

# Connecting with the Power of Spirit

## ASSIGNMENT ONE – Spirit Journey Meditation

Your activity today is to listen and participate in the Spirit Meditation that we've recorded for you, found on the Spirit Lesson Page.

Feel free to do the meditation multiple times if needed to really feel the connection with your spirit

Take some time to reflect and write down what Spirit and the past life you just explored can teach you.

- 1) Did you notice that any characters or people from the past life feel the same as people in your present life?
- 2) Are there patterns, habits or themes that seem the same in this life?
- 3) Was there anything in that lifetime that felt uncomfortable to you? Or any experience or image were uncomfortable with?
- 4) Was there a lesson or message being conveyed to you by your past life that will help you in this lifetime? Messages from past lives are intended to help you navigate through THIS lifetime, not to become stuck in the past. Think of it as a guidepost to learn from past experiences, not to live there again.



5) Notice throughout the day, any way that your past life meditation “visits you” in this time and space, whether in themes, comments from others, or animal guides that show up.

If something unpleasant came up or becomes triggered by this meditation, know that acknowledging it is a form of healing, and feeling however you feel about it is okay, and you are on the right path. Growth can sometimes be painful, but is nonetheless positive overall. You will not be shown anything you cannot handle, so be confident that you are receiving what you need to move forward and evolve in this lifetime.

Have fun today connecting with what your spirit wants to show you!

