

Wisdom of the Soul

Experience Your
Soul Through

Past Life

Recognition

Kerrie Wearing

Your Soul Self

Experience the Soul with Past Life Recognition

*“The intuitive mind is a sacred gift and the rational mind
is a faithful servant. We have created a society that honors the servant and
has forgotten the gift.” ~ Albert Einstein*

Kerrie Wearing

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For my husband Rod,
for helping me to know myself.
Thank you.

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Foreword

Evolution is the way of the Soul. Yet how we achieve this, is as individual an experience as you and I. We all aim for the same end result, enlightenment! However in each soul having different needs which are brought about by different life experiences and different life purposes, the path or journey of evolution requires a vast array of experiences for the individual to achieve enlightenment.

Awareness of our past lives is just one contributing factor, and the heart of this book.

In this book, my intention is to inSpire you with understanding and awaken within you the soul urge to want to know yourself on a deeper level. To hear your soul self on a daily basis, guiding you from within as you go about living your life.

In simple terms leading the life you do with a greater awareness of who you are and your purpose for all that you do.

This book is intended to assist and help you do just that. By healing the past we in turn influence our future which guided, as it may be at times, life is still what we make of it, so we want to ensure we are making the best of it. Reaching our highest potential by understanding our soul on an intimate level, communicating with it on a day to day basis and becoming a master at the art of understanding what lies beneath the surface and leaving us to reveal our inner truth.

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Past Lives are a powerful tool in this epic journey of self-discovery. It is here I want you to make use of the past life information, the tools and techniques within these pages to reveal your soul self.

Introduction

My interest in Past Lives began at the beginning of 2007, when I was asked by my Spirit Guides at the time to conduct a Past Life workshop at my spiritual development center, The Australian College of Mediumship. Before this time, I didn't place much value on knowing about your past lives believing they had no real relevance on your current life and all too often, I saw people using them as an excuse for a challenge in this life and not really working towards true healing or personal responsibility with any issue they may have. So while I believed in reincarnation, Past Life Therapy was really something I avoided or left for others to work with.

As you can imagine, I was a little shocked when Spirit asked me to conduct a workshop of this nature. However, as always when I hear from Spirit in this way there really is no possibility of me saying 'No' and not doing as they ask.

This workshop turned out to be one of the most significant life changing moments I've ever experienced and still to this day, is one of my favourite teaching moments.

It began modestly with each of us sharing our thoughts on Past Lives and any experiences we may have had. Before long, it turned into a lively, excitable, discussion prompted by the guided Past Life Meditation I included and what unfolded for me during that.

While guiding the meditation, I took some time to thoroughly

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sit in the energy and allow Spirit to show me anything they felt I needed to know or experience. In this moment, I was open to all possibilities of new understandings and Spirit saw this opening. Believing as I did in the lack of value or merit in such an integral part of who we are, meant that Spirit felt it right to turn this on its head and nurture the Spirit within me. Spirit recognised I needed to do this to grow and expand my beliefs and who I am, but they also recognised they needed to unfold this new information in a way that was relatable and totally understood, if I was take hold of it, all.

With my work as a psychic medium, I am experienced in the process of trance mediumship which is where the energy of Spirit world comes in so close and merges with the energy of the medium in an effort to speak through the medium to share their thoughts, knowledge and experiences. Spirit took this opportunity during the meditation to have me meet one of my Past Life selves, in the way I would meet and converse clairaudiently (thought transference) with any other Spirit, if I was opening myself up to trance.

This Spirit is a Native American Medicine Woman who over the coming years would step forward at different times revealing a little more of herself while sharing the understandings of how Past Lives are portrayed amidst our very personal connection.

That first night, she shared with me, the view of past lives existing chronologically in order was in fact, not how it is at all, being that time is a man-made construct to create order out of chaos. In unfolding the view, that beyond the time and space dimension we know as Earth, there lies parallel dimensions of realities which

hold all the life experiences we have known or are yet to be a part of, all existing simultaneously, alongside on another.

To give you a simple analogy, it's quite like Television. On one channel we have the News program airing, while on another we might have the Country Music Channel playing, love that channel, with only the aerial frequencies differentiating which channel your TV tunes into. Parallel Lives exist in a similar fashion with only our awareness limiting our knowledge and understanding of their impact in this life.

Not long after this workshop, as part of the paranormal investigating work I was doing at the time, I visited a run-down abandoned mental health facility in the Blue Mountains region of New South Wales, Australia. In reading the energies of this environment with my Mediumship ability and connecting with two significant beings, I found the energetic makeup reflecting a fully operational hospital functioning in another dimension. One of the beings I communicated with was a Doctor who shared with me that his life's work was in researching mental health and to do that, he carried out lobotomies on the patients at this facility. This explained the body pit I had psychically connected with a little earlier. He had the most honourable of intentions and in his time he was doing good work. To us it felt like the place was 'haunted' as it would have also felt to the Doctors, nurses and patients when our worlds collided in this way, though you could ask who's haunting who? I could however; see Spirit providing me with the experiential validation and life experience I needed to cement my new found beliefs.

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And, so began my foray into Past Lives or as I prefer to call them, Parallel Lives which began bringing to the surface a new awareness of how the universe operates.

The Art of Knowing

Expanding your heart is a great place to begin with raising our awareness and knowing oneself more intimately than we did yesterday. So here I have included a meditation designed to awaken all of your senses and your energy centers, revealing to you an awareness of your inner world and aligning your soul self with your mind and its ego driven outer world. This is the point of perception to begin aligning your truth.

I recall my first visit to Sedona Arizona in 2008, when I first became aware of how much internal struggle existed between my Spirit and my ego, my heart and my logical mind. Here I share with you an extract from my book *A New Kind of Normal: Unlock the Medium Within* about my first visit to Sedona.

Sedona is a couple of hours north of Phoenix, Arizona and is in the heart of Red Rock country. It is sacred land for many ancient Native American tribes, among them the Sinaqua and Hohokam with archaeological evidence dating as far back as 8000BC. Currently there is a thriving metaphysical community, as many, many people find themselves not only drawn to its magnificent beauty but also to the Sedona healing energies for which it is widely known for.

Sedona is reputed to be a world vortex site, where the Earth's energetic ley lines meet, thus creating a zone of powerful, majestic

energies much like Stonehenge in England, Machu Picchu in Peru, the Great Pyramids in Egypt and Australia's own Uluru.

Visiting Sedona was not initially part of the plan, as to be honest I was completely unaware of its spiritual reputation. However, Spirit certainly had other plans and leading up to the trip I began encountering a great deal of synchronistic events or coincidences, if you will, regarding Sedona. From people talking to me about Sedona to quite a few travel shows appearing on TV just at the right time. Being someone who not only believes in synchronicity, but lives my life consciously being guided by them, I knew that Sedona was a must to visit.

The drive to Sedona was uneventful, although my expectations were high as my intuition had been telling me something special was to take place specifically with regards to how I would feel. Even so, what unfolded still completely took me by surprise.

Our first stop was at Montezuma's castle, which is the ancient remains of native cliff dwellers and is about half an hour from Sedona. Following this, we moved to the Chapel of the Holy Cross, which gives you a panoramic view of all of Sedona's Red Rock formations and their corresponding vortex sites, a breathtaking view in itself. Alighting from the tour van and coming in physical contact with the land resulted in this overwhelming feeling of having 'come home'. This feeling erupted throughout my entire being, right to my very core. There was such a sense of peace and completion that I became quite emotional. Had I been here before? Not in this life time. Was this a past life connection?

As is my nature, I couldn't help myself but to immediately try to

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come to some understanding of what was happening. So firstly, I entered the Chapel questioning if it was the church I felt connected to. No. After lots of photo taking we made our way into town, so still questioning, I was asking myself, “Is it the town I feel connected to?” No. This was all confirming for me, that it was truly the land that I felt connected to.

In time I was told it was my ‘Spiritual Home’. As grateful for this insight as I was, it then presented a new question. What does that really mean? Was it the place itself or was it the powerful energies providing a healing release bringing me closer to our true home, the world of Spirit, like I have never experienced before? Somehow I sense that it is a combination of both, which only a return visit will provide more insight and understanding to.

Certainly the experience itself was something for my history books, however, the lasting effects on me personally have been the most intriguing. Since that moment at the Chapel of the Holy Cross, I feel like a new person and the only way I can describe it is to use the old Cherokee parable of the two wolves. This parable speaks of an internal struggle we all have, where our Spirit is constantly challenged by our Ego. Well, that struggle was very true for me.

Over the years I have constantly worked with awareness to live from my spirit and not allow my ego self to rule with its self-doubt, judgements and lack of love. This at times has regularly felt like hard work and a constant struggle, although until Sedona I was really unaware of how much of a struggle it truly was.

Since that very moment, the struggle no longer exists in the same

way. No longer is it a daily battle going on within. My sense of Self is much stronger, my Spirit is at the forefront and easily accessible, with the self-doubt being a much smaller part of my every day internal dialogue. My ego self still exists, however, I now find it to be less powerful and more manageable as if it knows its place. As my self-doubt rises, not only is it a lot less often but it feels like I am detached from it in some way. The thoughts are at a distance as I readily remind myself that they are part of the old Kerrie and the new Kerrie can quickly switch that around and return to love.

Meditation – Journey to Oneness.

Allow yourself the time and space needed to complete this meditation of approximately twenty minutes. I encourage you to establish a little corner in your favourite room which is quiet and you know you won't be disturbed. Trust that you'll feel drawn to the right space when keeping the intention of meditating on your mind.

Here, make your meditation space as comfortable as possible with some gentle music, soft lighting or candles and generous smells of oils and incense wafting about. Include whatever you feel is needed to make it 'home'. Your chair should be comfortable with enough room to allow you a straight back which enables the flow of your energy.

- As you sit comfortably, first begin by taking a few deep breaths. In through the nose and out through the mouth. Allow yourself the space here for the natural flow of your breath, just taking it a little deeper than you normally would.

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- With each breath focus on drawing in some beautiful universal energy and visualise this energy in all its rainbow coloured glory, filling your body with its mesmerizing self.
- Begin with feeling this energy come in with your breath and find its way into your chest. Here it begins to awaken and tingle the heart center with its gentle caress before it continues onward.
- The energy slowly starts to find itself guided by where its needs to go most to naturally balance your energy. Pay close attention to how this feels for you.
- In your own time you'll become aware that this glorious rainbow of energy now needs to specifically work more through your energy centers, aligning you to the Divine. Please begin by visualising a new column of light coming up through the floor and entering your body through the soles of your feet connecting and grounding you to Mother Earth. This column of light will be a colour specific to you, providing you with what is needed right now.
- As you feel this energy around your feet, you sense it begin to move up through your legs as it finds its way to your Base chakra, positioned at the base of your spine. Feel this energy center start to transform and awaken while becoming aware of what thoughts transpire for you at this point. This gives you a good inSight into the functioning and healing required around this energy center.
- Upwards your beautiful column of light continues to travel,

finding its way to your Sacral chakra which is just below your navel. Here, the energy aligns itself with your sexuality and adolescence awakening within you all that you are. Again, take heed of any thoughts that intervene and make a mental note to recall them later.

- The Solar Plexus chakra is the next to be stimulated by this omnipresent power of life force energy. Feel your center expand with new life as your Solar Plexus, situated just below the breast bone becomes alive with energy. As with the two previous chakras, acknowledge and let go of the thoughts which arise.
- The Heart center is where it began and now you find it begins to soften with empathy and understanding as the energy transforms your heart chakra into awareness and the power of love.
- Take a few minutes here to enjoy and feel all that is in your heart.
- In your own time, the energy and its cascading colour will continue upwards to redefine your throat chakra, allowing you to express yourself like never before. As you find the glow of light healing any inhibitions and stimulating this energy center. Acknowledge any thoughts that arise again and ask to be reminded later.
- With the flow of energy nearing its peak, the column of light seeks out your brow or third eye chakra leaving you in no doubt that this is the seat of great clarity as much as it is the

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seat of all judgement. Allow the energy to align this center with purity of Spirit to bring about any much needed clarity. Be aware of your thoughts at this point, acknowledge them, let them go and find the resulting sense of peace that awaits.

- Relax even more and take some more time to revel in the rewards of this inner sojourn.
- All energy has its own consciousness and with the last leg of this journey, your column of light begins its way to your Crown chakra and out through the top of your head, where this energy enhances your connection to the Divine. Allowing a greater sense of All That Is, to creep into your consciousness hurling you forward into that great expanse of Oneness. Knowing that all of life is intimately connected and that we are all one, brings with it a greater sense of self and an ever increasing awareness of All That Is. This is the gift you give yourself today.
- Allow yourself some time to BE.
- In your own time, you'll feel the energy start to lighten and recede. As this happens, slowly start to become aware of your body once again. Become aware of the room you are in and the chair you are sitting on. When you are ready open your eyes and see your new world.
- Perhaps you may like to take some time now to record your experience in your journal, while enjoying a nice quiet cup of tea or coffee.

The Path to Awareness

Understanding Past Lives and the evolutionary path of one's soul cannot be, unless one first begins with one's own soul. It is imperative to begin here to be able to contextualise your awareness of it and how your map of the universe is realised. Self- awareness really is the key.

In addition to the regular use of meditations such as the one just included. I highly recommend some daily disciplines which keep your awareness of self at the forefront of your mind.

My daily disciplines begin with a much needed moment just prior to alighting from bed. I take a few moments to consciously think about centering myself and feeling my soul with awareness. It only takes a few moments before I then raise my awareness to the world of Spirit, the world of Oneness. All of this is achieved just by thinking the thoughts. Certainly when you begin, you may feel as if you're not making the right connection however, with persistence in time the shift will occur and usually around the two week mark.

“How will I know what to look for, I hear you ask?”

The energy of your soul resides in conjunction with your body. All around you, with your body being its central masterpiece. It is not separate from your body, they are inherently connected via the Chakras and Auric layers. Which, for more detailed information on

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these please refer to my first book *A New Kind of Normal; Unlock the Medium Within*. Here you'll find an inSightful explanation of the Human Energy Field, which in itself is the matrix of your soul containing all the information and knowledge built up over eons of time though specifically relevant to the current incarnation you embody. There is no need for superfluous accounts of another reality that has no bearing on this one. Rightfully so though, you do have access to it at any time you want and choose to engage that information for higher understanding. This is where accessing your Parallel Lives comes in.

Baring this in mind, you FEEL the soul with your awareness. Place your awareness in the space where you know your aura to be. FEEL its presence. Embrace the sparks of light and colour which may form in your mind's eye. This is your energy making itself known. Allow the soul to speak to you in its own way through feelings mainly, though some symbolism may exist as well. If so, you'll need to develop an understanding of what the symbolism means for you.

Should you find yourself feeling like nothing is happening for you or it doesn't feel any different. Firstly, trust in the knowing that new awareness of this nature takes time, while in your heart space hold the question "*What is it, that my soul self needs me to know right now?*" This will create an alignment between the energies of your heart and head allowing for the creation of a powerful base from which to begin further your daily soul work.

Each day take a few minutes to align yourself in this way and before long you'll find your guidance and awareness of life shifting

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into ways which previously were not possible for you.

Awareness Beyond The Self

To become aware of all that has existed for us over our span of existence, we must first begin to arouse within us the need to know – to find an innate need to improve ourselves and our lives in some way, which goes far beyond idle curiosity. For it is in this need that the real magic happens.

Beauty is only skin deep, while life and all it entails can have us reach far into the depths of the soul, which sometimes is not pretty.

Imagine leaving on a journey for Santiago, expecting beauty, bliss and sublime beaches only to find derelict buildings, homelessness and a place that had seen better days. Life at times can leave us feeling this way and so too can our journey to visit a Parallel Life which currently exists alongside this one, only in another dimension of reality. We do need to be prepared for what we may find. Yet, in maintaining our Parallel Life ventures out of need for spiritual understanding, we will ensure we always receive what we need for our souls' evolutionary growth. Harboring this need will, ensure experiences full of answers for you with a high potential for clarity and growth. I urge you to keep this in mind when moving forward with this next exercise.

Armed with the new knowledge you have gained from your meditations and new daily disciplines. Let's take them a step

further.

Within you exists an inherent connection to the Divine and All That Is. There is a part of you that is Spirit world. There is no separation between us, the Divine, the Spirit World or our Parallel Lives. There is only our perception of it.

This then leaves us with the question how do we access this part of who we are? How do we communicate with Spirit? How do we bring through the guidance we need, the love we are and the Spirit we can be on a daily basis.

This process often seems harder than it really needs to be, because we approach it from a place of separation. We see ourselves as humans first and Spirit second, if at all. In addition to not seeing ourselves as part of the Divine or the Spirit world, we see it as being in some other place. Where that is, is different for everyone. I've read books by well-known mediums saying its three feet above and to the right. This I think comes from the understanding that this is where a spirit will connect to the Mediums energy for the purpose of communication, not really where it really exists.

For me up until recently, it was all around me, though to access it with my awareness I always looked above me or behind me. Then with a moment of realisation brought about by new growth and understanding – this belief flew out the window as I came to realise the ‘separateness’ of living that understanding. That in true essence – ‘I am Spirit’ and therefore the Spirit world is ‘Of me. With all of me surging forth into the universal energies and consciousness from the core of me, the heart of me. And my connection to it all derives from this very point, from the center of

all that is me.

In living from this place of understanding, how do we expand our awareness to incorporate All That Is.

We first listen to the daily nuances of our own inner voice. We heed the call of our own Spirit. In doing this we keep the noise and confusion to a minimum and therefore allow for the influences of Spirit to seep into our awareness when needed.

If developing an awareness of your soul is new for you, it is imperative to give yourself time in solitude. Find a way that works for you, be it meditation, journaling by the beach or walking with the birds of a morning. Taking time out from the everyday obligations of work, housework and family commitments giving yourself the opportunity to experience oneness with your soul is vitally important to allow the soul to be heard through the noise and clutter of the mind and its daily distractions.

This exercise will filter into your awareness, the energies of cause and effect for you – highlighted by your choices and how you proceed to implement them in your life.

1. Take the time to listen - spend time in solitude - meditating, journaling or even walking - taking time out from the everyday to hear your inner voice. Consistency is a key here.
2. As you do this, bring your awareness to your heart space and accept all that flows from here for you - being it heartache, pain, confusion or moments of joy and love. Acknowledge and accept.

3. When ready, ask your heart any question you need to and then be prepared to accept what you receive. Take any action required knowing it will lead you in the direction of freedom, love and healing.

It takes time for this awareness to become a natural part of your everyday without too much thought given to receiving this information, so persist daily and before long you'll be a highly attuned expert at aligning with your soul self.

Recreation of the Soul

When we begin to experience the soul beyond itself and its connection to the Divine – we begin to understand all that this Universe has to offer.

Expanding our thoughts and awareness to embrace the process of recreation and the manifestation of living any incarnation, first begins with exploring our thinking and beliefs on past lives.

Please allow me to share with you my beliefs and how I believe they come to be. As I shared in the introduction, my beliefs have come about through living my own journey with Spirit, experiencing personal growth and understanding in this area particularly with a vested interest in sharing this information with others. I share them with you, with the intention that they inspire you to question and expand your thinking and beliefs. So, please question with your heart and choose what resonates with you. What doesn't resonate for you, please feel free to leave and disengage from. What you choose to take on, build on from here through your own experiences and inner guidance and know that what you believe today, could well evolve into something quite different tomorrow.

More and more there is a growing shift within all of our understanding to accept that our past lives actually exist parallel to one another, operating simultaneously alongside one another

in different dimensions of time and space. We are bravely coming to comprehend that the structure of time as we know it, does not apply to the workings of an energetic universe. We understand that this is a human need for order out of chaos and know that our true selves, our soul self knows no such boundary. Applying this necessary understanding to the belief of reincarnation means there is no chronological order of our individual past lives, nor is there the perceived limitation of only past lives having existed. Yes, we can access our future lives too!

Imagine yourself as a glowing light of energy, with the best analogy I have read from Neale Donald Walsche, author of the *Conversations with God* series being just like a lava lamp. This energy contains a collective group of souls, with you and your current life incarnation being just one of them. To experience a new incarnation the soul breaks away recreating itself in new form taking with it remnants from the soul group, maintaining a deep connection residing within knowing that at any time the soul can re-join the group and return from whence it came, back to the ether and the collective consciousness.

Each time a soul breaks away to recreate in this way, a wave of evolution exists and this energy flows through all those souls connected to the group in this way. This is felt and experienced as emotion, healing and evolution. This same process can be witnessed in the natural world as we see flowers and plants, seed, germinate and grow into new plants. Creating a whole new experience for the reformed energy that becomes the new flower.

When we recognise our self as a soul first and human second,

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we begin to understand that life and the mechanics of it, is much bigger than we perceive it to be. We understand the connection between ourselves and the world we live in, including those we interact with each day. We understand that in living one's truth we give our soul the best chance at being vibrant and enriching to ourselves and others, while above all else moving through this journey we call life, with love.

This in itself results in a natural inclination towards positivity, to be generous of Spirit, exhibit empathy towards humanity and to believe that above all else we are creatively powerful beings.

Let's experience this side of yourself with this powerful creative visualisation meditation.

Put yourself in your meditation space and give yourself at least the next half an hour free from interruptions and distractions. Set the mood with some soft music or use the CD version of this meditation.

- Begin with relaxing your body by becoming aware and feeling from within all of your arms and legs, your neck & shoulders and then your back. Feel them gently release any tension that is being held in all of these muscles. If you feel the need to stretch, go with that and let it all go.
- As you feel the body become a little more relaxed, you'll now feel more comfortable in your seat.
- Let's take a few deep breaths as you now gently close your eyes.

- With each breath, breathing in through the nose and out through the mouth, you find yourself letting go and sinking further and further into your chair as you release the awareness of the room you are in.
- In this space, you begin to feel lighter and as a wave of energy encroaches from within, you become aware of a presence making themselves known to you. This presence feels soft, gentle and inviting while reminding you of your favourite colour. Take a moment to feel the energy of your visitor along with the vibration of colour they bring with them. Feel all that the energy is communicating to you.
- If you find yourself beginning to think a little too much, that's ok. Just remind yourself that now is a time of peace and your mind can return to its ramblings later.
- Feel the Soul within you as this presence – allow it to give itself form. Does your soul self show itself as a male or female? Perhaps neither. How does your soul self look to you? Young, vibrant? Perhaps aged and full of wisdom. Recognise that you inherently know this is your soul self and feel the strength of this oneness.
- Take this opportunity to ask your soul self for some guidance and wisdom, if you need or perhaps use this question.

'Please share with me, what if anything I need to know right now to enhance my life. Thank you.'

- Embrace the warmth that is you, allowing this new awareness to seep its way into your conscious mind. Allowing you to

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guide yourself now from a greater place of knowing.

- In your own time, you'll feel the energy start to lighten and recede. As this happens, slowly start to become aware of your body once again. Become aware of the room you are in and the chair you are sitting on. When you are ready open your eyes.

I would recommend recording your experience in your journal with as much detail as possible. Recognise the information that helps to identify your Soul self. This will assist you to recognise when you receive guidance and insights from your soul self throughout the day or when in meditation.

This meditation is also well suited to use to uncover insightful information centered on the purpose of your current incarnation.

By using the following suggested questions during the meditation, they will assist in unfolding the wisdom you are ready to receive.

I would however recommend sitting with this meditation at least three times before using one of these questions. This will allow you the chance to become comfortable with this aspect of your soul affording you the highest potential to achieve your best results.

1. How can I become more in touch with you?
2. How do I stay in this earthly body and do right by you?
3. 'Please share with me, my soul's intention for this lifetime at the point of recreation, thank you.'
4. Please share with me, any lifetime that is currently having a

positive/negative (use one of these) impact on my life at this time.

5. I am currently struggling with Please share with me any lifetime that can help me to resolve this issue.

Sedona Reveals Her Secrets

Experience a connection to one of your past lives through the very real adventure of finding yourself physically visiting the very place where your past life occurred is a phenomenal experience, which besides having far reaching effects on your life will fill your heart with joy and undying love for your special place.

This is how I feel about Sedona, Arizona especially after our return visit in 2011.

This time I returned with a heightened expectation of wanting to find the answers to why I felt as I did in 2008, and answer all the questions this initial visit raised.

We had been in the US for a few weeks already with our stop at Sedona being near the end of this trip. It had been a particularly challenging trip which was making our stop in Sedona all the more enticing. The day we arrived, I booked a full body massage, longing to de-stress and achieve a sense of relaxation.

The massage began much like any other though it didn't take long for me to get lost in the experience and relax enough for the Spirit world to make itself known. This was the moment that as the spirit of a Native American Medicine Woman stepped forward to communicate, I came to the understanding that Sedona was indeed my Spiritual home.

This Medicine Woman explained she was my past life self and that many people feel the call of the Indian and find themselves living or visiting Sedona often. She explained that I would find myself visiting at the end of a significant chapter of soul growth for rest and nurturing of my soul. In fact, this was something I had been doing since childhood when she triggered some memories from long ago. As a child trying to go to sleep at night I often experiences strange energetic happenings, where I would feel on the edge of a chasm, with the feeling of a gigantic head and an abrasive feeling, I can only liken to that of sandpaper. These feelings often included picture flashes in my mind of red rock desert. I never spoke of these too anyone, until I began teaching Mediumship and understood the concept of energy. My friend explained, in this moment that at these times in my life my soul was journeying to Sedona for respite and nurturing. No wonder, I felt such an overwhelming connection to Sedona from the moment I set my foot down on her earth.

We conversed mediumistically for a little while as she shared with me, a little more of her and therefore myself. When I asked her, her name she showed me a grey stormy night sky with the moon amidst a strong sense of our English language not containing a translation for it. She shared how as a Medicine Woman there were only certain practices in her time a women could offer. She said she would go beyond this and offer the healing a male medicine man could too, only keeping very quiet and confidential about it. I thought ‘That is sooo me!’

She went on to say, while she was unable to read or write she did keep a record of sorts for her patients and this is where I help

her. For just as she would appear to me to help when I needed understanding, so too would I appear to her. Together, we are a part of the same soul group experiencing different incarnations alongside one another.

Have you ever thought that this could be where our Spirit Guides come from? In that moment, I certainly understood that this is one form of expression for our guides and how they come to be.

As you can imagine, this download of information was blowing my mind and I was so excited I couldn't restrain myself from sharing it all with the masseuse. Of course, she took it all in her stride being aware of her own calling to Sedona and letting me know that during my massage, she felt as if she was taking part in a Native American campfire ceremony of sorts.

I feel so blessed to have had these magical experiences and to be given such understandings. As I said earlier, visiting your special place will transform your life in many ways. My wish for each and every one of you is for you to visit your spiritual home so you may experience and know a greater part of who you are while rejoicing in the beauty, mystery and magic of somewhere as divine as Sedona.

Everyday, Soul inSpired Living

Your Soul Self: Experience the Soul through Past Life Recognition, the ebook forms the foundation for Kerrie's online program Everyday, Soul inSpired Living.

Run annually, Kerrie personally guides you to grow and expand your soul awareness while helping you to integrate the practices seamlessly into your everyday life. There are bonus gifts, tool, techniques and special guest appearances from well-known spiritual mentors all designed to enhance your online soul experience.

For more information on Everyday, Soul inSpired Living please visit <http://www.psychicmedium.com.au>

About the Author

Kerrie Wearing is an author, soul coach and medium who lives in Sydney, Australia with her husband, two teenage children and two dogs. Kerrie is passionate about helping people finding the spirit within and coaching them to live the life we all deserve to live. She is author of *A New Kind of Normal: Unlock the Medium Within*, founder and managing director of inSpirit Publishing and managing editor of inSpirit Magazine.

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