

Clues to Your Past Life Memories

1. What are your likes and dislikes in clothing style, home décor and art styles, food, music?
2. Do you have any unique hobbies or collections?
3. Which cultures or languages do you have affinity with? aversion to?
4. Is there anything you are especially afraid of? resistant to? disturbed by?
(Pay special attention to those things that cannot be explained by childhood experiences).
5. Have you ever gone to a new place and felt like you had been there before? Where? Was that a comfortable or uncomfortable experience?
6. Have you ever met someone and felt like you knew them before, and instantly liked or disliked them? Who? When? How did the relationship turn out?
7. Have you ever watched a historic movie that triggered an especially strong emotion?
8. Where do you hold tension in your body? Do you have recurring pain or health problems? If so, what part of your body?
9. Have you had any particularly troubling relationships with siblings, parents, close friends, coworkers, or love partners that just don't make sense to you?

These situations may have their roots in previous lives which are being triggered now.