

10 Signs You've Lived a Past Life

Inner Exploration Workbook

A painting of a tree with a heart-shaped hole in its trunk, set against a sunset background with a swing set.

KAREN ANN KUBICKO

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Discovering Your Past Lives: Your Path to Inner Transformation with Karen Kubicko

Karen

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Follow Karen’s work, ask questions about how past life regression can help you, take an online class, or schedule a personal session with her.

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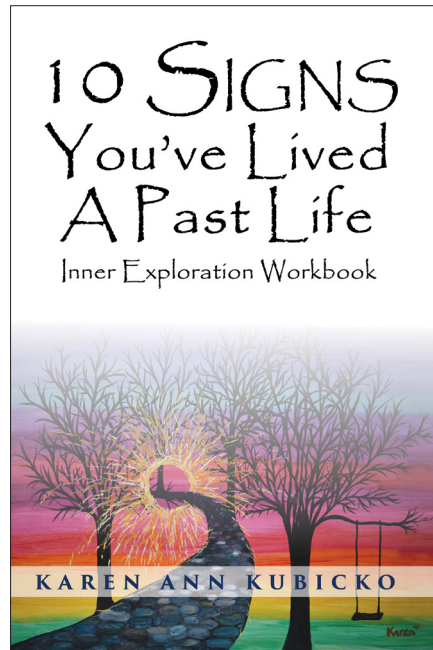
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Let this workbook guide you in discovering your past lives.



Your soul has lived many lives. This workbook will help you recognize clues to what you may have already remembered. **10 Signs You've Lived a Past Life—Inner Exploration Workbook** is crafted to guide both beginners and spiritual explorers on a journey of inner discovery. With 10 specific signs, each thought-provoking prompt invites you to explore memories hidden deep within.

This lavishly illustrated workbook, created by a certified hypnotherapist, is a unique companion for anyone seeking spiritual insight. Begin your journaling journey to uncover clues to your soul's history across time and open new doors to self-discovery.

Are you ready to awaken your soul's ancient wisdom?

Read through each of the 10 signs that suggest your soul has journeyed through previous lifetimes, along with examples to help you recognize these experiences.

Then, journal your memories to help you locate clues to your own past lives.

Beautifully designed and colorfully illustrated with the author's own paintings throughout the workbook.

Perfect for exploring your own past lives.

Are you ready to explore? **Print this PDF** or let Amazon print it for you! [Click here to order your personal, full color paperback workbook. Includes several additional pages for you to journal even more memories. Available for purchase on Amazon.](#)

Get started on your inner journey today!



Psychic Intuitive ■ Author ■ Instructor
■ Past Life Regression Hypnotherapist ■
Certified Hypnotherapist ■ Reiki Master

Karen believes that we are here, in the classroom of life, to understand more about our whole soul, and find the inherent joy of living through unconditional love for ourselves and others.

Karen Ann Kubicko is a psychic intuitive, certified hypnotist, past life regression hypnotherapist, Reiki Master, instructor, author, and her YouTube channel provides metaphysical teachings & guided meditations. During the birth of her second child in 2001, Karen lived through a near death experience (NDE). This inspired her to learn more about all things metaphysical, and in 2004, she found the subject of past life regression. Once recognizing the deep, cathartic healing that anyone can receive from remembering a past life, the study of past life regression and how it can help people heal on a whole soul level soon became her passion. In 2005, Karen began remembering her past lives through past life regression.


Karen completed the Past Life Therapy Professional Training Course with Dr. Brian Weiss and Carole Weiss in 2007—including the honor of being regressed into a past life by Brian Weiss on stage!

Karen's intuitive abilities improved immensely after speaking to angels, spirit guides, and re-experiencing many past lives while in the meditative, hypnotic state. Her experiences with past life regression led to the healing of her chronic asthma, helped her understand and heal relationship patterns, reclaimed esoteric knowledge from other lifetimes, completely faded a birthmark related to one past life death, and more. Inspired by this, Karen published *Life Is Just Another Class—One Soul's Journey Through Past Life Regression* in 2014.

Karen has been featured in several online interviews. Karen can also be seen on the LMN television show *Ghost Inside My Child* (S2 E1, 2014). She became a certified hypnotherapist via the National Guild of Hypnotists in 2015. Then, after a second near death experience during a car wreck in 2016, Karen awakened to many enhanced intuitive skills.

Developing a knack for finding the root cause for an issue, she authored *Making True Love—Healing Relationship Patterns Through Past Life Regression* in 2021. She became a Reiki Master in 2024. Throughout this time, she has recovered memories from nearly 200 of her own past lifetimes.

Karen has helped hundreds of people heal through learning about or remembering their own past lives. Karen works with people who are willing to heal on a deep emotional and energetic level due to a trauma in this life or past lives and are interested in getting acquainted with their spirit guides and angels to allow them to guide the healing.



Are You Curious If You've Lived Before?

**Let this workbook guide you
in discovering your past lives.**

Many people experience subtle clues from their past lives that influence their present reality. Here are 10 signs that suggest your soul has journeyed through previous lifetimes, along with examples to help you recognize these experiences. Then, journal your memories to help you locate clues to your past lives.

Ready to explore?

1

Déjà vu ~ A Strong Feeling That You've Done It Before

Did you ever have the feeling that you've been somewhere or done something before, even though you know you haven't in this lifetime? Sometimes you have déjà vu because you are remembering your preview to this current lifetime, but sometimes—especially if you are experiencing it in a place you have never been—you are remembering a past life. It may even feel like you are re-living a memory while déjà vu is happening. An example might be when you enter an 18th century home and suddenly feel as if you are wearing an elaborate dress from that time, look down and swear you saw lace instead of a hoodie.

Journaling Prompt:

Describe a moment where you experienced déjà vu. What were you doing? How did it feel? Pay attention to details like the location, people, and emotions involved.



2

Dreams Of Living In A Historical Time

Have you ever had an extremely detailed dream that takes place in ancient settings, but the people and places feel so real? These vivid dreams often involve times and places you've never studied or seen. Example dreams: you are walking through ancient Roman streets while wearing clothes of a beggar or step out onto a balcony overlooking the Seine River while hearing someone yell, "Bonjour!" (Note: Children often have night terrors when they dream about a past life trauma or death.)

Journaling Prompt:

Write about a dream you've had that seemed set in another time period. What were you doing in the dream? Jot down specific details—clothing, architecture, language, or events that stand out.

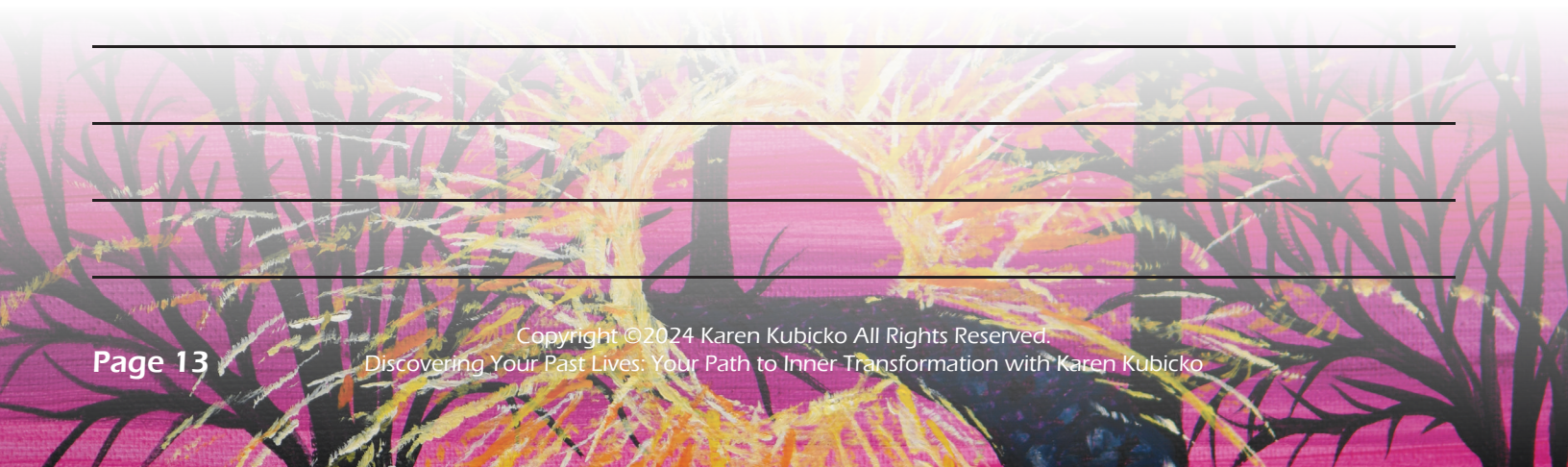
10

Repetitive Detrimental Relationship Patterns

This might be the most heartbreaking connection to a past life, but it can become the most healing once you do the work to find the root cause lifetime. Do you constantly find yourself in the same types of relationships or facing the same challenges with certain people? It can be unfinished life lessons from past lives that keep resurfacing, begging to be healed. Some examples are physical or emotional abuse (PLEASE GET HELP!), feeling like you cannot speak up, settling for less than you deserve, not ever feeling wanted, keeping your heart closed, etc. Learn more when you read **Making True Love—Healing Relationship Patterns Through Past Life Regression** for a more in depth understanding on how relationship patterns can sometimes stem from past lives. It also includes several ways to heal.

Journaling Prompt:

Think about any relationship patterns you've noticed in your life. Do you keep experiencing the same issues with different people? How might this be tied to past lives? Consider what lessons these relationships might be trying to teach you.



Next Steps

Why are we here? Why do we keep incarnating on Earth?

Let the clues you found be the bridge to more memories of your past lives.

Through free will, we decide to incarnate. We choose our lessons to learn, we choose our parents, our city, and even our closest friends and lovers. Each aspect of our life assists us in understanding our lessons fully. Some lessons are hard, and some are easy.

A past life can be remembered via a variety of avenues beyond the 10 clues you might have found already. Meditation, self-hypnosis, dreams, and aided hypnosis or hypnotherapy are the usual ways to re-experience a past life. Each modality has something in common—a relaxed, focused-concentration state of mind.

Our life is the one we live now. Past life regression can help heal our current lives. What we do in this life is what matters. Finding out more about who you are on a soul level can help you gain a deeper understanding of why you chose the people, traumas, and other experiences in your current life.

When you work to remember a past life, listen to your intuition; it will guide you through the entire process. Most importantly, trust whatever comes through to you.

Your subconscious knows what you are ready to deal with and reexperience during a past life regression. The important, life-changing memories will come through when you are ready.

However, when you remember a difficult past life, you can experience catharsis, which is just a fancy word for the process of releasing and thereby providing relief from repressed emotions or traumatic experiences. We heal by simply remembering. The healing is so deep, we heal on a soul level.

Visit Karen Kubicko's YouTube channel to learn more about past life regression. Plus while you are there, listen to one of the guided meditations. There are meditations to remember a past life, meet your spirit guides, receive angelic healing, find the root cause of a relationship pattern, and more.

Start your inner exploration journey today to connect with your soul's amazing history.

Ready to Experience MORE? It's Time To Go Deeper

If you've experienced any of these signs through the inner exploration through the use of this workbook, it's proof that your soul has lived many lifetimes.

TAKE THE NEXT STEP

Sign Up Now

Visit www.KarenKubicko.com



Learn how to explore these clues through past life regression.

Join Karen Kubicko For Her Signature Course



Discovering Your Past Lives

Your Path To Inner Transformation

Gain deeper insight into your whole soul's journey.

Through persistence, you can unlock a deeper understanding of your whole soul experience, reveal unresolved issues, and transform your current life!

Books That Help You Understand Your Soul's Experiences

Life Is Just Another Class – One Soul's Journey Through Past Life Regression

Heal on a soul level when you remember your own past lives. Karen Ann Kubicko provides accounts of sixteen of her past lives and the emotional, spiritual, and physical healing that positively influenced her present lifetime. Through total immersion into a past life, you too can release a variety of unfounded fears, explain relationships, alleviate health issues, reawaken psychic talents plus explain fondness of certain time periods and geographic locations.

Written to help you feel comfortable remembering your own past lives. Remember, your real life is in Heaven: Earth is just a classroom called LIFE.

[Available on Amazon](#)



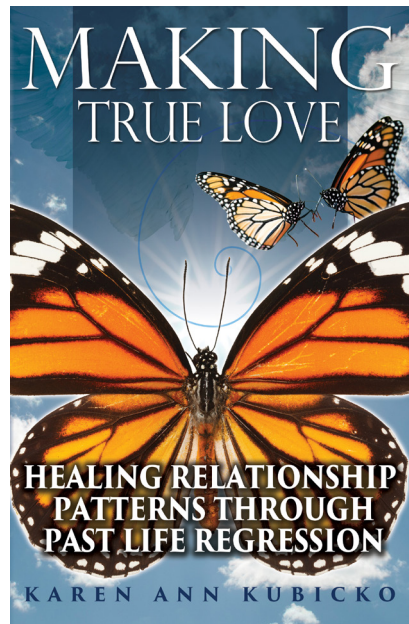
Making True Love – Healing Relationship Patterns Through Past Life Regression

The prize is true love when you break your draining relationship patterns. This book helps you do some digging to find the root cause that normally stems from a past life. Several common root cause examples can help you uncover the hidden reason you repeatedly fall into bad relationships. This is the lifetime to overcome them!

Personal healing is a way to truly love yourself. When you heal and release your patterns, the prize is true love... loving yourself and only allowing those who truly love you in your life.

Ask for angelic help if you have any warning signs of abusive relationships in your life. Utilize past life regression plus many of the other healing modalities provided. Karen Ann Kubicko wrote this as a workbook to guide you through this deep healing process to learn to love and respect yourself.

[Available on Amazon](#)





Connect with Karen

Follow Karen's work, ask questions about how past life regression can help you, take an online class, or schedule a personal session with her.

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