

LIFE BEFORE LIFE

How Soul Agreements Direct Our Destiny

By Carolyn Gervais

We are attracted to another person at a soul level not because that person is our unique complement, but because by being with that individual, we are somehow provided with an impetus to become whole ourselves. — Edgar Cayce

The only source of knowledge is experience. — Albert Einstein

All life is an experiment. The more experiments you make the better. — Ralph Waldo Emerson

Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts. — Paramahansa Yogananda



For my husband Doug, my tireless supporter, devoted confidant
and never ending inspiration.

For our children who embody what it means to seek
self-awareness.

For my precious sister Sandy who always encourages me.

For all the inner guidance from the Creative Source.

And for all those searching for the path to their true destiny.



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INTRODUCTION

I feel that we enter the Earth in a specific environment that affords us experiences that have the potential of shaping us into who we want to become as our consciousness evolves. There is an energy space between our perceived death and birth; I will call life before life. In that state of being, we are given an opportunity to create a soul plan, including soul agreements with those we will meet that will help guide us in our next human sojourn.

Many interpret the existence of past lives as indicators of our supposed wrong choices or mistakes. However, the trauma and circumstances we endure because of those perceived missteps are opportunities for growth rather than punishment. As humans we forget our true nature and can be blinded to the journey of reaching our soul potential. Our soul agreements, whether or not we are aware of them, will be used to awaken us to our true soul nature and purpose.

In this book, I use my life experiences, and bits of past clients and family members' lives as well, to serve as examples of how we direct our destiny in order to find our way back to whom we really are as souls.

From the moment I was born I felt like an alien or some kind of misfit. There was an inner part of me that did not resonate to the outer reality. As I opened to possibilities other than what was right in front of me, I learned that it was my life challenges that would awaken me to my purpose; my "soul plan." Without the pain and sorrow I would not have had the motivation to become part of the world or become an advocate for evolving conscious awareness. I have learned through the experience of my own Soul Path Plan that once we become aware of its existence we can be a better co-creator. We can learn to resonate with God and our path and in so doing will find that life can become easier.

Our souls are like our own internal navigation system that continually attempts to guide us down paths of soul awareness. This cosmic GPS is infallible if we learn to pay attention to it. It will always lead us through the unknowns of our lives. Perhaps sharing my story will help you see this more clearly and also help you find the purpose in your own life.

My Early Life as I Remember It

For most people a mother is the first center of the universe. For a girl a mother is the reflection of what a daughter hopes to become. My mother was a beautiful woman who loved the idea of looking like a movie star. She knew what kind of clothes would give that illusion even when they didn't cost much. Although it is in hindsight that I know we weren't rich, one would never have known by the way my mother carried herself on and off the stage. My mother sang country music much of her life and loved the lime light, especially when she was a singer and standup bass player on a regular weekly TV show, when I was little.

My dad was a well-known trumpet player in our hometown in Arizona, who was acting out his dream of being famous; at least as famous as he could become on a local level.

These were my role models and they set the tone for a glamorous style of life—because they felt entertainment was the family's way to carve out a niche in the world.

That is why I began singing with my twin sister, whom I will call Colleen and my older sister Sandy; when Colleen and I were ten and Sandy was fourteen. My twin and I had a knack for hearing second and third part harmony by ear, and had most of it figured out before our music teacher father, could finish pounding it out on the piano.

In high school I was in a girls' trio with Colleen and a girl named Jean, whom we met in our chorus class. In our senior year we won first place at the Arizona State Fair talent competition. The prize was a trip to New York to audition on a popular, national television talent show. As it turned out, much to my horror, fate had other plans for me.

An unexpected pregnancy at seventeen crushed my chance at early fame. I was heartbroken because singing was really all I knew. It was a necessary part of me that had to be expressed but I had to put it on hold for some years, for my child.

Singing was the very best of me at the time, because it allowed me to share my heart and soul in a way that was accepted by others. Although I thought I kept them well hidden, I had terrible and deep insecurities. At that time in my life, I believed that singing made me a person instead of a non-person; somebody instead of nobody.

If you looked at my resume from my younger years, you never would have guessed I was headed for a career in the Metaphysical aspect of Spirituality.

I revitalized my singing career some years later, going out on the road with several touring show bands; one of which included a magic show with

me disappearing while inside a crystal casket. I sang with big band orchestras, rock and roll and country groups, top 40 and variety bands, even did harmony with legendary country singer, Hank Thompson.

It's plain to see show biz was in my blood and I wanted to be part of it. That desire took me down many other avenues in the world of glamour. I did make-up for television and movie stars, models and celebrities, including: Jewel, Sheena Easton, Lesley Gore, Bill Medley (Righteous Brothers) Jack Jones, Tony Bennett, Tommy Smothers, Rich Little, Penn (Penn & Teller) Carrot Top, Susan Anton, Grace Zabriskie, Tony Curtis, and all the guys in Thunder Down Under. I was a model myself; talent for photo shoots, and TV commercials; did voice over work for TV and radio commercials; recorded jingles for well-known companies; and was a guest twice on a national TV talk show hosted by Dick Clark. Even with all this, I was at best, almost famous.

All the years I spent in those glamorous types of jobs, I never was content or happy for long. I didn't know how to be devoted to who I was as a spiritual/metaphysical searcher yet, and at the same time, work in an atmosphere of falseness, coldness, superiority, and still be true to my deepest longing of understanding myself and what created me, life and the universe. Not being comfortable in the shallowness I felt around me in the entertainment world, I was once again like an alien.

I felt the sense of being different but attributed it to something outside of myself. I loved entertaining and the glamor but there was something I never liked about this way of life. I now believe I had to experience this world of glitz in order to be thought of as successful in the eyes of others and myself.

I know now, that my soul and inner self created these situations in line with a plan created during my life before life. It was meant for me to go out into the world and be with people that I didn't relate to spiritually or physically—so that I would learn about human nature and possibly understand as many kinds of people and experiences as I could. All my worldly encounters are pieces of my life that I have dissected and analyzed, to better understand what each part played in who I have become and am still becoming. As each of these parts connect as a whole, I gain a different perspective as a larger picture of life, the universe and me is revealed.

Everyone experiences an individual path to awakening. Self-awareness brings with it compassion and love. When we see the pain in our self and can face its origins, it is inevitable we will see the pain in others. Compassion and empathy create a vibration of healing that permeates those around us.

Life has its many challenges without considering the energetic levels.

However, energy is very real and people who are sensitive to it can experience depression as a normal way of life. It is influenced by neurochemistry but most of us do not consider the energetic influence we all have on one another.

When we are already sensitive to energy like I am, the environment of one's upbringing can exacerbate this sensitivity with added experiences of mental, physical and emotional abuse, which have been a big part of my life. This included long periods of depression, confusion and suicidal thoughts, making my life seem unbearable at times.

Thankfully, my depression became the driving force that pushed me to demand the answers I needed or end my life. I don't think we are aware of the inner resources we have until faced with this sense of life and death; whether literal or simply a sense of hopelessness. This bottoming out experience is often considered a miracle; a beginning to awakening.

Finding Answers

Most of my answers come through vivid dreams, meditation, deep contemplation, writing, counseling and mystical experiences. These involve memories of other incarnations, including alternate realities, heaven like realms, and miracles of all kinds that have given me knowledge, hope and insight.

The following is a prophetic dream I had, showing me how I must look at life and live my life, in order to finish what I came here to do.

Die By Trying to Live

I awoke from a deep sleep in what I thought was my king size bed. I wondered why there were no sheets or pillows. I felt the bed moving; sat up startled by that sensation and saw that I was in the middle of the ocean on a floating mattress. There wasn't anyone in sight. The sun had set and nightfall was coming soon. I looked toward the shore and saw land far in the distance, void of life and people.

The wind picked up and the waves were getting bigger as they moved toward shore and backwards, pounding the mattress and me. I knew I had to get off the mattress before it became water logged and sink with me on it. Lying on my stomach, I faced a corner of the mattress, so I could put at least one arm as deep as possible into the water and paddle. It didn't work because my arms were not long enough to go as deeply as needed; the mattress was too thick. I knew I'd fall off of it and not be able to get back on if I tried to use my arms as paddles.