

Discovering Our Past Lives

**“THOSE WHO
CANNOT REMEMBER
THE PAST ARE
CONDEMNED TO
REPEAT IT.”**

- GEORGE SANTAYANA

What is Reincarnation?

Reincarnation is the philosophical or religious concept that the soul or spirit, after biological death, can begin a new life in a new body. ~ Wikipedia



What Are The Implications of Reincarnation?

- We have some sort of spirit body (soul) that survives death of the physical body.
- This spirit body goes through cycles of birth and rebirth into a physical body implying evolution.
- There is some place our body goes to between lives.
- There is some mechanism in this spirit body that contains all the experiences of past lifetimes that is used as a reservoir to allow us to experience the present?

What is the Spirit Body?

Since atoms are energy and our bodies are made of atoms then it should be concluded that our souls must be made of energy and since energy cannot be created or destroyed but only changes, the spirit body must be indestructible therefore eternal. Of course this does not explain why we reincarnate into a physical body. Perhaps we are just starting out in our evolution so that we can learn what it takes to be a spiritual being that can live in higher worlds.



"In My Father's house are many mansions"

What is the Purpose of the Evolution of the Soul?

- To grow and learn more about who we really are?
- To reach a higher state of perfection?
- To become a greater part of all that is?
- To become a master – spiritual teacher?
- To become one with all that is?
- What do you think?



Where Do We Go When We Die?

- Religionists might say heaven or hell.
- Atheists might say no where...we just cease to exist.
- Scientists might say we go into another dimension.
- What do you say?



How is the Spirit Body Able to Survive Life After Life?

As stated before, if we have an energy body that is indestructible because we know energy cannot be created or destroyed then this body must move on after cessation of the physical body.

This body must also have a mechanism for storing these life experiences in the body like perhaps a computer and its hard drive.

Perhaps the experiences of our many lifetimes comprise the data and the hard drive is the soul that contains the data. When it is called up on the computer screen with a program, then it becomes another life that is lived through the program which is the world we live in.

What Happens When The Data Gets Corrupted?

- **You get a crash in the program: Our daily life becomes corrupted.**
 - Perhaps you get a disease.
 - Perhaps you have an accident.
 - Perhaps you have a mental breakdown.
 - And more...



How To Fix The Program

- First understand what life is and what it really means by understanding who you are.
- But we can't just understand our present life if the problems in our present life are related to a past life experience.
- Therefore it makes sense to figure out not only why we experience the problems that we do in this current life from current early life experiences but figure out what went on in other lifetimes that could be affecting our present.
- How do we do this?

Past Life Therapy – Of Course!!!

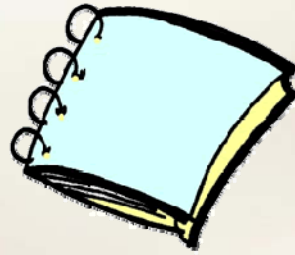
What are some of the ways of discovering past lives?

Here are just a few (we will get into more detail in our notebooks):

- 1) Examine what attracts, interests, or creates a sense of nostalgia in you.
- 2) Pay attention to repetition in your dreams.
- 3) Watch where you put your intention.
- 4) Examine your soul group.
- 5) Keep a past life journal.
- 6) Personal appraisal of self.
- 7) List your fears and obsessions.



**Now Let's Get Into More Detail
About How To Discover Past Lives
Using The Study Tools Provided
In Your Notebook**





"Our Destiny is to Play An Infinity of Roles. " ~ Deepak Chopra

"Don't depend on death to liberate you from your imperfections. You are exactly the same after death as you were before. Nothing changes; you only give up the body. If you are a thief or a liar or a cheater before death, you don't become an angel merely by dying. If such were possible, then let us all go and jump in the ocean now and become angels at once! Whatever you have made of yourself thus far, so will you be hereafter. And when you reincarnate, you will bring that same nature with you. To change, you have to make the effort. This world is the place to do it."

~ Paramahansa Yogananda

"Reincarnation is in fact paralleled by science. The first law of thermodynamics tells us energy can only be transformed; it cannot be created or destroyed."

~ Karen Berg

THE VALUE OF PAST LIFE ASSESSMENT

Your past lives affect you everyday in ways great and small: from the degree of health you enjoy (or if you suffer) to the amount of money you have (or the debt you owe) to the relationships that bring indescribable joy (or unbelievable pain). Every experience good or bad that is creating your reality today can be directly traced back to events in this or other lives.

Today you are living and repeating the lessons you did not learn in other past lifetimes until you get them correct overcoming their pernicious effect and achieving the healing or breakthrough that you wish. These problems from your past lives replay in your present and future. The negative experiences of the past will continue to influence your present and future until you decide to take control. Taking control means overcoming the physical, mental, emotional, and / or spiritual blocks from different past life experiences that are keeping you from being everything that you wish to be in this life. These negative experiences will exist until you work them out by recognizing them and how they are influencing your current life. With recognition comes release and positive effects can result as has been shown in many examples of past life therapy protocols conducted by today's many professionals who work in the field.

"Were it not that mankind as a whole has been reliving for thousands of years, very, very negative and destructive lives, he would now be relating in far more inspired, positive and creative ways! But he, in his distant past, has become bogged down with heavy debris of negative deeds and experiences. He has been a warrior, a shipmate, a doctor, a plumber, he has had lives as a slave, and again of the slavemaster. He has lived lifetimes where he has had to scrimp for a mere existence and again fate has been kinder; yet always he is repeating similar life happenings. Most earth people have spent time in the torture chambers as the recipient of these tortures, and again, as the one so expressing the torture.

In conceiving something of the principle of metem-psychosis or reincarnation, one becomes aware of why it is sometimes a parent will be able to express great attention and love to one child while at the same time, another is noticeably neglected, or that some pairs of young people may be able to be quite compatible, yet others of the same family are often at odds and cannot get along well; or even how marriage partners seem deeply attached and in tune, then before long they become at odds with each other and either one or the other separates and goes his way. All this relationship and association is understood when we conceive how these ties all stem from some past, where friction, fear, dissension, strife, resentments and hatreds were prevalent. Then when the same persons are subconsciously brought or drawn together, the negations of the past crop up. Cycles swing in and one is once again caught in the web of past ties and bonds.

One of the greatest fears man carries, of the various illnesses, is that of cancer. The patient suddenly is made to feel he is now one of the untouchables. Some even believe it is contagious when factually it is a malfunction in the energy body, and if worked with early enough, the root or cause can be eliminated. Cancer is caused by something sharp penetrating the psychic, such as a knife or gunshot, and it is that simple to eliminate; remembering that all problems including phobias stem from and originate in some age-old, distant past, and have likely been lived and relived countless times.

There are no limitations - only man's mind inhibits and limits himself. Every soul has the potential to become a genius or a positive, creative expressionist, relating in whatever field he so desires. The only difference is in awareness and which can be changed and quickened daily. Remember, man is of the Infinite. He is infinite in nature and it is his true infinite right to attain and conceive this infinite consciousness that knows all that he so desires!" ~ Ruth Norman ("Your Encounter With Life, Death & Immortality")

PAST LIFE THERAPY WORKSHOP QUESTIONS

Rate your CURRENT BELIEFS about how your past lives affect you NOW Indicate ONE answer ONLY by circling the statement below that best describes your belief:

1 - I believe that past lives have molded me into the person I am today. I believe that problems with my past lives are actively interfering with my present physical, mental, emotional, or spiritual well being.

2 - I believe that past lives have molded me into the person I am today. However, I believe that my past lives are not and have not interfered with my present physical, mental, emotional, or spiritual well being.

3 - I believe there is some truth in the concepts of karma, reincarnation, and past lives. However, I do not believe that my past lives - if I, in fact, had any - could really influence my physical, mental, emotional, or spiritual well being today.

4 - I am intrigued by the possibility that the concepts of karma, reincarnation, and past lives could be true. I might be open to learning more about these concepts and am undecided as to whether or not there is any truth in them.

5 - I believe that past lives are nothing more than "past lies". I am highly skeptical that anything other than what I have experienced in my life until now can effect my physical, mental, emotional, or spiritual well being today.

COMPLETE THE LISTS to indicate your personal preferences:

List your **3 favorite ways to spend your FREE TIME** List your **3 favorite types of SPORTS**

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

List your **3 favorite TELEVISION SHOWS of all time** List your **3 favorite MOVIES of all time**

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

List your **3 favorite BOOKS of all time** List your **3 favorite types of FOODS**

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

List your **3 favorite pieces of MUSIC** List your **3 favorite pieces of ART**

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

List **3 things you find most ATTRACTIVE** in other people List **3 things you HATE** most in other people

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

Your **three greatest talents** – skills, abilities, or whatever you naturally do very well - are _____ 1st (best)
_____ 2nd (best)
_____ 3rd (best)

Your **three most wonderful qualities** as a person – whatever makes you unique and special are _____ 1st (best)
_____ 2nd (best)
_____ 3rd (best)

If you could rid yourself forever of **three chronic health problems**, they would be _____ 1st (problem)
_____ 2nd (problem)
_____ 3rd (problem)

If you could change **three things about your body** (other than health problems), they would be _____ 1st (thing)
_____ 2nd (thing)
_____ 3rd (thing)

If you were given a free plane ticket to **visit anywhere in the world**, it would be first (country) _____
second (country) _____
third (country) _____

If you could **live any place in the world** for the rest of your life, it would be first (country) _____
second (country) _____
third (country) _____

If you could be magically given any **three skills, abilities, or talents** that you do **NOT** have now, they would be
1st (skill) _____
2nd (skill) _____
3rd (skill) _____

If you could go back in time to witness an **historical event**, it would be 1st (event) _____
2nd (event) _____
3rd (event) _____

If you could go back in time to meet an **historical figure**, it would be 1st (person) _____
2nd (person) _____
3rd (person) _____

If you could live in any type of **house** in the universe, it would be (describe it) _____

If you could have any **job** in the world, it would be same - different (circle one) from the one you have now and is (describe it) _____

If you were magically given the ability to speak any **three foreign languages**, it would be
1st _____, 2nd _____, and 3rd _____.

Y M N 1. **Do you believe in the concept of past lives?** As Soul you are eternal, having past, present, and future lives. To grow in love and awareness, you incarnate into a variety of physical bodies to experience many different types of existences (various sexes, races, religions, and nationalities) through many separate and distinct lifetimes.

Y M N 2. **Do you believe in the concept of reincarnation?** Reincarnation is the belief that, as Soul, you experience a constant cycle of births and deaths into a series of physical bodies until you have learned all the spiritual lessons that the totality of all experiences have to teach you.

Y M N 3. **Do you believe in the concept of karma?** Karma is the concept that "as you sow" in this lifetime, "so also shall you reap" in this and other lifetimes so that you understand the complete consequences of all your actions. Karma is the principle of cause and effect, action and reaction, total cosmic justice and personal responsibility.

Y M N 4. **Do you believe that you have lived before?** Many people know that this is not their first lifetime even if they are not aware of any of their past selves.

Y M N 5. **Did you have extremely well defined personality traits as a child?** Often those who have had extensive past lives "behind them" are "born 40 years old" - in other words, extremely mature from an early age.

Y M N 6. **Were you born with three (3) or more medical conditions?** Multiple medical problems at birth are usually the result of the desire to work out complex karmic conditions arising from past lives.

Y M N 7. **Have you had / do you have any distinctive birthmarks?** Birthmarks would be marks that appeared on you as an infant that were not caused during delivery and are often indicative of past life wounds.

Y M N 8. **Have you had / do you have any distinctive skin discolorations and/or disruptions?** Warts, moles, freckles, or discolored skin patches are often indicative of past life wounds. For example, a client's forearm was very discolored and freckled when compared to the rest of her body because it had been blown to bits in a past life by a spray of tiny bullet pellets.

Y M N 9. **Have you had / do you have any intense itching in only selected areas of your body that cannot be explained?**

Unexplained itching is often a sign of a past life problem "itching" to come out. The itching is caused by your body trying to rid itself of toxins from your cellular memory. Your cellular memory - encoded into your DNA - is how your body stores "remembrances" of your past lives.

Y M N 10. **Do you have / have you had persistent, chronic headaches that cannot be treated by either conventional or alternative medicine?**

When someone is in the process of "waking up" (connecting with the fact that we all are spiritual beings having a human experience), they usually suffer a period of intense headaches. This is caused by their third eye chakra opening up so that the person can receive greater levels of awareness.

Y M N 11. **Do you have / have you had any other persistent, chronic pain that cannot be treated by either conventional or alternative medicine?**

Many people try past life healing after traditional or alternative medical treatments have failed to provide them with relief from their pain. If the persistent pain is coming from an unresolved past life, it is unlikely to be successfully treated by present day remedies.

Y M N 12. **Do you have / have you had any nasal/lung congestion that cannot be treated by either conventional or alternative medicine?**

Many people on the brink of contacting the greater totality of themselves experience a release of cellular toxins over an extended period of time that comes in the form of nasal or lung congestion. This is a necessary cleansing which provides the opening for past life healing.

Y M N 13. **Have you ever been / are you diagnosed with fibromyalgia?** Fibromyalgia is a disease of "soul weariness" where the body in this life is so weighted down by past life resonances that it cannot function properly until it has had an abnormally long period of rest. "Resonances" are toxins associated with past lives that are stored in cellular memory.

Y M N 14. **Have you had / do you have severe over or under weight problems?** In this century, the Holocaust has driven many to reincarnate as seriously overweight-obese (where the body becomes determined never to starve again) or as seriously underweight-anorexic (where the body is still caught up in the struggle for survival).

Y M N 15. **Have you had / do you have areas of your body where you cannot stand to be touched?** For example, a client always had a horror of water going up their nose. This was because in a past life the client had been hung upside down with their head submerged in a lake. This person had died when moss in the lake filled their nose and mouth suffocating them.

Y M N 16. **Have you had / do you have areas of your body where you cannot stand to wear tight fitting clothing?**

For example, a client could not stand to have anything tight fitting around their neck. This was because in a past life the client had been strangled with a strand of their own pearls that bit deeply and painfully into their neck for the several minutes it took them to die.

Y M N 17. **Have you had / do you have any abnormally weak parts in your body?** For example, a client who was otherwise in excellent physical condition had persistent problems with one knee that could not be explained or cured until the past life cause of the knee problem was uncovered and released.

Y M N 18. **Have you had / do you have areas of your body where you have problems repeatedly?** For example, a client had chronic pain at the back of their neck which often became worse when they were under stress. The pain did not lessen after years of help from a succession of physicians, chiropractors, and acupressurists. The pain only went away after several past lives were cleared where the client had been beheaded, strangled, and hung – “literally taking it in the neck” every time.

Y M N 19. **Have you been / are you overly focused on survival?** Overfocus on survival (such as control freakiness and workaholism) usually manifests as stinginess with money, love, or time. This is usually caused by deeply ingrained habits from past lives which were absolutely essential to cope with our largely violent and bloody human history.

Y M N 20. **Have you had / do you have serious problems with finances such as compulsive spending (too much debt-always broke) or hoarding (“killing” you to part with money)?**

Your poverty or prosperity consciousness is usually deeply rooted in past lives. Money habits are often the most persistent – and hardest to change – in any lifetime. For example, a client who died in the Black Plague was a compulsive spender in this life because they were continuing to live as if there were “no tomorrow”. Before that past life block was cleared, they permanently ruined their credit in this lifetime.

Y M N 21. **Have you had / do you have serious problems with sex such as compulsive promiscuity (having too much/too risky sex) or frigidity (having no sex/too little sex)?**

For example, a client who was sexually healthy in most past lives was shut down sexually by repeated traumas experienced in the Holocaust.

Y M N 22. **Have you had / do you have any serious problems with time management such as chronic procrastination (always late) or killer punctuality (always early, angry if delayed)?**

For example, a client who had been completely rigid about punctuality in a past life was chronically late in this one. This problem could not be cured until they understood why they had been so rigid about time and why they needed to be more compassionate with themselves and others.

Y M N 23. **Have you had / do you have any serious problems with balancing your responsibilities to yourselves and to others such as taking on too many or too few responsibilities?**

Problems with taking on responsibility indicate an “out of balance” condition in your evolution as Soul. Often those who took on too much in one life (martyring themselves to others) come back in a future life taking on too little (being an eternal child, expecting others to care for them).

Y M N 24. **Have you had / do you have serious problems controlling your anger (always impatient, criticizing, losing your temper or regretting outbursts)?**

For example, a client’s working career was defined by their anger which manifested as frequent conflicts with others (coworkers, subordinates, and superiors). This anger was dramatically reduced when the client discovered the source of their rage came from a past life in the Holocaust where they had been helpless to stop the atrocities against humanity perpetrated by their Nazi superiors.

Y M N 25. **Have you been / are you constantly plagued with the inability to trust yourself, others, the universe, or God (constantly plagued by fears of abandonment and betrayal)?**

For example, a client was described as paranoid by family, friends, and coworkers because they were always acting as if “everyone was out to get them”. In a past life, the client was murdered by the same combination of family, friends, and coworkers.

Y M N 26. **Have you had / do you have inappropriate fears?** For example, a friend always feared going through traffic tunnels even though they posed no imminent threat, no foreseeable danger, or no actual risk of harm. This was a carryover from a past life as a miner when this person had died when the mining tunnel collapsed on top of them.

Y M N 27. **Have you had / do you have any recurring "odd thoughts"?** Odd thoughts are those which cannot be accounted for by a person's present life experience. "Odd thoughts" would be fears of being burned at the stake when that is no longer a form of execution in the country where you reside.

Y M N 28. **Have you had / do you have any memories that are strange or do not seem to be your own (from this lifetime)?**

For example, memories are "strange" if you are a woman but can remember what it feels like to be a man or vice versa OR if you instinctively know what it is to work a certain type of job or live a certain lifestyle that you have never before experienced in this lifetime.

Y M N 29. **Have you been / are you diagnosed as having obsessive - compulsive disorder?** Of all the mental conditions, obsessive-compulsive disorder in this lifetime is usually directly traceable back to a past life where the disempowering trait or behavior was created. For example, a man who is currently compelled to straighten the fringe on his carpets was a servant who had been regularly and severely beaten (eventually to death) for failing to do so by his cruel master in a past life.

Y M N 30. **Have you been / are you diagnosed as having any phobias?** For example, a client in this lifetime had been diagnosed as being an agoraphobic (afraid of leaving home which literally means fear of the marketplace). This phobia was directly traceable to an extremely traumatic past life where they were killed in the marketplace.

Y M N 31. **Have you been / are you diagnosed as having any depression - anxiety?** The weight of tragedies from many past lives can manifest in the present as the "everything is just fine in my life so why is it that I just can't be happy?" syndrome. If nothing from your life now can account for your present depression/anxiety, it may well be coming from the past.

Y M N 32. **Have you been / are you diagnosed as having multiple personality disorder?** Multiple personality disorders can be caused by the emergence of past life personalities that arise to help the present day person solve problem(s). The trouble arises when these past life personalities are not properly reintegrated back into the present day person's memory.

Y M N 33. **Have you been / are you diagnosed as having any physical, mental, or emotional addictions (to food, drugs, sex, medicine, abusive relationships)?**

Addictions to anything are very often carryovers of disempowering behavior patterns from previous lives. For example, a client who had a track record of attracting abusive men into her life now had been a battered wife in her most recent past lifetime.

Y M N 34. **Have you ever seriously considered or actually attempted suicide?** For many, the weight of the difficult spiritual path they have undertaken in this lifetime becomes too much to bear. This may manifest as dark periods where suicide seems the only solution to ending their pain which – sadly – often results in attempts at suicide.

Y M N 35. **Have you / do you have recurring dreams / nightmares about traumatic deaths?** For example, I had a recurring nightmare about being killed in Colonial Virginia many years before I discovered a past life there.

Y M N 36. **Have you ever seen yourself as another person in a dream?** Often all the people we "see – hear – know" about in our dreams are just other manifestations of our personality. If the people we see in our dreams seem to be historical (dressed in clothes from the past, etc), they are more than likely who we were in a past life.

Y M N 37. **Have you / do you find it hard to focus on the present moment?** For example, if you are always obsessing about the past or worrying about the future, you are not living in now where you need to be.

Y M N 38. **Have you had / do you have any medical problems that appeared suddenly and inexplicably (in particular, any allergies or phobias)?**

For example, a client began experiencing severe ankle pain shortly after they learned to drive. This happened because their body was remembering a painful death – relating to driving - when their foot had been run over and severed by a competitor during a chariot race.

Y M N 39. **Have you had / do you have any other medical problems (physical, mental, or emotional) that cannot be solved?**

If doctor(s) have told you "I cannot find anything wrong with you" but you are certain something is wrong, answer "Yes" to this question. Past life problems can be remarkably resistant to present day treatments. If the problem truly does originate in the past, the solution will defy resolution using conventional present day therapies. However, past life treatment can most likely produce fast and dramatic results.

Y M N 40. **Do you have skills and abilities normally requiring study that come naturally to you?** For example, after minimal study, a client was able to pass the Business Law section of the CPA exam without ever having taken a class. This was not surprising since the client had been a lawyer – specializing in business law - in several past lifetimes.

Y M N 41. **Have you ever found yourself in a educational setting where you came to learn about a particular subject and found that you already knew more than the teacher?**

For example, Wolfgang Amadeus Mozart, a world renowned child prodigy, was not taught music - he was born knowing it. Mozart believed that this knowledge came from many other lifetimes when he had been a musician and had studied hard to perfect his craft.

Y M N 42. **Do you have a compelling or overwhelming interest in a particular topic that began in your childhood?**

For example, General Patton knew from a very young age that only war and soldiering interested him. Patton studied military topics from his early childhood and was career military. The great General was convinced that he had been a warrior throughout many lives.

Y M N 43. **Looking back, could any of the pictures, poems, stories, or models you made as a child, relate to your past lives?**

For example, a client as a child wrote a beautiful and complex poem that even she could not understand. The true meaning behind this poem did not become clear until the client found out about the past life that this poem very cryptically described.

Y M N 44. **Have you had / do you have an absolute compulsion to do something or go somewhere that is completely out of context of your life today?**

For example, two friends - after both turned 45 - had a sudden, overwhelming compulsion to visit the American Southwest even though they had no previous interest in the area. The past life "alarm clock" had gone off and it was "time" for them to take care of unfinished business there.

Y M N 45. **Have you had / do you have a compelling or overwhelming desire to visit a particular place that you have never been before?**

For example, if you were born and raised in the Midwest but you always had an overwhelming desire to visit Japan.

Y M N 46. **Have you had / do you have a compelling or overwhelming desire to do a particular job after having once been exposed to it?**

For example, most world class athletes knew they loved their particular sport from almost the moment they were born.

Y M N 47. **Did you ever feel absolutely compelled to purchase something you really did not want without knowing why?**

For example, a client had been compelled to get a Claddagh (Irish) wedding band in this lifetime. This person could not understand the reason for this compulsion until they relived a lifetime of grinding poverty in Ireland when they had wanted - but were too poor to afford – this kind of ring.

Y M N 48. **Have you found / do you find certain foreign languages are either abnormally difficult or especially easy to learn?**

For example, learning German was impossible for a client who was deeply conflicted about many previous lives in German speaking countries. However, this same client learned Spanish easily and - not surprisingly - had many enjoyable previous lives in Spanish speaking countries.

Y M N 49. **Have you ever been to a place before - that you have never before visited in this lifetime – and knew that you had been there before?**

Knowing all about a place you have never been to before in this lifetime is the classic “déjà vu” experience. The “déjà vu” phenomenon is considered by most scientific researchers to be the definitive indicator that a person has connected with a past life experience.

Y M N 50. **Have you ever just known details about certain places, people, or things which you would have no way of knowing about otherwise?**

For example, a client - who had never been to Istanbul in this life - accurately described the sights, sounds, and smells of the place to a friend who had recently returned from a trip there (much to their friend’s amazement). This accuracy was made possible by a previous incarnation there.

Y M N 51. **Have you ever felt totally at home or abnormally anxious in a place you have never been?** For example, the same client who felt right at home in London (knowing where to go without being told or helped), felt totally nervous in Paris (and could not get out soon enough). In their past lives, this person had died violently in Paris and had lived harmoniously in London.

Y M N 52. Have you had / do you have either a strong attraction for or aversion to certain types of foods you have never before eaten?

For example, a client who had never before seen or tasted Thai cuisine became physically ill at the mere thought of trying it.

Y M N 53. Have you had / do you have either a strong attraction for or aversion to certain types of animals (particularly if you have never encountered them before)?

For example, a client had an “irrational fear” of dogs. In this lifetime, they had never been harmed by a dog or had anything but pleasant experiences with dogs. Yet, in a past life, this client had been killed after being torn limb from limb by a pack of wild dogs.

Y M N 54. Have you had / do you have either a strong attraction for or aversion to certain types of plants (particularly if you have never encountered them before)?

For example, a client who grows and sells herbs in this life was not surprised to discover that they had cultivated their skills over several past lives in convents. Conversely, a client who hated plants in this life was not surprised to find they had been killed for growing poisonous plants.

Y M N 55. Have you had / do you have either a strong attraction for or aversion to certain types of climates that you have never experienced before in this lifetime?

For example, a client had a horror of tropical rainforests even though they had never been to one in this lifetime. This horror was rooted in this person’s past life in ancient South America when they had been ritualistically tortured and mutilated to death.

Y M N 56. Have you had / do you have either a strong attraction for or aversion to certain types of clothing (casual vs formal, tight fitting vs loose, etc)?

For example, some people always wear formal attire even if they are just going to the store while others cannot be pulled out of their casual clothes by the jaws of life. Casual dressers tend to have had many lives as peasants while formal dressers usually were once “nobility”.

Y M N 57. Have you had / do you have either a strong attraction for or aversion to certain types of furniture?

For example, a client felt compelled to get a bed with four twisted mahogany posters and a bedspread with a certain distinctive antique pattern. It turned out this person had such a bed in an extremely happy past life and it made them happy now just to get “the bed” back.

Y M N 58. Have you had / do you have either a strong attraction for or aversion to a certain group of people which is not explainable by the circumstances of your present life?

For example, before I discovered that I had been a General in many past lifetimes, I felt compelled in this life to make charitable donations to veterans groups. Instinctively, I felt I needed to “make something up” to war veterans but did not know why until later.

Y M N 59. Have you had / do you have either a strong attraction for or aversion to certain religions that you have never before studied or practiced?

For example, a client hated Catholics even though they had never met any and had not been raised with any prejudices about them. The reason for this became clear when the client discovered that in a past life they had been executed during the Inquisition by the Catholic Church.

Y M N 60. Have you had / do you have either a strong attraction for or aversion to certain forms of meditation that you have never before studied or practiced?

For example, a client became physically ill during their first yoga lesson. The reason for this inexplicable illness became clear when the client discovered that in a past life they had been crippled by the marathon yoga sessions that were imposed by their Hindu community.

Y M N 61. Have you had / do you have any habits that others close to you consider odd or peculiar and that you have no control over?

For example, I always have to sit along the aisle in a movie theatre (I cannot sit anywhere else without discomfort). This phobia resulted from one past life where I was burned to death in a theatre. I died because I had been sitting in the center seat and could not get out in time. My body “remembered” that trauma (burning to death is THE WORST way to go) and was protecting me by making sure it would not happen again.

Y M N 62. Have you had / do you have any mannerisms that others close to you consider odd or peculiar and that you have no control over?

For example, a client, whenever stressed, instinctively touched themselves all around their neck. Others seeing this would joke with the client and say “Don’t worry, it’s still there”. This is the same client who had been hung, beheaded, and strangled in many past lives.

Y M N 63. **Have you had / do you have any interests not considered "sex appropriate" by others?** For example, females who are interested in games involving the military, guns, or other activities normally pursued by males. Conversely, males who are interested in games involving dolls, fashion, or other activities normally pursued by females.

Y M N 64. **Have you had / do you have any interests not considered "age appropriate" by others?** For example, children who take no interest in their peers or childhood games but naturally gravitate to adults and more mature interests.

Y M N 65. **Has any art ever made you feel nostalgic for or triggered memories of other lives?** For example, a client had a picture of a midnight river boat race on the Mississippi displayed prominently in their home even though it conflicted with the rest of the decor. It turned out that this picture captured a very happy childhood memory from their recent past life.

Y M N 66. **Have certain sights ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client could not look at scenes where massive numbers of people lay wounded without feeling depressed and helpless. This came from a life as a Confederate doctor in the Civil War who lacked everything needed to properly care for the massive amounts of wounded soldiers.

Y M N 67. **Has any music ever made you feel nostalgic for or triggered memories of other lives?** For example, client who in this life had no interest in dancing became fascinated with it after hearing 19th century Ballroom Dance music for the first time. This was because the client had taken great pleasure in dancing to these same musical pieces in a past life.

Y M N 68. **Have certain sounds ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client's child was abnormally afraid of balloons being popped or other similar loud noises. This was a carryover from the child's past life as a World War I soldier who had died before recovering from being shell shocked in the trenches.

Y M N 69. **Have you / do you like certain foods that are not from your local area?** For example, a client who never before had Chinese food stopped eating all other kinds of foods once they discovered Chinese cuisine.

Y M N 70. **Have certain smells ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client became inexplicably frightened whenever musky or moldy smells were present. This present life fear was explained when the client relived a past life in which she was raped in a moldy wine cellar by a man who had been wearing musk.

Y M N 71. **Have certain tastes ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, every time a client tasted wine in this lifetime, they were overwhelmed by images of vineyards. It turned out that these were happy memories from a past life the client had spent as a monk making wine to support his religious order.

Y M N 72. **Have certain touches ever triggered feelings in you that you cannot account for by your experiences in this lifetime?**

For example, a client could not understand why being touched on their earlobe made them happy almost to the point of sexual arousal. The reason was that in a past life their beloved spouse had touched them there as a secret sign of love.

Y M N 73. **Have you been / are you attracted to a particular historical period?** For example, a number of Civil War and Renaissance reenactors were found to have had past lives during those times after being regressed.

Y M N 74. **Have you / are you attracted to certain historical figures?** For example, some historical novelists are able to write so accurately about certain historical periods because they were alive at that time in history.

Y M N 75. **Have you been / are you attracted to particular historical styles or colors of clothing?** For example, many people who have had past lives as monks or priests only feel truly comfortable in this life when wearing black.

Y M N 76. **Have you kept / do you keep antiques or other collectibles in your home from a particular historical period?**

The real reason that Victorian is such a popular style in the 20th century is that so many Victorians have reincarnated into the modern era.

Y M N 77. **Do you have any hobbies or other recreational activities that involve historical periods?** For example, if you regularly participate in medieval war gaming, battlefield reenactments, etc, this is an "historical" hobby.

Y M N 78. **Have you / do you primarily / predominantly enjoy books, movies or television which are not about the present time?**

For example, if you enjoy reading books about or watching movies or TV about historical events or science fiction instead of "present day" comedies or dramas. Note that science fiction about the "future" is really the "past" dressed up in another form. Take "Star Trek": for instance: scratch a Klingon and you get a Spartan, or a Vulcan to get an Athenian, or a Cardassian to get a Roman.

Y M N 79. **Have you ever had any strong reactions (physically, emotionally, mentally, or spiritually) when reviewing other people's accounts about certain historical figures or events?**

For example, clients of mine have become physically uncomfortable to the point of being ill when watching movies like "Gone With the Wind" (American Civil War), "Schindler's List" (German Holocaust), or "Saving Private Ryan" (World War II).

Y M N 80. **Do you often meet people and have strong and instant reactions of like or dislike for them?** The people in your family, at your work, and among your friends have very probably been with you before in one of your past lives. Since you already "know" them, it makes perfect sense that you should "come with" strong reactions of like or dislike for them.

Y M N 81. **Have you ever experienced "love at first sight"?** Imagine for a moment that you were married to someone in a past life for many years and had shared the very deepest love with that person. It would make sense that when you found that very same person again in another life, it would be "love at first sight" between the two of you.

Y M N 82. **Have other people (especially young children) ever had a strange reaction to you?** For example, having been a General in many lifetimes, young children often come up and salute me right "out of the blue".

Y M N 83. **Did you have extreme reactions to family members (especially brothers or sisters) when you were young (either overwhelming love or hate)?**

Individuals who have had "problems" with others over many lifetimes, often choose to reincarnate as family members so that these problems can be worked out. Yet these "problems" resurface very quickly once these old adversaries are united in families as kids who just can't get along!

Y M N 84. **Have you often said something to someone close to you that was completely out of character and you wondered where it came from?**

For example, a client often told her husband, when they were arguing, that he was treating her "like a whore". Since they were married, this remark was completely out of context of their present day situation. Yet it made sense in the context of their past lives, when her husband had kept her as his mistress. He was treating her now in the same way he treated her back then when she actually had been a "whore".

Y M N 85. **Have you been / are you your own harshest critic?** Hanging around the universe through many past lives, a person can get very beaten up. This can manifest today as extreme self criticism. This extreme self criticism is the result of your unconscious mind trying to keep you from repeating mistakes that you made in the past. Yet, at times, this self criticism can be counter productive if it keeps you from fully enjoying your life or experiencing true inner peace.

Y M N 86. **Have you been a victim of rape or other sexual abuse?** If you have experienced sexual abuse in this lifetime, it may be a clearing of karma that was created in a past life to help you gain a greater respect for the gender you are now. Often women raped "out of the blue" are balancing a time when they had been a man who had raped women.

Y M N 87. **Have you been a victim of a beating or domestic violence?** If you have experienced physical abuse in this lifetime, it may be a clearing of karma that was created in a past life to teach you greater compassion and respect for your physical body. For example, battered wives in this life were often battering husbands in previous lives.

Y M N 88. **Have you been / are you a victim of major, serious crime (such as robbery, arson, etc)?** If you have experienced major or violent crime in this lifetime, it may be a clearing of karma that was created in a past life to ingrain in you more respect for the laws of the universe. For example, there are no "innocent people" in prison, the innocent are atoning for past life karma.

Y M N 89. **Have you ever been in a serious accident (car, sports, etc)?** If you have experienced a serious accident in this lifetime, know that it was not an accident - there are no accidents in the universe - but a repayment of a debt from one of your past lives. The hardest truth is that we all have agreed to do exactly what we are doing here!

Y M N 90. **Have you been / are you severely out of touch with your body's needs?** For example, if you consistently fail to provide for your body's needs by not eating or sleeping properly, by routinely engaging in high risk activities (extreme sports/hobbies), or by neglecting obvious medical problems. These are often "habits" inherited from past lives.

Y M N 91. **Have you / do you feel "out of step with the times"?** For example, if you spend all your free time trying to live in the past (battlefield reenacting or historical novel reading) - it is a strong indication that you are not comfortable in the present. Usually, people will have a strong, instant "Yes" or "No" answer to this question.

Y M N 92. **Did you ever feel that at one time you could have been a member of the opposite sex?** An indication that you might have been a member of the opposite sex is if you seem to understand the opposite sex more than others around you. For example, ask yourself "do you really feel like a woman / man?" Your unconscious mind will instantly reveal the answer.

Y M N 93. **Did you ever feel that at one time you could have been a member of another race?** An indication that you might have been a member of another race is if you ever found others of another race to be attractive, especially members of the opposite sex. For example, Caucasian men who find Oriental women far more attractive than Caucasian women.

Y M N 94. **Did you ever feel that at one time you could have been a member of another religion?** An indication that you might have been a member of another religion is if you have "warm feelings" toward a certain religion or if you have ever considered changing the religion of your youth. For example, Jewish people who convert later in life to Christianity or vice versa.

Y M N 95. **Did you ever feel that at one time you could have been a member of another nationality?** An indication that you might have been a citizen of another country is if you have a strong desire to either visit or live there.

**ANSWERING THESE QUESTIONS WILL HELP YOU TO OBJECTIFY WHAT POSSIBLE LIFE
TIME PASTS ARE INFLUENCING THE PRESENT**

You have our sincere best wishes for a joyful and love filled journey through life!

Adapted from Past Life Profiles by Ellen A. Mogensen

Eight Ways To Discover Who You Were In A Past Life

Want to Know What Makes You...You?

Who you are now is a direct result of your soul's past-life experiences. Every lifetime leaves an indelible mark, and has a profound impact on who you are now. To find out what makes you who you are, you must uncover who you were.

Who Was I In My Past Life?

The talents and abilities you developed through your work in previous lifetimes are with you now. Your soul is on a journey with one fundamental mission: to **EVOLVE**. And each lifetime brings you closer to that goal. That is why it is so important to understand how everything you are, and everything you do, is related to who you were in prior incarnations.

Also learning more about what you were is crucial if you want to live the life your soul intended in this incarnation. There are a variety of ways to explore this. Here are eight techniques to assist in answering the question, "Who was I in a past life and other incarnations?"

1. Examine what attracts, interests, or creates a sense of nostalgia in YOU.

Make lists and connect the dots. For example, you may carry a long-time interest in South American shamanism, you may be intensely attracted to ancient Asian culture, or you may feel a deep sense of longing and inexplicable nostalgia towards the English countryside. Start making lists of all the things you love (like) and hate (dislike): people, places, periods of history, foods, sense memories (e.g. I hate being cold), styles of clothing and on and on. Look over the list and see if you can connect some dots. You dislike the architecture of Russia, you hate being cold, you really hated a movie you saw about Nicolas II...I think you are getting the point. Start making lists of all the things you love (like) and hate (dislike): people, places, periods of history, foods, sense memories (e.g. I hate being cold), styles of clothing and on and on. Look over the list and see if you can connect some dots. You dislike the architecture of Russia, you hate being cold, you really hated a movie you saw about Nicolas II...I think you are getting the point.

2. Pay attention to repetition in your dreams.

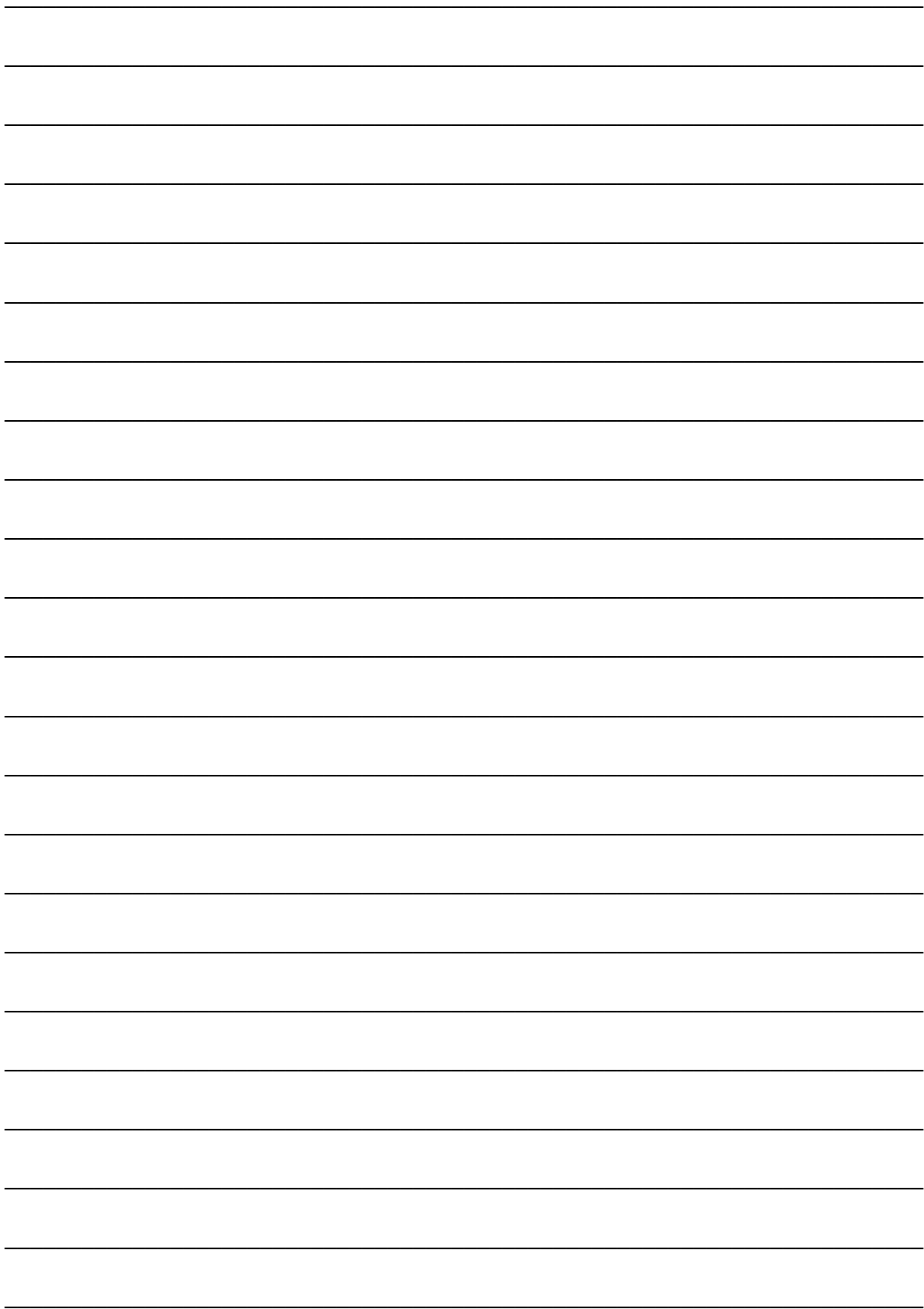
This is one of the easiest things you can do. Before you go to sleep at night, ask to see glimpses of your past lives. Keep your notebook (dream diary) close at hand to scribble down anything that you may see in your dreams. It may take a few nights to prime the pump, but it will happen if you flag your attention to it each evening before sleep.

Also learn to distinguish between dreams that feel dreamlike, and dreams that feel distinctly life-like – these dreams may present doorways into the collective unconscious. Repetitive dreams in particular carry important messages for they reveal what our minds on a subconscious level are fixated with. For instance, if you frequently dream about being abandoned for no particular reason (i.e. no childhood abandonment issues), you may be carrying a past life experience of having been abandoned.

This may be a good place to issue a warning: Watch out for the famous person syndrome. The ego loves to crow when we uncover a past life of fame and fortune. Let's say you awaken in the morning after a dream of Napoleon Bonaparte with a sense of self-satisfaction. Imagine you—Napoleon! (Like being Napoleon was a great thing.) The truth? Some higher presence or your higher self may have been using Napoleon, an archetypal image or symbol, as a way of telling you to knock off the Napoleonic behavior at work.

Past life investigation is like being on a reconnaissance mission. You go in, gather useful information and then you get back out. Whether you were a king or a pauper is not the point—it's all about what you learned from the experience and how it applies to your present lifetime.

DREAM JOURNAL:



3. What is your Master Theme?

Identify the themes or presenting issues, patterns, beliefs and try to pinpoint the originating cause either from this life and prior lifetimes using the techniques outlined here. List some themes you may be replaying over and over again such as perhaps "I usually always date the same kind of temperamental person again and again." "I always seem to have problems with my throat." "I can't seem to keep money in my wallet or no matter how hard I try to save."

List Your Top Five To Eight Themes (in short concise sentences):

4. Watch where you put your intention.

You get pregnant, or your spouse gets pregnant, and suddenly you see pregnant women everywhere you look. You get a catalog from an upscale store—gee, you never realized they sold baby clothes. You see a woman in a bakery with a crying baby—what use to annoy you is now so cute. You wonder why there are so many pregnant women and babies. There have always been pregnant women and babies, you just happen to have your attention on them now that you're expecting.

Using this principle, put the concept of reincarnation at the forefront of your mind. Get some books on it, google the subject on the internet, have some conversations with your friends about it. Then watch. All sorts of information, insights, and recalls will begin to surface. Life responds to whatever you are putting your attention on. Then, you just have to connect the dots.

5. Examine your soul group.

What harsh, but powerful lessons have your friends, family members and/or partner's taught you? What are their fears, hates, loves, and how do they react to you and you to them? Can you sense a particular theme running through your life with them that has seemed to be there from the very start? It is said that we all enter this life with a soul group which is a group of beings that collectively work to resolve accumulated karma. Review the negative patterns that seem to repeat themselves in association with your relationships and see how they might correspond to the past.

Relationship 1) _____

Relationship 2) _____

Relationship 3) _____

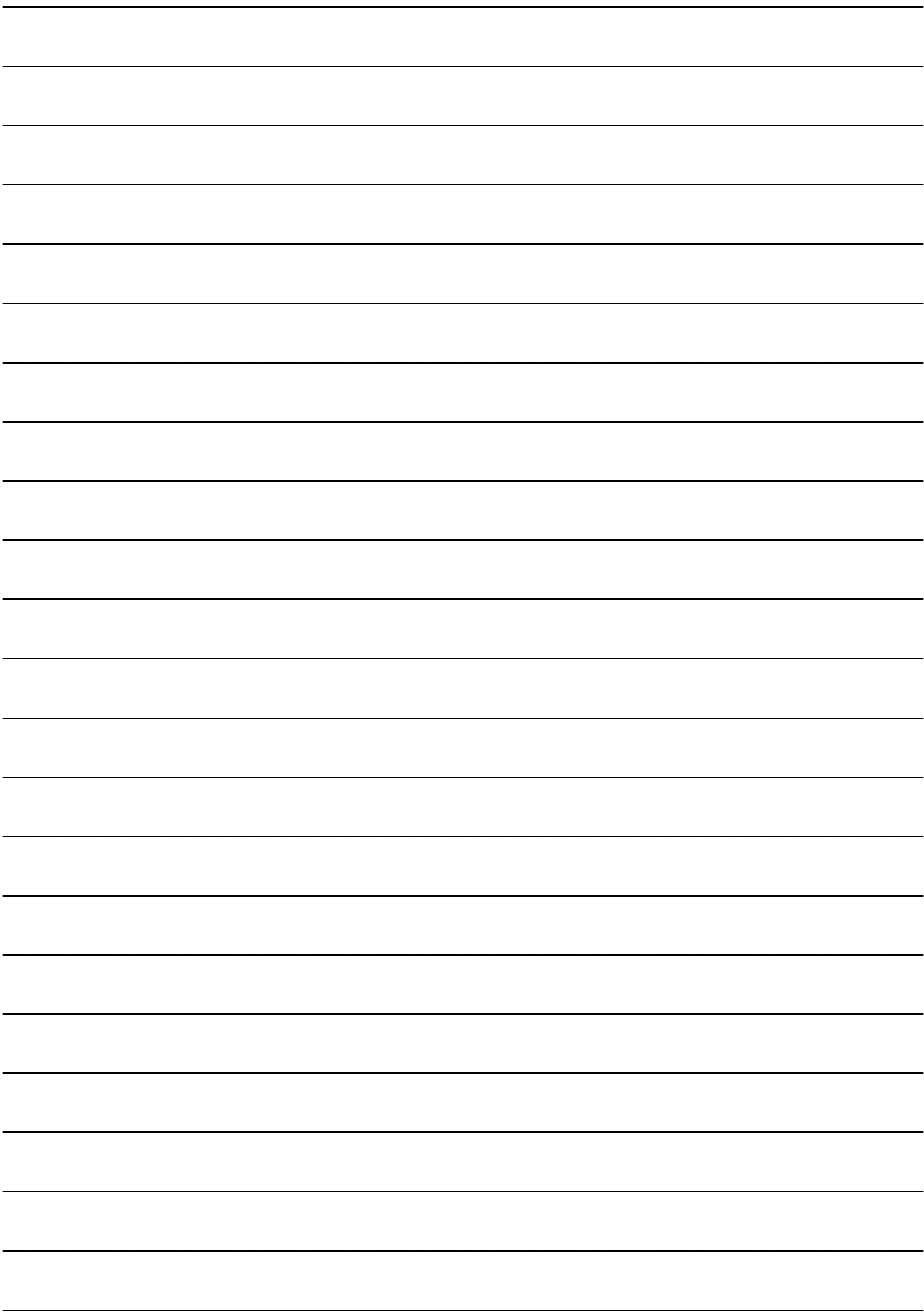
Relationship 4) _____

Relationship 5) _____

Relationship 6) _____

Relationship 7) _____

Relationship 8) _____



7. Personal Appraisal of Self.

Analysis of cyclic patterns will help in discovering and unlocking certain negative cycles or experiences that repeat themselves over and over again. To do this, take two pieces of paper. Label one “Good Things” and the other “Bad Things”. This represents the pattern of your lives, past and present. Sit down and think back upon the time when you were a small child and enumerate all the good things that ever happened to you. Write dates of these happenings on the opposite side. Then take the other sheet and write all the very unpleasant things which happened to you as near as you can remember and include the dates or periods of time in which they transpired.

In analyzing what you have written, you will begin to see that there is a pattern to these happenings, of places, and time. This will assist you in being able to see either in moments of flashbacks, dreams, or feelings some of the past life experiences involved that are currently influencing the present and by doing so will provide an answer to the reasons for present life happenstances.

GOOD THINGS THAT HAPPENED TO ME AS A CHILD	DATE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

BAD THINGS THAT HAPPENED TO ME AS A CHILD

DATE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

8. List your fears and obsessions.

Do you have an irrational fear you can't pinpoint to anything that happened in your current life? Then the answer may lie in a past life where something happened that caused you either great pain or to lose your life.

Writing your fears down will help to objectify what it is and help to get the answer perhaps in a dream, flashback, or realization.

Begin by writing down your fears and phobias no matter how seemingly insignificant. For example, fear of heights, water, the dark, people, earthquakes, tornadoes, traffic accidents, knives, etc. If more comes later, write it down.

Next write on a separate piece of paper a list of your lusts and obsessions. For example, alcohol, drugs, sex, food, or any other outside stimulus you find hard to resist. Re-read and add if necessary. This will again assist in objectification of past life experiences and trauma. For example, you eat too much; perhaps in another life you starved to death and now in this life you are trying to make up for it by making sure to eat (more than you need).

Conclusion:

These tools are given in the hope that you may not only discover some of your past lives and past life experiences but that you may achieve healing of current life indispositions and negations. And notice no regression techniques were included as most therapeutic results can be accomplished through one's own effort.

Overcoming current negation takes place during the realization-acceptance process resulting in the rectification of a negative experience; the experience from the past has now been put out-of-phase with the present and mind/body healing results. The energy that was once this experience becomes (a polarized) part of your Higher Self and can no longer influence you in a negative way. This is considered spiritual growth and over the course of many lifetimes, you will gradually evolve into higher planes of existence and will no longer need be attached to this material world of karma.

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The Chart of Self-Mastery

Objectifying Fears, Phobias, and Defense Mechanisms

After you have completed “A Personal Appraisal of Self,” you are prepared to begin the “Chart of Self-Mastery.” We suggest that this chart of self-mastery be used for three months. On the left side of the chart you should list your phobias. This takes very careful thought. Think about whether or not you have acrophobia, the fear of high places, or other phobias. In your own words, list the various fears that you may experience. Be very honest and give yourself the benefit of the doubt. If you are not quite sure, put it down anyway.

Next, you will list what are called reflex or defense mechanisms, such as anger and criticism. Do you nag? Do you blame the infinite or others for things that happen to you? Are you critical of your neighbor or friends? List other traits of character that you have and of which you are not particularly proud.

Sigmund Freud listed man, in his emotional complexes, as having an ego composed of the structures of self-esteem. One’s pride in himself and in his way of conducting himself is the ego structure that is attached to people who have a false sense of superiority.

List these various reflexes as they come to you: the things of the ego, the submerged qualities or even the extroverted qualities of ego structures. They are all placed in this category.

Going through the ordinary course of each day, before we retire to our beds at night, we shall take out our chart. We shall carefully go back through the hours of the day until the time we awoke that morning. We shall use a little code opposite each one of these little emotions that come to us during the day. If we give way to this expression of emotion, we shall put a little “O” in that box for that particular day. Inside that box, we can enumerate the number of

times we succumbed or gave into that particular reflex. If we become angry three times during the day, we should place opposite anger the “O” with the number three inside it; and so on, down through the list.

You should use the same code where the phobias are listed. In addition, we shall go out of our way and make it a point to find out from time to time just how these phobias are behaving. We shall refer back to our original chart of life as to how and where these phobias occurred, or how they were strengthened or were fortified by psychosomatics.

If we are really careful and quite analytical in going along with this chart, and above all, if we are very honest, we shall see that by the time we get past the first month, the “Os” are gradually disappearing. In their places we have “Xs,” which means that we have developed a resistance reflex. When we begin to feel our temper slip, we shall automatically reflect by seeing ourselves putting the “O” in the box for that temper. Then we shall not give way to the emotion of temper.

With perseverance and honesty, within the three month period, we shall see that the “Os” have largely disappeared. Now there is a nice array of “Xs,” showing that with our awareness of these character traits, we are developing a very strong resistance to them.

By recognizing the sublimated characteristics of ourselves, and directing the powers of our superconscious intellect inwardly upon them, we will cancel or rectify the negative vortexes within our psychic bodies. The awareness of these negative conditions will provide the knowledge necessary to attain clearness of mind and thereby the joining of self with Infinite Intelligence!

