

Excerpt from *Soul Contracts*, by Linda Baker

In this story, a client who had been sexually abused by her brother visits past lives to explore the possibility of a root cause:

... In the next lifetime Kate was a young man of seventeen. Her brother from this lifetime was also her brother then. He was nineteen. There was a lot of competition between the boys, and out of anger Kate stabbed her brother in the heart and killed him. The awakening of her cells to this memory was intensely emotional. As she felt the knife sink into his heart, she heard his last words, *"I'll get you, you bastard!"*

Kate was cast out of the family and left to wander for the remainder of her life. She died, frozen to death, alone in the wilderness. As Kate remembered those events, she could physically feel her hands and feet becoming cold and numb as the freezing occurred. She remembered that her final thought was to never be alone again. At this point in the session, Kate went into that place in between lives, and received a message from her spirit guides. The message was: *"You cannot hold hate in your heart. Hate will kill you and your spirit. All of our lessons serve us. You must forgive."*

As Kate began to fill the cells of her body with the golden light of forgiveness for herself and for her brother, she began to experience healing, wholeness, and freedom in her body. When we checked in to see if this energy work was completed Kate saw how she and her brother had brought their parents much pain in that lifetime. The guilt from that life was still held in her body's cellular memory. In the session, she was able to release that energy, and as she did she began to feel the grace of self-forgiveness for that situation enter into her cells, replacing the guilt that had been held there. At this point, I was doing energy work over Kate's body and received a very strong message about self-forgiveness.

Often I have heard others say and have even said myself, *"It's so much easier to forgive someone else rather than myself."* The message in this is twofold. First, I do not believe that we can truly forgive another without forgiving ourselves. Second, it is so much easier to forgive someone else because of the fear we have of self-forgiveness. If we truly forgive ourselves then we *have* to forgive others. This means we must release the victim role. This means we have to step into the full power of who we are. The message that Kate received in her past life regression, *"You cannot hold hate in your heart. Hate will kill you and your spirit. You must forgive,"* is a very powerful statement. When she heard this, Kate said, *"I gathered back my energies as I forgave first my brother, then myself."* Forgiveness of her brother was freeing, but self-forgiveness was the most powerful and healing aspect of the equation. Forgiveness of herself was essential for Kate to feel self-love.

This story again shows how we take the emotions and thoughts that we die with into the cells of our next physical incarnation. We can either choose to act them out again in the present incarnation or choose to become conscious and reach forgiveness, understanding, and compassion for others and ourselves. If we take the unconscious route and act out our hate and revenge, we continue on the karmic wheel of suffering. To me this is what hell is about. We create hell for ourselves, not God. Through our hate and unwillingness to forgive we do a marvelous job of condemning ourselves. Through forgiveness, we restore health and well-being, reclaim happiness, and find our inner peace.

The Money Contract

"Heroes take journeys, confront dragons, and discover the treasure of their true selves. ~ Carol Pearson

Money is another key area in which personal contracts create patterns. I have worked with many people who have abused power and material wealth in past lives, and, because of this, have made contracts keep this from happening again. Sometimes these people are born into the belief system that money is dirty, bad, unholy, or corrupt and not important to them. This is a great protective system because it allows the individual to forego the desire for material wealth for virtuous and holy reasons. This works until the individual decides one day, that s/he wants greater abundance in their life. Maybe it's time to get out of the low-income bracket, travel, have a nice home, pretty things, fine clothes, or other things that money can buy. At this point, a little voice inside comes out with something like: *"How selfish. You should be happy with what you have.... look at all the poverty in the world, you should be ashamed."*

A frequent next step is to buy books on creating prosperity, to take classes, or engage in therapy. Through such means we can examine our issues around self-worth and deserving and may even come to the place of saying, *"Yes, I am worthy. I do deserve abundance."* But, then the money doesn't come, or it comes into our lives only to be stopped by some unforeseen event of self-sabotage. A feeling of frustration usually follows with thoughts such as, *"No matter what I do, nothing seems to work."* If you find this or a similar scenario in your life, it might be a good time to check and see if you may have made a past life contract regarding wealth. If there is a hidden fear that having wealth will lead to abuse of power, that fear will kick in and take over as soon as money begins to accumulate.

Let's take the story of George. George was born into a middle-class family and was always told what a good boy he was because he rarely asked his parents for anything. He always seemed happy with whatever he had and this pleased his parents. When his siblings persisted in making demands of their parents to buy them things, his mother would always say, *"Why can't you be like your brother? He never asks for anything."* So George grew up and became attached to this *virtue*. George thought of himself as pious and was glad that he did not succumb to the *ways of the world*. This made him feel as if he were better than his brothers, sisters, and everyone else who concerned themselves with material goods. Life went on this way until George was thirty-two and his soul decided that it was time for him to become conscious. His wake up call came through a young woman named Margaret.

Margaret was pretty, bright, and talented. She appreciated George's simple life until they seriously began to consider the possibility of marriage. Although Margaret valued the balance George brought into her life, he didn't reciprocate. He began criticizing her about how she spent her money. This created a friction in their relationship and Margaret decided that although his simple way of living was endearing, she wanted to have nice things, travel, and provide well for any children she might have. Margaret was ready to break off the engagement when George came to see me with the hope that hypnotherapy might help him to save his relationship.

Our first step was to do inner-child work. This enabled George to recognize his talents and strengths while letting go of his attachment to virtuous poverty. After our second session, we decided that it might be helpful to see if there was a past life connection to George's issue of pious poverty.

In this next session, George found himself in Egypt. He was an aide to the king and took delight in bedecking himself with fine clothes, gold and jewels. His responsibility, it seemed, was to oversee a large group of slaves who were constructing a building for the king. Each day George would ride out in a wagon-type vehicle, which he described as having two large wheels and being pulled by a team of horses. It was very hot and the slaves worked very hard. George was proud of how they stopped their work to bow when he came by. He wanted them to admire his elegant wardrobe and know that the king favored him. He had no compassion for the slaves and spoke harshly to the captains and he took pleasure in watching the slaves beaten.

I had George go through this lifetime, learning whatever was important for him to know. He came to a scene where he had wandered far out into the fields alone. He felt himself fall as his foot sunk into a hole and his ankle turned. There was great pain and he could not get up. At that moment, a small group of slaves came into view, carrying a heavy stone. George waved his arm and demanded that they come and pick him up. He saw the slaves carry the stone toward him, then felt the crushing sensation as they dropped it over his body. Going back to that incident just before death, George felt his own terror, but he also noticed the faces of those men with the stone. For the first time he felt *their* pain. For an instant he regretted his actions and made the contract to never abuse wealth and power in that way again.

George did not want to go back and change the story. What he needed was to meet with this past life part of himself and do forgiveness work. As George held this part, cried, and forgave himself while I did energy work over his body. I prayed that the cells be released of the pain; yet keep the knowledge and compassion that they gained from the past life. This was quite a difficult session for George and two weeks later he was still processing all that had happened.

George noticed a shift in his life after this last session. He found that he was kinder to himself and that his relationship with Margaret was better. He shared the story of his session with her and she was open to his experience. Today they are communicating much better in their relationship, and George has even purchased the occasional special gift for Margaret.

Through self-forgiveness George was able to re-lease his contract from the past life and understand that he can be materially abundant and compassionate and loving at the same time. To reinforce this understanding, George chooses to donate money and carpentry skills to a shelter for the homeless. He now sees money as an energy that can be used to both care for him and to help others.