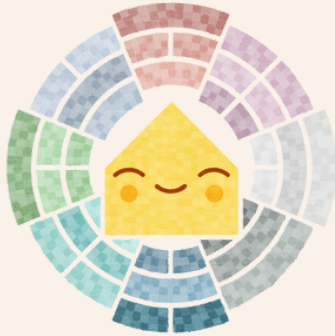


EXPLORE YOUR PAST



AUGUST 2025

An Enchanted Living Guide to
Exploring your Past Lives
for more
Inner Harmony



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The Power of Your Past

Your soul is ancient.

You have walked this Earth many, many times before—through different bodies, cultures, landscapes, and lifetimes. Reincarnation, as it's often called, is a belief found in many spiritual traditions around the world. It teaches that our soul returns again and again to grow, to heal, to evolve... and ultimately, to remember its divine nature. So why explore your past lives now?

Because understanding your past may help you release what limits you in the present. It might explain long-held patterns, unusual fears, or feelings of disconnection. It can even help you remember your innate talents and soul gifts.

This month, choose one area of your life you're ready to shift. Is there a belief, a habit, or an emotion that keeps returning? Is there something you yearn to manifest but can't quite grasp?

Sometimes, the story holding us back didn't begin in this lifetime.

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STEP 1: A LIFETIME WITH POWER OVER YOU NOW

Let's explore a lifetime that may still echo strongly in your current path. Sometimes, this is a life where you held a powerful gift—a gift your soul longs to bring forward again. Other times, it's a life that ended in pain or fear, and its emotional weight lingers beneath the surface.

Let's discover the clues.

Practices:

- Reflect on your childhood play. What games or roles fascinated you? What did you pretend to be? Often, children still carry the energetic memory of recent past lives.
- What cultures, foods, or travel destinations deeply call to you—even if you've never been there?
- What landscapes do you long for or instinctively avoid? Mountains, deserts, castles, cottages?
- What clothing styles or eras feel most natural to you? What would you choose if you had to dress for another place and time?



JOURNAL ON YOUR LIVES...

- What aspects of history feel “familiar” or oddly personal to you?
- Where in the world do you feel at home, even if you've never been there?
- What parts of your early life feel connected to another time?



STEP 2: TALENTS CARRIED THROUGH TIME

You came into this life carrying not only memories, but abilities.

Some of your gifts may come through your bloodline—but others were etched in your soul long before this birth. Often, childhood holds clues: the things you were drawn to, your imaginary play, your early fascinations.

Practice:

Make a list of your natural skills, even the ones you haven't fully pursued.

Now, imagine what kind of past life each one could have come from.

Who were you when you developed that gift?

*"There is no death.
Just a change of
Worlds"
Chief Seattle*

STEP 2: JOURNAL ABOUT THE TALENTS

- What are you naturally good at? What comes easily?
- What did you love to do as a child?
- What kind of careers or callings have intrigued you—whether or not you pursued them?
- If there were no limits, what hobby or path would you follow today?
- Are there beliefs stopping you from stepping into your gifts (e.g., “I’m not good enough” or “That’s not practical”)?

STEP 3: FINDING THE HIDDEN BLOCKS

There was likely a lifetime when you were wealthy.

A lifetime when you were deeply loved.

A lifetime when your power shone brightly.

If you struggle with any of these now, a block from that past may be lingering. Sometimes, traumatic events at the moment of death can embed beliefs that the soul carries forward—beliefs about money, trust, safety, or visibility.

Practice:

Close your eyes and imagine a past life where you were wealthy, successful, or powerful—especially in a way you long for now. Let the memory arise intuitively.

- What did you do in that life?
- Were you happy? Supported? Respected?
- How did it end?
- Did a vow, belief, or trauma form that you still feel in your body today?



STEP 3: JOURNALING

Now rewrite the story. Give that past life a peaceful, powerful ending. Let your soul be freed of any vow or burden that no longer serves.



STEP 4: WHY DID YOU COME HERE, NOW?

You didn't arrive here by chance.

Your soul chose this time, this body, these parents, and this place for a reason.

Perhaps there was something your soul longed to experience for the first time. Or perhaps there was something left unfinished in another life—something calling for healing, balance, or reconnection.

We often reincarnate in soul groups—returning with others we love to support one another's growth.

Practices:

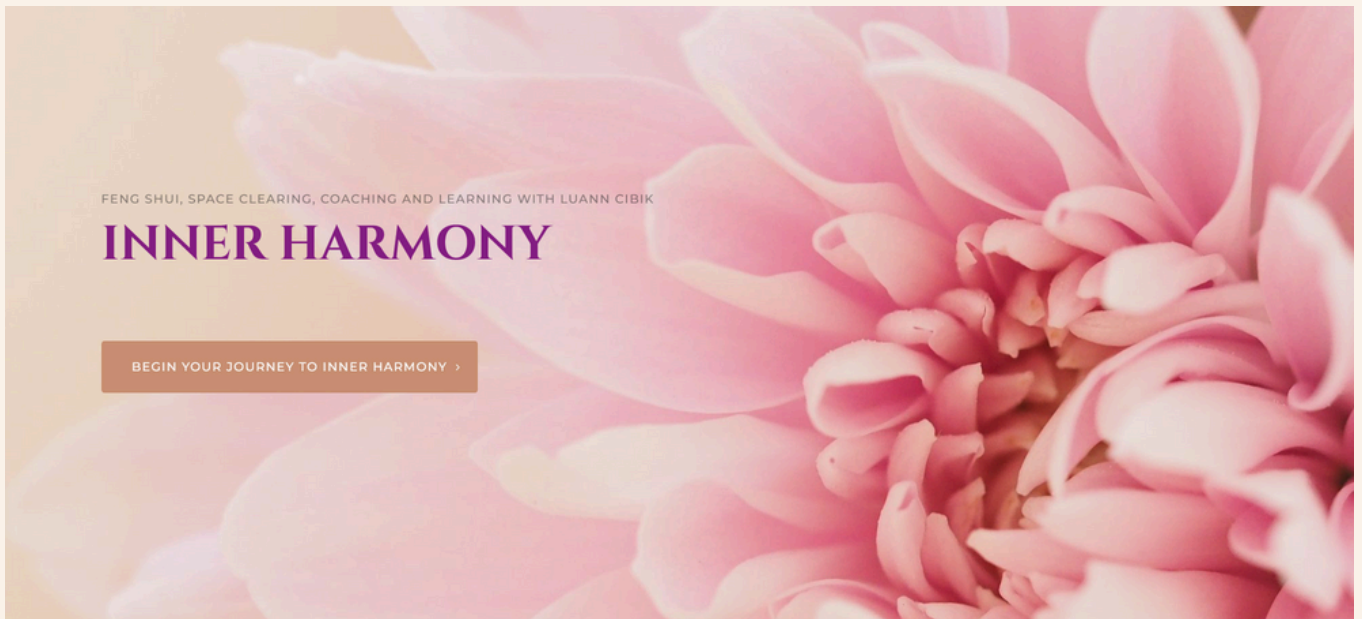
- Look at your life path so far. What challenges have you faced? What strengths did they shape in you?
 - Think of people you've met who instantly felt familiar—your “soul family.” What have those relationships taught you?
 - Notice what global or local issues most stir your heart. Is your drive to help coming from a healed place—or from an old wound still asking to be seen?
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STEP 4: JOURNALING

- What challenges shaped your greatest strengths?
- Who in your life feels like they've known your soul before?
- What does your soul want to heal—so you can serve without being drained?





“We are the spiritual heirs of the planet. If we can let go of the ancient blockages and limitations from the past and listen to the inner guidance of our soul, we can lovingly step into the future.”

Denise Linn

HEALING THE PAST
FOR A GLORIOUS PRESENT
AND POWERFUL FUTURE!

LOVE,
LUANN
