

A Personal Past Life Journey

By Victoria Heath

I am often asked as a Past Life Therapist, Artist, Reader and healer, how I became interested in past lives, what my own personal journey is and where it started.

It's a subject I don't really talk about because I am always discussing the lives of others but as I am currently working on a book that covers many revolutionary past life theories, I thought I should share with my potential audience my own past life journey.

It all began when I was a little girl, no more than five or six years old, when I began to have incredibly vivid dreams. These were the kind of dreams that no one could explain or attribute to anything at such a very young age. I did not necessarily find them frightening but I do remember them still and they put me in a place and a time that no longer existed. No one could suggest that they were attributed to the TV or anything of that kind, so from an adults perspective they were 'night terrors' or 'just dreams' or all 'in my imagination'. I grew with my super high definition dreams and learnt to believe that they were indeed in my imagination, so believing that I was just a little weird I suppose.

But realistically, I knew then as I know now, that I had been to those places in my dreams. I could remember details, faces and events, even the weather, smells and always it was as though I was 'someone else' in the dream – an adult not a child, in a different time.

When I woke as a child again I didn't understand what I had witnessed but I always had, from this time onwards, a fascination for the past; for old things; I was never so much interested in anything new. Even as a child I was at home in the past.

I can evaluate this period of time now looking back and I know that I was experiencing what we now call 'Past Life Recall' PLR or past life memories.

Lots of people believe that they are experiencing PLR but it's really quite specific and easy to identify.

PLR carries with it extreme detail and emotions of the time and often makes no sense to the dreamer in that it relates to nothing that they are experiencing or watching in their current waking life, and yet they 'feel' a connection deeply. It should be quite obviously more than just a dream.

So as I grew with my continued dreams, they became my normality, and something that I really didn't share with anyone until my next experience when I was about 12 years old.

This experience was one during waking hours and it was one that has stayed with me throughout my life.

It's what we would now term as Past Life Experience encroaching on present time or PLE.

I was getting ready for school; just a normal day brushing my teeth and not thinking about anything at all; completely zoned out you could say as I quickly wash my face. But as I raise my head from the sink and dry my face in front of the mirror I catch sight of something; something in my own eyes and my face; something that is not me. As I stare into my own image I know that the young girl in the mirror is not me.

This feeling really takes me back. I mean the physical image of the flesh and blood body in the mirror really is not me. And I completely know this in my soul for the very first time in my life. I could not take my eyes away from the image of myself. I could examine the young face and not recognise it at all. It was too young for starters. The physical flesh and blood young girl in the mirror was uncomfortable to look at for me. It suddenly felt that I was far behind where I should be, as though I had a tremendous journey to face as though I had been a woman and now I was a girl again, and who was this girl anyway and in this time? Suddenly all of my awkward strange dreams began to make sense.

The discomfort I felt from the image in the mirror was huge.

But I found in this experience I could stare into my own eyes in the mirror, in fact my eyes gave me a tremendous amount of comfort. It was as though I knew them; as though my eyes were the only part of this image that was truly 'me'.

I am sure you can imagine that this experience left me confused, lost, alone and unable to speak to anyone about it at all for fear that I was actually crazy. In truth I do not even think that I could begin to explain it to a single living soul even if I wanted to.

The feeling of that experience has stayed with me throughout my life and I believe now that it served a purpose in my work with past lives and obviously happened for a reason, as does everything.

Shortly after this experience I began to have specific reoccurring dreams. Again they didn't frighten me but I did find them unnerving in the way that they were so very detailed and when I woke I felt that I had truly been to these places with these people.

The dreams also seemed to heighten my senses somewhat until when I was about fourteen I became obsessed with historical periods and events simply because I literally felt at home with the past.

At this time I became interested or even obsessed with the afterlife, with the passing of souls from this earth and at this point I truly felt that the soul travels from the physical body

and definitely transcends the earthly plain to somewhere else only to return in a different form. Of this process I had no doubt at all even at the age of 14.

During this obsession I found connections with graveyards helped and soothed my inner turmoil and confusion. You could say that they helped my inquisitive state of mind.

Let us remember here that this was way before the arrival of the internet and Past Life exploration was literally none existent for a young girl living in Dudley. There was quite literally no one to discuss these experiences with at all.

I'd like to pause for a little here and just suggest a positive slant to this evaluation.

If I were at school as a teenager today and I expressed such experiences to the extensive support network for pupils of secondary school age, I would quite probably be diagnosed with one or another disorders and prescribed some horribly addictive drug to suppress and control such visions and experiences.

I suppose what I am saying here is that sometimes it pays to be ignorant and have no support, because no support is better than the wrong support.

Going back to my journey and my rather strange obsession with the afterlife at this stage, this helped me hugely to interact and understand the spiritual dimensions. I found I was drawn to graveyards because I found I was particularly interested in the lives of those who lay there; some of those lives ridiculously short, maybe ten, twenty, thirty years. And I found myself asking continued detailed questions of why were they here on Earth for that short period and why do we all return? I found that I could connect with spirit easily in these places where the veil was thinner and I found that they gave me comfort. I shared this passion with one of my friends but at the time we were both considered weird at school and macabre.

During this time I kept journals and I documented everything that I experienced and felt on every visit. I was especially fond of visiting a churchyard in Netherton near Dudley in the Black Country, where the majority of my family have been buried over the past 150 years. I found that my connections with spirit were easy to tap into there and looking back I went through a huge period of self-development during those early years.

I found myself filling to the brim with information and analysis, why were these people here in this existence and how had they passed? And how had the trauma of their short lives impacted on their souls? I was building up a detailed personal examination by the time I was eighteen years old that not only explored and acknowledged my own personal existence but also those who I could tune in to; those who had walked before me.

From this period of my life I chose to embrace spirituality but without being bold but just through quiet acknowledgment and personal inner work.

My Grandfather died when I was eighteen and I found that I could still communicate with him and that he came to me frequently. I also believe this was a leap in development of connection to spirit and I started to try to embrace spirit guides as well as looking into past existences.

When I was twenty one I had the huge privilege to bring a new life into this world. This was a pivotal point in my life that no one was able to prepare me for at all. When I looked at my son for the first time I knew that I had known him before. The relationship that I developed with this tiny life that felt so old was a true case of Past Life Recognition and was the very first time that I could truly embrace that feeling for what it was rather than for the slightly weird unexplainable feeling that it had brought to me before.

This recognition brought with it pain as well as joy as I found I could recall the pain from my sons previous life.

During my marriage and my son's childhood my development continued as the reoccurring dreams became stronger and clearer. If I could find these places I would know that I would instantly recognise them and I began to need to explore more. So I would discretely visit numerous historical sites to further expand my ability to connect to spirit as well as to try and discover where I had actually been in my past life. I was able to talk briefly to my husband about my experiences and he embraced them with humility and fascination but I was never really certain that he completely understood his crazy wife.

It is important to realise that this was still a lonely period of my journey with no tuition, not much really to read on the subject that truly related to my experiences and no one really to share this with.

But it was something that I was totally engrossed with by my early twenties. I could not possibly leave this journey behind now because I know deep within my soul that I need and I am also required to embrace and discover who I was and why, what life I lead and why I'm here again now.

My dreams at this time became even more vivid and they begin to make more sense to me. They begin to take me on a journey and I begin to piece together the life that I have seen in dreams since I was a little girl. I was on a lone journey of discovery and I was on a real mission to find out just how much the past connects and influences the present and indeed therefore the future.

The most prominent past life reoccurring dream was a very short twenty minute journey on a rainy evening in London. I am not sure how I knew it was London, I just did. The dream begins where I am looking down at my feet in tatty black leather boots. I know these are my feet that I stare at and yet they are not the physical feet that I own now in this current life. They are smaller but I know they are mine. They are more mine than my own, if that makes any sense at all.

The rain is misty and I am very wet. The water pools on the cobbles around my boots as I stand in the dark quietly waiting with my back against the wall and my shawl pulled around me. I look down at my grey blue dress and the bottom hem is wet up to about six inches. I know that I am on an important mission. I know that I need to meet someone who is very important to me. As I stand there in the rain and the darkness, my heart is beating out of my chest and it's all that I can hear in the night air. I know I need to hurry but I need not to be seen. So I gather up my skirts, I look about me at the timber framed buildings and I begin to run on tip toe trying not to be heard as I duck in and out of shuts and alleys. My urgency in the dream and the heartbeat I cannot explain. The importance of the dream becomes overwhelming to me as it repeats night after night with more detail.

I knew I had been to this place before. I started to look into what I know now as the 'energy signature' of the place. I started to look into past dreams from when I was a child and I started to link the energies together and begin to understand my need to be part of certain 'energy signatures'. I started to be able to understand and work with the energy of places. I started to want to visit places because I knew I had been there before, so I wanted to explore further why I felt that I needed to go back, what happened there, what was I drawn to exactly and how did I feel when I returned.

I began to build an extensive body of work without really realising what I was doing and without telling or sharing my journey with anyone at that point. It wasn't until I was able to start to look back at that work that I realised how terribly important it all was.

I had spent over ten years at this point analysing this journey through time without actually realising the importance of the work or the impact of the past on our current life.

I had no idea at this point how fundamentally healing it would become to understand, recognise and reconnect with our true soul as it had travelled through many journeys and experiences of time.

I had no idea what the impact of my past would be on my future work. But I was working on it anyway because at this point the fascination had become a real mission. Something inside me could not let this go.

Along with these dreams I began to have what we would term 'flashes' or you may call them 'visions'. These were quite alarming to start with as they came to me in waking life, so I would be zoned out not focused on anything much, I supposed you could term this 'staring into space', when I would experience for a few seconds a vision that overlaid the visual image of reality before me. I have to stress at this point that this did not happen whilst driving and was never dangerous in anyway, although it could be quite disconcerting to begin with.

I was in a complete WOW zone at this point. I couldn't be certain that everything I saw was connected to past life but this is something I quickly got used to and I began to make visual

sketches of the places and people that I saw as well as writing and documenting my thoughts, feelings and emotions throughout the experiences of the visions.

I know now that some of these visions were the future but the majority were past life experiences.

I can look back now and I can see that I was being given a 'Past Life Thread' from spirit that was leading me on a huge learning curve, a journey of education, a point where I could see and understand the value of knowing our previous existence, knowing that we can use this information and energy from the past to aid and help us in our waking lives now, in the present and in the future.

Every vision became a directional card to lead me on this journey of self-discovery and of learning.

One of the most clear and influential visions I had during this period was of a woman with dark hair and a deep red coloured dress. It was as though she was in a portrait from the 17th century, as though she was in the style of this period. It was as though I was stood in a smoky oak panelled room and I was very proud of this portrait that hung before me. And that was the vision, over and over. It was so intense and I had so much information from visions and dreams of this period that I became completely obsessed with this journey. I had to discover more. And I had to embrace it in every way that I could.

I began to decorate our house in this Tudor/Stewart style, I had to have a half tester bed, I couldn't afford to buy one so I actually built an authentic half tester bed (this is possibly when my husband thought I was truly crazy) but the bed oddly allowed me to feel at home and allowed me to sleep better. I was more connected to this past life through that bed and I knew that I needed to know everything about this person that I had been, so I needed to be as connected as possible.

There was no one who could help me with this connection I simply had to do it myself. I used replica fabric of the period and items for the room, anything that I could feel and connect with that would help me to reach the intricate details of this past life.

Because of this room and this bed I was more comfortable with my dreams and began to see more and to find out more. The dreams began to expand past that initial journey.

I began to go one step further and I recognised that I needed the energy of the past around me. I recognised my obsession with old things, with antiques etc. that I had discovered when I was just a child; I recognised that this was a connection that had meaning and purpose. It was very important on an energy level. So I filled this room with things that 'felt' right to me from places that I had explored and that had felt right to me. It was as though I needed to release this woman from the past who was my true self, or who was my previous

image of flesh and blood. It was as though she had to be born or she had to escape and become this physical image.

I decided I must paint the image I saw in the visions and in the guise of "I need an oil painting to fit in with the décor of my room", I created this image that I had seen so often and in so much detail.

I discovered an antique frame and I painted her on board as would be traditional for the time and when questioned I said she was my version of Ann Boleyn, so as not to have to explain who she really was.

However, I knew that this image was me. I could feel it in my very soul. To look at her gave me both strength and pain simultaneously.

So this energy signature began to build around me and I felt that I began to embrace my true identity at last. I also began to embrace and work with Guides. I had for some time recognised a familiar energy around me that I knew was part of my previous existence. I could feel her soul and I knew that she was from my past so I was not troubled or disturbed by her continued presence because I knew her so well and I knew she was important to me.

This was a huge development and I begin to really piece together this particular past life and not only that but I began to piece together what I had actually learned from being in that life.

It was at this point that I began to realise the healing that went along with Past Life Recall and I knew at this point that this would ultimately become very important and become my work and my focus.

I was also going through the phase of returning to my teenage years and the church yards and actively experimenting with how much more I could feel at this stage in my development, more than ten years down the line, and how much more did I understand after my connections with guides and spirit had grown. Connections with certain relatives then really started to come forward and I truly found that I could work with those connections and I was able to really embrace and enjoy that period of development and contacting the other side, or other realm.

From this point I want to fast forward in time to the point at which I met Johnny while working at BT.

After largely studying my spiritual journey with no one to share it with apart from spirit guide, on meeting Johnny I knew instantly that I had met this person before.

This is what we now know as a 'soul connection' or 'soul recognition' of someone very important from my soul group. But all I knew then was that this person had been an

important part of my life before and that I was relieved to have met him. It was as though I had been searching for him and yet I really had not at all. It was as though I was relieved to find him and this was a surreal sensation to experience. To be in his presence gave me a reassurance that made no sense at all, and a comfort; though I had never met this person in this current life, how very odd that feeling was.

I am certain that we have all met someone who we feel we have met before and we know really well. These can all be examples of Soul Recognition.

Our mutual spiritual interests began to assist our growth as we fed from each other's past experiences to date and it was at this point that we truly began to understand our spiritual paths and where we would be heading.

We knew at that point that our journey would need to delve into the past to help the future. But we could not have known at that point how important our journey would be and where it would lead, just as we cannot imagine right now where things will lead in the future. We know where we are heading, we know we have a calling you could say, and we know we have guidance, but can we ever truly comprehend the importance of it to the future world around us? Can we ever truly understand the impact our actions or our current existence may have on this World? I think not.

We worked with our past life experiences and we worked constantly with our spiritual development.

I have already spoken about my visits to historical places that I felt drawn to because of past life recall but as we began to work together this became monumental as we were able to share and feed from our joint experiences and explore our previous life and shared experiences. To visit the room in which you have passed from your previous existence is no mean feat and stirs a wealth of emotional trauma and blocked energy fears to be released.

Using meditation and other methods to develop our connection to Guides we explored and pieced together the majority of our life during the English civil war.

We embraced and realised the lessons, pains and strengths from that life spent in turmoil and we developed together the past life importance that can relate to the future.

Since this time period and developing a thorough understanding of reincarnation and the transition of the soul, I was given the huge gift from my Guide of being able to access and view the past lives of others enabling them to reconnect with their true self in order to grow, relieve blocked emotional energies or gain strength from reconnection with their soul self. This process which I have the honour of working with my Guide to complete includes viewing the most relevant of lives and then showing the client themselves so that they can grow from the connections without feeling the instant trauma of regression.

The true process of correct past life reading using artistry is a useful alternative to regression when the process of regression is too harsh for the client to embrace.

It is important to remember and realise that history is littered with trauma that we carry with us as 'soul scars' into our current life. We are not always able to face these wounds without reliving the initial trauma and releasing it from our own energy signature.

My past life development has grown to such a stage that I have now helped hundreds of people to realise their true soul purpose in their current existence being able to heal past wounds and understand their true identity. It's now time to put together all of these teachings into my new book to explain the true dynamics of past lives and how we can all heal our future by knowing our past.

If you would like to know more about the process of past life exploration and my future book please do get in touch via the website. I will be looking for case studies to partake in this venture later in the year.

By Victoria Heath - PLt/PLa/RMT