

The Perspective The Holy Spirit & Universal Mind Would Have You Take Towards Past Lives (1)

I. THE AVERAGE OLD SOUL HAS HAD AS MANY AS 200 PAST LIVES

SPIRIT & THE ASCENDED MASTERS ARE MORE INTERESTED IN WHAT PEOPLE ARE DOING NOW RATHER THAN WHAT THEY DID IN PAST LIVES : for having very Spiritual past lives does not guarantee one will be
II. Spiritual in life or have a certain clarity in this life

WHETHER IT IS BENEFICIAL TO KNOW ONE'S PAST LIVES: for most people knowing one's past lives is an ego builder or ego deflater => this is not what they should be used for, for all that matters is what you are doing in this life; **WHAT DOES IT MATTER IF YOU HAD ALL THESE GREAT SPIRITUAL OR FAMOUS PAST LIVES AND YOU ARE ON A MASSIVE EGO TRIP IN THIS LIFE!** => an Integrated Ascended Master remains evenminded in praise or criticism; it is fine to do a past life regression if you like, however, do not use it to inflate or deflate your ego => all are just lessons & golden nuggets of wisdom and all lives are just the Soul
III. continuing to build the God Self

WHERE IT IS HELPFUL TO KNOW ONE'S PAST LIVES : sometimes knowing certain past lives can account for certain patterns, phobias, fears, abilities, talents in this life; sometimes in the case of knowing past lives or experiencing them through some kind of past life regression can help clear certain
IV. negative patterns, however, sometimes not

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**THE MOST IMPORTANT THING TO REALIZE ABOUT PAST
I. LIVES = THAT THEY ARE IN THE PAST!**

WHAT IS THE PAST : the past in this life or in past lives is just memories in our mind => a memory is just an image or thought in our mind which may carry with it a certain feeling or remnant of energy => **OUR PAST IN THIS LIFE AND PAST LIVES ARE JUST THOUGHTS & IMAGES IN OUR MIND => THEY ARE SUBCONSCIOUS PATTERNS THAT HAVE BEEN PROGRAMMED INTO US THROUGH PAST**
II. EXPERIENCE

BY LEARNING TO MASTER OUR THOUGHTS, IMAGES, FEELINGS, EMOTIONS, ENERGY, SPEECH & BEHAVIOR WE MASTER OUR PAST & PAST LIVES! SO IN TRUTH WE DON'T REALLY NEED TO KNOW OUR PAST LIVES TO CHANGE THEM : all we have to do is master our thoughts, images, feelings, emotions, energy, speech & behavior in this lifetime and **our past life programming becomes**
III. reprogrammed

LIVE IN THE MOMENT INSTEAD OF THE PAST AND DO YOUR BEST TO FULLY REALIZE INTEGRATED FULL SPECTRUM PRISM CONSCIOUSNESS: in so doing your
IV. past lives will automatically be reprogrammed to the positive