

Releasing Past Life Traumas

Our soul is immortal, and as such, we live countless amounts of lives in the physical realm. Unfortunately, we don't always completely relieve ourselves of the traumas and ailments of our previous lives, and this can catch up to us in our current life. When this happens, it is important that we learn the lessons associated with these traumas and release them so that we can avoid repeating patterns that are not conducive to our spiritual growth.

Past life traumas can be activated in a variety of ways. Some are time-sensitive, and activate when you reach the age you were when the trauma occurred in your previous life. Some are activated by meeting a person whom you've experienced certain situations with in previous lives. Others are activated by traveling to a location where you lived or died in a previous life; in a past life, you left your soul's signature energy at that location and can pick up and activate traumas, but also gifts and talents that you possessed in that life. While there is a positive to picking up on energy from past lives, it can cause serious pain and illness, so releasing these issues can sometimes be life saving.

Kinesiology is an incredibly useful tool in working through past life issues. First, you identify that it is indeed a past life issue. Once you've established this, you then ask questions about the lesson involved (this may take a little time and several questions). After you've worked through the lesson(s), you then ask if it's appropriate to "tap the issue out." If you get a yes, proceed. If you get a no, you have not fully learned the lessons and need to spend more time evaluating the situation.

If your past-life issue involves a person, you must first determine, using kinesiology, how many lives you lived with the person in question. You then tap the affected area, one tap for each past life; five past lives would require five taps, three past lives would require three taps, etc.

When it's appropriate to release the past life issue, you begin by taking your first two fingers of your right hand. You then bring the issue and lessons to the front of your mind, and while speaking the keywords aloud, tap twice on your root chakra. You then tap twice on your sacral chakra, repeating the keywords aloud. Continue this process on your solar plexus, your heart chakra, your throat chakra, your third eye, and your crown chakra. You then tap twice on each shoulder, the insides of each elbow, and the inside of each palm while stating the keywords aloud with each tap. After you've completed all of your taps, you then place 7 drops of Walnut Flower Essence under your tongue and let it dissipate on its own. You should feel lighter afterwards, and you might feel the need to rest.

For information about Walnut Flower Essences and other Flower Essences, contact the Carol Pate Psychic Center at 1-501-888-8056.