

## Past Lives

Good day my relations. Let's look together at past lives. Why are they important, how are you still connected to them and what can you learn from them?

You visit all kinds of spiritual aspects in your lives but many overlook your past lives and the impact they have on your life today. Past lives are not random, they are an episode building up to the series of your life.

Let's look at past lives and why they are important. Past lives are still a part of your current life. It's a difficult concept to apply because time is very linear on your planet. Once you cross over you will see that your lives there on earth are measured by more the concept of lesson than time itself. Time is your man made way of organizing and controlling things. On the other side you'll see that the easiest way to understand the concept of time is the concept of lessons.

Let's pull out and see that your soul is constantly in lesson. You have certain concepts or lessons that you focus on in life to create a better understanding and experiences for your soul. Often a lesson is too grand to learn in one life time so you continue over many to explore all avenues of it. You can explore the lesson as different genders, from different financial circumstances, from different societal standards.

Lets say you soul is working on self love. You may say well 80 years on earth is plenty of time for self love. Well it is for learning self love in that one expression (life) with it's current circumstances. What about how to fully love your soul no matter the circumstances that are around you.

Lets say Marie came in one life and she is born into a very financially poor family. Marie has very little growing up and she watches other people have lots of things and the financial means to purchase what they want. She watches with envy and thinks if she could only have money she could have happiness. Marie eventually learns that loving herself has nothing to do with what she has, it is within. Lets say Marie's next life she is born into a wealthy powerful family. She

this time has everything on paper that says she should be happy. She gets confused because she still feels a sadness. What she doesn't realize is that in her past life she always thought if she only had money she would be happy and love herself. So in this life she does have all the financial resources to 'buy happiness' but she isn't happy. She learns in this life that finances does not equate self love. She has to learn in this life to love herself and it's an equally messy journey as loving herself without financial resources. Lets say Marie's next life she is born but not into a 'family'. She is quickly put into a home for children and visits foster homes through her life. She may have learned in her past two lives to love her self through wealth and through poverty but she had a family. This time she doesn't have a nuclear family and has to learn to love herself when society is shuffling her around and leaving her feeling she is 'unloveable'. This life it takes much longer to learn self love because society is seemingly telling her she is not worth it. She gets there but only after much struggle. Marie's next life she does have a nuclear family but she doesn't find a suitable partner to spend her life with. She has to learn in this life to love herself when she seems to have everything except a love interests. In this life she is learning to love herself when she feels rejected by a romantic interest. So finally Marie hits her 'a ha' life where innately something within her remembers that self love is the basis of life and what she has learned in many other life times. In this life Marie comes in and this life offers times of poverty and times of financial gain, it offers times of family support and family struggles, it offers times of true love and times of being alone wither self. Through all of this Marie stays grounded in self love. While Marie's life this time doesn't seem particularly desirable due to it's ups and downs of extremes what does seem notable is Marie is grounded though out and never falters from she will be 'ok' because she loves herself and that gives her strength. TaaDaa Marie took many live times but she did learn self love. It is the life times that seem to be riddled with ups and downs that you are doing the most work. The most difficult lives

are often the ones that are 'wrapping up' lessons so to speak. You are being faced with so many different circumstances that all pertain to the same underling theme so you can show that you 'get it' this time. You can conquer all because you have earned it. You have been through it before and you can do it all this time.

Marie doesn't recall the other life times but her soul remembers her life lesson and quickly applied it in this life. Once Marie completed her lesson in self love she chooses another theme to focus on through her next lives.

So you see my relations while your life faces many different challenges with many different factors like love, relationships, finances etc if you pull up far enough out of your life you will see that situations are different but the emotion is the same. You will see that the one lesson you are working on will run into all areas of your life until you learn that lesson. Different situations but same emotions.

Once you can do that congratulations my dear ones, you have found and are working to complete the circle of your past lives. Learning a lesson that has run many life times is the singular hardest but most rewarding thing you can accomplish.

So let's take this a step further. Allow your mind to be very open and indulge in this thought. When you see someone that is absolutely struggling in life to learn this one lesson. When others can look and clearly see what 'needs' to happen but the person is really battling to see the 'right path'. Say it be through addiction or mental health. Something that has run through many generations of family let me say this. While they may appear in a weaker state or overly confused let me tell you they are in one of the hardest lesson they can learn. When someone is struggling with a family problem past down from generations they are completing the biggest full circle of lesson.

Let me share this, sometimes my dear relations you are your own ancestors.

Sometimes you are your own family from many generations back. How or why could that even make sense some of you are asking.

Well dear relations...there is much more to the saying we are all related then you know.

There is no bigger sense of fully learning a lesson than if you were the ones to initially created the lesson itself.

Say a father from 10 generations before you suffered such self esteem and depression issues he turned to alcohol to feel 'better' instead of doing the work internally. He turned to alcohol to numb the feeling of insecurities, self worth etc. That cycles ripples through his children, grandchildren, great grandchildren etc. Inevitably he will return to heal the lineage. Let me say this, when that 'father' returns to that family line many generations later and faces alcoholism and finally breaks the cycle and overcomes from our point of view it is like a dark cloud of despair that has been over that family lines crumbles in thunder and for the first times in years the sun comes through. The light comes through that will finally reach the next generations. Let me tell you the human that breaks family cycles are some of the strongest souls you will comes across in life. They are taking the sum of all their other lives and breaking what they started. To break a cycle you have started is one of the biggest challenges you will face because there was a spot in you so dark from many life times ago it rippled for generations to come. Then you come back with that weight on your shoulders and instead of bucking under the weight you stood up, broke the cycle and completed the lesson for your soul, the generations behind you and the generations in front of you.

That my dear relations is healing and I am proud of you for it. I am proud that my relations are so strong that you have the inner strength to do that. To those of you reading this that broke their own cycle (some of you feel that don't you, you know this pertains to you) I look at you with love and awe. To those of you who

read this and it resonated in a way that you know this is your next step, to break what you started, I look to you with love, awe and support. To those of you that read this and think 'rubbish' I also look to you with love and support because you see, we are all related no matter your beliefs.

The last thing I will offer is if you are going to visit your current past or your past lives only do so to learn. If you visit the past events in this life and can still feel the same emotions that a trauma or experience created then stop going back. The only time you should visit your past or a past life is to learn. When you do go back you need to remove emotion, remove judgment and only look for the lesson and healing. If you can't visit the past without feeling the same emotions as the first time around simply don't do it. Keep moving forward instead. You will get there one day where you can visit the past without emotion but until you do visiting your past will only be a hinderance instead of a healing. Get to where you can look back with love and compassion instead of hurt and judgment. Good day dear earth warriors, you are all in lesson and we are here to support you.