



Mindwalking: Rewriting Your Past to Create Your Future

Nancy Eubel

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What if you could go back in time and revisit an event that has had a lasting effect on your life? Would you? In *Mindwalking*, author Nancy Eubel teaches us to how to do just that. Your reactions to an event can be more important than the event itself. And your intentions and thoughts are every bit as responsible for your current life's conditions as are your actions. Through past-life regressions or through an altered-state process called "mindwalking," you can achieve healing by releasing old patterns and creating new, beneficial ones. This book will teach you through mindwalking, you can begin to explore your own past lives to better understand why your life is the way it is and to learn how to move in a direction that is more in keeping with your soul's purpose.

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