



## Process #4

# SOUL PROCESS GUIDE

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*Awaken. Heal. Integrate.*

## Past Life Regressions

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# Integrating Past Lives

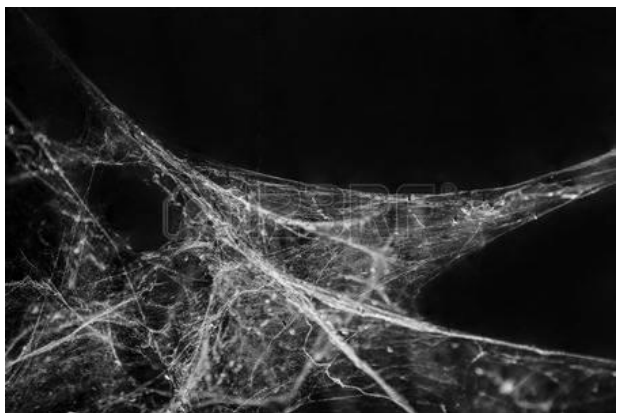
**A**s we deepen our understanding of Self and Soul, we begin to awaken to the complexity of our Being. This complexity is like a web that weaves its way in and out of lifetimes, experiences, soul lessons and karma – ever increasing in it's design – awaiting the release of complexity & curiosity and a stepping into the simple knowing & ease of Oneness.

## The Role of Past Lives

Mastering our journey, soul growth and experiences is about broadening our perspectives – shifting our viewpoint from just this one life to an expanded view of various lifetimes and experiences and a knowing of how they are all weaved together.

On the surface, it appears complicated, however, the more we look into our patterns across lifetimes, the clearer and simpler the pattern becomes. When we begin embracing our past lives as teachers and healers, we begin tying together seemingly random strands into one awareness – and it's from this point that life moving forward gains clarity and ease.

Past life regression is a traveling back to the root cause of the experiences we've chosen for 'this' lifetime – in order to develop a BIG picture understanding (past, present, future) of our Soul Path and to resolve our karma and bring harmony & unity to our Soul Self.



Imagine a lifetime like a spiderweb. Each moment of action, decision or choice is like a drop of water at an intersection of paths (similar to the picture on the left). The lifetime spreads out horizontally as we are creating & experiencing.

Now, imagine for a moment that we choose to ignore, avoid or deny a < relationship > that is seeking harmony and resolution – a relationship that has ended badly, that we've left or cut off out of frustration, fear or anger. The path for that relationship experience is like a 'thread' that is pulled from that lifetime into another lifetime (similar to the image on the right).

*We may choose to avoid the discomfort and frustration in this lifetime, but in making that choice we automatically 'shuffle' resolving that relationship to another lifetime.*

Essentially, we are playing out 'karma' from other lifetimes in this lifetime. Everything that we leave unresolved, we push into another lifetime of experience to try to resolve.

## Karma

: ka/rma

**Action, work or deed. The spiritual principle of cause and effect where intent and actions of an individual (cause) influence the future of that individual (effect)**

On the surface, karma may be understood through various lenses of understanding:

- Good intent or action creates good karma, while bad or ill will, intent or action creates bad karma
- Do unto others as you would have them do unto you
- What goes around comes around

As we shift to a deeper level understanding, however, we move beyond the 'fear' and 'shame' of consequences, punishment and 'bad luck' and into the arena of understanding that we are constantly in a state of seeking to find our way to *Love*.

When we perceive and take action in life out of Love, Compassion and Understanding, we find ourselves in a state of Oneness and harmony. We get that we ALL are simply seeking to awaken, that we are all at various stages of that awakening and that we can simply accept and Be in a state of Love in all things.

Karma is created, yes, when we choose to function or react to life & others out of fear (we must then experience its opposite in order to find Love and Compassion for both sides of that experience). When things are left 'undone', unresolved, unhealed at the end of a lifetime, we naturally seek to bring resolution and harmony to that through soul lessons and experiences in another lifetime.

**So, in the broad scale of 'timespace'**, we may go into one lifetime on the physical plane to experience *sorrow*. However, while in the midst of experiencing sorrow, we forget that this is something we've chosen and unintentionally wind up creating karmic debts out of our blaming, shaming and emotional mistreatment of others in our effort to *scream and yell at Life for 'doing' this to us*.

And so, the wheel of karma rolls forward, ever accumulating, until we begin to 'awaken' and bring resolution & cleansing to our Soul.

## Past Life Regression

Once awake, we can consciously use the practice of regression to unearth, bring to the surface, understand, heal and **INTEGRATE** these karmic debts – thus wiping out generations of trauma and turmoil for not only ourselves but also for others.

### Past Life Regression Components

#### ○ Starting Point

- An initial memory, feeling, sensation, visual, smell, sound or 'hit'
- This may be really clear or it may be really faint and fuzzy – there is no right or wrong way for this initial hit to show up – just know that it is an 'entry point' or a doorway for you to enter into the lifetime (the detail of it isn't what's important)
- **Suggestions:** go through the senses – sight, sound, smell, feeling, knowing, etc until you 'find' something. 'How' this entry point shows up will likely be consistent for you from regression to regression. For me, it's usually a sense of whether I'm male or female OR whether I'm barefoot, clothed, etc. For someone else it might be the smell of the air or a vision of a person/building.
- **Explore:** even if you feel like you're struggling to grasp at something, trust that whatever you do pick up on is right. Explore it. Look around you. Go through each of your senses, noting what comes up (& paying attention to what words or thoughts come to mind as far as what that might relate to!)

#### ○ Core Memory

- Once you've exhausted the details of the starting point, request (or observe) to be taken to the next important detail in that life. (You may start out at the beginning or the end of the life, pay attention to what it feels like and request to move forward or backward in time to understand the life better)
- Each time you've explored, move yourself to another important moment in that life.

#### ○ Trauma

- There will likely be an 'event' that feels traumatic emotionally, physically, mentally or spiritually that comes up at some point in the regression. This is good. It's our traumas in life that often get left unresolved – so we want to explore these to understand what was left undone or unresolved.
- If it occurs to you while in regression, process through the trauma to understand what was left undone and then through thought, word or action, seek to rectify it. (Send Love and appreciation to the people you abused/ ask forgiveness from someone you wronged/ etc)

#### ○ Crossing Over

- You may or may not come to a moment of crossing over and death. Just observe it. Let yourself know that you can remain separate from it if you wish – you are always safe and guided by your Team during regression. This can be your wrap-up point and coming back if you wish.

Now, that you've got an understanding of the actual process and components of past life regressions, we're going to take our 'work' here to a deeper level.

It's not uncommon for people to view and experience past life regressions as a parlour trick or curiosity (I was so-and-so in that life OR 'this' happened to me in one life); and while it is fun and interesting, our goal goes beyond the surface layer.

We're going to actually integrate your past life recalls to build an understanding of your Soul Path and this lifetime's challenges and soul lessons – to actually release, cleanse and heal karma from your Soul.

We'll do this by reflecting in 3 layers:

1. Present Life (challenges, sorrows and celebrations)
2. Past Lives (challenges, sorrows and celebrations)
3. Weaving together a BIG picture understanding of your Soul Path

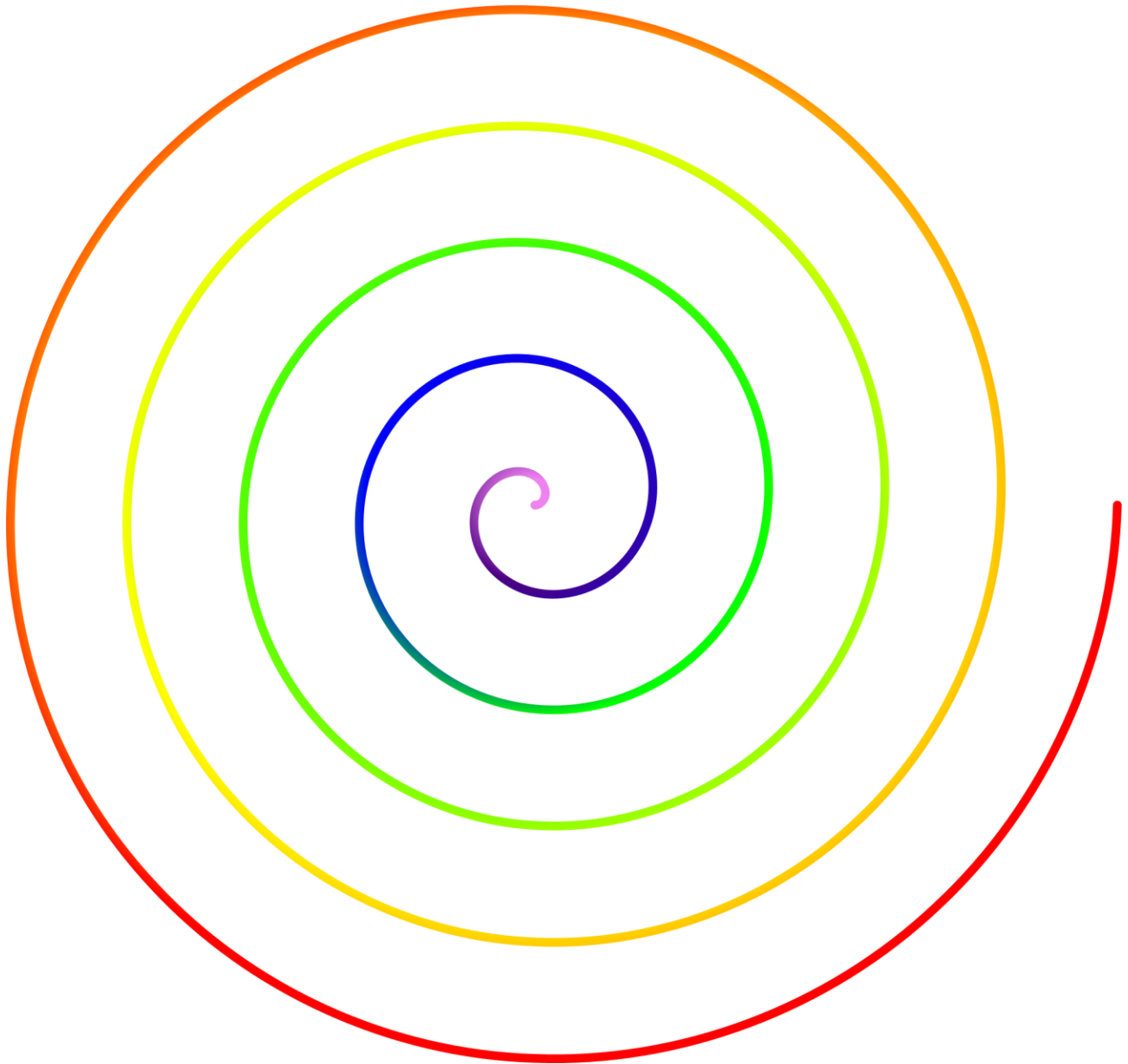
First, we need to establish a clear understanding of who you are and your experiences in 'this' lifetime. It's in seeing our TRUTH from past, present and future that we begin to clearly see the webs, interconnections and threads that are seeking to be resolved.

## Step #1

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# Current Lifetime

\*Let's take a moment to clarify a snapshot of your current life. Using the 'life line spiral' below and the instructions on the next page, create a snapshot of your current lifetime.



# Instructions for Creating Your 'Life Line Spiral':

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- **To Begin:** Mark 'birth' at the center of the spiral; mark 'Now' at the end of the spiral; mark the middle point along the spiral and ask yourself 'What was happening then in my life? What was the milestone, shift or challenge that was taking place for me?'. Indicate that moment beside your middle point mark.
- **Milestones:** Next, mark down 7-10 basic milestone moments on the life line, using your guide points of birth, middle point and Now to figure out their placement. Ex. marriage, divorce, high school graduation, first home, etc.

## Reflection Questions

Once you've completed the above, ask yourself 'What have been the major themes or patterns in my life?' \*\*Circle all that apply & add in any not listed that come to mind.

Mother-Daughter Struggles

Relationship Challenges

Speaking my Truth

Feeling Supported

Financial Struggle

Other: \_\_\_\_\_

Belonging

Worthiness

Being Enough

Asking for Help

Receiving

Abandonment

Self Acceptance

Fear of judgement

Balance

Self Love

Courage

Patience

Being Visible

Depression

Trust & Faith

Indicate your top 3 below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- ✓ Given these themes/patterns, go back to your life line spiral and indicate moments of challenge, shifting in perception, celebration or sorrow in relation to your 3 patterns. (Suggestion: Use a different colored pen to mark moments for each pattern)



When you look at your Life Line Spiral – at the BIG picture snapshot of your current life – what stands out to you?

If there were a common link or thread between these patterns, what might that be?

What are the frustrations, fears, insecurities and resentments that you hold around these patterns or challenges?

## Step #2

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# Past Lives

## The Basics

The process of regression doesn't need to be complicated! It may be as simple as slipping into memories from another lifetime in the middle of journaling. We may seek to consciously seek out another lifetime during a meditation. We may listen to a 20 minute past life regression recording. OR we may seek a professional past life regression. Regardless of which method(s) you choose, know that the process and the results can be just as profound and clearing for all.

### Key Points:

- ✓ Regression simply means to 'regress' into or recall a memory from another lifetime – this may happen spontaneously or it may be induced through hypnosis or a guided meditation
- ✓ **Ask:** observe whatever comes up for you (feeling, sensation, visual, thought, smell, etc) and then follow that. Get curious about what that <feeling> relates to (is it a lifetime, an incident, a person?) What's important about it? Allow that initial 'hit' to lead you to another and another insight.
- ✓ **Trust:** If the current thought/memory/visual seems to have nothing else, then trust that there's more at another point in that lifetime. Ask to be shown or moved to the next important moment in that life. Keep following until you've 'built' an understanding of what it might be that you are seeking to remember & understand from that lifetime.
- ✓ **Seek to Resolve:** If you get the impression that you were 'awful' to others in that lifetime (or insert whatever impression comes up for you as the 'theme' from that lifetime) then seek to resolve it before you come out of the regression. We can do this simply by sending Love to others, acknowledging what it might have been that we were there to learn or embody (but didn't). Just acknowledge it and feel it.
- ✓ **Suggested Free Past Life Regression Recording:** <https://jeremiahwolfe.com/free-past-life-regression-download/>

**Preparing for Your Regression:** Based on your understandings of the themes in your current life (step 1) and any frustrations or fears that you hold around them, set the intention to gain clarity, understanding and resolution through past life recall.

- ✓ Set aside some time when you won't be disturbed and either enter into meditation or listen to a guided past life regression recording to see what comes up.
- ✓ Record your reflections below

**What came up for you?** Record even the smallest details – how did it start out? What were you wearing/smelling/seeing/feeling? What moments or events arose during this lifetime? What knowings, relationships and/or circumstances arose or took place?

**What needed resolving?** What impression were you left with? How did that relate to your original intentions before going into the regression (current patterns, themes & frustrations)? What did you acknowledge, forgive or release to bring resolution to it?

## Step #3

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# Weaving it Together

The most important piece of this whole process is to take what we've learned and discovered and apply it or integrate it into our current life and understandings. It's in integrating our understandings that we shift how we perceive, process and navigate life and create space to begin experiencing Life from a whole perspective.

**Recall the highlights from your current lifetime.** What are the major patterns, themes, frustrations?

**What came up in your past life that felt important or critical to you?**

**If a thread were pulled from that lifetime to this lifetime, are there similar patterns repeating in this life? What might you be learning, realizing, accepting, releasing?**

## Tool #5:

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# RECONNECT

After learning about and practicing past life regression, I'm feeling:

**\*\*Circle all of the words that apply to you**

Relieved

Curious

Clear

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Excited

As a result of understanding more clearly about the Soul, karma and past life regressions, I am:

**\*\*Fill in the blanks**

Curious to learn more about \_\_\_\_\_

Excited to implement \_\_\_\_\_

Going to change this \_\_\_\_\_

**This Week's Daily Affirmation:**

I am embracing \_\_\_\_\_ and letting go of \_\_\_\_\_

so that I may experience \_\_\_\_\_ on my soul journey & awakening.