

BONUS LESSON: LIFE LESSONS

The purpose of this bonus lesson is to support you in giving even more helpful information to your clients about their life lessons and current life experiences.

At some point in the future, you may have a client who wishes to know which life lesson is causing them to attract the experiences, situations or events that they are going through in their lives.

Sometimes this can happen when the client is suffering and wonders, “What on earth can I be learning from this?”

This is also interesting information for you to look up for yourself, to know which life lesson you might be learning for any given situation or event that crops up in your life.

RECAP ON LIFE LESSONS

Three things to remember about life lessons:

1. We choose our life lessons before we even incarnate. We usually have one that will be very prominent (this is the primary life lesson).
2. Before we incarnate, we also line up certain life experiences that will allow us to learn those life lessons, and particularly the primary life lesson. So, some life events and situations will be pre-arranged.
3. Some life situations and life events will not be predestined. Some of them we will be attracted to or will choose consciously.

Sometimes, it can help us to make sense of a particular event or experience if we know a particular life lesson is behind it. That way, the learning can become conscious, and we see the purpose of the experience or event in the wider context of our soul's evolution.

The question to ask to find out if a life lesson is behind a certain experience or situation in your life (or your client's life) is:

"Which life lesson is _____ primarily learning through X (experience/situation/event)?"

Use the life lessons chart as usual, to find out which life lesson it is. You could also ask if there is more than one life lesson involved. (I usually only ask for one to keep things simple, so as to not overwhelm the client with too much information.)

Here are some examples I made up:

Example #1

Situation: A client is in conflict with her sister about the state of her sister's health. The client's sister is very unwell with diabetes and heart disease, but eats nothing but junk food and refuses to change her habits. The client's sister says she'd rather die happy eating food she likes, than give up what she loves. The client is angry and afraid to lose her sister.

Life lesson behind the situation for the client: Surrender

My interpretation: Surrender comes up as a life lesson when the person is learning that they cannot control the situation they want to control.

So in this case, the client is learning that others are on the perfect path for their soul's learning, even if it seems like the wrong path to her and even if she doesn't agree with it. She is learning that free will reigns here on Earth.

Example #2

Situation: A client's family members will disown her if she turns her back on a religion that no longer resonates with her, but which all her family members belong to.

Life lesson behind the situation for the client: Peace

My interpretation: This client is learning about peace. Is peace something she values in her life? She may be learning about what creates more inner peace for her – doing as her family wishes or going along with her true convictions?

Note that upon hearing about this situation, we might be inclined to think that this client should ditch her manipulative and controlling family members. But who are we to say how a soul may effectively learn their life lesson of peace? It may be the case that the client finds more inner peace through following her own spiritual convictions. Or the client may learn more about peace through doing something that goes against her true convictions (plus she can always do a U-turn later on). There are many interpretations for this.

Do remember to practise non-detachment to the outcomes of others while doing this kind of reading. And remember that the soul has a plan that we might not see straight away. The highest value of the soul is not always material success as most people think. The highest value of the soul is growth. Sometimes the kind of growth the soul wants can be best achieved through the human being doing something that seems stupid, ill-advised or disastrous, when viewed through our human eyes.

WHEN THE LIFE LESSON DOES NOT MAKE SENSE

Sometimes the life lesson that comes up will make total sense in the context of what the client is experiencing. At other times, it won't make sense.

This is OK.

It is not always beneficial or appropriate for us to know exactly which lesson we're learning, as we're learning it. So don't expect that your client will 100% understand the life lesson that comes up as the reason behind the experiences. If they are puzzled,

this is OK. Sometimes it takes a bit of hindsight – a few months or even years – before the client understands what you told them.