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Has your child lived before?

In this fascinating, controversial, and groundbreaking book, Carol Bowman reveals overwhelming evidence of past life memories in children. Not only are such experiences real, they are far more common than most people realize.

Bowman's extraordinary investigation was sparked when her young son, Chase, described his own past-life death on a Civil War battlefield--an account so accurate it was authenticated by an expert historian. Even more astonishing, Chase's chronic eczema and phobia of loud noises completely disappeared after he had the memory.

Inspired by Chase's dramatic healing, Bowman compiled dozens of cases and wrote this comprehensive study to explain how very young children remember their past lives, spontaneously and naturally. In *Children's Past Lives*, she tells how to distinguish between a true past life memory and a fantasy, offers practical advice to parents on how to respond to a past life memory, and shows how to foster the spiritual and healing benefits of these experiences.

Perhaps the most moving, convincing, and best-documented evidence yet for life after death, *Children's Past Lives* will stand alongside the classics of Betty J. Eadie, Raymond Moody, and Brian Weiss in its power to comfort, uplift, and transform our thinking about life after death

Children's Past Lives: How Past Life Memories Affect Your Child Details

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Tippy Jackson says

What I read of this is very well written and interesting. I was reading it from more of an anthropological standpoint, that is observing humans and their beliefs and why and how they believe certain things. I stopped only because there are too many books out there that need my attention and this one didn't quite make the cut. Again, it was my lack of interest in the topic at hand, not the quality of the book that made me quit it and rate it only 3 stars. If you are interested in this topic, you will probably really enjoy this book.

Jessica says

I recommed this book to anyone with children or grandchildren...especially young ones. The author explained things very well and had many many stories and evidence of children's past life memories. I've read quite a few books on past lives...and this book just solidified my belief in reincarnation.

Gina Baldyga says

I was really looking forward to this book, and it didn't disappoint. It was full of truly compelling accounts of children's spontaneous past life memories and regressions, interspersed with a tremendous amount of research on the part of the author (both her own, and her perspective on the significant research done by others in the field). An informative, emotional read that has me wanting to find a regression specialist in my area -- to satisfy curiosity, and for the healing benefits that held the focus of this particular author. What an amazing place to mine when trying to better understand the many things that make our children who they are.

Becky says

This book really opened my eyes and heart to the idea of children remembering their own past lives. It has given me valuable insight as to what to look for if my children ever experience past life or between lives memories. Highly recommend, a must have for any person interested in learning about past lives.

Roberta Grimes says

Carol Bowman has studied the past-life memories of children. While most of Ian Stevenson's subjects remembered only their most recent lives, Bowman studied children whose present lives appeared to have been affected by traumas suffered in more distant lifetimes. She also has studied the phenomenon of children quickly reincarnating within the same family, which appears to happen fairly often when infants or toddlers die.

Vikki says

I absolutely loved this book. It is so much of what I think is right. There were good explanations of reincarnation in this book. The author became interested in reincarnation when her children talked about their past lives at an early age. There was a lot of stuff I would like read at my funeral. There was a Wordsworth poem on pg. 294 and Kibran poem on page 289.

Julie says

It took me awhile to get through this, because, there were so many case histories to get through. I found myself skipping through the analysis and just reading what "the kids" said. I found what they had to say GRIPPING! Thought provoking, and for me, spiritually resonating. I've read lot's of books on past lives, and it's helped inform my present beliefs. So I enjoyed going back to the subject once again, from a child's perspective.

Eric says

I truly enjoyed the first half of this book. Carol Bowman provides an autobiography of her introduction into past-life research. Her children are an integral part of the story and she maintains a compelling narrative.

The second half of the book transitions into a step by step guide to analyzing your own kids if they begin to talk about past lives. It's true enough that if some kids had past lives then most kids probably did and, either you didn't figure it out or, they didn't provide any signs.

This part of the book has some interesting case studies from other books but it mostly doesn't add anything new to the theory.

In short, I was enthralled by the first couple hundred pages of this book and prepared to give it five stars. However, I needed to skim through the rest of the book just to maintain interest. Three and a half stars would probably be the closest to my rating.

But how many books actually give you a glimpse into the real possibility of reincarnation?

This book reinforces and extends my personal belief of eternal souls having more than one chance to visit Earth. If you are uncomfortable with that concept you will probably hate this book.

You would also probably disagree with my current favorite quote, "God does not believe in religion".

Andrea Marley says

"I miss my Mommy before you were my Mommy",

"I am angry that you didn't find me when our house burned down",
"Don't you remember when we first met and I took you for a ride in my car?"

This book speaks to the emerging therapeutic process of discovering past lives, and the wisdom that children possess in remembering them. Stories and statements from small children can be very shocking to hear, and many people might be uncomfortable with their ability to recall previous lives, lives between lives as well as their death experiences. What is being discovered, is, that children and adults can heal phobias, traumas, nightmares and other ailments when a deeper soul contract is discovered.

There is a process to make a distinction between a fantasy story and a recalled life, there are four standards:

- 1) A matter-of-fact tone
- 2) Consistency over time
- 3) Knowledge beyond experience
- 4) Corresponding behaviors and traits

Historically, Judaism and Catholicism both originally accepted reincarnation. There are references in the Bible, Book of Splendor and other sacred texts. Over time, one may argue it was easier to control a population when they were made to think there is only one life and their resurrection and entrance into heaven is reliant upon priests and a strict code of law.

Knowledge of previous lives, deaths and soul experiences can bring great peace and understanding to our human experience. Who is to say children are too young to begin this process? How would you have lived your life differently if you knew you were, without a doubt, an eternal soul on a journey to learn lessons and you would be traveling and seeing your loved ones many times over. Would you be less hard on yourself? Would you take more risks? Would you be less fearful of death or losing loved ones?

"Children come through you, but not from you" ~Khalil Gibran

I was born before my father, and my children before me, and we are born and born again, like the waves of the sea, that's the ways its always been, that's how I want it to be" "Señorita with a Necklace of Tears" Paul Simon

Josslyn says

This is the book that started it all for me. I recommend this as a first read to anyone who is questioning their spirituality or wondering about reincarnation. I have three copies of this and often loan them out. I read it and reread it, it's wonderful!!

Nancy says

There are many stories here of compassionate parents who overcame their own anxieties to help their children cope with traumatic memories.

I can picture myself laughing over, or brushing off fantastic-sounding tales from a small child who might not

articulate well. However, one of the key markers of a real memory is that a child is more articulate when relating a past-life event. I imagine it's often eerie to witness in your own child.

Bowman collected such a variety of convincing cases—her own and those of other therapists and parents (always mothers)—that I'm sure some children would benefit from regression therapy.

DeAnne Wolfgram says

This book leapt off the shelf at my mom, who then shared it with me. It arrived just as my 2 1/2 year old daughter began sharing snippets of a time when she was "sixteen in India." It guided me through nine months of these moments with her. It was invaluable.

Elaine Weeks says

I think i was meant to read this book. I was browsing my local bookstore and popped into the self-help room and Children's Past Lives was waiting for me at the top of a pile of books next to an armchair.

I thoroughly enjoyed Carol Bowman's well-researched look at how children manifest their past lives and what parents can do to help them deal with potential negative consequences. I wish I have found her book when my children were young, but i do think it helped me understand some of their idiosyncrasies, gifts and sensitivities they exhibited when they were little and which they have to this day.

I loved Carol's exploration of her own awakening to her children's past lives, and I was fascinated to read about the lives of so many other children and adults that she encounters in her research.

I would heartily recommend this book to anyone - not just parents. It will help you understand so much.

KC says

Awesome book. Eye-opening insight (no pun intended) into dealing with children experiencing past lives in this lifetime. It is an experiential book with a lot of examples. In some ways it is also a biography of the author's growing respect and understanding of the need for children to clear their past life experiences in order to move forward.

A must read for parents.

Ana Rio says

Me llevó algún tiempo leer este libro, ya que los recuerdos de niños no era lo que más me interesaba. Cuando lo hice deseé haberlo leído antes. Me gustó el enfoque de Carol Bowman y su intento de que los recuerdos de vidas pasadas en niños se vean como algo bastante natural, aun cuando puede ser una situación que dé miedo a los padres al principio. Creo que es un libro muy recomendable para cualquiera interesado en la reencarnación, especialmente si recordaban en una etapa temprana de sus vidas o sospechan que sus propios hijos están recordando vidas pasadas.

I took some time to read this book, as children's memories was not my main interest. When I did I wished I

had read it before. I liked Carol Bowman's approach and her attempt to make children's past life memories something to be considered pretty natural, even when it may be a scary situation for the parents at the beginning. I think it's a highly recommendable book for everyone interested in reincarnation, especially if they had memories at an early stage of their lives or if they suspect their own kids are remembering past lives.
