



# Old Souls: The Sages and Mystics of Our World

*Aletheia Luna*

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## **Old Souls: The Sages and Mystics of Our World** Aletheia Luna

Have you always felt older than what your age reflects? Are you solitary, thoughtful and intuitive? Do you feel like an outsider constantly looking into a society that doesn't feel like your home? If so, you may be an Old Soul. In this landmark book, transformational mentor and holistic writer Aletheia Luna provides a compact, elegant and well-researched look into the life of Old Souls.

Chapters in the book include:

- "It's No Big Deal." A Profile of the Old Soul Character
- "You Do Your Thing, and I'll Do Mine." The Old Soul's Relationship with Family
- "Just Go with the Flow." The Old Soul's Relationship with People and the World
- Soul Ages, Reincarnation, and Abraham Maslow
- "Why Do I Feel Older Than Old?" The Seven Levels of Feeling Old
- Are You a Sage or a Mystic?
- "Just Let Me Be." The Old Soul Child

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