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Miriam Goodspeed / Ingrid Vallières

Mirrors Within Mirrors

*Unforgettable Adventures Into Past Lives
shared by Reincarnation Therapist Ingrid Vallières
ImWritten by Miriam Goodspeed*

Miriam Goodspeed,

an award winning writer and actress with credits in both journalism and scriptwriting, has appeared in over 11 major and independent movies. She is fascinated by the idea that “we have lived before.” and remembered several of her own in past life sessions conducted by Ms. Vallieres.



Ingrid Vallieres

Since her childhood she knew that there had to be more than one lifetime. Being adventurous and curious she explored different schools of thought early on in her life. In her personal path she has relived her own past lives and studied the subject to become a past life therapist - long before there was such a profession in the public field.

During her career, Ingrid Vallieres has worked as a translator, psychologist, book author, lecturer and trainer. She is an instructor in counselling psychology and regression therapy and conducts in-house corporate seminars.

I have known Ingrid Vallieres for over 20 years and admire her for her work and what she has accomplished in her life. Her own story and the case regression histories of some of her many clients is a fascinating tale about an adventurous woman who pioneered in the study of past life therapy. She continues to aid others to move on in this life by solving lingering problems from past lives. Through her work she has shown that life does not end in nothingness but goes on forever.



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Chapter-by-Chapter Outline

Chapter 1

“We Have Always Existed”

Ingrid Vallieres, a tall, beautiful blonde with bright blue eyes, is considered to be a pioneer in Germany’s large community of past life therapists. Born Ingrid Kreuzwieser in Stuttgart, Germany in 1953, she is a woman who has practiced and taught her craft not only in her own country but throughout Europe, Asia and in the United States. Her philosophy is a simple one: perhaps we have always existed - in one way or another - since the beginning of time.

Chapter 2

Yes, Of Course We Can Remember

In revealing Ingrid's early life and her youthful search for the meaning behind life, we discover how throughout her childhood, she has memory flashes of past lives. Early on, she realizes she has an unusual gift for languages. Somehow, she is able to pick up languages so well that those speaking the languages as their mother tongue would hardly notice her slight accent. She learns the Oriental martial arts and becomes fascinated with Asian cultures. Later she will discover in reincarnation regressions that she lived many past lives in the Near and Far East as well as in the Western World.

Chapter 3

Searching For Truths In All The Right Places

Ingrid and her new best friend Roland set out to search for the true meaning of life. At one point, they visit a Yoga school in the Black Forest for a two week stay. There, Ingrid makes her decision to

become a vegetarian like the Swami and his followers. When she is asked to translate a visiting Sikh master's lectures from English to German, she finds him fascinating. And when he invites her to visit him in India, she promises she will do so. It would be a promise she will keep when she turned 17.

Chapter 4

Answers May Lie in Mystical India

When she graduates from school at 17, Ingrid talks her parents into letting her go to India. While she supposedly is traveling with her good friend and fellow truth seeker Roland, when they arrive in India she leaves him in Bombay to meditate while she travels around the country by herself.

This chapter deals with her six week visit and the adventures and glimpses of past lives she finds during her travels. Here, she discovers that the Sikh she had promised to visit is the wrong guru for her. She then finds her true spiritual leader.

Chapter 5

Those Faraway Places

Two years later, at 19, she again travels to Asia, this time alone. She finds adventure and a new love in Bangkok before realizing that her destiny lies elsewhere. She goes on to visit Japan.

Chapter 6

Her Geisha Past Is Calling

Japan is a hauntingly familiar place to her. She was never here before in her life, so how does she know so much about it? She begins to remember strange things, as if she had lived here in a past life. She has a number of unusual encounters in Japan, including reoccurring

memories as both a high born Geisha and as a Samurai warrior. At The Conservative University of the Martial Arts in Tokyo she is welcomed and given a Kendo uniform, the headgear, gloves and wooden sword. Later she leaves Tokyo to visit the temples of Kyoto where she has further visions of her past lives in that country.

Chapter 7

Enlighten Me, Asia!

Ingrid leaves Japan briefly to visit Korea. While there, she visits the Tae Kwon Do Association headquarters. Returning to Japan, she realizes that, although her vacation is nearing its end, she doesn't want to leave Japan. She sends a message to her German company that she is quitting her job.

Chapter 8

The German Geisha

Back in Tokyo, she finds temporary living quarters and hunts for work. Soon she has a job as a translator. Then a friend introduces her into a new world, that of a hostess in a Japanese nightclub. She moves to an even more exclusive club. Soon, she is also modeling fashions and doing photo shoots for magazines. To her delight, Ingrid is now earning five times her previous German salary in these new jobs.

Chapter 9

Love and Tragedy

Ingrid becomes engaged to a Japanese man. Life is perfect until tragedy strikes when a stove explodes in her face. Burned over 43 percent of her body, she has a Near Death experience in which she leaves her body for a brief time. Hanging between life and death, she is given the choice of staying in this world or returning to the world

between lives. She decides to live in spite of her extreme physical pain. It wasn't her time to die and she knows she had a mission to fulfill. Ingrid returns to Germany, not knowing what lies ahead of her.

Chapter 10

The Path Becomes Clear

From her near death experience, Ingrid has learned a great life's secret – bad experiences can help us in the end, if we look at them in a positive life. Something better was coming. As she recuperates from her injuries, her friend Roland tells her of how he just had a past life regression and suggests she should look into this new philosophy, too. Roland leads her to find her life's purpose.

Chapter 11

The Answers Lie In Our Past.

Suffering from depression, melancholy and lack of self esteem after her accident and the death of all her great plans in Japan, Ingrid now seeks ways to recover her inner stability. She wonders if the answers might lie in her past lives. She first studies Dianetics for several years, and marries a new love Marc Vallieres. Although Marc is deeply into the movement, Ingrid wants to move on. Marc and she have an amiable separation and divorce.

In the mid 1970's, Ingrid goes to California to study with Dr. Morris Netherton, an authority in the field of past life regression.

She returns to Germany in 1978 to find that reincarnation is becoming a hot topic thanks to a book by a German author, Thorwald Dethlefsen.

Chapter 12

Pioneering In Past Life Therapy

Home once again in Stuttgart, Ingrid still has no idea what will happen next in her life. Looking upon her reincarnation studies as a hobby, she forms a translation company. Friends beg her to regress them. At first she does it for free until her client list in this grows so large she decides to begin charging for her work. She forms a new company, The Institute for Past Life Research.

Her spiritual path suddenly becomes a practical profession. It astounds her more than anyone else. Her new clients come to her as unbelievers and, as their past lifetimes are laid out for them, become believers.

Chapter 13

Karmic Links

In this chapter, Ingrid explains karmic links between souls, in which people are reincarnated in the same “casts” of friends and relatives over and over again. Ingrid’s studies indicate that we pick our parents and the lives we lead in order to learn certain lessons in live. She gives the reader several exercises to do in this chapter.

Chapter 14

Prenatal and Birth Experiences

Ingrid explains that the basis of all past life work is the prenatal and birth experience. Everything that happens in pregnancy, even the music the mother plays, is picked up and stored by the baby growing within her body. The soul’s hunger for life is so strong that it will even push a couple together in order to be born even in unfortunate circumstances. Acceptance by parents of the upcoming birth is important. The first time the mother realizes she is pregnant is the

first greeting given her baby, and that baby will take it in and store it in its subconscious. The way we react to the trauma of birth establishes how we handle stress in our later life.

Chapter 15

What About Twins?

In this chapter, we study how twins are separate souls, yet their lives are often entwined for better or for worse. Sometimes twins were rivals in past lives, such as Kristine and Sylvia. Both women uncover identical stories about their pasts and are stunned to learn that the other had experienced them, too. Helmut always hated his twin for good reason. They were old enemies, and the brother was their parents' favorite in this lifetime. Also explored is the moment of conception, how we choose our parents and how important it is to us if our mothers accept us without any thought of rejection.

Chapter 16

Uncountable Lifetimes

Here, Ingrid discusses some of her regressions, including overcoming her own fear of spiders. She explains that in regression work, fears are handled by directly addressing them. Many of our irrational fears and minor illnesses, such as headaches, can be explained by events from our past lives.

Chapter 17

Many Approaches to Regression

In this chapter, Ingrid outlines in depth the various approaches to regression work. These include psychic readings, symbolic therapy, problem and non problem oriented therapy, hypnosis and the non hypnotic approach. She explains why she prefers the latter.

Chapter 18

Self Inducing Your Own Regression

Ingrid offers a few simple ways for anyone to experience one of their own regressions. Ingrid notes, however, that no therapy can be done through do-it-yourself regressions, as you need an experienced therapist to help you through it.

Chapter 19

Gina Was Intriguing

This chapter deals with one of Ingrid Vallieres most exciting cases. It points out that we may have all existed - in one way or another - since the beginning of time. Learning the truth about our past lives will resolve any problem and bring us relief in this, our present life. It goes into depth on the various past lives of “Gina”, a German woman who once danced the “dance of love” as a young priestess in a temple dedicated to Kore, daughter of Demeter.

Chapter 20

Resolving Those Fatal Flaws

As shown in the past lives of Ingrid’s clients, you can be freed of your past “fatal flaws.” In every lifetime, there is a turning point where we can change everything, but such a decision can carry a terrible price. If we fail to accomplish what we were sent here to accomplish, life can get very difficult in the births that follow. We can, through past life therapy, learn from this mistake, clean it up and change our ways.

Chapter 21

Margo and Dieter Were Soul Mates

Margo and Dieter, husband and wife, had been together for many lifetimes. He had also experienced a lifetime as a space alien. An artist in this lifetime, in many of his pictures he keeps drawing the face of an unknown woman. One day, he meets her. She is Magda. Both are regressed by Ingrid with surprising results.

Chapter 22

Eric and Katja

As did Dieter in the previous story, Eric also has a dream girl, Katja, but the two souls never seem to get together, whether it's in this lifetime or in the many previous ones they have shared. He also remembers a humiliating experience in one lifetime in connection with an Egyptian queen. Ingrid helps him solve his problems.

Chapter 23

Gary's Story

Gary was a Roman ruler who fell in love with an Egyptian queen. They want to combine their countries, but Rome refuses to consider it. He is killed when he returns to Rome. In this life, Gary regrets subconsciously not being able to handle this past life more successfully.

Chapter 24

We Are the Sum of All Our Lives

How we each have a higher consciousness which is always present, especially after death, and how we need to learn to live simultaneously at all levels of consciousness. Our subconscious will

put up blocks to prevent an incident from a past life to reoccur in this one.

In this chapter, we learn of Renata who continued to “blow it” over and over again until she learned “why”.

Chapter 25

Beauty Isn't Everything

Beauty isn't everything, Ingrid tells us as she discusses one of her clients. Renata is a beautiful woman, who came to her because just as everything was going well they seemed to go bad. As Ingrid points out, for every recurring problem, there is a fully fledged past life at the cause, and so there was for Renata. In this chapter we also learn the story of Bridget and her sons and how their past lives were now affecting their present ones.

Chapter 26

Regression Begins

Ingrid explains how she begins each course of reincarnation therapy with a preliminary talk. From this she obtains a picture of your life situation. Important points are the experiences of childhood and your relationship with your parents and siblings. The nature of these interactions reflects past roles. Everything you encounter continuously in this life and find hard to bear are signs of past experiences which haven't been pleasant. The beginnings and endings of life do not always come easily. This chapter is an in depth discussion of her methods.

Chapter 27

Ingrid Remembers Past Lives.

Ingrid explains how over the years, she has been regressed by a number of other people and has regressed herself as well using her own techniques. She tells of some of her past lives in Germany, Japan and Florida in the U.S. She believes she chose her family in this life because in her last one, her best friend became her father in this present life.

Chapter 28

New Undertakings

It has been many years now since Ingrid Vallieres began her journey first into self discovery and then into starting her life's work as one of Germany's pioneer past life therapists. She is the founder of the Institute for Past Life Research and Creative Management International, (CMI) which is a consulting firm in which she offers leadership conferences and other services. She is the author of five books and has a starring role in a European documentary about reincarnation. She continues her lecturing at seminars throughout Europe. The Russians honored her for her work and gave her a professorship. She is happy to say that "Today our story (about reincarnation and past life therapy) is out of the closet and trumpeted around the world.

CHAPTER 1

“WE HAVE ALWAYS EXISTED”

German Past Life therapist Ingrid Vallieres’ philosophy is a simple one: perhaps we have always existed - in one form or another - since the beginning of time.

Ingrid, a tall, beautiful blonde with bright blue eyes, is considered to be a pioneer in Germany’s large community of past life therapists. “When people tell me emphatically that they don’t believe in reincarnation the theory that we return from the state we call death to live again in a new body - I suspect strongly that they really do believe, deep down inside but deny its possibility because of fear,” she says.

“You have nothing to fear. Fear is often only a lack of knowledge.”

Born Ingrid Kreuzwieser in Stuttgart, Germany in 1953, she is a woman who has practiced and taught her craft not only in her own country but throughout Europe, Asia and the United States. She often hears from her audiences that if reincarnation really does happen to us, it is obvious that God erases those memories of past lives in our present existence. Should we try to learn something against God’s wishes?

Ingrid says that “I tell them that this isn’t necessarily against those wishes, for otherwise it would be impossible to tap into our pasts. But these truths will liberate us, for if we have something hidden away, it will not rest until we learn the truth. The truth will always resolve the mystery and bring us relief. Hiding from it, denying it, only prolongs our misery in this life.”

She maintains that “Yes, it is true. We will live again after this lifetime. You and I have lived many lives before the one we are now

experiencing. I know, for I not only remember my own former lives, but I have done thousands of regressions for clients all over the world.”

She explains that sometimes, in spite of the barriers to remembering our consecutive lives, shadows of our past can still affect us.

For example, have you ever visited a place for the first time, yet you “knew” you had been there before? Or have you met a stranger and felt an instant rapport or perhaps an intense dislike, this in spite of never having met this person before in your life?

Perhaps you are half remembering that place or those people from a past life experience.

Ingrid Vallieres has heard many speak of such experiences during her years of practicing past life therapy. When she began her work in the late 1970's, she was among the first in Germany to practice in this new field. She also became a lecturer on the subject and offers seminars to those wishing to learn more about reincarnation therapy.

She began her therapy work after years of study and exploration in this field.

Sometimes the people who come to her for regression into their former lives still suffer traumas from their past, when they resided in other lands and experienced far different circumstances from what they have now. Through regression, they often find the peace of mind and understanding they have sought for so long.

Ingrid explains that in the usual first few regressions, lives experienced by her clients over the past few thousand years are revealed.

“Most of us will tap into lifetimes dealing with protecting and aiding personal or group survival in wars, famines, various natural catastrophes and other types of violence,” she explains, adding that “the personal conscience is trying to keep those memories submerged. We forget so we can survive.”