



*Exploring Your Past Lives*    
Connect With Your History

*Tucumcari Tarot*

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Eva Sawyer

[www.tucumcaritarot.com](http://www.tucumcaritarot.com)



# How to Connect with Past Lives

One of my favorite types of readings are the past life readings. Helping people connect to their past not only appeals to the history buff in me, but also as a reader offering guidance. But did you know that there are things that YOU can do to connect with your past lives even if you have no reading experience? Keep reading for details...

## 1. Examine your belief system

If you were raised in a system or religion where reincarnation is widely denied then you are going to need to come to terms with that. Your mind will try to block any attempts to get to the past because you have been programmed to believe that there is no past. Past life investigation is like being on a recon mission. You go in, gather info and get back out. It doesn't matter who you were - it's about what you learn and how you apply it to the present. You want to watch where you put your attention. Using this idea, put the concept of reincarnation in the front of your mind. Google it, get some books to read, do some research. Then watch - all sorts of information and insights will start to come up to the surface. Then all you have to do is connect the dots.

## 2. Make lists & connect the dots

Now is the time to dig out a notebook. Start making lists of all the things you love/like and those you hate/dislike. You are looking for things like:

- people
- places
- periods of history
- foods
- styles of clothes
- sense memories (being cold, being very hungry, etc)



Then look over the list and see if you can connect some dots. Maybe you really dislike the architecture of Russia, you hate being cold, you really hated a movie about Czar Nicholas II... then there is probably a good chance that you were present in late 1800s Russia.

### 3. Learn to look and really see

This one is actually a little harder to do than others, and honestly a lot of people still struggle with this one even with lots of practice. I was sitting in class one day and we were having a really spirited conversation about the Crusades. One of my classmates was talking about the Templars and how much he admired them. I was sort of drifting in thought and happened to see him sort of out of the corner of my eye... and he appeared to me to be dressed in Templar attire. I shook my head and it faded with him back to normal again. I would bet that he was a part of the Crusades, and more importantly was probably a Templar Knight. That being said, I have no business to be prying in people's lives without their permission. I wasn't LOOKING for the information but it happened. So use your own discretion to decide if you are going to bring it up or not.

### 4. Activate your dream state

This is by far the easiest for most people to do. Before you go to sleep at night, ask to see glimpses of your past. Keep a notebook by the bed so that when you wake up you can jot down anything that stands out to you. It can take a few days or even a week for this to start to kick in - but absolutely stay dedicated to it. You won't be disappointed. This is a great time to issue a warning to you: watch out for "famous person syndrome" - the ego loves to shout from the rooftops when we find a past life of fame and fortune. Let's say you wake up one morning from a dream about Henry VIII and a sense of satisfaction. Imagine you - as King Henry VIII! The truth? Your higher self is more likely using the king as an image or symbol - perhaps a way of telling you to knock off your tendency to see others as beneath you. Regardless, jot it down in your notebook in case future dreams bring more details.



## 5. Get a past life journal

Use a notebook to record all of the bits and pieces that you uncover that can be related to your past lives. Here's an example: One afternoon I was helping my daughter with her homework about Pompeii. That same night I stumbled across a documentary about Pompeii - coincidence? I hate volcanoes, and while I was thinking about it I remembered a museum visit showing mummies from Pompeii that made me cry (took forever to live that one down... ten year old can be mean!) If I saw all of these things in my notebook I might deduce that I was there in 79AD when Vesuvius blew. So how do you go about exploring that? Do some research on the topic/person/time period - and watch for signs and things that cause intense reactions. Write questions about how that may influence this lifetime. Keep track of answers, and even more questions that pop up.

Now granted this is not a be all, end all guide that will bring you all the answers that you are seeking. But it is a good place for you to start. Give it a try and see what you can uncover.



# Thank You



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