

School of Intuition

PAST LIVES EXPLAINED



Frequently asked questions about past lives and how
to tell if you have lived before.

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Contact Dr. Lesley through her website's reservation page.

FASCINATING CLUES YOU WERE HERE BEFORE

If you are wondering you were here before then these top 5 clues will help you investigate further.

1. Past Life Dream Recall

Have you ever dreamed you were in a different body?

Does any of this sound familiar?

In your dream you...

- ☐ Were a man today but are female now or vice versa.
- ☐ Were doing things in a different period of history.
- ☐ Wore old fashioned or foreign clothes.
- ☐ Spoke and understood another language or dialect.
- ☐ Stayed in a different house or not in a house at all.
- ☐ Lived in a different city, town or even country.
- ☐ Held different beliefs and adhered to strange customs.
- ☐ Did a different job or did things you do not usually do.

All of these types of dream experience can be an example of past life recall.

2. Visiting an Unfamiliar Familiar Place

Have you ever visited a new place where you haven't been before, perhaps on vacation, where any of the following occurred:-

On your trip you...

- ☐ Recognize the place even though you have never been there before.
- ☐ Have an uncanny knowing about how to get around without a map.
- ☐ See buildings, statues, streets, parks and other things that are very familiar.
- ☐ Find the more modern sights and sounds to be alien and out of place.
- ☐ Know some of the historical events that happened there without knowing how.
- ☐ Imagine you knew some of the historical characters you learn about on your trip.
- ☐ Feel like you fit right in as though it wasn't foreign at all.

These types of experiences can all be examples of past life recall.

3. Meeting a New Old Friend

We tend to incarnate in soul groups. This means most people who have a significant influence of whom you spend time with are people you have known in past lives.

Here's a few examples to look out for:-

- ☐ Have you ever met someone for the first time and felt like they were an old friend?
- ☐ Did you ever have an instant and inexplicable dislike or revulsion towards somebody new?
- ☐ Is there someone you know who you can't trust no matter what they do or say despite their being no evidence of anything untoward?

You may be recognizing someone who you have had positive or negative experiences with in a past life.

4. Childhood Memories

Some young children remember their immediate past lives.

There are many documented cases where children have been able to tell their parents where they lived and who their old family was. Even to the point that they recognize their old family members and have information that they could not possibly know unless they were the deceased relative.

This tends to be more prevalent in the eastern cultures than in the West. Simply because reincarnation is more widely accepted there. Still think back to when you were a child.

Did you...

- ☐ Feel funny about your name and want to be called something different?
- ☐ Take a while to get used to your male or female body?
- ☐ Actually have real memories of being someone else that faded with time?
- ☐ Have a fascination with another country or culture?
- ☐ Feel like your parents weren't your real parents?

These can be clues that you haven't yet adjusted to the new incarnation and have carried over memories from a past life.

5. Irrational Fears, Especially of Dying

Do you have an irrational fear.

Such as...

- ☐ Drowning.
- ☐ Heights.
- ☐ Burning alive.
- ☐ Being buried alive.
- ☐ Knives or other sharp objects.
- ☐ Being killed by someone you know.
- ☐ Dying in childbirth

One possible explanation, when all others have been eliminated, is that this is how you died in a past life and the trauma of the experience has carried over.

6. Inexplicable Crushes

We've all heard of love at first sight. This can be due to a strong attraction that goes beyond the current life time.

But what if you have...

- ☐ An attraction to someone you do not know and can never expect to meet?
- ☐ A celebrity crush that just won't go away?
- ☐ A fascination with a TV personality to the degree they feel like family.
- ☐ An obsession that is odd to others, but strangely comforting to you?
- ☐ Been watching the career of a sportsman, politician or singer with the same focus as you would your own child?

Sometimes (not always) these types of experiences can actually be explained by past life connections. While it isn't on the agenda this life to meet them you still connect with their presence and their energy because it is so familiar to you.

TOP 10 BENEFITS OF KNOWING YOUR PAST LIVES

A past life reading can be empowering & help you:-

1. Clear Stuck Beliefs

A past life reading can help you shift stuck beliefs and stuck concepts you are holding in your current life that are barriers to you creating the life you want. For example, you might believe being in a male body is better than a female body. Next time you create a female body you may create a dominating father and husband to help you transcend that limiting belief. with a During the Past Life Reading, we identify and use past lives as opportunities for healing and transformation. The ultimate benefit is that you become clearer about your current life and path.

2. Heal Unresolved Emotions

Unresolved emotional issues stop you creating the current life you want. A Past Life Reading can help you transform and transcend these difficulties because it helps you understand them from a broader spiritual perspective'.For example you may learn how to accept yourself and others by experiencing being an abuser in one life and a victim in the next. Or you may learn to balance giving and receiving by being a physician in one life and a patient in another. Having this broader spiritual perspective can be useful in putting current experiences into context.

3. Access Abilities You Developed in the Past

It can help you to draw from your spiritual legacy. You may have developed strong capabilities in the past; finding out about them helps you validate these abilities in the current life. Perhaps you were a dress maker for Queen Elizabeth I in a past life. Nowadays you are a seamstress and obtain a contract to create period costume for a movie set in Tudor times. Or you are an engineer with a passion for herbs and you discover you were an Amazonian shaman who used herbs in healing. The possibilities are endless. But this knowledge could be just what you need to encourage you to take the leap and go in a new direction.

4. See Life from a New Perspective

You may spend many lifetimes focused on a specific area of expansion. Each life scenario may view the same issue from a different angle and provide a new perspective. It can really help to gain a new perspective on your challenges. For example you may be feeling judged and discover you were a judgmental matriarch in a past life and a forgiving priest in another. Having this broader spiritual perspective can be useful in putting current experiences into context.

5. Better Understand Difficult Relationships

You might have a difficult relationship with one of your family members that can be explained by delving into your past lives. Perhaps your child was a spouse who abandoned you in a past life and this explained why you limit their independence in the current life. Or you really don't trust your boss and find out he used to be a slave trader who sold you into slavery. Knowing there is a past time explanation for your behaviors and suspicions can help you let go and relate to people in present time.

6. Recognize Your Soul Mates and Soul Group.

We tend to incarnate in groups. So you have known most people in your life today in past lives as well. The relationships shift and change. So your husband today may have been your grandmother in another life. Your boss could have been your parent. Your child could have been your boss. While the relationships change the goal remains the same to help each other grow as much as possible through relationship dances we do together.

7. Know Your Souls Purpose for the Current Life.

Your soul had a purpose for creating the life you are living now. Being able to put your life in the context of that bigger picture can be very helpful. It can take the pressure off when you realize you have an eternity to play with. You never stop and you never get it all done. You just keep creating!

8. Release Old Patterns and Adjust Your Energy.

You might have had a pattern of giving away your power or not taking responsibility for your actions that has limited you over many lifetimes. The current life could be the culmination of that growth cycle. Where you transcend those limits, release the old patterns and learn to use your energy in a new way. You might take back your power. Or realize that taking responsibility for your creations is a great step toward creating a more empowered and less victimized life.

9. Validate You are an Eternal Spirit.

Realizing you have lived before opens your consciousness. If you thought you were your body, then become aware you lived before, you will start to ask questions. You will say it cannot be true that you are just your body and ask "who am I really?" You will look for the constant part of you that creates all these different bodies and find your true divine and eternal nature.

10. Discover Why You Like Certain Places and Historical Times.

There may have been some strange curiosities that never made sense to you before. Such as why did you always want to visit Rome? Or why are you so attracted to Africa? What is it that makes you so fascinated by the Mayans or the Ancient Egyptians. Why do you have an unwavering belief in Lemuria and Atlantis? Your strange fascinations could be explained by having a past life reading.

THE PURPOSE OF PAST LIVES

You are a being of consciousness who chooses to create bodies in physical reality because it offers you growth and expansion.

The illusion of Time

From your souls' perspective there is no time. All your lives are being created & lived simultaneously. You create experiences within the matrix of time and space that best serve your needs and desires. You can even create multiple lives within the same period of history. This is actually what a real soul mate is. From your perspective in the body personality embedded in a specific point in time and space, your other lives appear to be past, future and parallel lives.

What Are Past Lives?

Your past lives are projections of consciousness from your soul into physical reality. You are not your physical body. You are spirit. Your current life is a projection of your consciousness into the world of form. We create multiple experiences in physical reality in the guise of many lifetimes so that we can grow and expand.

The Purpose of Past Lives

Physical reality is limited by time and space so we can get really focused in a way that is not possible in spiritual reality. Spiritual reality has no limits. It is not a place and there is no time. Everything exists all together as a whole in a state of oneness. There is no separation – just one totality. Some of us choose the experience of physical reality to separate from the oneness to expand consciousness.

Soul Lessons

A soul may spend many lifetimes learning a specific spiritual lesson. Each life may view the same issue from a different angle and provide a new perspective. These experiences and perspectives help you grow. As you are a unique part of the cosmic consciousness your experiences of reincarnation also helps expand all knowledge for all beings.

Physical Challenges

As an eternal being of pure consciousness, you create in multiple realities and dimensions. Physical reality experiences can be most challenging. As you may forget who you are and become embroiled in the density of physical matter. By rising above the layers of illusions you can live each life from a fully conscious perspective. If that doesn't happen then you may remain in ignorance and have the opposite experience.

AKASHIC RECORDS EXPLAINED

If you are interested in past lives, then it is likely you have heard the term Akashic Records. Akasha is a Sanskrit word meaning ether. Akashic records are a recording of the entire cosmic consciousness. They contain all past, present, future and probable events in all realities. Past life information is accessed from the Akashic records.

The Mind of God

The Akashic records are sometimes referred to as "The Mind of God." This is because they contain a repository of the knowledge and experiences of all existence. That includes this planet, all of its life forms, including human beings, as well as all other beings and realities. To help with perception, some people like to imagine the Akashic Record as a library with each book representing a lifetime. Others like the idea of a computer with all your info stored in the hard drive.

The Pulse of Consciousness

Akashic Records are also referred to as the "Hall of Records." Another way to conceive of them is not as a physical library but to think in terms of an energy library. Every intention, thought, action, deed, emotion and response puts out an energy emission. Once that energy pulse is emitted it cannot be taken back. It always exists and is travelling through the universe for eternity.

Many Books of You

Your personal records contain your soul's journey, from when separated from Source until your eventual return home. All of your thoughts, actions and desires are woven into the fabric of this great tapestry, including those of your past, present, parallel and future lifetimes. Each person is responsible for their thoughts, deeds and actions while alive in a body. Once a lifetime is over they review their book of that life and all personal records: what has been done, what is left undone and where their energy is propelling them to go next.

Planning Each Chapter

You are guided by beings of light who have the big picture of all your existences and creations. They help you plan each incarnation based on your personal records. They also accompany you through your life journey helping you stick to your plan for what new experiences you wanted to lay down in the annals of time. This plan for your life is also part of the Akashic Records and can be accessed consciously by you directly or through your guides or an experienced intuitive mentor.

Reading Your Akashic Records

The Akashic Records can be accessed by an experienced intuitive reader. Accessing the information for a Past Life Reading can be just like watching a 3-D movie. However, there is even more information. Such as how the people involved are feeling. An experienced reader can scroll back through time, fast forward and pause for more information on important events.

REINCARNATION & KARMA

Reincarnation is the term used to describe the cycles of birth, death and rebirth experienced by souls who take on physical bodies. Karma refers to the forces of cause and effect that influence their incarnations.

Breaking the Cycle

Learning to accept yourself and your life exactly as they are is an important step. When you are not accepting you are resisting, judging or blaming. That keeps your energy tied up with what you judge. Being neutral about your life and creations and not having expectations or being attached to a specific outcome will also set you free. While you expect things to go in a certain way you are directing the freight train. While you are attached to an outcome you are choosing to get on the train.

What is Karma?

Karma is a Sanskrit word meaning "action". Also known as the law of cause and effect, the belief is that every intended word, thought, or action creates an imprint which at some point will be reflected back as either a positive or negative experience. Think of it as a kind of freight train. How much energy you have tied up in a particular set of beliefs will determine which train you take and how fast it travels in a particular direction.

How it relate to Past Lives?

The consequences of your thoughts, deeds and actions may occur in the present life or in a future lifetime. This means that you can be influenced now by thoughts and deeds you had in the past. While it is true that you create your reality through your beliefs and desires. It is not true that you have no choice in this. Whatever life you are living today, you created it and are now choosing it. If you are creating similar circumstances and beliefs in this life as in a past life it is by choice to continue expanding your experience in a particular direction.

Cycles of Death & Rebirth

A shared purpose of humanity is to learn to be consciously awake and aware while in a physical body. To do this we must tame the ego, which separates us from Source and feeds us into the karmic cycle of death and rebirth. Once the ego is tamed then the soul has a choice whether to be reborn. Souls who have broken this pattern can choose to be born as a spiritual teacher and help others heal. Having a teacher who is able to help you see the beliefs, thoughts, judgments, emotional and behavior patterns that limit you and keep you stuck is a great blessing.

RELIGION & PAST LIVES

Some modern religions accept reincarnation. Some do not. The original teachings from which they came accepted the concept of reincarnation.

Sikhism

Sikhs believe in reincarnation and that a person's soul may be reborn many times as a human or an animal. For Sikhs death is not the end. The body is just clothing for the soul and is discarded at death.

Agnostics and Atheists

Some agnostics and atheists believe in reincarnation. As they say belief in being born more than once does not have to be linked with a belief in God or religion.

Christianity

Christianity removed the belief in reincarnation from their doctrine during the sixth century BC. The bishops were under duress from the Roman Empire at the time as several popes had been murdered for supporting this belief. The bible was rewritten and old copies were destroyed at this time. The fifth ecumenical council cited the following beliefs as abominations: preexistence of souls; spirit existing without a body; unity of all souls with God; inter-connectedness of all souls through energy.

Islam

Modern Islam teaches the purpose of each life is to encounter God. It defines the soul as part of each specially-created individual in a physical body and says nothing can change that. The soul cannot be detached and move on to another body and its memory, cannot be transplanted into someone else in a later generation. Yet Muhammad was said to have lived many lives before his enlightenment and there are passages in the Quran that validate reincarnation. Such as "God generates beings, and sends them back over and over again, til they return to him."

Hinduism

The Hindu traditions assert that the body dies, but not the soul,. The soul is the eternal reality, is indestructible and exists in a state of bliss. Everything and all existence is believed to be connected and cyclical . All living beings composed of two things, the soul and physical matter. The soul does not change, but the body and personality constantly changes, is born and dies. Good intent and actions lead to good future, bad intent and actions lead to bad future, impacting how one reincarnates, in the Hindu view of existence.

Buddhism

Buddha believed in reincarnation and in the existence of an afterlife. He also said that karma influences rebirth, and that the cycles of repeated births and deaths are endless. The Buddhist notion of reincarnation is like the idea of the flame of a dying candle lighting up another. The consciousness in the newly born being is not identical to nor completely different from that in the deceased but the two form a continuum of energy. In Buddhism the cause of rebirth is the abiding of consciousness in ignorance about the nature of reality. When this ignorance is uprooted, rebirth stops

Jainism

Jainism uses the concepts of reincarnation and deliverance. When a being dies the soul (goes to its next body instantly. This body may not be human or even animal. The quality of its next life is determined by its karma and mental state at that time. A being achieves deliverance when it is free from all karma. This is different to being enlightened. An enlightened being does not achieve deliverance until all the non-harmful karma has expired. During this time it continues to be embodied and can live in the world. A delivered being cannot attract any harmful karma nor do anything bad. They have perfect knowledge, and happiness.

Judaism

Most Jewish groups acknowledge reincarnation as a valid teaching. The Jewish mystical text, the Kabbalah teaches about soul cycles and says "The soul of Moses is reincarnated in every generation."

PAST LIFE FREQUENTLY ASKED QUESTIONS

It is fascinating to learn who you were in a past life. It can be comforting to realize you don't have to do it all & get everything right this time around.

What if I Discover I Was Someone Famous?

This is rare, but does happen on occasion. Most lives that come up in a past life session are fairly ordinary and cannot be verified by historical research. Sometimes a well known figure from our historical record or a person whose life can be verified by research does come up though. This is always exciting and validating. However, it is important to watch your ego doesn't attach too much importance to the fact that you used to be The Queen of Sheba or Gengis Kahn. As this is NOT who you are now. While you are related like a brother or sister, you are a completely different personality, with different goals and lessons this time around.

What is Past Life Regression?

Past life regression enables you to experience your past lives through hypnosis, guided by a therapist. Not everyone can be or wants to be hypnotized in which case a past life reading may be more suitable. The process of past life regression usually takes longer and therefore can be more expensive than a past life reading.

How Many Past Lives Do I Have?

Each soul has unique path and so a unique number and variety of lifetimes are required to fulfill that path. I have seen many hundreds of my own past lives on Earth stretching back to the beginning of human existence on this planet. Most of my clients are similar, although I have met some who were younger souls or were old souls, but new to the Earth. It is said that the Buddha had anywhere from 500 to several thousand lives before he reached enlightenment. According to the readings of Edgar Cayce, Jesus experienced 30 or so lifetimes before becoming the Messiah.

How Can I Remember my Past Lives?

As one progresses on the spiritual path the natural unfolding of spiritual gifts can open the ability to see other lives. The Buddha is supposed to have remembered all of his previous lives once he was enlightened. However, many spiritual teachers advise against paying too much attention to them, as they can become a temptation for the ego and can distract you from your current life circumstances. If you discovered you were a great leader in a previous life it might stop you being open to new information in the current life. My approach is to focus on past life scenarios that are useful for healing and transforming current life situations.

Why don't I Remember Any Past Lives?

Most people do not remember their past lives. It actually would not make sense for you to recall everything about all of your lives while living this one. Just think of how confusing that would be. Most information from your other lifetimes is not relevant to this one. You need to focus on what is occurring in the here and now. In fact many teachers advise against focusing on past lives because it might distract you too much from your current path and purpose.

As explained previously, past life memories are more prevalent in cultures with a belief in reincarnation. Some people do have experiences that stimulate their curiosity. Such as a *deja vu* experience in a place being visited for the first time, a meeting with someone new who feels like an old friend or a dream where they are in a different body or period of history. All of these can be genuine experiences of past life recall.

WHAT HAPPENS IN A PAST LIFE READING

A Past Life Reading is a review of your incarnations & provides information about them. You will sit , relax and receive information

Past Life Reading Explained

Someone, who is able to see spiritually, looks into your past lives and provides information to you about them. The past lives emphasized during the reading are relevant to your current life and help you make sense of present time experiences and beliefs.

You Will Get to Know Yourself Better

Lifetimes emphasized in the session are relevant to your current life & help make sense of present time experiences & beliefs. Past lives are used as opportunities to heal, transform & to help you get clearer about your current life path. This session stimulates growth & has a positive impact on you now.

Your Energy Will Shift

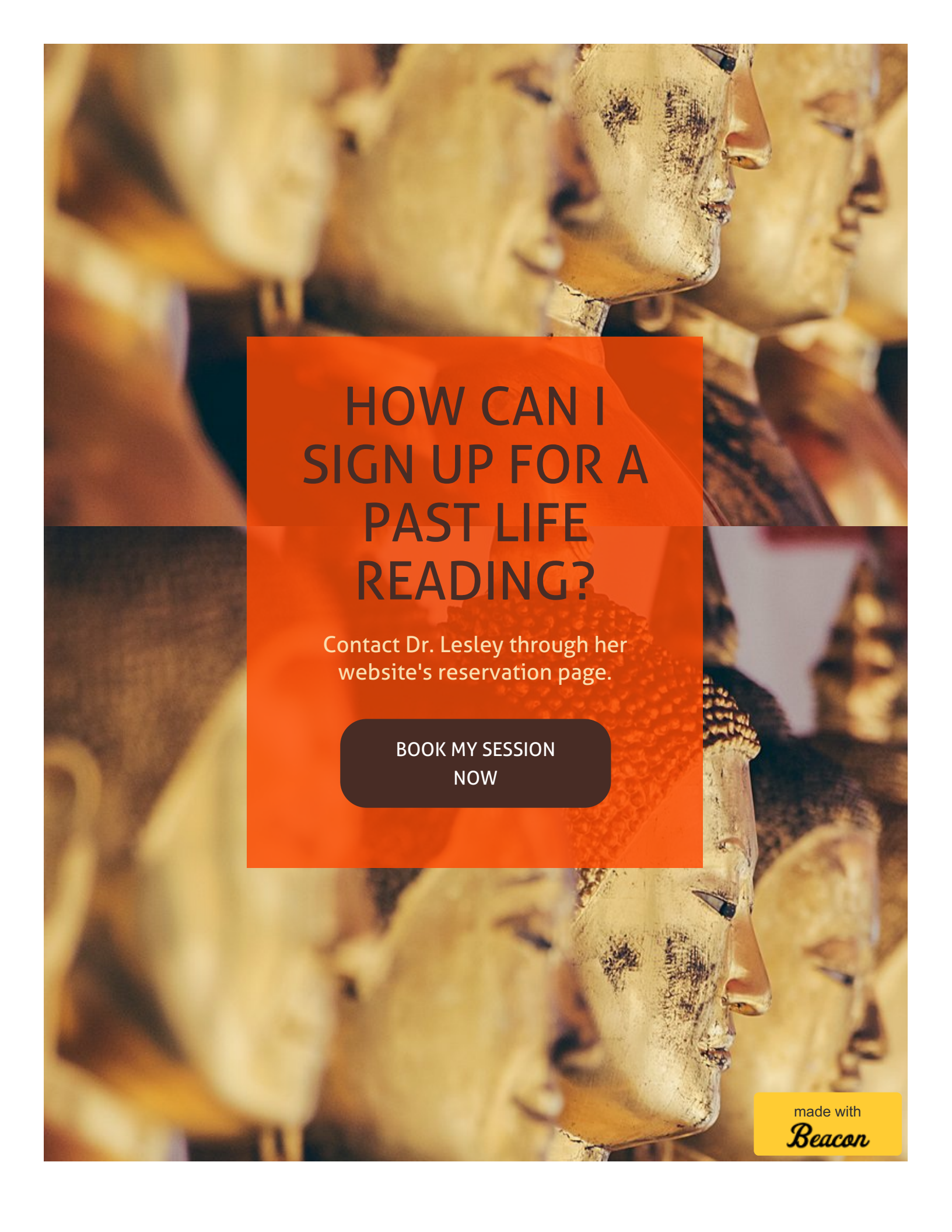
A Past Life Reading will stimulate your spiritual growth and have a positive impact on your present life. How you use the knowledge of a past life depends on you. Some people adjust their energy fields, shift beliefs and release old patterns during the reading. Others take time to integrate the information.



Your Growth Will Continue

Your growth will continue after the reading. Some changes take longer than others. For some people the changes happen unconsciously and for others it is conscious. Many past life readers will record your session so that you can listen to it many times. Each time you listen will bring a new perspective and can continue the healing.





HOW CAN I SIGN UP FOR A PAST LIFE READING?

Contact Dr. Lesley through her
website's reservation page.

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