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AMOROSO, JOHN Z. (2012). *Awakening past lives: A step-by-step guide to self-exploration*. Virginia Beach, VA:4th Dimension Press. 185 pp. ISBN-13: 978-0-87604-685-2. Paperback, \$16.95. *Reviewed by Jenny Wade.*

John Amoroso's *Awakening Past Lives* significantly advances the fields of regression therapy and transpersonal development through a process he calls Integrated Imagery. Written at an accessible level for clinicians and lay people alike, this book synthesizes two centuries of research and successful therapeutic practice involving past-life recall, much of it now forgotten. Amoroso traces different theoretical models and contributions to the field from psychotherapy, spiritual traditions, and esoteric schools. The result is a yeasty mix that, though it may confound conventional audiences, presents a rich, multi-layered, and nuanced cross-disciplinary tapestry to transpersonalists. For example, his

Integrated Imagery technique synthesizes key concepts, such as the nexus between psychological complexes, the energetic chain of experience, and the laws of karma, into practical applications clinicians and counselors can use with patients—or that lay readers can use for their own self-development.

The book is designed for experiential learning. Each chapter presents theoretical information illustrated with case histories, most from Amoroso's decades of experience. The theoretical material is followed by multi-modal, step-by-step exercises for clinical application or self-exploration, including journaling, autobiographical exploration, dream work, and imagery of various kinds. The book comes with an audio CD of recorded regression inductions for a variety of different purposes so that readers can explore on their own the methods described in the book. Exercises for processing the regressions are also included as a way of furthering the benefits of the experience.

Integrated Imagery, which builds on some of the most successful techniques of Morris Netherton, Roger Woolger, Stanislav Grof, Carl Jung, and Helen Wambach, goes beyond approaches that focus on treating and resolving pathology. Amoroso's approach emphasizes the positive complexes that represent talents, strengths, and wisdom individuals bring forward, not just the negative ones. He discusses the ways positive complexes interact with negative complexes, and how the two can be used developmentally to help people realize their existential potential, or soul purpose in this life. In fact, many of his clients are successful people who, in mid-life, found something missing and wanted to focus on their higher purpose.

Integrated Imagery works with positive and negative complexes from past-life experiences as well as key formative times in the biographical life, especially the pre- and peri-natal period. As with other regression therapies, no belief in reincarnation or past lives is necessary since the method works effectively with the unconscious. Anyone can benefit from it, especially as it involves releasing or activating past material held in mental, emotional, physical, and spiritual constructs. Altered-state inductions to access unconsciously held material are furthered by Jungian Active Imagination and gestalt techniques that help resolve conflicts to realize positive potentials.

Awakening Past Lives is exactly what its subtitle says—a practical, step-by-step guide to self-exploration from a transpersonal perspective, one that can be used by skeptics as well as believers.

The Author

John Amoroso, Ph.D., has maintained a full-time transpersonal psychotherapy practice in the Philadelphia area for more than 25 years using Integrated Imagery (past life regression) as a primary therapeutic approach. He has also taught at the graduate level in several universities during that period. For the last six years, John has been on the faculty of Atlantic University in Virginia

Beach teaching courses in transpersonal studies and creativity studies, as well as offering a certification program in Integrated Imagery.

The Reviewer

Jenny Wade, Ph.D., is a professor at Sofia University and a leadership and organization development consultant. A researcher, she specializes in adult development and consciousness studies, especially naturally occurring altered and regression states, and their application to transformative processes.

ERRATA

Please note the following print corrections for a book review that appeared in the most recent issue. Vich is former long-time editor of the *Journal*.

Vich, Miles (2012). Review of Anderson, R., & Braud, W. (2011). *Transforming self and others through research: Transpersonal research methods and skills for the human sciences and humanities*. Albany, NY: State University of New York Press. *Journal of Transpersonal Psychology*, 44(2), 240–243.

p. 240 “... proceeded within ...” ***instead of*** “... proceeded with in ...”

p. 241 “... strategies for advancing ... ” ***instead of*** “... strategies for dancing ...”

p. 242 “... editor of ... ” ***instead of*** “... editor to ...”