

DragonFeathers



Energy Medicine

Breaking Free of Past Life Patterns and Embracing New Possibilities

Hello! Thank you for joining me on this new journey of exploring

Have you ever wondered why things seem to be more difficult than necessary in life? Are you finding yourself in the same situation over and over, such as being bullied at every place you work or landing one partner after another who mistreats you? Does your bank account need a serious makeover?

Have you puzzled over why some people, even family members, have drastically different opportunities than you, for instance, they get all the breaks and you get all the responsibility? Perhaps you struggle with mysterious health issues.

In the next few documents, we will do a deep dive into several kinds of past life patterns and agreements that affect your current life.

We will address in turn:

- Recognizing Past Life Patterns - How are they showing up in your life
- How to shift Past Life Patterns - How to change or resolve the patterns
- Recognizing Vows and Agreements - What ancient promises are still impacting you

- Releasing Vows and Agreements - How to end the agreements that bind and limit you
- Recognizing Soul Contracts - Which Soul Contracts are active in your life
- Resolving and shifting Soul Contracts - Render complete the agreements you made long ago and finally step into your life's mission.

How to Recognize Past Life Patterns

Our past lives can influence our present experiences in subtle and profound ways. These patterns may manifest as unexplained fears, repetitive relationship dynamics, or deeply ingrained beliefs that seem to hold us back.

Here are some common ways to recognize past life patterns:

- **Recurring Themes:** Do you experience similar challenges in different areas of life? Unresolved past-life energies often resurface as repeated struggles. Same situation, different person? It's a pattern that may have followed you for lifetimes.
- **Unexplained Fears or Phobias:** Intense, irrational fears with no apparent cause may be linked to past-life experiences. Phobias related to things like deep water, dogs, etc can give clues to past life deaths as well.
- **Strong Attractions or Aversions:** Instant connections, intense recognition or deep discomfort with certain people, places, or cultures may be a sign of past-life relationships or experiences. Soulmates, contracts and unfinished business is in this category as are ancestral enemies and ancient conflicts.
- **Deja Vu:** A strong sense of familiarity with a place or situation can be a sign of a past-life memory surfacing. That feeling of distinctly

remembering having done something before and maybe even being able to predict what happens next.

- **Unusual Talents or Skills:** If you have an innate ability for something you've never studied, it could be a skill carried over from a past life. We often see this in young children such as the 5 year old piano virtuoso.
- **Persistent Physical Ailments:** Chronic pain or unexplained health issues can sometimes be linked to past-life trauma stored in the body. These also give a clue about the manner of death in a past life.



We conclude this first segment with a blast from the past. Not as far back as a past life, but the 1980s. Totally dating myself, but do you remember the G.I. Joe cartoon series? At the end of each show, kids are given the moral of the story by a character and say, **“Now I know!”**

The character would then reply, **“And knowing is half the battle.”**

We are engaging in the knowing part. But what is the other half of the battle?

ACTION

Knowing is not enough. You know the lawn needs to be mowed but if you don't actually mow it, you'll find yourself facing all manner of wilderness back there that's gotten out of control.

The next section will address what to do about past life patterns and how to begin shifting them and creating space for new experiences, ones that bring you more fulfillment instead of limitation.

Got questions? Email me at dragonfeathershealing@gmail.com

Or visit dragonfeatherswellness.com to book a free 15 minute discovery session to see how I may assist you though this process.