

You are not a body with a soul – you are a soul who happens to have a body

Let's think about this for a minute. We've all done this from time to time, and at certain times in our lives, especially when things are going a bit wrong – it is possible for us to become preoccupied with the physical and the mundane elements that our lives present us with – those day to day nitty gritty things that we all have to do – it's possible for us to get bogged down, feel encaged, and really get quite depressed with it all. If we're not careful, we can see ourselves as a body that happens to have a soul and this makes us feel trapped. An esoteric image used a lot in magical training in order to illustrate this wrong view is that of a "bottle" – a milk-bottle, perhaps, as our physical body, with our soul as smoke blown inside the bottle, trapped, restricted, blocked from the universe beyond.

Plato said there are three worlds that we can exist in. Firstly, there is the purely subjective – this is the world we invent for ourselves in our heads. He said that most people live in this world because they can create it in a way that is safe for them – but this internal world that we create is not real – it's a complete illusion that we paste upon the "real" world to hide what's there. So it's a filter of our own creation and choosing but it completely distorts the real world and takes us away from what's actually around us. I feel we do this sometimes as a coping mechanism for life, but there are many reasons that we should imagine a world that's different from the reality of the world around us.

Secondly, there is the "subjective world that includes the possibility of other people's perspective". So, this too is still an illusion but it's an illusion that incorporates the reality of a shared world. A better illusion to be in, yes, but it's still not the real world (it's an imagined world) this means that we try to see things from other peoples points of view but get things terribly wrong. And this is because we are still trapped within our internal, or, subjective reality – we are still imagining what must "be" and creating filters that distort the truth.

In both of these scenarios, the lower ego plays a big role in the construction of filters that separate us from our surroundings. The irony is that the ego creates separation from the universe in order to be safe, and feel safe, but through this separation, like a plant pulled out of the soil, the truth becomes distorted and distant from our reality, and this

causes internal conflict... and eventually external conflict. Feelings of conflict create bad judgment and bad actions (we think badly and we begin to act badly) – and if you follow this chain of experience down the line far enough, you end up with physical disputes, fighting, and eventually war. And this is what we see around us in our modern age – a maelstrom of experience that pulls in yet even more conflict, and when you arrive at this level of conflict and suffering, everyone is so stirred up that few even stop to think about the holistic approach to solving the big problems.

And thirdly, (the third type of experiential world that Plato speaks about) is the “Divine world”, or, “Divine Reality” (which he referred to as the “invisible” or the “empty” – like the Buddhist view). In Divine Reality, the external world and the internal world are seen as one thing – there’s no separation from the experiencer and the experience. There are no filters – there is no safe place to retreat within ourselves, we are simply all in it together, we “get” each other – we understand each other, we feel each others energy, as well as the energy of nature and the Universe, and we all sing from the same hymn sheet. In this “real world” we all flow in the same direction and we all grow together because we appreciate ourselves as the “whole”. In this view – the real view – the world is no longer left outside because in Divine Reality there are no boundaries – there is no glass bottle containing the smoke of spirit, there is only energy, and we are all patterns swirling together within the same one energy.

In modern science we call this energy field “the Unified Field” or “the Higgs Field” – the glue that permeates all things and the glue that holds all things together – in this visualisation it is “the glue that allows patterns to be sustained through time, and “we” are those patterns.

Let’s get back to the original analogy for a moment – let’s consider the smoke inside the bottle. Even though this is not the reality of the situation, we may certainly feel like this from time to time – and when we wrongly feel this way we also feel trapped and frightened. So how do we smash the bottle? Well, we don’t have to – we’ve just demonstrated that the bottle does not exist and so all we ever have to do is see things from another perspective to really unleash our full spiritual potential. When we see things from a truly Divine perspective – when we really feel this in our soul – that we are Spirit “first” and body “second”, at this point we are identifying, not with ourselves, our lower egos, we are actually identifying with our divine nature which is limitless, eternal, and

completely free. In this sense, we are *always* free – we just have to see it – we just have to wake up to it – to the possibilities of a Divinely unified existence.

You could say that as spiritual beings, it is our duty to transcend the trappings of the purely mortal – the illusionary restrictions of the physical dimension that many have embraced and placed upon themselves.

Transcending these mortal chains requires only one thing – the deep knowing, through personal spiritual experience, that we are soul first and body second. “We are primarily a soul that happens to have a body at this moment in time...

Why is knowing your past life so useful? Why should we care?

If we separate ourselves from our past lives, we are falling back into the trap of attempting to cut ourselves off from the reality of our situation, and in doing so, we very much limit ourselves and suffocate our true potential. Each of us have achieved things in our past lives, learnt things and acquired skills and gifts, that are easily transferable into this life, and this allows the surfacing within us of a great sense of wholeness and stability and spiritual grounding – this connects us with a sense of foundation in our lives and we begin to feel, not only that we can cope better, but also, we begin to have strong feelings that we need to do great things in the world – we begin to feel our sense of place – and purpose comes from this – we begin to feel a sense of destiny. – if we deny ourselves our past experiences then we are denying ourselves our true nature and our Divine Destiny.

So past life work in all forms of self-development and spiritual development is not only important, it is all essential. We can't look forward and strive for our Divine purpose if we haven't looked back and connected with who we are – who we were – “who we were in previous lives is who we are” at the soul/spiritual level, and our destiny tasks – those things we were sent back to do on the Earthly plane are all tied in to who we are and what we have achieved in the past – and what it is possible for us to achieve in the future.

Our destiny can sometimes seem to be out of reach – but if that's the case these feelings can only arise from a disconnection with our past lives because we've already been given all those things we need in this

life – all those skills, gifts, lessons learnt in previous incarnations, will all allow us to perform our destiny role in this life. Strong connection with the past connects us with the future and our destiny.

Let's recap:

- 1) *Each soul journey is helped by knowing and understanding the previous journey. And so our gifts grow and become stronger...*
- 2) *Each physical incarnation comes with its own lessons and experiences (good and bad) that we carry to the next life as strengths or blockages. When there is a blockage, it is up to us to smash through them and grow as a result spiritually.*
- 3) *To understand our previous strengths can be incredibly empowering and allows us to achieve our soul purpose.*
- 4) *Smashing through blockages that are brought through from past lives will also grant us empowerment in this life.*

When we begin to advance

A recap on the foundation principle of being switched on to our past lives.

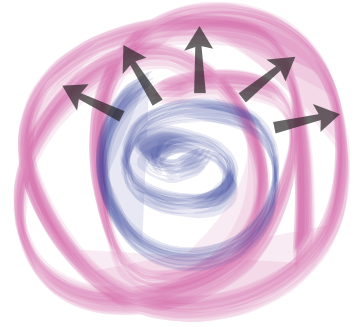
If we look at the man balancing on his thin column of experiences (see diagram). He is having experiences of a spiritual nature, and encouraging these experiences, and trying to develop himself on his path, without first looking backwards to his previous lives. Sooner or later, as the column gets higher through accumulating spiritual experience, this thin column becomes very unstable and the man balancing on the top begins to wobble and this creates fear and a slowing down of spiritual progress.

In contrast, if we take a look at the man on his pyramid – each past life is a brick, and these bricks go to build a foundation for this life's experience (a past life footprint) – this is what we call a spiritual foundation or the soul pyramid.

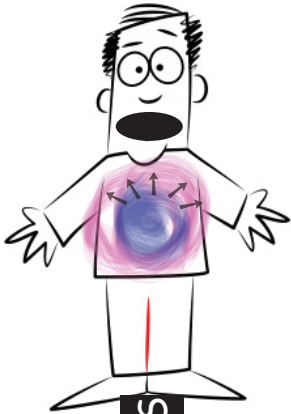
Why are we sent back?

When we consider our past lives in a more holistic sense, we see that we are actually not separate from our previous lives at all – time moves differently to how we might imagine on the quantum level – it is not strictly linear – all of the events that have happened in this life and in

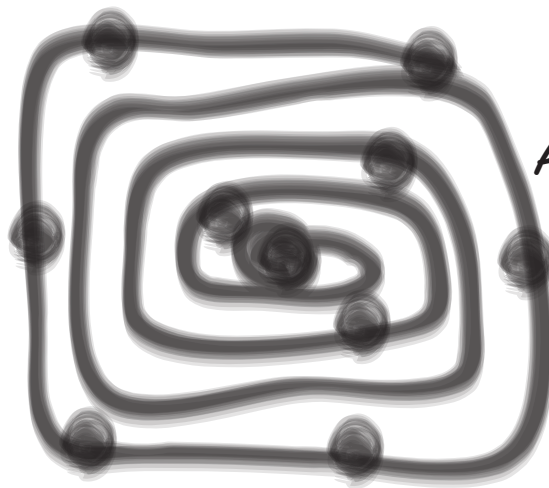
When we begin to advance spiritually if we lack knowledge and experience we can create an 'off-balance' or a 'spiritual wobble' creating fear



The SOUL gains spiritual experiences.

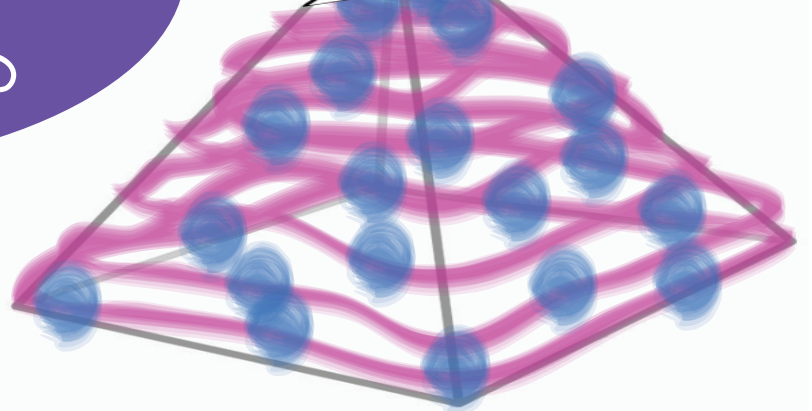


Understanding your past life experiences creates a solid foundation from which to base all spiritual growth reducing fear and frustration



A Past Life Foot Print or Foundation

This is what we call a SPIRITUAL FOUNDATION or The SOUL PYRAMID



previous incarnations are all happening right now – this is called “eternalism” and can be viewed in the mind’s eye as though the tangible surface of time (the flow of time, or, time’s arrow) is like a sphere that is constantly expanding. Each point in history, or, each past life, can be plotted as a point somewhere on this expanding sphere (and remember, expansion, in this visual aid, is the flow of time). This means that any point in time can be visited and revisited from any other point in time. And through the discipline of meditation we are able to gain access to each point and this process makes us incredibly strong in the spiritual sense and allows us access to universal gifts that we didn’t know we had. We become more than a tired and burnt-out isolated life – we transcend this and become unified, and we become all that we can be.

Another way of looking at this subject of being connected to our past lives is to see our soul as a line that threads through many points in human history – it weaves in and it weaves out like a needle and thread through the fabric of space/time – at the point of each life the experiences gained ties a knot in our soul-line – each life is very important and has a purpose – each life has a “soul purpose” – which prompts the question “does everyone carry out their soul purpose – is everyone successful in completing the work they were put on earth to do at each point? Simple answer – no. And there are many reasons why a person may not complete their soul purpose (their reason for being here on the Earthly Plane).

The body is a vehicle that allows for the human experience

The body is a vehicle for the soul – it does not contain us but it does allow us to be spiritually tethered to a time and place in human history. This loose tethering to the earthly plane for a short time allows us to carry out specific tasks in relation to our soul purpose and ultimately it allows us to carry out our destiny.

In a very general sense our soul purpose may be monumental and make an impact on human history, or, it may be more mundane and invisible, and possibly even go unnoticed. We may achieve it or we may not, we may know it, or we may not – sometimes it is possible to carry out our soul purpose without even realising it.

...We know this is all very important stuff and fits into an overall universal plan, so, all this being said, why do some vehicles fail? Why do

some people suffer premature illness, and accidental death? Let's really stop to think about this – why does this actually happen if we are meant to be here? It's a good question, and the answer is a simple one – the destruction of our physical condition – the failing and breaking down of our bodies through illness and disease and man's inability to tolerate his fellow man, leading to conflict and war, is all purely generated by MAN not SPIRIT – it's easy to point the finger when something goes wrong and say "Why did this happen?" but the truth is we live in a terribly toxic environment, and it's a closed system – we have no choice but to be in it – and it's toxic because of man – toxic in all sorts of ways – polluted oceans, chemicals in food, being in stressful environments with stressful people creating toxic environments within us (the list is extensive) and we live in this every day.

Bottom line – our environment on planet Earth determines our existence within this vehicle – surviving the toxic environment is essential if we are to feel a sense of wholeness and peace and if we are to carry out our soul purpose...