

THE TRANSFORMATION

Healing Your Past Lives to Realize Your Soul's Potential

"Ainslie MacLeod is at the frontier of exploration into the soul and its profound influence on our physical selves."

~ DR. MEHMET C. OZ



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.