

Multi-Life Pattern Interpretation Template

Exercise Two	<p>For those of you who have begun to explore experiences from other realities consciously, this exercise is meant to allow you to take a fresh look at the challenges you set for your current life. By looking at the key events and experiences of lives lived in other realities and time periods, you can get a new perspective of your current life.</p> <p>You can use the same symbol associations to begin to understand the recurring symbols, themes and issues that make up your personal dream story in this reality. One note of caution however: dream symbols do not remain static. For example, a horse in the 20th Century has a different set of social connotations from a horse in the 18th Century. And a horse in your dream may conjure up different associations to a horse in my dream.</p>
Step One	Jot down the key events you have been exploring as if you had just woken from a dream.
Symbol	Description/Associations
Step Two	<p>Narrate the highlights of your personal experience out loud to yourself or to a special friend.</p> <p>Attempt to recall and re-experience the main elements of your other life experience.</p> <p>Make brief notes only of any circumstances, illnesses, accidents or feelings about these.</p> <p>List the names of any people you recognise from this reality that appear in your other life experiences. If you can tell from the experiences and your interactions, write down your relationship with them then and now.</p> <p>List any hobbies and creative things you are aware of that you enjoyed in your other life experience.</p>

Step Three	<p>Describe your other life experiences in detail as if they were a dream by writing down the elements you remember in as much detail as you can remember.</p> <p>Pay particular attention to the timing of recurring themes and events and the circumstances surrounding them.</p> <p>Write down in detail as much as you can about the people and your relationships with those who appear in your other life experience. How are these relationships different from your life in this reality?</p> <p>Write down in detail all the creative things you do with your life now.</p> <p>How is your creativity different now to the expression of your creativity in your other life?</p>
Step Four	<p>Examine the patterns and timing of recurring events and your stand-out interactions with the people in your experiences.</p> <p>Do certain themes in your present life stand out compared to your other life experience?</p> <p>Do the same people share your current life experiences as those in your other world experience? How are they the same or different? Are you in the process of exploring a different side of your relationship with key people?</p> <p>Do you find yourself finishing tasks or exploring issues that have been left incomplete from other realities?</p> <p>Which periods of your different life experiences brought you the most happiness or sadness?</p> <p>Explore the word associations in much more detail until you feel you have understood all of the symbols.</p> <p>Do not judge the events and feelings associated with the events of your other life experiences. They are what they are and you are remembering them for reasons which may take some time to understand.</p>

Step Five	<p>Write brief notes outlining what you think a creative and fulfilling life would have entailed for your other world personality. How would your key relationships have played out differently?</p> <p>Bear in mind the social values, technology and limitations of the time period. Where does your other world personality live? Would you have lived in the same location?</p> <p>How could the expression of your creativity in that time period be enhanced?</p> <p>Remember, the expression of consciousness within physical life is only a <i>Dream within a Dream</i>. When you wake up and begin to explore the dream consciously, you have the freedom to change it and make it anything you would like it to be.</p> <p>The only rule is that you must acknowledge and respect the rights of all other living expressions of consciousness.</p> <p>Then, with focused action, wherever you choose to explore your creativity, make it more than just a dream.</p>
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