

Past Life Influences Information Packet

What Happens in a Session

You will ask a question and I will relay information as I receive it, without interpretation. Most likely I will sound matter-of-fact, even with content that could be emotionally charged for you. Answers could be concise, even just a few words or sentences, and could be symbols or metaphors. If my tone changes it is to help convey that information, or can be thought of as part of the information. Please know there is no judgment about what comes through or what topics you want to cover. (Everyone has issues and challenges, and everyone has some "ugly" in their past. ☺) Your session is confidential.

The purpose of the session is for you to receive information that can help you resolve issues (past and present), integrate experiences, and make more conscious and informed choices about the present and the future. The future is in flux and plays out according to your intentions, choices, and behaviors.

Topics could include past life influences on repetitive behaviors or patterns, likes and dislikes, spiritual growth, recurring dreams, work or career, money/finances, or even identify a possible root cause of an issue or hard-to-break habit.

Where Does the Information Come From?

The information about Past Life Influences comes from the "Akashic Records". The Akashic Records are a body of knowledge and recorded history for each person, place, and thing throughout time and space. "Akasha" means space or ether, and so the Akashic Records are the etheric recording of everything.

Your Akashic record contains the totality of your soul's experiences throughout time. By accessing it, you can gain insight and understanding which helps facilitate greater awareness in navigating your life and living more on purpose. It can help you resolve issues, understand yourself more, empower yourself, and have a broader perspective which helps in making conscious choices instead of being tossed about.

Even though the records contain every experience, thought, and feeling you have had throughout time and numerous lifetimes, only what is relevant for you now will be retrieved. You demonstrate readiness by the questions you ask, so please trust that what comes through is for your Highest Good at this time.

The only type of information you can receive about someone else is in regards to your relationship with them, such as how you might be of assistance to them or what you might need to do to harmonize the relationship. Parents of children under 18 can only be given information that can help them parent the child in a way that is conducive to the child's life path.

How To Prepare For a Reading

Drink plenty of water and be sure you have eaten.

Schedule your session when you can be alone and are free of distractions or possible interruptions. You are schedule for a specific amount of time at a designated time, so if you are late or interrupted it will affect how much time you have for your session, and possibly the quality of the information received.

Allow yourself some quiet time afterwards to process and reflect on the information received.

Use the included "Question Worksheet," and prioritize questions.

Refrain from alcohol and any recreational drugs 12 hours prior to the session. Use of those substances greatly affects the clarity of the session and your experience.

Refrain from caffeine for at least 2 hours prior to the session.

The session will be recorded and link emailed to you, however have pen and paper handy for any immediate notes you might want to make.

Come curious and receptive.

Trust that what you ask and what comes through is for your highest good at this time. It can have a great positive effect on your personal healing, so even if a piece of information is difficult to hear initially, it helps you in the long run.

Know that you will need to process the information in the days following your session and that more understanding and clarity will come.

Enjoy. 😊

Preparing Your Questions

- General questions will garner general answers. Ask specific yet open-ended questions. Yes/no questions will only get you yes or no answers. It can be useful to address an issue from past, present, and future perspectives. For example:

General: *Why don't I have money?*

Specific yet open-ended: *Are there any past life issues that relate to my lack of money? (past)*
What current belief systems do I have that interfere with having money? (present)
What can I do to allow more financial energy into my reality? (future)

- Ask one question at a time and listen to the full answer before asking a related question instead of asking multiple questions at once. For example:

Multiple: *When and where will I be moving and how will I be able to afford it?*

Single: *When will I be moving?*

Where will I be moving?

Where will the money for my move come from? (OR: How will I have the money to move? OR: What do I need to do to have the money to move?)

- Frame questions regarding past life influences based on what the issue or concern is for this lifetime. For example:

What connection does [issue or concern] have to a past life/past lives?

What do I need to resolve or release or understand from a past life that will help me in this life?

What wisdom from a past life can help me now? (OR: What wisdom from a past life can help me with [this issue or concern]?)

What from a past life is holding me back now?

- When asking questions about the future, use the if-then format. For example:

If I want to _____, what can I do now to move in that direction?

If I _____, will that allow/support/assist me to _____?

- When you ask questions about other people any information offered will be according to what is accessible through *your* Records. You can still ask questions about other people, but it is most useful to do so from a perspective of honoring the choices and privacy of others. For example:

Not in your records: *Why does _____ have cancer?*

In your records: Is there anything for me to do to assist ____ in regaining his/her health?

- At the end of your session, always allow for questions unasked to be answered. For example:

Is there anything else that I need to know at this time?

Is there anything that I haven't asked that would be useful for me to know?

Question Worksheet

Before your session, write down the questions that you want to ask using the guidelines above. Print as many of this Question Worksheet as you need.

Question #1: _____

Answer: _____

Question #2: _____

Answer: _____

Question #3: _____

Answer: _____
