

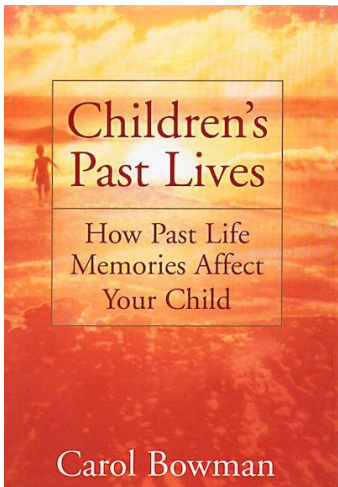
Carol Bowman

Carol Bowman, M.S., is an internationally known author, lecturer, counselor, and pioneer in reincarnation studies. Her books, *Children's Past Lives* (Bantam Books, 1997) and *Return From Heaven* (HarperCollins, 2001) are classics in the reincarnation field, and have been published in more than two dozen foreign editions.

Carol has been a leading spokesperson for children's past life memories since 1994, has lectured all over the world, and has appeared on many TV and radio programs, including *Oprah*, *Good Morning America*, *ABC Primetime*, *Unsolved Mysteries*, as well as documentaries by the BBC and A&E networks.

Carol founded the Reincarnation Forum in 1997 (ReincarnationForum.com) to provide a safe place for parents to ask questions, get a reality check, and receive support and guidance. The Forum, the oldest and largest website devoted to reincarnation, is still going strong.

In addition to her research with children, Carol has had a past life therapy practice with *adults* for thirty years. She trained with the first generation of pioneers in past life therapy.

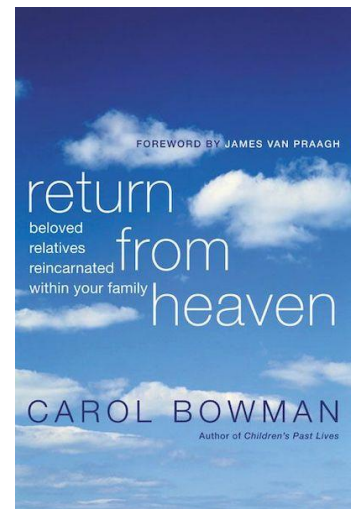


Children's Past Lives is the first non-academic book to explore the natural phenomenon of children's spontaneous past life memories and offer practical advice to parents. It instructs parents on how to identify these memories, and offers steps for how to respond to a child who might be recalling a past life. She offers specific techniques for responding to a child who appears to be troubled by memories of a traumatic past-life death. Since the beginning, Carol has emphasized the healing potential of spontaneous past life memories.

Return From Heaven is the first book devoted to documenting same-family reincarnation—cases in which a deceased relative returns as a child in the extended family. The cases in the book focus as much on the families and their deeply personal emotional and spiritual journeys as it does on the facts of the child's memories. Same-family cases are surprisingly common. They offer a “front-row

seat” to reincarnation and a unique window for observing the elements of personal consciousness that carry over from life to life—including feelings and memories from past life relationships.

Carol wrote a summary of her current thinking—backed up by more fascinating cases—in an essay submitted for the BICS essay contest in 2021. In this essay, *Beyond Disbelief*, she argues that we can best honor the foundational work of Dr. Ian Stevenson by expanding beyond his research methods to explore the finer aspects of past life memories, such as



the potential for healing and the unique lessons to be learned from same-family cases. She argues there is as much to be gained from studying more subtle patterns in a large volume of small cases as there is in searching for the next big stand-alone case as evidence for reincarnation.

Download *Beyond Disbelief* from Carol's website. Link: carolbowman.com/essay.

Another, shorter essay (published in 2010 by the *Journal for Subtle Energies & Energy Medicine*, 21:1) is a good introduction to the healing potential of children's past life memories.

carolbowman.com/essay2010

Carol's website: CarolBowman.com



Carol with Dr. Ian Stevenson, Chicago, 2000, investigating Carol's multiple-birthmarks case