

The Truth About Reincarnation & A Course in Miracles: What No One Talks About

By Britney Shawley

Introduction: Why This Guide Exists

Reincarnation and past life regression are widely debated topics in spiritual circles. Some believe past lives hold the key to understanding who we are today, while others argue that focusing on them distracts us from true spiritual growth.

So what does **A Course in Miracles (ACIM)** actually say about reincarnation?

This guide will explore how **Jesus speaks about reincarnation in ACIM**, how to approach past life regression in a **healthy and constructive way**, and **the biggest mistakes people make when using it**. If you've ever wondered whether exploring past lives is helpful or harmful, this guide will give you clarity.

What A Course in Miracles Says About Reincarnation

A Course in Miracles does not take a **firm stance for or against** reincarnation. Instead, Jesus says that the only meaningful question is:

“Is this concept helpful?”

- **Reincarnation is neither true nor false** in the ultimate sense because time itself is an illusion.
- **In our experience of time, reincarnation can be useful**—but only if it strengthens our understanding of eternal life.
- **Jesus warns against taking a definite stance for or against reincarnation**, as it should be used (or not used) based on what is **most helpful** for the individual.

- **Past lives do not “solve” our current struggles**—our focus must remain on healing in the present moment.

As ACIM teaches, **birth was not the beginning, and death is not the end**—but we must not get lost in the past at the expense of our present spiritual growth.

The Biggest Mistakes People Make With Past Life Regression

While past life regression can be useful, many **spiritual seekers fall into these common traps**:

✗ Mistake #1: Using Past Lives to Solve Present-Day Problems

Some people successfully uncover past lives and begin to recognize that they are not merely a body, but eternal souls that cannot be harmed. Understanding their true identity of eternalness can help them **understand and fix** their current struggles. However, **true healing happens in the present**—not by analyzing the past.

✗ Mistake #2: Becoming Obsessed with Past Lives

Many spiritual seekers become **overly focused on who they were in past lives**, rather than who they are now. This leads to distraction and prevents real transformation.

✗ Mistake #3: Taking Pride in Past Lives

Some people identify strongly with their past life stories and use them to create a **spiritual identity**—but the Course teaches that **we are not our past, but eternal beings beyond time**.

✗ Mistake #4: Using Reincarnation as an Excuse

Some use past lives as a **reason for their current struggles** (“I was betrayed in a past life, so I have trust issues now”). While there may be emotional imprints from past experiences, the Course reminds us that **the present is where all healing takes place**.

How to Approach Past Life Regression in a Spiritually Healthy Way

If you are drawn to past life regression, use it **as a tool for growth—not as a distraction**.

Here's how:

✓ **Ask yourself: Is this helpful for my spiritual growth?** If it deepens your understanding of eternal life, it may be useful. If it keeps you stuck in the past, it's time to refocus.

✓ **Remain open but not attached.** Jesus encourages us not to take a rigid stance. If exploring past lives helps you feel more connected to God and your divine nature, then use it **wisely**.

✓ **Let the Holy Spirit guide you.** Trust your inner guidance to discern when (or if) past life exploration is truly serving your highest good.

✓ **Remember: True healing happens NOW.** While past life regression can offer insights, **your freedom comes from embracing the present moment and the Atonement.**

Final Thoughts & Next Steps

Reincarnation is neither something to **reject entirely nor obsess over**—it's simply another concept that can be helpful or unhelpful, depending on how it's used.

Your true identity is beyond time, beyond past lives, beyond reincarnation. You are eternal. You are held in the love of God. And that is the only truth that matters.

Would you like to explore these teachings further?

Join our ***A Course in Miracles* Textbook Study Group** to deepen your understanding and walk this journey together.

 [Click here for more information](#)

Love,
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