

JOURNEY TO A PAST LIFE IN ATLANTIS



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In this journey you will travel through the middle realm back in time to a past life in Atlantis to view one of your past lives. It will bring through information that can support you in this life time.

After you have completed your journey, go through the “Past Life in Atlantis questions” and write your answers in your journal. This will help you to remember every aspect of your journey.

Then listen to the “Past Life in Atlantis interpretations” of your journey.

ATLANTIS JOURNEY QUESTIONS

What animal came to fetch you? write down all you know about this animal

Did it take you through the ocean? Did you fly above the ocean?

Write down what kind of life you lived in Atlantis. What did you do? What did your angel say was its lesson for this lifetime?

How did it feel to watch your past lifetime?

Were there any emotions that came bubbling up?

How did it feel to be a dolphin?

Think about what stood out for you on this journey

INTERPRETATION:

What animal came to fetch you? write down all you know about this animal.

This maybe showing you how a past life can assist you at this time. In remembering talents gifts or situations that may need to be healed in your life. Look at your animal and what it is showing you about how move and be in relation to what is showed you about your past life.

Did it take you through the ocean? Moving through water can relate to how you need to flow with your emotions. Did you fly above the ocean? This can relate to knowledge, ideas thinking. Look at what you knew or experienced in this past life and how it can support you in your growth in this life.

Write down what kind of life you lived in Atlantis. What did you do? What did your angel say was its lesson for this lifetime? Look at this life and what you feel it is supporting you with or showing you about how you live your life now. What your interests are or how it can support you in your current life time.

How did it feel to watch your past lifetime? Were there any emotions that came bubbling up? How did it feel to be a dolphin? Sometimes past lives are opportunities to re connect with certain senses you may have developed then. Or give you opportunity to heal events from that life time.

Think about what stood out for you on this journey.



SUN TRIBE
AWAKENING
THE JOURNEY DRUM

JOURNEY TO ATLANTIS

TRANSCRIPTS: Real student journeys with
interpretations by Lesley Bergstrom