

Book Review by Barbara Stone

Soul Visioning: Clear the Past, Create Your Future

-By Susan Wisehart

The truly important questions in life are “Why am I here?” and “What is the purpose of my life?” When we find the answers to these questions and get in touch with the reason we incarnated on the earth plane, then our lives transform into joy, vitality, and peace. Susan Wisehart’s book *Soul Visioning* takes the reader step by step through a process to make this transformation possible.

Part One of the book describes in detail seven steps of connecting with your soul vision and includes understanding the evolving relationship between the soul and personality, answering the call of the soul and discovering your ideal future, clearing limiting beliefs holding us back, energy psychology tools, practicing true forgiveness as the key to happiness, and case examples.

But part one is not something you can just read and absorb all the benefits by osmosis. You have to actually work the steps, plunging into the depths of your own soul and using the writing exercises in the book and listening to the guided audio processes that supplement the exercises, free downloads from the internet. These beautiful, well-done recordings identify peak life experiences and take you on a soul-guided journey into your ideal future to find the next step in creating your ideal future. This process is a valuable addition to a person’s spiritual growth repertoire—to keep finding the next best step all along one’s life journey.

Part Two of the book moves into spiritual regression therapy, with case histories of the healing impact of past life regression, life between life regression, and soul visioning sessions. This part is filled with deep wisdom and healing guidelines that come from direct interaction with the spirit world. One example is a client’s spirit guide advising her to set her intention at night before going to sleep to ask the spirit realm to rebalance and recharge her energy field.

This book helped me clarify my spiritual values, let go of dysfunctional patterns, and release the limiting belief that embracing my soul’s mission of working with past life trauma is not safe. I realize now that the only truly safe place is in the center of one’s reason for incarnating! Susan Wisehart is a gem, both a gifted therapist and an excellent writer. Her last name reflects the truth that she has a **very wise heart!**

Reviewer: Barbara Stone, PhD, LISW, DCEP, ACEP Certification Trainer and author of *Invisible Roots: How Healing Past Life Trauma Can Liberate Your Present*. Book reviewer for Association for Comprehensive Energy Psychology