

HAVE YOU LIVED BEFORE?

Understanding Past Lives & Soul Memories

Exploring possible patterns, connections, and lessons that may echo into the life you are living now.

Healing Hearts Medium
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Past Lives & the Soul Journey • Resource #01

A Note From Theresa

Quite a few years ago, I began feeling a little push from my spirit guides toward past-life work.

At first I was interested in past-life regression. But I realized that regression depends greatly on the person being able to relax deeply, enter an altered or focused state of awareness, and access their own imagery and memories.

So I began experimenting with something that felt much more natural to me: **reading past-life experiences the same way I do my other intuitive readings.**

And honestly, to me they feel very similar. I receive images, impressions, emotions, environments, relationships, and pieces of a story. The difference is that the information seems connected to another lifetime rather than the present one.

I started offering these readings regularly about two years ago, and my experience with them has been phenomenal. **I love doing them.** The imagery can be incredible, but what fascinates me most is not simply who someone may have been.

I am interested in what the experience might help them understand about who they are now.

With love,
Theresa
Healing Hearts Medium

1. What Is a Past-Life Reading?

In my spiritual practice, a past-life reading is an intuitive exploration of experiences that appear to be connected to another lifetime of the person I am reading.

I am not hypnotizing the client or asking them to retrieve the story themselves. I receive the impressions and share what I am seeing and feeling, much as I would in another intuitive reading.

People may explore past lives because they are curious, but sometimes the information also seems to connect with patterns, relationships, interests, fears, dreams, or qualities in their present life.

The purpose is not to prove who you once were. The value, for me, is in asking what the story may illuminate about the life you are living today.

2. Past-Life Reading vs. Past-Life Regression

These approaches are different. In a regression, a practitioner typically guides the person into a deeply relaxed or focused state and the person reports their own experience. In the kind of past-life reading I offer, I am the one receiving and describing the intuitive impressions.

Neither approach requires you to adopt a particular belief. You can remain curious and decide for yourself what meaning, if any, the experience has for you.

3. A Reading I Will Never Forget: The Man From Thailand

One of my favorite past-life readings was with a man who lived in Thailand. Because of the distance and time difference, even finding a time for the appointment took some effort. I also wondered whether there might be a language barrier.

As the reading began, I saw him below deck on an old ship, rowing alongside many other enslaved men with dark skin. I felt anger and frustration. He did not want to remain below. In the scene I received, he retaliated and was killed.

Then I was shown another lifetime with a similar theme of retaliation and being killed.

But another scene was very different. This time I saw him **above deck**. He had a telescope and appeared to be searching for land. He was respected and held authority on the ship.

What stood out most was how he treated the people working below him. I kept receiving the importance of kindness, respect, breaks, better food, and humane treatment.

When I finished sharing that portion, he asked if he could tell me something.

He tilted his hat toward the camera. Because of the camera angle, I had not been able to see the front of it before.

It said NAVY.

He told me he had recently retired after 30 years in the Navy. He loved boats and loved being on the water.

But what affected him most was my repeated emphasis on how he treated the people “below” him. He interpreted that not only as below deck in the scene I was describing, but also as people below him in rank during his Navy career.

He told me that at his retirement celebration, people had thanked him for the way he treated them. They felt he had treated lower-ranking people with the same dignity and respect he gave those above them.

For him, the reading created a meaningful connection between the themes I was seeing and the way he had chosen to live and lead in this lifetime.

4. Look for the Theme, Not Just the Costume

This reading is a perfect example of why I do not think past-life work should be only about asking, “Who was I?”

The clothing, location, occupation, and time period can be fascinating. But I pay close attention to the **theme**.

- Power and powerlessness
- Kindness and cruelty
- Freedom and restriction
- Speaking up or remaining silent
- Leadership and responsibility
- Love, loyalty, abandonment, or loss
- Repeated choices and opportunities to respond differently

Sometimes the most interesting question is not *who were you?* It is **what were you learning?**

5. The Young Woman and the Cobblestone Road

A couple of weeks ago, I read for a young woman and saw her running on a cobblestone road.

This did not feel like someone enjoying the countryside. **She was running for her life.**

The scene felt connected to the historical persecution of people accused of witchcraft in Europe, rather than the later Salem witch trials in colonial America.

I shared what I was seeing with her.

Then she told me that for quite a long time she had experienced a **recurring dream of herself running down a cobblestone road**.

For her, the reading offered a possible spiritual context for an experience she had never understood, and she told me she felt relieved.

Sometimes a past-life reading is not about discovering an exciting identity. Sometimes it is about exploring something you have been carrying without knowing why.

6. Experiences That May Make Someone Curious

People sometimes become interested in past lives because of experiences they cannot easily explain. These experiences do not prove a past life, but they may inspire curiosity.

- Recurring dreams or repeated imagery
- Strong déjà vu
- An unusual connection to a place, culture, historical period, or type of environment
- An immediate sense of familiarity with someone
- Recurring relationship themes
- A strong interest or skill that feels deeply familiar
- Fears or emotional reactions that seem difficult to explain

There can be many ordinary psychological, environmental, and personal explanations for these experiences too. You do not have to label every strong feeling as a past-life memory.

7. Soul Patterns and Present-Life Choices

What interests me most is the possibility of patterns.

In the Navy reading, the theme was not simply ships. It was also authority, dignity, fairness, and the treatment of people who had less power.

That is where a past-life story can become useful: not as a fixed explanation for everything you do, but as another way to reflect on the choices you are making now.

A spiritual story is most valuable when it helps you live this life with greater awareness.

8. Questions to Ask After a Past-Life Reading

What theme stood out most strongly to me?

Did anything in the reading feel familiar in my present life?

Did a relationship dynamic resemble something I experience now?

Was there a quality or lesson I want to carry forward?

Was there a pattern I would like to respond to differently now?

Did the reading bring curiosity, comfort, clarity, or another emotion?

9. You Do Not Need to Be Famous

Past-life exploration can become sensationalized. People sometimes expect to discover that they were royalty, famous, or historically important.

That is not what interests me about this work.

A life spent cooking for a family, working the land, raising children, serving on a ship, creating something with your hands, or simply trying to survive can contain just as much meaning as any famous identity.

The lesson matters more than the title.

10. Stay Curious Without Giving Away Your Power

A past-life reading should not become a reason to avoid responsibility for the life you are living now.

If a story resonates, use it as reflection - not as a sentence.

You still have choices. You can set boundaries, change patterns, seek support, repair relationships, learn new skills, and decide how you want to live today.

And if a reading does not resonate, you are allowed to set it aside. You do not have to force meaning into it.

11. A Simple Past-Life Curiosity Journal

If you are curious about possible past-life themes, keep a journal for a few weeks. Record experiences without trying to prove anything.

- Recurring dreams
- Déjà vu moments
- Places that create an unusually strong response
- Historical periods you feel drawn toward

- Recurring relationship dynamics
- Unexplained images that appear during meditation
- Strong emotional themes that repeat

At the end, look for patterns. Curiosity is enough.

12. What I Hope You Take From This

You do not need to believe in past lives to find value in asking deeper questions about yourself.

For those who do believe, past-life exploration can be a fascinating way to consider the possibility that the soul has a longer story than this one lifetime.

For me, the most meaningful readings are the ones that help someone look at their present life differently.

Who you may have been is interesting. Who you choose to be now is what matters.

A Final Thought From Theresa

I wish I could do past-life readings every day because I genuinely love them. The images can be phenomenal, and I never know what I am going to see.

But the moments that stay with me are not simply the dramatic scenes. They are the moments when a client recognizes something meaningful in their present life.

A retired Navy man hearing a story about leadership, ships, and treating those below him with dignity. A young woman hearing me describe the same cobblestone road she had been running down in a recurring dream.

Those are the moments that make this work so intriguing to me.

Past lives may tell us a story about where the soul has been. I believe the real gift is discovering what that story might teach us about where we are going now.

With love,
Theresa
Healing Hearts Medium

Continue Exploring

This resource reflects Theresa's personal spiritual beliefs and experiences with intuitive past-life readings. Past lives and reincarnation are spiritual beliefs and are not established scientific facts. The examples in this guide are shared as personal experiences and interpretations, not proof of reincarnation.

If an exploration brings up distressing memories, fears, or emotions, pause and seek appropriate support when needed.