: The Transformation refers to the coming shift in consciousness that will take our species to a higher spiritual level. On a more personal level, it's about elevating your consciousness by learning to connect more strongly with your soul and its highest values. In my work as a psychic, the Transformation is also the three-part method I use to help accelerate people's ability to reach this new spiritual level.

Q: How is this personal Transformation achieved?

A: The secret is to overcome the limiting effects of past-life fears. The first step is to identify the fear itself, which is done by identifying its symptoms. The second step is to find the soul-level motivation to overcome the fear. The third is to connect with your soul's core values to realize your true potential and live a life of greater meaning and purpose.

Q: Do we all have past-life fears, and how can we tell if we do?

A: We're all tremendously influenced by our past lives. A past-life fear of Loss, for example, is the result of having lost a child, your family, or perhaps a spouse in a previous incarnation. In this lifetime it manifests as a reluctance to get too attached to people or material things. Most people with this fear prefer to live minimally and hate clutter—the soul-level feeling is “the less I have, the less I have to lose.”

Q: What are the most visible past-life fears?

A: All seemingly irrational fears are from past lives. One of the most common is a fear of Judgment. It often results in a phobia of public speaking. It makes sense when you realize that there may have been a time when you were judged and it led to your execution. A fear of water or drowning is always from the past. A fear of Failure is the result of a lifetime that ended prematurely. It's the source of anxiety about not being on the right track. It manifests as inertia, a reluctance to try things, a fear of making decisions or making mistakes, and can immobilize its sufferers.



Q: How many past-life fears are there?

A: The beauty of the system I use is that all the fears fit into one of ten categories. It makes it easy to identify a fear and find the appropriate way to overcome its effects.

Q: What changes do people experience when they overcome a past-life fear?

A: The effects can be dramatic. I have clients who have completely healed decades-long phobias and blocks. I've helped people to find the strength to move on from toxic relationships, and stop repeating negative patterns of behavior. And I've helped many people to overcome blocks to intimacy and love to help them radically improve their existing relationships or to find a soulmate. By healing their past-life issues, I've seen clients completely overcome problems like a fear of flying, a fear of heights, and stage fright. And I've also seen my clients heal long-term physical ailments, frequently ones that are described by doctors as "unexplained." In *The Transformation*, I give more than forty examples from my sessions. In one case, a woman who was told she'd never have a baby became pregnant just weeks after uncovering the past-life cause of her infertility.

Q: What are the steps you take to heal a past-life fear?

A: The first and most obvious step is to identify the fear. I have spirit guides who will tell me which of the fears are most impacting my client. Then I'll check it out with my client to make sure he or she recognizes the symptoms. Someone with a fear of Betrayal will almost always have cut someone out of their life for their disloyalty. It's as if their soul is saying, "Remember the last time we were betrayed? It ended in imprisonment and execution! Get that person out of here!" The fear is overblown and, of course, irrational. The second step is to find what's called the "motivation." It's the impetus for transformation the soul offers you as a cure.

Q: Can you describe how a "motivation" works?

A: Motivations are described as karmic, meaning they balance the effect of the fear. A fear of Inferiority, in which you feel lesser, or compare yourself to others, can be overcome by developing the motivation of Self-Determination, in which you learn to exercise authority over your own life. It's amazing to see people change between one session and the next as they reclaim their strength.

Q: Is that all there is to it?

A: Not quite. What happens first when I tell someone about a past life is often described as "a burden having lifted." After that, big changes seem to occur over the following few weeks. A lot depends on how the individual processes the particular past life. I always encourage my clients to write about that life and make connections between the past and present.



Q: How does personal healing relate to the Transformation?

A: As you overcome your fears, you connect more strongly to your soul's higher values, such as respect, truth, love, and peace. In doing so, you impact the Collective Consciousness, and that in turn elevates the consciousness of the planet.

Q: In your book, you discuss ways past-life fears influence humans politically and socially. How do politics and spirituality mesh?

A: Transforming spirituality involves external as well as internal change. It is incumbent upon spiritually conscious people to help others. Just look at the examples of Martin Luther King and Mahatma Gandhi.

Q: What will the Transformation mean for our world?

A: We humans are about to make a leap in consciousness that's bigger than anything that has happened in the last 55,000 years. It will influence everyone in some way. For centuries, greed and self-interest have combined to create a world of inequality, lack of opportunity and, for many people both rich and poor, lack of meaning. Now it's up to spiritually conscious souls to work together to reshape the world into one in which we can all realize our souls' true potential.