



PAST LIFE HEALING

Healing Preparation

Spend a few minutes in dialogue with your client about a presenting issue. It could be a pain point on the body, a chakra or a persistent emotional state. This healing is good for chronic issues. Phobias are often past life related. It can also be useful to burn sage before and after this healing.

Identify a part of the body or a chakra that you will work on. If the client has back issues they must lay down on their stomach. If they say a shoulder or a knee, ask which one. Explain to client that once you go to the healing site during the healing they should let themselves roll back in time to the origination of the issue. You need to prepare them that they may see something that is not in their memory of this lifetime. It may be metaphoric to them or it actually may be in this lifetime.

Once they are back to where they feel is the origination of their issue, they will need to make some small movement that is determined before you start the healing so the healer knows that they are there without the client needing to open their eyes. For example, you may ask them to raise a finger or wiggle their toe so you can see it. You may have a client who falls asleep on the table and are unable to indicate so you will have to move on when you feel they are ready.

Past Life Healing

1. Discuss the presenting issue and pain point on the body with your client and choose a small movement for them to make when the client has moved back in time and is at the point of origination.
2. Now you will begin by grounding yourself fully and calling in your guides to help you. Ground by remembering a time in your life that you were fully alive and in your life purpose. Take your time and bring that quality fully into the present moment. A few clearing breaths are good to do as well to get grounded.
3. Do a quick (2-3 minutes) Chakra Balance. Do not close. Go to the shoulders sending down white light to integrate.
4. Cover your hands and body with silver light to protect against any astral gunk, poisons and/or negative energies attaching to you. You can imagine a silver hazmat suit to protect you.

5. Stand near the client's point of the complaint; for example, if it's a heart issue, stand at the heart.
6. You are not touching the body yet - you are above the point of the complaint by 3-4 inches. The past lives come in energetic waves from the feet up. Use both hands, one on top of the other, to press down into the waves to increase energy and have the client go back in time. As the wave comes up in your hands, send energy into the wave to enhance the flow and then when the energy passes wait until the next wave to come.

You might spend a few minutes doing this. Wait until your client gives you the agreed upon signal. Take your time; don't rush. Stay grounded. Release your expectations and be present to whatever is happening.

Trust that even though you may not be feeling the waves physically, intuitively you will sense it. Just breathe and keep yourself grounded.

7. It's important to work with your eyes open, not shut. Stay in visual contact with your client so that you can see if they go into distress. If the client gets upset, remind the client that they are only witnessing something that happened in the past; it is not happening now. They need to let the experience out, but that just means allowing it to unfold. Ground and ask them to witness it, not be in it. You can ask them to witness as though from the long end of the telescope or watch it unfold from far away.
8. Continue pushing until the client indicates they are seeing or feeling the origination of the issue and are allowing the scene or feeling fully into their experience. At this point you will begin to experience something called "auric mucus", a slimy substance in the astral level of their energy field. It will be covering over whatever the issue is.
9. Now bring your hands together to make a porthole over the site so you can look down into the 6-10 inch area at the site. Leaving one hand still cupped at the porthole at this area, the other hand will be used as a scoop to take the mucus out and lift it up for your guides to take away until the area is clean and you are able to look clearly into the porthole to the past life issue. You can now observe the object or issue in preparation for removal or healing.

There can be objects embedded in the field or the chakra. They are usually weapons or things like chains or manacles. They can also be "critters" - these are astral entities that feed on unprocessed pain in the area. Anything goes with this healing! Your job as a healer is to witness without freaking out, so stay calm and grounded and go with whatever is happening.



10. Remove only what is ready to be released. There may be a number of things in an area, but remove only those ones that indicate they are ready to go. (Simply ask them if you're uncertain.) Make sure you give the items or trauma to your guides to take completely out of their field and back to the light. You do not want any lingering energy in the healing room. Don't "dump" things out onto the floor!

Often there are nested objects or entities. For example, you take out a dagger and then under that is blood or goo. So you clean that out, too. And then you find an entity behind that, etc.

11. Once the area is cleaned out, cauterize the area by running your palms over it using blue light and then silver light, until the cavity is clean and no bleeding or gangrene or trauma is visible.
12. Use the rose colored light of unconditional love to flood the cavity and fill the area. This lets the issue be forgiven and fills the area that used to have negative energy with self-love instead. Do not leave an empty space here.
13. When the area is full of love, seal it with gold or use gold sutures to close a wound, and then begin integrating the whole field over the trauma site on all seven levels.

Integration of the 7 Levels

Integrating the 7 levels will bring all the levels of the auric field over the site into balance. The basic principles of each auric level are the same as in each chakra. The difference is that you are balancing each chakra above the pain point and not in the chakras themselves.

Each level has specific physical attributes that require specific techniques. The odd levels of the field (1, 3, 5, 7) are a structured solid mesh energy structure. Look for holes, rips and/or dents that need to be repaired and restructured by sending solid light filaments from your fingertips.

The even levels of the field (2, 4, 6) are non-structured, emotional levels. These levels will have the consistency of various densities of fog and mist and need to be cleared, swept gently, charged and balanced. There could be a rainbow of colors – look for gray, black spots or holes to clear. This is done with a gentle swirling of hands in the layer of that field.

1st chakra level / Physical Identity -- Hold down the first chakra right near but just above the body's point of issue, integrating that level. Feel the first chakra - it's a solid level. This is like a blue grid, like the mesh on a window screen.

2nd chakra level / Emotional Identity -- Go up a few inches over the point of issue. It's much softer here, like a dense fog.

3rd chakra level / Self-Esteem, Belief – Go up a few more inches. Feel the structure of this level, it's made up of yellow grid lines.

4th chakra level / Relationships – Move up another inch or two. This level is less dense than 2nd chakra.

5th chakra level / Communication, Expressing Needs – Go up a few more inches. This level is structured in an indigo blue grid (you may see light blue as well).

6th chakra level / Inability to See the Future – Move up another inch or two. This level is like a fine mist.

7th chakra level / Not Trusting, Limitations – Go to the edge of their field, a few more inches. This level is a gold grid – the auric egg.

14. Do a 7-Level Sweep of the entire field at every level. Starting at the feet, sweep up the field in a gentle but firm and fluid movement past the crown while holding that level's chakra color. Repeat with all the chakras/colors (red, orange, yellow, green, sky blue, indigo, violet), raising your hands up a little bit through the layers of the energy field with each sweep.

Standard Closing: *For this healing, hold a vision of freedom and all their energy now being held in this present moment, not attached to old wounds.

1. Hold both hands over the forehead/third eye, palms down, sending hand on bottom, receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
2. Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
3. Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
4. Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use the color gold for this.
5. Close the front and back of your 2nd chakra to complete the healing for you.

After the client comes back into normal consciousness, let them talk first and tell you their experience. The past life or lives you experienced and cleared might not be the same but there will be a link. Find it. You want to link the client's current life issues with the past life issue.