



Shifting Past Life Patterns

As mentioned in the first part of this series, becoming aware of a pattern is a major step in healing.

The first step is recognizing that the pattern exists and acknowledging its presence in your life. Then you can begin the process of shifting it.

Once you know it's present, it moves from the subconscious to conscious awareness. What is the point of this? Once the pattern becomes conscious, as in you KNOW it's there, doing it's thing in the background of your mind, you now have a CHOICE to heal it. In this case, ignorance is NOT bliss. It's time for action.

Here are several approaches to help you release past-life influences, those programs running in the background, and move forward with greater clarity and less limitation:

1. Awareness and Acknowledgment

- Journaling about any repeating themes, fears, or emotions can bring hidden patterns to light. You won't remember patterns easily unless you take deliberate note. You don't know what you don't know. So writing the down and taking note of patterns that emerge will help you have those a-ha moments and connecting dots that you didn't notice.

2. Accessing the Akashic Records

- The Akashic Records hold the energetic imprints of past lives. Consulting your Records or working with a practitioner can help uncover past-life influences and release them. You can order one [HERE](#) or get in on one of my programs that teach you how to access your own records.

3. Energy Work

- Techniques like ThetaHealing, Shamanic Sessions, EFT, and several other energy-clearing modalities can help you remove limiting beliefs and release energetic imprints from past lives. Ancestor work can also uncover some ancient patterns, beliefs, and even things like curses. People threw those around at each other pretty freely back in the day, not knowing (or knowing) that they can have long lasting effects.

4. Past Life Regression

- Hypnosis, whether [Quantum](#) or Clinical, or guided meditation can help you access past-life memories, allowing you to understand and heal unresolved issues.

5. Inner Child and Soul Healing

- Connecting with your inner child or soul aspects through guided meditation can help reintegrate lost fragments of your being, resolving past-life wounds. Internal Family Systems can help with this process among other modalities.

6. Changing Your Reactions in This Life

- Since past-life patterns show up as recurring themes, making different choices in the present can disrupt the cycle. Once you have the awareness that particular patterns in your life are unhelpful, you can simply decide to make a different choice. The quote about the definition of insanity comes to mind, of repeating the same mistake and

expecting different results, (which is misattributed to Einstein apparently. TIL).

- Practicing mindfulness and responding rather than reacting to situations helps break old patterns. It might take a while of concerted effort to break lifelong habits and responses.

7. Calling in New Soul Contracts

- Setting intentions for new, supportive soul agreements can replace limiting past-life contracts.
- Meditation, affirmations, or working with the Akashic Records can assist in realigning your soul's path.

8. Grounding and Present Moment Awareness

- Staying fully present in your current life prevents past-life energies from overpowering your experience.
- Grounding exercises, nature walks, and mindfulness practices can keep you anchored in the now.



Recognizing and shifting past-life patterns is a powerful way to step into greater alignment with your soul's purpose. By acknowledging these patterns and actively working to release them, you create space for new experiences, growth, and transformation in this lifetime.

Next we'll talk about Vows and Agreements, a subcategory of Past Life Patterns but just as potent a limiting force as any other subconscious pattern.

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 through this process.