

# REVIEWING PAST LIVES

In today's words of hustle and bustle, cell phones, computers and other technology it becomes a challenge to find the balance in our lives. Especially the inner and outer world balance. Often our minds are racing so far ahead of our bodies it is hard for our bodies to catch up with our minds and de-stress.

No wonder the self development/spiritual growth industries are growing so fast. They provide a way for people to help themselves and de-stress.

Within the industry there are many facets a person can look at, to improve their life. One very interesting facet is reviewing and healing past lives. Reviewing past lives can be very helpful to us in this life not because of who you were although that is often really interesting. It is all about how it is affecting your life right now.

Most of the major issues a person has in their current life will have a past life/s influence. Healing past lives is not all of the solution but is part of what is needed to help a person to heal and move ahead in their life. Have you ever been to a new place and it felt so familiar like you had been there before?

Many people have experienced this in their travels and some have even known where to go and how to find places without knowing how they can do this. Others just have a deep sense that they know the place.

Previously in a psychic reading I myself was told that much of my wisdom and knowledge had come from lifetimes spent as an American Indian and that when I travel to New Mexico (which I was planning to do) it would feel like I had come home.

That day came when I landed at the airport at Alberque New Mexico. Walking out from the aeroplane along the corridor I felt very strange as I stepped onto the down escalator tears suddenly came streaming down my face! It was as if someone had turned a tap on behind my eyes. I felt highly embarrassed trying to wipe away the tears while still clutching my

cabin baggage. I must have been quite a sight! I was not expecting that to happen. In all my 3 and a half years of travelling overseas that would have to be the strangest most unexpected moment. I felt I had truly come home!

Much of the past life work done by therapists is not about reconnecting with a place like in my experience but so often it is about trauma left from a traumatic death in another life or decisions made that do not suit us now. Negative beliefs from our experiences, it is like a tape recorder is stuck on play and won't switch off even though the lifetime is over.

One issue with the subconscious mind is that it does not register time; this creates the illusion to the sub consciousness that the lifetime only happened a short time ago, like last night. You can imagine this makes the events and emotions of a lifetime feel very real to the sub consciousness. There for the trick is to convince the mind that some time has elapsed and maybe 3 or 5 lifetimes have gone by, and you are in fact dead and gone from that lifetime, so it is no longer relevant to you.

Similar issues tend to repeat themselves in different ways over a few lives, and then it happens again in this lifetime. The events and their emotions sticks together and stack up on top of each other and form something known as a time conglomerate.

An example of this could be a man with anger issues who thinks life is unfair to him. Perhaps 5 lifetimes ago he rotted in jail for a crime he did not commit, and 3 lifetimes ago he was taken from Africa to America by slave traders, and treated badly and died as a slave. When he was born in this lifetime he had a father that was alcoholic and treated the family horribly. Around 25 years of age he was unfairly sacked from a job he enjoyed. All these events and their emotions are stored together forming the time conglomerate, creating a huge backlog of anger and frustration for the man, often the anger would be way out of proportion to what he would be angry about in this current life.

Past life issues can strangely occur when a person reaches a certain age in their life. All of a sudden they have some unexplainable fear that they never had before. This happened to one of my clients who I will call Jan.

Jan came to see me with the issue that she could not drive over bridges in the car anymore. Jan was 35 years old and had been driving since she was 16 and had always driven over bridges and had not had any car accidents.

The day after her 35th birthday Jan was driving home from work she came round the bend and looked at the bridge in front of her. All of a sudden she had to pull over she was shaking with fear and felt freezing cold at the thought of crossing the bridge, she thought she would crash and die. The fear was so bad she had to call her husband and get him to drive over the bridge for her. The problem has persisted ever since her 35th birthday. This fear was creating havoc in her and her family's life as she had to cross bridges everyday to get kids to school and go to work.

During the healing session a past life came up to be reviewed. In that lifetime she was a woman and when she was 35 years old she died when the train she was travelling on crashed off a bridge. The bridge had been partly washed away in flood waters, but the train driver did not know about it and could not stop in time. As I cleared the trauma and fear of the lifetime out of her meridians and her auric field, she began to feel better even thinking about crossing bridges.

Jan rung me 3 weeks later to tell me she had crossed bridges 10 times with no problems. Jan and her husband were over the moon and they have had great respect for past lives ever since.

In the self development industry, past lives play an important role in today's fast paced society. People have the need for past life therapy so they can improve their lives by clearing away strong emotions, irrational fears, negative thoughts and heal life issues.

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