**Past Lives Meditation**

This should be done with a partner, in case you get into such a deep trance, or you get upset and need someone to help pull you out.

You must perform a cleansing and grounding ritual

Lay down

Make sure you tape or have your partner writing down what you say

Make your partner say out loud, and visualize the scenario

*"Picture a huge beautiful architecture library"*

*"In front of there, are 10 giant steps leading up to the front door"*

*"Very slowly climb up the stairs counting each one"* (To get you in trance)

When you get to the top of the stairs, imagine a huge door with a giant knocker

Knock the door

Someone will answer the door; this is your spirit guide

Tell him/her what is you would like to see (as in certain past life or general)

At this point you may or not have a conversation with your guide

Next, ask your guide to lead you where you can get this information

Picture another door behind the guide, and have the guide walk you trough there

He/she will guide you into another room and sit you down

At this point whether you are audio, visual or written, comes into play

You may take down a book and start to read a story of a past life

Look at the pictures, movie or listen someone tell you the story

When you are done, thank your guide very much

Open the main door to go back down the stairs to get out of the trance

Play back the tape or read what your partner has write. You may not remember.