



'Past Lives' Inquiries

These exercises are meant to be used privately/personally in your own life, meditation practice, spiritual playtime, etc. AND can be used/practiced/played with in Development Circles.

Time is part of the third dimension and is a social construct for this dimension. Time does apply as you get into the higher dimensions, with a diminishing value as you move to higher dimensions. Said another way - it becomes less relevant as you expand consciousness.

Additionally, any linear timeline that we are accustomed to working with – doesn't apply to the higher dimensions. The understanding and belief that all time is happening at once is the other end of the 'thinking that time is linear' spectrum. Whether you find this concept that all time is happening at once as difficult – indicates nothing of your capacity to work with past lives. I even have a hard time conceptualizing this so please - don't be hard on yourselves.

So the nomenclature of 'past lives' is inaccurate – and we all use the term and work with it. Perhaps other lives – a term that would encompass past, future and the multitude of parallel lives that we are all living at any given time – would be a more appropriate term.

Furthermore - the past life regression work that I have done with clients and students for 15 years – has been best approached from a client-centric point of inquiry, with a specific focus.

For instance - what information within yourself, your personality or any of your relationships in this lifetime - what characteristic/aversion/craving/feeling of a karmic tie in a relationship – would you like to approach? Once the person/client has this in mind and we discuss it – then I would guide them through a process of gleaning past lives that serve to explain and inform that personal topic for them. I also gather past lives for clients in a session and feed them back to them in addition to what they experienced.

For illustration's sake: A person/hypothetical client has a deep aversion to large bodies of water. They have surmised to date that they drowned in a past life. They come to a session with me, curious about their aversion to large bodies of water.

As we move through past lives related to this topic for the hypothetical client - the first one is a scene from 1776 in central, northwestern Canada where the client's little brother was drowning in a lake and she found him and couldn't save him.

Second one may emerge as a 'future' life from 2062 where the oceans are different and there are many machines in the oceans - perhaps desalination plants - that people know not to swim too close to. I see the client as a 12 year old boy who is adventurous and spends his time getting as close to the machines in the ocean as he can for self-learning purposes and research. In his pursuits he witnesses many species being hurt by the machines in the water. Reinforcing the client's preference for land-based activities.

Either of these scenarios may have offered helpful data beyond what they had been surmising and perhaps offered even more data for their self understanding and subsequent evolution.

REMINDER - There is a past life meditation script that you can listen to for free, if you want to approach past life inquiries in this way outside of circles. Use the free download code on my website to get that into your resource area. Listening to this meditation isn't necessary – it provides a specific framework with a specific script to take you to the theta brainwave state.

Here are some guidance points for your own self-inquiry independently or for in development circles.

Self - Inquiry: (Spirit) With the intention of (insert intention/curiosity point here) learning more about my resistance to walking under archways as an example, please show me/bring

forward/walk with me through a few alternate lives for me to more deeply understand this about myself.

Guidance: Intend that you will remember what is brought forward for you through this process. If you want to turn a recording device on for yourself, and perhaps speak aloud what you are experiencing as a way to capture the experience in real-time – this could support you.

Alternatively, with the stated intention that you'll remember what is important for you – turn to scribing/writing/documenting all that you experienced once you come out of the experience.

Want to take it further?

Integration Tools: Intend that you and your body will process and integrate all information relevant to your body and soul as needed. Furthermore - as you exercise, do some housework, turn to spiritual practices, etc – remember to state the intentions of integration. Integration is an important step and will look differently for everyone.

Want to take it further?

- Journal about your experiences
- Bring new inquiry points/questions to your meditation cushion or to an autowriting session with spirit

Development Circle Application:

Inquiry: (Spirit) Please show me or please bring forward some relevant past life information for Member.

Guidance: You may be shown a symbol, a moving scene, or find yourself seeing through the member's eyes as *you* experience a snippet or piece of a past life for them. Deliver the experience to them and allow them to sort out how it fits, for them.