**Journey to Your Past Lives**

adapted from **The Other Side and Back** by Sylvia Browne

Take a deep breath…breathe in positive energy and breathe out negative Know you can surround yourself with a positive energy, you do can just know it is there, you might feel it , you might see it in your mind’s eye….this protective White Light energy like a gossamer blanket lightly touching you. Feel its loving warmth embrace you, absorbing your worries and burdens into the cleansing, healing glow of its power. The light caresses your feet. Each muscle relaxes at its touch: the soles . . . the insteps . . . each toe, one by one, releasing pain and tension . . . calming . . . quieting . . . unhurried . . . the cells remembering their healthiest, most vital age and returning to it as the light slowly moves up. . . . The ankles, the calves, the knees are relaxing, releasing, rejuvenated . . . no tightness . . . no stress . . . blood circulating free and healthy, bringing oxygen, bringing life. Your breathing slows, becomes deeper, more rhythmic, the peaceful breathing of sleep, as the light continues. . . . Through the thighs, the pelvic area, the abdomen . . . cleansing . . . easing . . . taking away all pain, nourishing every organ, every muscle, every vein, every cell . . . Breathing deeply, unlabored, rhythmic, each breath a divine, healing release . . . The white light of the Holy Spirit massages the stomach, the chest, the shoulders, relaxation becoming its own energy force, surging through organs, muscles, bones to the spine, the body’s lifeline, inch by inch, blessedly slow, a loving,

cherishing purge of all negativity, all burdens. . . . Down the arms, the wrists, the hands, the fingers . . . releasing, relaxing . . . breathing quiet, easy . . . you feel fluid, alive, free of stress . . . muscle by muscle, tendon by tendon, finger by finger . . . no hurry . . . no cares . . . no tightness anywhere . . . so content . . . Up the neck, absorbing all tension, muscles and nerves letting go, relieved . . . the head, the temples . . . breathing rhythmic . . . eyes closed . . . the white light soothing, divine unseen hands lingering over each feature . . . mouth relaxing . . . forehead . . . nose . . . lines easing . . . jaw unclenching . . . skin softening . . . blood coursing, pure and cleansing . . . Breathing deepens. With your eyes still closed, look up at the bridge of your nose, for a count of twenty . . . no longer, so you won’t fall fully asleep . . . Now . . . eyes closed, breath slow and rhythmic, travel back in your mind to the age of twenty . . . a birthday, Christmas, your wedding, the first day of school, any event or day that

stands out . . . If no particular day becomes obvious and the details don’t come right away, gently ask yourself, without pressure, “I know I was twenty, so what was going on in my life in general then?” If nothing still comes this time, it will the next time. . . . Where you lived, what you were doing, who was around you, what car you owned, some detail, however large or small, will eventually open like a flower to release a whole scene, as clear as a movie, as vivid as if it’s happening right now. . . . Look all around you, notice every color, every smell, what you’re wearing, how you feel. . . . If the memory is a happy one, relive it. . . . If it’s a memory that upsets you in any way, simply observe it. . . . There’s no hurry. . . . Stay as long as you like, exploring the reality of being twenty again. . . . Then say to yourself, “Any negativity, conscious or unconscious, that I’m carrying from the age of twenty, let it be resolved into the white light of the Holy Spirit, to the age I am now and throughout my happy, healthy, productive, innovative spiritual life.” . . . Now move on in your journey to the age of

ten, when your real identity begins to take shape. . . . Another Christmas, another birthday, another first day of school, meeting a new friend, a special day at camp, any day at all you can find your way to, and the same process if nothing comes. . . . What grade were you in, what school, who was your teacher, who did you sit beside in class, where did you live . . . ? Be patient . . . Let it come at its own pace, and another scene, another vivid movie will eventually reveal itself. . . . Explore it, notice everything . . . Relive the happy, just observe the sad . . . This is your journey, you’re safe and in charge, no pain or sadness can interfere. . . . Repeat, as before, “Any negativity, conscious or unconscious, that I’m carrying from the age of ten, let it be resolved into the white light of the Holy Spirit, to the age I am now and throughout my happy, healthy, productive, innovative spiritual life.”

[…Transition to the Other Side]

Just as your soul can remember these scenes, your soul can remember any time in any life. You are in charge…. You will not go anywhere you do not wish to go…. Let your conscious mind drift and let your soul-mind take over….. You are protected by the Guardianship of your Mind….Think of a big bubble of comforting Purple Light in front of you.

Let me know when you have the Purple bubble of light in front of you………………..

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In a moment you are going to step through the Purple Light to another time and place. Let your soul choose where to go.

On the count of three, step thru the Light.1! 2! 3! Through the light.

Let the scene settle, take your time.

Is it Light ? Dark? Take your first impression. Whatever comes to mind is correct.

(Remember you may feel or know or sense…)

Are you standing? Sitting?

Report whatever information comes to you.

Give your first impressions?

What do you sense?

Etc…….

Go to the place and time your soul wants to visit on the count of 3.

1! 2! 3!

Let the scene settle…..

Tell me your impressions.

What do you need to understand about this point in time?

What was the lesson?

…

*[Repeat as needed]*

Now, allow your spirit Guide and your personal Angel to help you release any mor negative emotions or memories encountered today. Now from the top of your head allow a Golden light to flow thru your body filling up any voids where emotions or memories were released. Your body is filling with this *[Heavenly]* Light….

Gather the positive memories from this session…

Ready to come back now…

Subconscious receding

Feeling marvelous…

Conscious coming to the foreground

1—2—3—

Fully and totally awake and alert

Ready to do anything you need to do .

Allow yourself time to acclimate….