

GETTING MORE INFORMATION ABOUT CLIENTS' PAST LIVES

At this point, you know how to research the periods in history in which a soul was incarnated, as well as the spiritual traditions in which a soul participated. These give us some information about the past lives that a soul may have had, but it is certainly not detailed information.

What if your client wants to know more details about their past lives?

How do we go about supplying more details on a soul's past?

I do not ever go into masses of detail on a client's past lives and there is a good reason for this. Below I explain why.

THE USEFULNESS OF PAST LIFE INFORMATION

When we get information about a client's past lives, it does not usually fall under the category of 'life-changing information'. Telling a client about their energy centre of training and soul group of origin may be very impactful and helpful, but hearing about their past lives does not often change or clarify anything for them. It doesn't usually make them see things any differently – this is why I do not spend too much time talking to clients about their past lives.

However, when a client asks you about their past lives, it is because on some level they know that there is something to heal from a past life. After all, many people carry karmic complexes in their aura which have been caused by past life events, and are now affecting them negatively.

Why Do We Carry Around Past Life Karmic Complexes?

When a person goes through an experience which is overwhelming AND negative (think: trauma), this can cause the person to create a frozen block of energy in their aura.

A frozen block of energy is a place where energy does not flow – energy has to flow around it. Seeing as the energy in our chakras is simply a reflection of what goes on in our behaviour, feelings and thoughts, this frozen block of energy usually manifests as stuckness in a person's life.

To give an example, in this lifetime, a client may have issues with being in his power, because in a previous lifetime, he had abused his power: he was cruel and caused pain and trauma for others. On his deathbed during that past life, the client could have realised this and decided that being powerful was not a good thing. As a result, in subsequent lifetimes, the client cannot step into his power because he is afraid that he will abuse it.

So, this experience caused a frozen block of energy in the place where the client accesses his personal power – the solar plexus. Frozen blocks of energy can be carried over into later incarnations (unless we heal them), and they will usually manifest in the exact same place in our energy body.

CLEARING OUT BLOCKAGES FROM PAST LIVES

How can the client clear out this frozen block of energy?

This is my personal and professional opinion (some psychics may disagree with me!):

I feel that the best way to heal blockages from past lives is to undertake one or more sessions of past life regression therapy.

Using this method, the client will revisit a painful or traumatic experience from a past life, with the purpose of healing it. Insights will be gained, and an energy release is often facilitated during the session, and the frozen blocks removed. This can be done in-person or over the phone.

[You can read more about past life regression here.](#)

In my experience, this method of healing is the best way of clearing out frozen blocks of energy from previous lifetimes. A client can also find out more about their past life frozen blocks of energy by getting a reading with you or with another psychic.

However, in my opinion, past life readings do not have as much benefit as past life regression sessions. (I speak from experience – I offered detailed past life readings for three years before concluding that the results were not as healing and as life-changing for clients as I would have liked.)

So, with this in mind, you may be wondering: is there any point in doing research into a client's past lives, to glean more information for them?

Yes, there is. As long as you and the client realise that receiving past life information is not always a healing experience. It could turn out to be healing, but more often than not, it's just interesting, and that's all.

HOW TO GET MORE DETAILED INFORMATION ON PAST LIVES

There are two means by which you can research a client's past life. The first is to use your pendulum.

Using Dowsing to Research a Client's Past Lives

For this method, begin by accessing the client's Akashic Record and asking your Akashic Record Spirit Guides the following questions, using your pendulum:

1. Is there a past life the client should know about?
2. Was the client male or female in that lifetime?
3. What was their role in that lifetime? (see the 'roles' chart)
4. When did this lifetime take place? (see the 'time' chart)
5. Where did this lifetime take place? (see the 'countries chart')*

6. Is there a situational description which matches the events of that lifetime? (see 'situational descriptions' chart)* Note that the situational description that comes up may relate to a life lesson the client was learning in that lifetime, or it may refer to a significant event of that lifetime, which might still be affecting the client negatively.
7. What is the significance of this lifetime?
 - It negatively affects the client
 - There is a talent or something positive from that lifetime for the client to remember
 - It involved a life lesson the client is still learning
 - It can give insights about a current relationship
8. If the past life gives insights about a current relationship, which role does the soul concerned have in the client's present lifetime?
9. Which role did that soul have in the previous lifetime?

**Note: The countries chart allows you to find the area of the world where the client was once incarnated. However, bear in mind that the name of the area or country may have since changed. So if you find that a client was incarnated in Iran, bear in mind that it could have been Persia when the client was incarnated there. So, when you deliver this information to a client, it is usually better to phrase it as 'you were once incarnated in the area which is now Iran'.*

**Also note: before you dowse, please ensure that you read and understand the situational descriptions which are contained in that chart. If you do not understand what something means, please look up the meaning.*

Once you have asked these questions, you will have a very good idea of what occurred in that lifetime and why you are being shown it. You may just 'know' what happened in that lifetime, and you may receive more details on the events of the past incarnation.

The process above can be a little involved and drawn-out. However, know that if you do it at least 30-50 times with different clients, you WILL begin to receive information on a client's past lives without the pendulum – it's all about practice!

You may receive this information through claircognizance or through clairvoyance. You may also feel emotions from struggles or triumphs in that lifetime, using your clairsentience. So, do not underestimate the effectiveness of the pendulum, both as a means of receiving information, and as an effective training tool that can help you to hone your psychic abilities further.

HOW TO GET MORE DETAILED INFORMATION ON PAST LIVES USING CLAIRVOYANCE

For finding out more information on clients' past lives, there is also an alternative to the method above. It involves using your clairvoyance to do research into a client's past life.

Using Your Clairvoyance to Do Past Life Research

For this exercise, begin by doing the Breathwork exercise to raise your vibration.

The Breathwork exercise goes as follows:

- First, observe your vibration by 'going inside' and exploring how you feel in yourself for a few moments – what is the underlying emotion? See if you can put a word on your emotional state.
- Now, choose an Archangel or an Ascended Master. Say the name of your chosen being out loud.
- Next do this breathing exercise: inhale to the count of four, hold your breath to the count of four and then exhale to the count of eight. Do this three times in total.
- The presence of the Divine being will now be with you.
- Now check in with your emotional state – how do you feel?

Next, ask your Akashic Record Spirit Guides: 'Please show me the past life that has the most relevance and usefulness to my client's current lifetime.'

Then, see what comes into your mind's eye. Usually an image or a scene will come to you within a minute or two, and you will 'see' the events from a previous lifetime which have affected your client.

When you see these events, you will want to ask:

'Why am I being shown this event?'

Often the events you are shown will be traumatic ones that have affected your client, which shape how the client feels and behaves now.

Sometimes the past life may be shown to you to highlight a client's soul gift or talent that exists through all their lifetimes.

Other times, a past life may be shown to you so that the client can gain insight about a past life connection with another soul, with whom they have a present-day relationship.

If you do not get any information about a client's past lives in a visual way, it may help you to practise exercises to develop your clairvoyance.

Here are some exercises which you may find useful (taken from my Intuitive Awakening course):

Exercise #1: Arranging the flowers

1. Visualise in your mind's eye a vase for flowers.
2. Now see yourself putting a flower in the vase. See the colour of the flower and make it a certain type of flower such as a tulip, a daffodil or a poppy, for example.
3. Then see another flower; a different one being put into the vase. See its colour in your mind's eye. Keep filling the vase with flowers until you have five flowers in there.
4. Then, in your mind's eye, destroy the vase in any way you choose. You can blow it up, smash it with a hammer or put it in the bin.

If you find this hard to visualise, don't worry. It just means your mind's eye is a little rusty. The more you use your mind's eye, the easier it becomes to visualise.

Exercise #2: Visual Memory Game

1. Take 30 seconds to look at the room you're sitting in. Absorb as many details of the room as you can in 30 seconds.
2. Then set your timer for two minutes, close your eyes and recreate the room in your mind's eye. Try to see as many details as possible. Fill in the big ones first – the furniture, then put in the smaller details.

Exercise Three: Visualising Balloons

Visualise yourself holding seven balloons, of the colours red, orange, yellow, green, blue, violet and indigo. Let the balloons go one by one, beginning with the red balloon. Watch them float up to the blue sky until they disappear before you release the next one.

If you do these exercises repeatedly and find that you still do not receive information about past lives through clairvoyance, use the dowsing method instead – I personally mostly use dowsing and claircognizance to glean information about past lives and I find that it works well.