

How To Uncover Past Lives In Your Sleep

Andrew Parr

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When you close your eyes and fall asleep each evening, your conscious, everyday, busy mind shuts down and allows you to rest. If you have trouble getting to sleep, it is usually because this busy mind still has too much to think about.

When you do get to sleep, however, as the conscious you drifts into sleepy oblivion, the inner you is then more free to come to the surface. The dreams, images, feelings and experiences that you sense on waking are generally due to the activities of your inner self throughout the night (or whenever it is that you sleep).

But when you dream, are these dreams all creations of your subconscious? Or could it be that at times during sleep your mind is free to wander and tune in to Past Life Experiences in exactly the same way you would with Past Life Regression?

The simple technique explained here will allow you to explore that possibility for yourself and provide you with fascinating recall on occasion and even give you greater insight into your life, your issues and your search for meaning, purpose and happiness.

Many times you will experience this spontaneously without any initiation on your part, but you can even guide the process to focus on specific issues or areas of interest if you wish – though how specifically can vary quite considerably.

Overview of Process

3 basic stages:

Basic Recall
Expanding/Capturing The Mood
Highlighting the poignant points.

Stage 1 - Basic Recall

If you wake from sleep – either during the night or on full waking in the morning – and realise you've been dreaming, the very first thing you need to do is jot down some key words or phrases that will remind you of the scenes, characters and feelings, etc, so that they are now locked into your conscious mind.

If you have time you can then move onto the next stage straight away, but if not, you will find it much easier to do so later on, if you have these Basic Recalls written down.

Don't try and describe it to someone else at this point because not only are they probably not interested (there is nothing quite so boring as another person's dream) but you will most likely lose the impetus of it if you do so.

Writing it down is a much more secure way of capturing it – even if only in very short note form if you do not have time to expand just there and then. If you do not write it down and simply think that you'll remember it later, it is highly likely that you won't.

How frustrated will you be if you capture a potentially detailed past-life experience on waking, only to let it slip because you could not be bothered to write it down?

Stage 2 - Expanding/Capturing The Mood

If you've read the report "How To Create A Better Life Now By Unlocking The Secrets Of Your Past Lives" you will already be familiar with this process.

What you are essentially now aiming to do is bring those basic recalls to life. The Basic Recalls are like still snapshots that you can step into ... and so become aware of the whole (moving) picture.

If you are doing this soon after waking try to maintain your sleepy state of mind. For example, keep your eyes half closed so that you have a 'half-here, half-there' mentality.

Then begin to write down your experience as if you are still there and 'it' is still happening. Imagine you are stepping into the character within your dream and are writing down a running commentary of your/their thoughts. Put in as much detail as comes to mind.

Pay attention to details such as how you are feeling, your emotions and the general ambience. If you do this with an open mind you may be extremely surprised (and often shocked) at the information that comes out.

Avoid any kind of analysing at this stage. Your sole aim is to tap into the scenes from your 'dreams' and bring them to life as if they were a real existence – because they may just be.

Sometimes you will find that there is only limited information available – other times it will seem as if there are endless streams of details depending upon which direction you focus.

As you write freely and without judgement of the initial scenes or snapshots you may find that the 'movie' then begins to progress and you see what happens next – or the reverse where you suddenly become aware of how you got to that point in the first place.

It may feel as if there is a bubble of energy within you, which contains the memories & experiences you are writing down. As you write, the bubble will gradually deflate until it is finally empty and you have said all there is to say.

Try to make this an unconscious process – as if it is not really you doing the writing, but that you are just channelling the information from somewhere inside of you to an external medium, such as a piece of paper or your PC. If you find you are consciously

having to think about what to write, pause for a moment and allow yourself to drift back deeper into the feelings and atmosphere, etc. When you feel more ‘there’ again and can sense there is another bubble of information building up, start writing again.

If the initial snippet of dream is the doorway, then the more you immerse yourself in it, the more that doorway opens up and expands into the life of a person, with feelings, emotions and memories. Very often it will feel as if you can step through that doorway while half awake, or daydreaming and experience the essence of that lifetime.

Stage 3 – Highlighting the Poignant Points

You will usually be experiencing a poignant event in that lifetime but often it will be actually seem to be something very simple. The interesting thing to note is the language you have used to describe the situations. Highlight or underline any descriptive words or phrases, particularly those relating to feelings, emotions or the general ambience.

If you take out the specific details – place, objects etc – and look at the overall feelings/emotions, you will most likely be able to see some relevance to your current life.

I am not saying that the problems in your current life are being *caused* by this past/other experience – but merely that your mind is using this to highlight them or bring them to your attention. If this is an issue that has persisted through many lifetimes then now, in this lifetime, may be your greatest opportunity to deal with it and break the cycle.

Such past life experiences may also highlight your general frame of mind at the moment, or even bring to the surface issues that you have been avoiding or even are unaware of.

It was me ... but it wasn't me

Have you ever had this experience on remembering a dream? You knew it was you – but somehow it wasn't you, either. Or perhaps you remember someone else being involved, someone you know in this lifetime. In your dream/recall experience you know it was them ... but somehow it didn't look like them.

Could this be an indication of Past Life Recall, where the same ‘essence’ of your personality is simply in a different body in a different lifetime, interacting with someone you know well, also in a different body?

So often dreams can be confusing...people can be people you recognise...but they look different. The ‘wrong’ people can be in the ‘wrong’ or impossible places, or with the ‘wrong’ person. If you begin to consider the possibility that during your sleep you are accessing Past Life Information – and not necessarily just one Past Lifetime either - then the confusing nature of dreams can begin to take on new meaning.

Not all dreams will be past life regressions, obviously. But when you get very powerful or poignant dreams, with the '*It was me ... but it wasn't me*' phenomenon, these may be indicators that you have gone beyond the boundaries of your current existence.

How to Trigger Past Life Recall In Your Sleep

This is quite a simple process though will not necessarily work on every occasion.

Your mind will tend to carry with it the last thing you are meaningfully thinking about as you go to sleep. Bearing this in mind, as you close your eyes before sleep, hold in your thoughts the intention of visiting one of your past lives – *and remembering it on waking*.

This is actually quite important. Your unconscious mind is always busy during sleep but if you wish to become more aware of what it is up to you must tell it that you wish to remember. This has the effect of a hypnotic suggestion.

Think of it as taking a camera with you into sleep, which will capture a snapshot of your most important experience during the night.

As soon as you wake up and realise you have apparently been dreaming, go through the 3 stages described earlier, of noting the basic recall, expanding/capturing the mood and then highlighting the poignant points.

Uncovering 'Past' or 'Other' Lives in your Day Dreams

This is very similar to the process used for sleep recall, except that you are starting from an awake (or half-awake) perspective.

If you find yourself experiencing a feeling or emotion that is causing you to be distracted from the 'real' world in some way, you can allow yourself to drift into that feeling in exactly the same way.

Allow your mind to run wild – let your 'imagination' flow as you write down or daydream from the viewpoint of the persona in your mind. It may seem exactly like imagination – but where is the impetus for that idea coming from? Could it be like a form of other life radio interference, imposing itself on this life? Who knows?

I only know from personal experience that I can seemingly drift into the lives of other characters whose moods I seem to be experiencing.

Problem Solving

The more you do this, the easier and more detailed it gets. You may request experiences in other ways too. For example, you may request a past life recall to help you understand – and solve - a problem you have been encountering.

Or you may wish to experience a past life to help you understand your connection to another person – have you lived together before? What was your relationship? How do those previous existences have a bearing or influence on your present relationship. Not just romantically – friends, colleagues, boss at work etc – all could be related previously in other lives, playing out a drama beyond your current perception.

I'm not suggesting that the root of all your problems lies somewhere in the past in a previous existence, but what I am saying is that you can use this process to help you understand yourself more, gain insight to the workings of your own mind and to see yourself symbolically represented in the life of another (you).

Sometimes, the moment we see the nature of our problem clearly, for the first time...that is the moment our problem begins to disappear.

The kind of experiences you can have using the Mypastlife Audio Regression and these dream-initiated recalls can do just that.

Everyone knows that the human mind is multi-layered and is generally admitted as being largely uncharted territory by science. But those of us who have begun to travel the highways that lie beyond everyday existence are beginning to understand more of our true nature.

A New Skill

Sometimes it takes practice, patience and gradual development to gain consistent results from the kind of exercises I have been talking about. It is exactly the same as developing any other skill you wish to develop. But unless you have a go, you'll never know.

Be patient with yourself. Be relaxed...and be open to possibilities you may not have previously considered...and you will be beginning an exciting journey with infinite possibilities.

If you'd like to let me know of your experiences, you can email them to:

info@mypastlife.com

Happy travels.

Andrew Parr