

From an Interview for "2012 and Beyond" with Rhea Powers

I definitely have a past-life orientation. Sometimes people wonder what difference it makes to know about our past lives. Well – if someone tells you, that you were a princess in a past life, and that's why you are spending so much money on fancy clothes, that is not going to change your life – not really. It might help your credit card bill, but it is not ultimately going to change your life. If however you personally go into the experience of having been a princess and having lost the opportunity to help your people it may be that you made the decision: "I'll never be able to help people", "I'll never be able to make a contribution".

If you carry that kind of decision in your soul, it is very useful to know about it. Because if you don't know about it, if it remains in your unconscious, you will be living through the filter of that decision, and you may avoid opportunities to serve or make a contribution in this lifetime. If you are able to bring that decision into consciousness, and to feel the pain of loss of the opportunity to serve, that decision, that impression on your soul will tend to dissolve. When that happens you will no longer be living your present reality out of that unconscious decision made in another lifetime.

In our Soulwork groups we do a lot of past life work. Basically we do past-life regressions to bring unconscious decisions into awareness so that they can dissolve. They dissolve because they are not the truth of who we are. They are merely impressions on our soul from decisions that we made, while we were identified with the story we were living in another lifetime.

However – those decisions do make an impact on our soul and do create filters through which we live our present reality. These decisions do dissolve in the light of consciousness, because they are ultimately not substantial, ultimately not true, not who we are. As these decisions, these impressions on our soul dissolve there is more space created in our totality so that the truth of who we are, our true nature, our Being can arise, and fill that space with more of our essential nature.

A side benefit of experiencing past lives is that after you have done several past life regressions -- after you know that you are not the wife of the French baker or the woman in the harem in Turkey in 1300 or the celtic priestess or the witch who was burnt at the stake – after you know that who you really are is not any of them, you eventually begin to question your identification with your present story. "So I can't be this one either. Who is here then? What is this that I have so identified with, that I say I am - I am an American, a white person, a woman. I am someone with this history, I am the one who plays these roles, and has these relationships."

After you have done enough past life work it makes it easier to let go of these identities, of the things that we identify with, when we say "I am this, I am that". It makes it a little easier to stretch, to expand, to include more of the truth of who we are in our sense of identity, in our sense of being. Recognizing, experientially that

who we really are is not any of our stories gives us more access to our essential nature.

We don't do past life work to make the past more real. We do past life work to give us more opportunity to be fully present here, now, as who we really are.

Rhea