

Here are some guidelines for how to remember your past lives without anyone regressing or telling you.

When born into a culture that doesn't recognize reincarnation, we're taught at an early age, sometimes through omission of the subject, to suppress the memories of past lives. We don't lose them, or forget them; we just store them in our imagination. Chances are we already remember things from our past lives that we consider (or have been told are) fanciful, silly or part of an overactive imagination, but they're really doorways into our unacknowledged pasts.

During the last 2,000 years of the Piscean Age, in cultures and religions that ignored past life and reincarnation, it wasn't necessary or helpful to remember. The lessons we faced were about what was right in front of us. As we move into the Aquarian Age, as we open up more psychically and spiritually, knowing where we came from and how that influences the present become helpful. It connects us to the great arc of our existence of where we've been, where we are now and where we're going.

My cousin, who works at a hospital, used to take pictures of newborns – a service her hospital offered. As she worked with the babies, who were sometimes just hours old, she immediately heard them and felt/saw who they were in their last lives, where they were and how they died. We called her "The Baby Whisperer" because she could communicate with souls as they got acclimated with their new bodies and new lives. After just a day or two, the clarity the babies knew at their beginning had already dimmed. She could feel them shift into the connection with their present.

Most of us hold onto some awareness and memories up until we're seven years old, when there is an energetic shift in the body and development. If reincarnation is not part of the mindset of our immediate world, we transfer all the information into our imagination and forget it consciously.

Still, we all have access to the memories, even if we don't believe it. Doing any work on this path opens the door to remembering more and more and puts patterns and arcs together. Remembering past lives is a process we feed little by little until suddenly the past becomes clear, usually when we're not thinking about it. Full conscious awareness of my last life came over years, but I wasn't trying to remember and, at that time, I didn't know how. We can accelerate access to past life memories through a series of easy steps.

**First, be consciously aware of what you like and dislike.** That seems too easy, but it's basic. We are drawn to places, people, events, work, self-expression, even books, TV and movies that reflect positive experiences from the past, and are repelled by what have been negative experiences. Our vibrations resonate with what we recognize on a deep inner level.

A friend and I went to see the movie, "Red Dawn", the Patrick Swayze version, when it first came out. As soon as the invasion started on American soil, she began shaking then crying. We had to leave the theater. Over the days that followed, clear images came to her of the invasion of her homeland, watching people she loved die, being taken prisoner and dying in a concentration camp during World War II. She remembered having a best friend who was on this journey with her, who also died in the camps. Through research, she found the name and picture of her friend and was able to trace back who she, herself, had been.

She had always been drawn to World War II images but had avoided them at the same time. When she had this experience with the movie and the following memories, it was clear why.

**Be aware of places in the world you would like to visit and those you really don't.** I have always wanted to go to the British Isles, loved British novels, TV and movies, even before I consciously remembered that my last life was in London and I had had many other lives in Ireland and Scotland. I resonate with the location strongly.

On the other hand, I used to have a strong aversion to India and anything or anyone related. Prejudice and bias was never a part of my upbringing, yet I stayed away from East Indian people, books, movies, everything related to the culture as if I was prejudiced. Then I started remembering a life 600 years ago in what is now India when I grew to be a cruel, power-hungry person and had a well-deserved, violent death.

The memories started when I met, in this life, the person who had killed me in that one. I recognized him at once but didn't know how, why or from where. It was a soul connection, not a soul-mate connection. It slowly came to me that we had been friends and students together until he got jealous of my growing power and abilities and killed me.

Unfortunately, he hadn't learned anything in 600 years...he was still greedy and cruel. I only knew him for a few months in this life. As soon as I started to remember the past life clearly, and I recognized how I knew him, I didn't need to know him anymore. I didn't need to pay him back for anything – my death was just. But I needed to meet him in this life to have him open a memory for me, an explanation of why I felt as I did about India, and for each of us to check in on the other.

I realized that my aversion to all things East Indian wasn't because I was secretly prejudiced, it was because of the manner of my death and, more importantly, my disgust and disappointment in myself that I had given into base self-indulgence and power. Once I realized this, my aversion disappeared.

**Concentrate on a single location that you are fond of and be aware when in time you feel most comfortable.** I discovered the Jane Austen novels in my 30's and became an avid fan. I also loved the Richard Sharpe series by Bernard Cornwell about the Napoleonic War, taking place at the same time as Austen's books. And my favorite book-series of all time is the Poldark series by Winston Graham about life on the Cornwall coast, leading up to and during the same war. Discovering each of these series came at different times in my life and it wasn't until much later that I realized they were all from the same location and time. I understood the novels as if I was there. Because I had been.

**When you get those two references – location and time – allow your imagination to engage.** Again, your imagination is where all your memories are stored. If things don't automatically come to you, think or ask yourself: “Was I man or woman?” “Was I rich or poor?” “Was I successful?” “How old was I at my most prominent age?” “Was I married?” “Happily or not?” “Did I have children?” And anything else you can think of to gather information. Then listen to the answers with your whole body. They'll come from a different part of yourself than your reasoning brain.

The truth is most easily identifiable by how you feel when you answer yourself. You feel

comfortable, or like you're recognizing something, when the answer is right. It might feel dull or empty when it's wrong. This is a skill to be developed and is very easy to accomplish in this current time of psychic awakening given any legitimate attempt.

Realization doesn't always come quickly because we usually judge what we're feeling, even if consciously we're trying not to. This brings us to the most vital step in remembering past lives:

**Don't judge what you're feeling or remembering.** Let your imagination run wild. I have found that 95% of what imagination “makes up” is usually accurate. When we have been taught that past lives and reincarnation don't exist, every memory or thought we've had about the past – why we are the way we are now or people we recognize in this life – was denied and considered untrue. It can be hard to get beyond that programming, which is why, when doing this work, you must believe everything your imagination comes up with until you learn to discern one from the other.

The second most important thing to do:

**Write it down.** Write in first person, present tense, whatever you remember, or feel you might remember, including as much detail as possible, even if you think you're making it up. Maybe you are, but there's a truth in everything you imagine. Once it's down on paper or in the computer, it's out of your mind so you don't have to hold onto it. Then when you read over what you wrote, usually giving it a day or two to settle, you can refine the memory, separating true memory from imagination, by feeling what's right and what's wrong in your narrative.

**Take a moment to put yourself there.** When you get on track with a specific life, take a few moments or do a meditation by putting yourself where and when you've been concentrating. Open your senses and consciously be aware of what you're experiencing. Ask yourself: “What am I seeing, smelling, hearing, tasting, feeling?” Let the responses come. Don't judge if things aren't clear at first. They will come the more you do this.

**Once you recall your experience through your senses, expand it.** If you first see yourself in a kitchen in the mid-1800's being a 35-year-old wife and mother, and get the smell of what's cooking, the sound of children outside, the feel and sight of the sun coming through a window, take a 360 degree look at everything around you until you recall it intimately. Then, perhaps during another session, go outside or to another room, meet people and recall that in detail. Slowly build that past life and don't judge if all your senses aren't clear in the beginning. We all rely on our senses differently, so go with what works and build on that.

After every session of taking that moment or doing a meditation, write down what you experienced. As you do this, you refine whatever you wrote previously and details of that life become clearer and clearer.

Sometimes this information will come slowly as you work on it, sometimes you can be flooded with knowledge about everything all at once. In that case, separate it out by spending time with your new knowledge step by step. Ask yourself defining questions. You will get answers.

We all have multiple past lives and it can be exciting and overwhelming to want to know as many as possible. That will come. Start by going slowly and allowing one single life to be the

door to the others. Once you get clarity on one, others will make themselves known, as if your subconscious is giving a go-ahead to open the floodgates of imagination and dump the memories into your consciousness.

You can do a meditation or regression with someone who knows how to take you to a past life, but please be wary of some who call themselves professionals. Years ago, my cousin and I spent a lot of money and drove two hours one way to get regressed by someone who had excellent credentials. It was one of the single most annoying and unsatisfactory experiences we've had. Try expanding on what's already in your own mind and see what happens. Or, if you want to find a profession, do it by recommendation.

With love and gratitude...