

Chapter 1 : Software Assurance by Product | Microsoft Volume Licensing

Originally broadcast as a series of radio talks, Assurance When You Suffer speaks in the everyday language of laypersons, yet it provides thorough biblical counsel in the time of suffering and death. Pastors and lay visitors can listen to these tapes with a suffering friend.

Office Windows Server and Cloud Platform Office Microsoft Software Assurance benefits for Office can help your company accelerate deployment and improve end-user productivity. Use your benefits to help IT staff efficiently deploy and manage Microsoft Office products and Office , gain in-class technical training, and access the newest software releases. Improve productivity with Office home-use licenses, and take advantage of end-user group and online training to help enhance skills. Moving to Office ? Use your benefits to discover how to put Office to work in your environment and get your users trained on the latest technology prior to moving to the cloud. Planning Services Get in-depth planning assistance from qualified partners or Microsoft Consulting Services to help you plan your deployment to the latest version of Microsoft Office, whether on-premises or in the cloud. Use Planning Services to: Help ensure efficient deployments through collaborative planning built on best practices. Extend your IT staff with expert advice from on-site deployment planning specialists. Use technical and end-user training to: Boost productivity by providing in-depth instructor-led technical training for IT professionals and developers. Enhance end-user readiness through online training and demonstration sessions. Productivity and efficiency are likely to improve when your employees use the same software at home and at work. Use the Home Use Program to: Help accelerate familiarity and use of the latest Office products. Help increase employee skills, mobility, and productivity. This direct connection to Microsoft anytime a support need arises can help you maximize uptime, lower support costs, and enhance IT productivity by reducing time spent troubleshooting and resolving issues. Customers with prior versions covered with Software Assurance will continue to receive this benefit as part of their Software Assurance coverage. New Version Rights With New Version Rights, you can upgrade each Microsoft product license that is covered by active Software Assurance to the most recent version for no additional cost. When a new version of Microsoft Office is released during the term of your agreement, your licenses are automatically upgraded to the new version. OOS is version-less and provides most of Office Online service features through regular software updates. Office Roaming Use Rights Help expand end-user productivity and extend the value of your virtual desktop environment with Office Roaming Use Rights, which lets users with Software Assurance on Office, Project, or Visio remotely access their software on their virtual desktops from third-party devices. Spread Payments Spread the costs of your License and Software Assurance purchase across three equal, annual sums versus one up-front payment to help reduce initial costs and aid in forecasting annual software budget requirements up to three years in advance. When you use the Spread Payments benefit, no interest or additional fees are incurred. You may also consider Microsoft Payment Solutions to help finance your technology needs, including software, services, partner products, and hardware. Although Microsoft Payment Solutions is not part of Software Assurance, you can choose it separate from, or in addition to, the Spread Payments benefit to create a customized payment structure. Step-up Licensing Step-up Licensing enables you to migrate your software from a lower-level edition to a higher-level edition, such as Office Standard to Office Professional Plus, at a low cost. The Step-up License makes it easier for you to move from a lower-level edition to a higher-level edition without incurring the full cost of licensing two separate editions of the software because you pay only the pricing difference. Windows Software Assurance includes a core set of benefits to help improve workforce productivity, streamline software deployment, and reduce costs in a variety of ways across devices. It provides the greatest flexibility for how your organization uses Windows because it includes access to enterprise offerings and use rights that are not available through other licensing programs. With per user licensing, you license an individual instead of a device. This puts your users at the center of your Windows licensing solution, gives you flexible options for how you deploy and access Windows across devices, and simplifies Windows licensing and management. With per user licensing you can: Free your users to use or access Windows Enterprise across all of their

devices. Simplify Windows licensing and management by counting users instead of counting all of their various devices. Virtualize the operating system, applications, and user experience. Manage and secure your devices, enabling monitoring and deployment of key Windows features. Save time and remove challenges associated with troubleshooting and repairing system failures. Technical instructor-led training is available to help technical professionals plan, deploy, administer, configure, maintain, and support Windows. Online training and demonstration sessions are available to help end users improve their skills and familiarity with Windows. Additional Software Assurance benefits for Windows New Version Rights With New Version Rights, each Microsoft product license that is covered by active Software Assurance can be upgraded to the most recent version for no additional cost. For example, if a new version of Windows is released during the term of your agreement, your licenses are automatically upgraded to the new version. Windows Thin PC Windows Thin PC is a smaller footprint version of Windows that enables organizations to repurpose existing PCs as thin clients, thereby reducing the need for new thin client hardware. This benefit applies only to devices licensed with Software Assurance coverage for Windows. Your IT staff can use the reference source code to improve the performance of Windows systems and related applications, enhance supportability, and augment system security. The ESLP provides source code for most major releases and service packs of Windows client and server.

Chapter 2 : 'Assurance' Frigate | PotBS Wiki | FANDOM powered by Wikia

You must pay this amount of any loss yourself e.g. if the excess clause is £1,000 and your car costs £10,000, to repair, the insurance company will only give you £1,000. Whole-Life Assurance Pays out a lump sum when the insured person dies.

Maximum Speed How fast your ship can move in battles. Improving battle speed does not improve Open Sea speed. **Acceleration** Determines how fast the ship gains speed. **Deceleration** Determines how fast the ship loses speed. Lower values are better if you want to maintain speed, higher values are better if you want to stop quickly. This is how fast the ship turns if it is moving at maximum speed. This is how fast the ship turns if it is moving at a speed of at least 4 knots. **Max Turning Acceleration** This shows how fast a ship accelerates into a turn. The higher the value, the faster the ship reaches its maximum turn rate. **Min Turning Deceleration** Ships gradually suffer less deceleration as they turn. This shows a minimum amount of deceleration a ship has when turning. Lower numbers relative to other acceleration stats are better. **Best Point** The wind angle at which the ship can attain its maximum speed. The wind comes from angle 0°, and angle 0° is running with the wind at your back. **SHIP** How many units of cargo the ship can hold. **Open Sea Visibility** How far away other ships will spot you on the open sea. **Open Sea Spotting** Increases your spotting range, allowing you to detect ships beyond their O. **Crew** The maximum number of crew on your ship. Shows the fighting strength of your crew. Improves your chance to hit fast moving ships.

Chapter 3 : How to Get Life Insurance If You Are Suffering from HIV or AIDS? - Assurance Maladie

For each server license you have with Software Assurance, you have the right to install the same software product on a "cold" backup server for disaster recovery.

Do I Really want to be a Christian? You know the Ole saying, "If it was easy everyone would be doing it". That just may apply here. The word tree in Genesis 3: Likewise shall also the Son of man suffer of them. And Peter answereth and saith unto him, Thou art the Christ. Would you or I take up a cross, knowing we would die? And now come, I will send thee into Egypt. Read 2 Co Are they the seed of Abraham? Paul is going to tell of just some of his physical sufferings: Are they ministers of Christ? I speak as a fool I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft. Read Acts 16 and 17 to see how Paul and Silas were treated. You can expect to suffer somewhat for serving God. Jewish a Messianic period present or future: Another food that will be hard to find in this day is the Word of God. Life indescribable, as the next four verses indicate. Thanks, for allowing me, to share this with you. Remember, to always, study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. But shun profane and vain babblings:

Chapter 4 : Depression & The Mystery Of Motivation | Esperanza - Hope To Cope

For example you buy insurance for your car, house, computer, etc. Assurance on the other hand aims to provide financial compensation when you suffer a loss that cannot be indemnified, that is.

August 7, 5: Try these simple strategies to help you get the ball rolling, bit by bit. She was 27 at the time and struggling with the worst depressive valley of her life. As she lay listless in bed one afternoon, the sight of those shoes reminded her of how much she used to enjoy running. She dragged herself up, tied on her shoes, and headed outside for a walk. The next day, she put on her shoes again. And then the next day, and the next. And it grew into Still I Run, a Facebook support group Sasha founded to motivate people with depression to exercise regularly. Depression can trash all of that, thanks to symptoms like fatigue, indecisiveness, and anhedonia either an inability to feel pleasure in activities you usually enjoy or just not caring. To fight back, she gives extra focus to coping skills and strategies she has worked on with her therapist. She also finds that being gentle with herself makes a difference for the better. One involves goal-directed behavior. In addition, they tend to be more pessimistic about their ability to achieve their goals. When offered a choice between expending more effort to get a greater reward or receiving a smaller reward for less effort, both rodents with depressive-like symptoms and human participants with major depressive disorder tend to opt for the easier win. In recent years, dopamine dysregulation has been implicated in certain depressive symptoms, notably anhedonia and fuzzy thinking. Building momentum A psychotherapeutic intervention known as behavioral activation has proven effective in treating depression. It sounds surprisingly simple: Set a goal that is relatively easy to accomplish, plus a meaningful reward for when that task is achieved. Celebrate each small success to reinforce momentum for further goal-directed activities. The trick is to match immediate goals to your current level of motivation. When taking a shower seems too overwhelming, the target might be simply washing your face. You might have to really push yourself to do even that, or ask someone to help you get into the bathroom and find you a washcloth. Making a point of embracing every victory, no matter how small, reinforces the confidence that you can do what you set out to do. For Sasha, sticking with her running routine whether she feels like it or not gives her a sense of assurance across the board. I can try a new hobby. Or finish a huge proposal at work. On the other hand, retreating from activities or other people can start a downward spiral into deeper depression. Staying engaged In order to maintain positive engagement, Ferentz recommends keeping a gratitude journal and volunteering. Both pursuits interrupt the depressive tendency to wrap yourself inside a cocoon where you are focused on yourself and your feelings. Ferentz says practicing gratitude actually begins to change brain chemistry. They also felt more grateful two weeks after the gratitude exercise. This moves you out of social isolation, which gets you more connected to the world and other people. This motivates you to continue to step outside yourself in other ways in your life. There have been days when he has taken 10 separate walks just to get through the workday. If you feel like nothing you do will ever be good enough, you may begin to wonder why bother at all. Kellen came to that point in his romantic life. His mental loop went like this: Everything in this relationship should be perfect. Why even try to have a relationship? Accepting that there is an underlying cause for your behavior or lack of action, whether biochemical or related to stressful life events, helps call an end to the blame game. Setting up a schedule for certain activities, as Sasha did for her morning runs. Sasha found a running buddy who got her through during the final stretch of training for her first marathon. She was at a low point and wanted to only curl up in bed. You just might do it slightly differently. The Powerful Program to Beat Anxiety and Depression, viewing depressive behaviors as habits can be surprisingly empowering. Since habits are learned, they can also be unlearned. To change your behavior, you have to change at least one element in that cycle. Every night after dinner the cue, you have a bowl of ice cream the routine, which you enjoy for its sweetness the reward. However, that pattern makes you more isolated and keeps your brain stuck and sedated rather than constructively stimulated.

Chapter 5 : Are You Suffering from Financial Stress? - FWD:

Quality Assurance/Quality Control (QA/QC) Reference Manual Section B Meter Operation and Set-up Use a fingertip sample if you suffer from hypoglycemia or have.

Share Are you suffering from financial stress? From mortgages to student loans to medical bills to retirement, most people have money matters that weigh on them. An employer-provided financial wellness program might help alleviate that stress by giving you the tools to better handle your money challenges. Financial wellness programs help workers understand budgeting , investing, saving for college, maximizing workplace benefits such as health savings accounts HSAs and k s, and more. Concerns such as not being able to meet emergency expenses, not being able to pay their credit card bills or not being able to meet their monthly financial obligations can keep staffers from doing their best work. They are typically administered through a website, but may also offer support by phone and online chat and through onsite seminars or workshops and in-person, one-on-one meetings with financial planners. The goal is to help employees become more aware of their financial habits and address financial issues they might face at different stages of their lives, ideally before a problem arises or when it is small and manageable, says certified financial planner CFP Jeff Dorfman , business development manager and senior adviser with Ascende Wealth Advisers, an SEC-registered investment advisory firm serving corporate retirement programs. Expect to take an initial assessment and have access to online courses, videos, infographics, educational games, financial calculators and financial software. Anthony Del Porto, director of marketing at Questis, Inc. Privacy Concerns You might be hesitant to open up at work about your finances. At the opposite end of the spectrum, employees who have their finances well under control might prefer to keep that information to themselves to avoid being seen or treated differently. Dorfman says that in most cases employers use third-party vendors to provide financial wellness programs; companies are not delivering the programs themselves. If your plan tries to steer you toward certain providers or investments, be cautious. That being said, if you are engaging a financial adviser for personal financial matters through a wellness program, you want to make sure that adviser is acting as a fiduciary and agrees to that standard. Employees should still vet their adviser as they would if they were searching for one on their own by reviewing their credentials, researching their records with appropriate agencies and asking questions about methodology, compensation and service standards. Input as much of your financial data as possible, so you get the best picture of your finances. Dorfman believes that one or a handful of employees can have more influence over employee benefits than they might think. Rodriguez concurs, noting that human resources departments are always looking for new ways to improve employee engagement and their quality of life and, because financial wellness has been shown to have a high return on investment to employers, they are open to investing in these initiatives. The Bottom Line Rodriguez points out that participating in an employee financial wellness program can save you thousands of dollars a year, and the education you receive may help you save more than you could earn by getting a raise. Even if you are expecting to move up the socioeconomic ladder in the near future, learning how to better manage your money will help you make the most of your additional income. Find out if your company offers an employee financial wellness program, then set aside 30 minutes, an hour or whatever you can manage each week to take advantage of it.

Chapter 6 : It's OK to Ask God Why" Charisma Magazine

But, the deeper you go, the better the feeling and more assurance you'll have. When you become a follower of Christ, don't expect all to be peaches and cream. I've added very little comments and mainly just listed some verses in the Bible that contain the words suffer, suffering, affliction, afflicted, and tribulation.

This virus causes one of the non-curable and lethal diseases called acquired immune deficiency syndrome or acquired immunodeficiency syndrome. People know this disease as AIDS. The worse part of this not only there is no cure for it but also it will destroy all the immunity system that defends you from the other diseases. Actually, this virus disables your ability to fight with any kind of diseases. Worst of all, it will not make you disable in a moment, it is like slow poison. It will drive you to the death very slowly and painfully. Life insurance for people with HIV is problematic in the financial sector. When any person is diagnosed with this disease, it is like giving them or hand over them a death notice. More likely it wants to say that pains and sufferings are waiting for you. It will happen not only physically or mentally but also financially. After getting this shocking news, they start to think about the future. How your family will manage without your sources of income. How they will handle the whole situation without you, financially. All these problems can be solved with a life insurance policy. But there is a huge question here. Thanks to the new rule, now they can apply for regular life insurance. This injustice is happening for over a decade while other diseases like cancer, heart disease patients are getting a life insurance. However, this injustice has stopped after the announcement of insurance underwrites president on world aids day in This gives a huge relief to the patients of AIDS. Now, they can have something to help them in that time of need. If you already have a life insurance and it is more than 2 years old, and you got diagnosed with AIDs or HIV, then it will make a little impact on your insurance policy as you have passed the medical exam while purchasing the policy. Yes, you can get insurance policy if you have AIDS. If you have HIV, it means you have the virus in your body but yet not a patient. So, a person can have HIV in his body system, but he can be healthy. You cannot be healthy if you have AIDs. I know it complicated to understand. I have explained it to you in the easiest way. If you have the virus then surely you will have this diseases in next 5 or 7 years but not now. Even after diagnosed with HIV you can deal healthy life for a certain period. But AIDS is the disease. There are very limited times for you after you have AIDS in your system. However, you can get a policy even after you have HIV. But there will be limited types of insurance offers. You have to choose wisely; otherwise, you will end on the wrong side of the deal. In other policy, you may end up with a bad situation and later get recovered from it. There is a little chance for you to get the same in this matter. Hence, you have to be clear about it. Just do not jump on any policy. Learn the whole policy before you get it. There is a close relationship between insurance and health. HIV patients are considered as high-risk clients. So, of course, the price of the premium will be higher. But also you have to understand that we are not talking about any kind diseases, it is HIV. So, you will have to pay more than 3 times of the premium than a normal healthy person. It will be a better idea that you can compare rates from us and get the cheapest policy as we have covered all the top underwriters. Sometimes you can have a life insurance through a group life insurance. Then you will have a life insurance even though you have HIV. Another option for you is guaranteed acceptance life insurance. This is the last hope for any kind of terminally sick person. In this type of insurance, you do not need to give any kind of medical information. So, you are totally safe from your physical facts. It is also known as no medical policy. If you have other diseases with HIV then it will be a high bumper on policy. If the insurance company knows that you have other physical problems with HIV then the insurance company may reject you.

Chapter 7 : Are You Suffering From Measurement Fatigue? | OPEN MINDS

If your occupied property becomes vacant, it's imperative that you notify your broker immediately. If you fail to give adequate notice (in some cases, the required notice is 60 days after it becomes vacant) and you suffer a loss, coverage may be denied.

It really depends on the organization. It could be the same thing, or very different. It is always wise to check a company's definition as stated in the "job Description".

Share to: What is the difference between life assurance and gambling? Only the beneficiaries will see the money. A term policy will pay off if you die within the policy period, but most people use term policies as temporary policies until they get a permanent policy. In gambling, you are trying to determine what you think the outcome of some event will be, and in the long run, you will always lose. Additionally, life insurance policies normally have a cash value and can be surrendered at any time. In gambling, there is no cash value. Once you lose, that money is just gone.

Assurance is a feeling you give someone when they are confident in you. Insurance is a financial instrument that protects you if you experience a loss. What are the differences between negative and positive assurance in the context of the external audit and review engagements? Positive assurance - An affirmative statement or opinion given by the auditor, generally based on a high level of work performed. What are the differences between insurance and assurance? For example you buy insurance for your car, house, computer, etc. Assurance on the other hand aims to provide financial compensation when you suffer a loss that cannot be indemnified, that is, loss of life. For example if your spouse dies they cannot be replaced so you just get monetary compensation for your loss, which unlike in insurance, you cannot use to replace them as you would your lost laptop for instance.

Difference between software testing and software quality assurance? Many who have heard about testing and QA think both to be the same, where as both are totally different. Testing has witnessed tremendous improvements in the past years. QA however was not present as a function for the past few years. Development was primarily based on the Waterfall model wherein testers had the responsibility of testing the finished code on an untimely basis. Testers would be following the same business scenarios put forward by the businesses which have been interpreted by developers. Nowadays however QA professionals have much more responsibilities than following a step-by-step script or ticking a box. We cannot consider testers and QA professionals on the same path which would be undermining the skills and mindset required for performing the duties of a QA professional. Much more than a tester, a QA professional is the one who is responsible for the reliability of the production codebase and assuring the provider about the smooth running of applications as well as platforms that are released by the department without compromising the business.

What is assurance engagement? A is the owner of X but C manages X and prepares the reports. C may mismanage X and still report as if nothing was wrong. A is busy so he brings B to verify the report and do technical checks by visiting X, interviewing C and many other people. B will then assure A whether C presented a credible report or not based on evidence. What is the difference between quality assurance and quality improvement? Assurance is about maintaining a quality standard - eg at the supermarket checkout my box of eggs is examined to ensure that none are cracked. Quality improvement - to use the same example - would be about giving the hens a better diet, environment etc so that they produced better eggs.

Chapter 8 : Are You Suffering from PAST LIFE Traumatic Stress Disorder? | Wake Up World

Here are 5 signs you are suffering from emotional stress. Everyone has bad days, but if you have a lot more than just a few down days and always feel like you're on the edge or barely keeping it together, you might want to slow down.

How do you respond when you face death, suffering or a life-crippling crisis? Sex slaves in cages. Toddlers in refugee camps. Our planet is a ball of pain. Wonderfully, in that we have an exhilarating capacity for glory; fearfully, in that we have a terrifying capacity for pain. Get Spirit-filled content delivered right to your inbox! Click here to subscribe to our newsletter. Nothing is more horrific than suffering devoid of purpose. Hell is so hellish because its torment does nothing to make the sufferer a better person or produce anything positive. Now when we submit our wretched woes to Christ, He infuses all of life with divine purpose—hellish suffering included—and extends to us the promise of His redeeming power. How did things get this way? The problem, in a nutshell, is sin. Most forms of pain are expressions of incipient death; that is, taken to their ultimate potential, most forms of pain culminate in death. No one appreciates the power of sin and death more than Satan. When we sin, we bring suffering and death upon our own heads. We brought all this pain on ourselves. God wanted to give His Son a bride who would love Him with extravagant abandonment. For her love to be authentic, however, it had to be voluntary. And for her decision to be voluntary, her power to choose between her options had to be real. Not even God would violate her right to choose death or life. The whole thing has to do with love. God knew that the pearl of love He desired could be fashioned only in the war zone of cosmic struggle against the forces of darkness. God Himself is hurting. After pondering the cost of creating man, God concluded that the final glory was worth the price tag of the suffering. The destination would be glorious, but the journey would be a killer. The Wisdom of the Cross All the anguish of our world would seem utterly futile were it not for the cross—the one momentous event in history that revolutionized how we view suffering. The cross changed everything. The cross gives significance to the sufferings of the world. No one has suffered as God has. Now, no one can look at God and say: He who suffered in the body cares for all who suffer in their bodies, since He Himself is still in the body as well. You can take it anywhere in the world. Take the gospel to the worst hellhole on the planet, and you have a message to lift the lowest life. Because the One who suffered on the tree sank lower than any other person that He might raise up the chiefest of sinners and seat him at His table. When man sinned, God lost the home-court advantage. Beholding Christ Crucified I myself am writing this article from a place of suffering. The cross has been my mainstay. Often my emotions are like a roller coaster. When the going gets difficult, though, I have found strength in beholding the crucified Christ. The accuser likes to hit me with that ancient accusation: When I look at the cross, I see a God with nails in His hands, a nail in His feet, a crown of thorns on His brow and stripes on His back. As He hangs there with arms spread wide, He says to me: I give you My soul. I give you My heart. I give you My flesh. I give you My strength. I give you My last breath. I give you My last drop of blood. He has given me His best. He has given me His all. If Jesus can ask why, I can, too. The cross not only allows us to ask why; it compels us to ask. The book of Job—the oldest book in the Bible—is the story of a man who sought desperately to find divine purpose in catastrophic suffering. As the cornerstone of Scripture, the book of Job demonstrates how God redeems suffering to vanquish the very perpetrator of suffering. God redeems suffering in order to produce champions who perform exploits against the kingdom of darkness. Jesus was one such champion. Jesus was able to endure the cross because He knew something. What did He know? Jesus came to earth with a divine mandate to overcome sin, to overcome temptation, to overcome the flesh, to overcome Satan and to overcome the world. But His greatest challenge was to overcome the sufferings of the cross. The cross carries the same promise for us today. As we endure and overcome the cross, we qualify to unlock the scroll of our eternal destiny in the age to come. Jesus did not prevail until He was resurrected from the grave. In the same way, we have not prevailed over our crosses until we have been raised up by God. This is why I cannot live with the cross as the final chapter in my story; it must end with resurrection! Those of us who suffer will never relent until we see the release of kingdom power and authority that looses the captives and establishes them in the freedom for which Christ died. An Eternal Perspective The Gospels give us an up-close visual on the

horror of the cross. In Genesis, however, we can step back and gain something of an eternal vantage. By the time the warfare of the cross was over, Jesus came away with scars but Satan was completely destroyed see Heb. For as bloody a spectacle as the cross was, Satan was more bloodied by the cross than Christ. When He hung on the cross, however, Jesus wrestled to maintain that perspective. His entire being was racked with untold agony. The same is true for you in your sufferings. By the time the battle is finished, God will have raised you up with a testimony that will empower multiple generations. Your cross thus becomes an invitation to a conflict that will do more damage to the kingdom of darkness than if your life were tranquil and comfortable. Fight the good fight! Give yourself to fasting and prayer and abiding in the Word. Never relent until you have qualified to loose the seals on your eternal destiny. A Prophetic Interpretation of the Book of Job see oasis house. Help Charisma stay strong for years to come as we report on life in the Spirit. Click here to keep us strong!

Chapter 9 : What is the difference between assurance and non assurance engagements

Payers - Align with other payers on a smaller required set of high-impact and outcome-oriented measures. Tech vendors - Establish the electronic building blocks for measures (rather than constructing and specifying measures one by one).

But, did you know that we can also carry unhealed emotional trauma from past lives? Most of us have no memories of traumatic events that occurred in other lifetimes. Nonetheless, when we carry unhealed past life trauma into our present life, it often manifests as some type of distressing issue that is somehow related to the original event. When past life trauma surfaces through current life issues, it often triggers Past Life Traumatic Stress Disorder, and, as a result, we might experience irrational fears, anxiety, phobias or panic attacks. If you were ever severely punished for not following the rules in a past life, you may have an irrational fear of authority. If you were ever rejected or abandoned in a past life, you may have an irrational fear of being different or not fitting in. If you were ever enslaved or imprisoned in a past life, you may have an irrational fear of losing freedom. If you were ever excommunicated for voicing your beliefs or taking a stand in a past life, you could have a fear of being seen or heard by the way, this is often the cause of public speaking phobias. Furthermore, when the same type of trauma is experienced in more than one lifetime, past life scars often become amplified, and, subsequently, with each repetitive experience, the symptoms of Past Life Traumatic Stress Disorder intensify. Also, keep in mind that irrational fears and phobias can include basically anything associated with trauma – even as simple as the fear of pencils or shoelaces. Unfortunately, until we understand the cause of our irrational reactions, we have no control over the triggers. For instance, one of my friends had panic attacks whenever someone touched his neck or he had to wear a necktie. Here are some more examples of how a traumatic death can result in present day fear: If you ever died by drowning, you could have an irrational fear of water. If you ever fell to your death, you could have an irrational fear of heights. If you ever perished in a burning building, you could have an irrational fear of fire. If you were ever fatally trapped, you could have an irrational fear of being confined claustrophobia. If you were ever killed by a ferocious animal or deadly insect, you could have an irrational fear of certain animals or insects. If you were ever accused of being a witch or burned at the stake for possessing psychic powers, you could have an irrational fear of sharing your gifts. Frozen to Death For most of my life, I had an irrational fear of being cold, and, needless to say, this made long, winter months quite unbearable. Then, one brisk autumn evening, I got terribly lost while hiking through the wilderness alone. As the sun began to set and I was beginning to feel very cold, that familiar panic started to takeover. But this time, something different happened. Suddenly, I experienced myself as a tribal warrior who lived in another era. Evidently, I just lost a major battle, and while I was fatally injured and all alone, I was left to die in the frozen wilderness. After remembering this slow and brutal death, I finally understood my irrational fear of the cold – and why I associated it with death. Believe it or not, after I recalled this memory, the fear of being cold completely disappeared, and, in fact, winter became my favorite season! Instead, past life trauma is carried from life to life in order to support our human survival and spiritual evolution. You see, in response to past life wounds, we develop survival mechanisms, such as specific fears, anxieties and phobias, and due to these protective mechanisms, we automatically stay away from potential risks that could result in similar traumas. Additionally, when emotional wounds are healed during a human incarnation, we master certain virtues that our souls intended to attain – and this is why we experience emotional wounds in the first place. In a nutshell, while past life trauma is carried from life to life in order to protect us from similar threats, it also gives us the opportunity to reap intended virtues as we heal. While past life fears keep us from partaking in risky behaviors and also provide opportunities to attain virtues, they also prevent us from living our lives, fulfilling our dreams, and reaching our full potential. Furthermore, even though details may change from life to life, until we heal our emotional wounds, we could repeat the same type of issues over and over again. Eventually, when emotional pain reaches a personal breaking point and familiar coping strategies no longer provide relief, we inevitably seek healing. You see, according to quantum physics, all moments of time occur simultaneously, and, if this is true, it means that we are actually living parallel lives. So, how do we heal past life trauma? Sometimes, just remembering past life

trauma is enough to heal it, for example, my fear of the cold , but, more often than not, healing is a process that must be actively embraced. Therefore, if you want to heal past life trauma through a past life regression, remembering your past lives is just the beginning. Since the same issues repeat from one life to the next, and all lifetimes are interconnected through your soul, when an emotional wound is healed in any lifetime that same emotional wound is simultaneously healed in all incarnations. Therefore, by healing emotional wounds as they surface in your current reality, you inevitably heal those same wounds in all lifetimes! So, exactly how do we heal emotional wounds? Well, before we can heal an emotional wound, not only must we identify it, we must also address the real cause. Although we tend to confuse emotional wounds with precipitating traumatic events, emotional wounds are not caused by traumatic experiences! Regardless of details or timelines, emotional wounds are caused by emotional reactions how we react to trauma. For instance, if we react to trauma by adopting disempowering beliefs or abandoning ourselves, we self-inflict emotional wounds. By healing these two pivotal components during this lifetime, you inevitably heal all lifetimes! So, despite one or more traumatic deaths, the Real You survived! However, if you still need more proof, please consider that your nighttime dreams might also reflect this truth. Well, believe it or not, life operates in much the same way. So, rest assured, not only is your survival guaranteed, the ultimate destination ensures a successful outcome! Just like light illuminates darkness, this truth can heal you and set you free! The Masters Guide to Manifestation! Use the power of the Universe to manifest any dream Identify personal issues that block manifestation Avoid the most common manifestation pitfalls Know what you want and how to create it! Reprogram your subconscious mind Co-create with your Higher Self Align with universal principals Avert unwanted experiences And, much more! Each unique and inspiring story demonstrates the amazing power of Conscious Creation! By using powerful and proven manifestation techniques, Nanice coaches people to tap into the power of the Universe and live their dreams, bridging the gap from the imagination to the realization of that dream. You can learn more about the coaching programs offered at: [Coaching Programs with Nanice](#). Recommended articles by Nanice Ellis: