

PAST LIFE RECALL HEALING

1. Preparation

“See yourself surrounded in a bubble of impenetrable white light that allows you to clearly see what is creating any area of darkness. Know that whatever you witness or recall, you are protected and within this bubble of light which separates you from the experience and allows you to view it with neutral perspective. Now let us observe and witness”.

2. Ask for your angels and guides to assist you with this healing. Then take a few moments going up to Soul Space and connect with your Soul. Ask your Soul to guide you gently through the process.

Bring forward one lifetime that has created disturbance. If you have already been shown this in a dream, it will be very easy to bring the memory of it back.

Otherwise you can start by visualising a mist, and out of the mist the movie will start to roll. Or you are travelling on a cloud that is taking you through linear time and you see a gap in space, where you are dropping down into a lifetime.

If you are aware that you are reliving the events, tell yourself to step out of the body, and look down upon the scene to view it at a distance.

3. Ask that you be taken to a time just prior to the traumatic event, so that you can see who the other players are within the movie script. Watching it from a distance, allow the movie to unfold. Witness the events and know that as the Director, you can stop the movie at any time. You are in control.
4. Once you have received the necessary information, talk to your future self. Bring their attention to you, by introducing yourself as their future self. Should they still be struggling, stand before them and from your heart centre, send a beam of strong pink unconditional love light and surround them in a bubble of pink light. Tell them that you love them and that they no longer need to feel frightened or abandoned or whatever is required. Give them a different perception of what is occurring to them. By changing the way they think of the event at that time, it will change the charge that is carried with them into other lifetimes.

5. Depending upon what has occurred you may need to get them to forgive themselves for asking for this situation for their learning. Or before they are able to move on, you will need to forgive the perpetrator in the movie who has placed you within this situation. Use the affirmation below either for yourself or towards another person. Also use the pink bubble of light from your heart centre to either yourself or another whilst speaking the affirmation below.

AFFIRM to yourself or others.

“I am willing to forgive you, for you were doing the best you could with the knowledge and information you had at that time” as you do this continue to beam unconditional pink magenta light, to surround the person or yourself.

6. To finish off, call in your guides and angels to send in pure white cleansing light to wash and clean through the event. Clearing all residues of emotions. Once this is achieved, the movie will start to fade and that lifetime brought into balance.
7. For fuller understanding of the Karmic balance. It is often appropriate to ask for more information.

“What have I done in another lifetime to the other people that have created this situation?”

This then starts to bring your understanding of the balance of lives as you being both a victim and a perpetrator. This will then take you into another life to bring healing and forgiveness towards yourself. Always forgive yourself.

COVER ALL BASES

1. Forgive the other players within the movie
2. Forgive yourself.
3. Forgive God/Goddess

The last one is often needed especially when you may be questioning “Why me, what have I done to deserve this”

You are angry at source, God/Goddess.