



Many thanks to yet another phenomenal client (like all of them) who allowed me to transcribe and share this incredible Past Life account - This account goes to show that one may become an outcast but in many cases, they also become God like.

This session was quite unusual for me as it was finally sinking in that I do this not only to facilitate Healing and attain valuable information for the client but also it appears I am called to help people remember their Mission and get them back on track. Sometimes we take a few too many life-times of distractions (of the world) that eventually may make it almost impossible for us to remember the plan we made before coming to Earth... Strangely enough, this client eats meat and this account is one of a non meat eater... How bizarre, lol.

SC = Subconscious.

Mmm = "Yes" in most cases.

Chris: What do you see around you?

Client: Hmmm, what? Trees... I thought there was snow at 1st but I don't know if it is snow, just trees like Pine, dark green trees with brown trunks...

Chris: And you mentioned snow just a minute ago, is there snow around?

Client: I don't think it's in the tree I think it was around...

Chris: Is it a wood?

Client: Yes it's like a forest...

Chris: Ok, can you look down and tell me what you're wearing on your feet?

Client: Well I can see the floor, the ground is sort of pine needles, it's dry, and... I don't know

about

my feet but I can see... it looks like... I don't know (seemed to be avoiding something)

Chris: That's ok

Client: Hmmm...

Chris: Do you feel like you need to be anywhere or to do anything?

Client: No I don't think so.

Chris: That's fine... So the trees are in front of you is that correct?

Client: All around I think

Chris: Oh so you're actually in the forest?

Client: Yes. I seem to be just wandering about, I don't think I'm going anywhere, I think I'm just there and wandering about.

Chris: Ok, so is there anything other than trees to see?... Any animals?

Client: There's sort of Ferns growing on the lower level

Chris: Do you hear any sounds like birds?

Client: Hmm, maybe, yes, might be water dripping through the trees

Chris: So is it raining?

Client: I think it's melting

Chris: So the snow is melting?

Client: Yes

Chris: So you're in the woods, do you know what you're doing in the woods?

Client: I think I just live in the woods, I don't know... I think I've got bare feet but they look like my feet now so I don't know if that's what they really are but I can see my feet are bare

Chris: That's fine, ok, so you're in the woods and you possibly live in the woods and you may well be out working or hunting

Client: Yes maybe hunting, I have something on my back, maybe like a bow and arrow or something like that

Chris: So what type of clothes are you wearing on your body?

Client: Sort of "Skins" or something

Chris: Excellent, well we have to keep warm somehow don't we?

Client: Mmm (yes)

Chris: So are you male or female?

Client: I think it's female, my feet look like my feet so I think I'm female

Chris: Ok, we'll learn more about that in a minute, are you young or are you old?

Client: Quite young, 20 or something like that.

Chris: Excellent, so does the body feel healthy?

Client: Yes!

Chris: Brilliant, are you wearing any jewellery or ornaments?

Client: Just like a leather sort of... Thong with sort of, I dunno, wooden beads or something on it

Chris: Are you carrying anything? You had a bow...

Client: Yes, in case I need to shoot or something, I don't know

Chris: And an arrow?

Client: Something like that yes

Chris: Can you describe more where you're standing, you said it was pine needles (Mmm) that the floor was made o...

Client: It's brown and it's dusty and pine, like a path I suppose, pathways through the trees

Chris: So you live nearby very possibly

Client: Yes, in a wooden thing

Chris: Sounds lovely, let's go to your house and see what it looks like

Client: It's just built from tree bark... Trunks, it's not a shape it's just hap-hazard, it's kind of like a sort of dome but kind of as the trees grew so they just fit together

Chris: Sounds brilliant, at least it's a shelter

Client: It's got bark on the outside and inside it's got... The trees have been sawn so it's like you see the wood on the inside of the house

Chris: That sounds like the perfect shelter... So it seems like the simple life (Mmm) – Ok, can you describe what's on the inside of your house for me?

Client: It's quite small, it's quite warm, it's got some sort of fire, I think it might be in the middle I'm not sure (Nice) I don't know what the roof is, I don't know if it goes... How that works..

Chris: And it's a single floor?

Client: Yes, it might have a sort of room, I don't know if it's a room but it might have another bit behind, so you go through from the bit where you come in... Behind the fire there might...I think

there's another place where you can go that's...

Chris: So you can see the entrance into that place?

Client: Mmm, it's just like a... It's just open, it's just like an arch or something that you go through

Chris: Excellent, and that's where you sleep?

Client: Probably yes, see I think in the front is where you take off things and cook maybe, there might be a bench to sit down.

Chris: Sounds amazing, sounds very simple, very WOW! Idealistic way to live because you're not actually harming the environment in any way, totally at one with nature really so that's a blessing. So as you look around you, did you say there was a fire?

Client: Mmm, it's sort of smoking a bit still, there's some skins that are kind of drying out, I don't know if that's work or.. I think it's work because it's by the fire drying out

Chris: We use these things to protect us from the elements. So did you catch anything when you went out hunting?

Client: I didn't want to.

Chris: You didn't want to?

Client: I didn't want to hurt... (emotional)

Chris: That's fine, that's ok, I've had exactly the same experience but I chose not to in the end. But we can eat just vegetables and still be perfectly fine but that's the way in some tribes, if we have to adapt to certain situations, if animals are the only way to get food for survival then it does seem fine. So it's perfectly fine hunting, there will be a time when it's not needed but you're in your house, you didn't go hunting or you didn't finish the hunt

Client: I pretended to go hunting (Aaah) I went out and went and pretended that I hadn't caught anything

Chris: Well that's ok as well, were allowed to do that but maybe under those circumstances our parents may not understand, they think that we don't understand because they think there's some things we have to do just to survive. So you're not really happy about taking the life of another being then?

Client: No, so I eat berries.

Chris: Well that's good.

Client: They're black and they're quite big so I eat those and I try not to eat the meat.

Chris: What are you eating when you're eating a meal at the table? You do have a table don't you?

Client: I don't know, there's a wooden bench, I think you just sit on the floor and use the bench, there are wooden bowls that are carved, I don't know if you sit up to have it, I think you just hold it

Chris: And eat from the wooden bowl?

Client: It might have something hot in it like. I don't know if it's porridge or soup or something like that.

Chris: Ok, some cooked food going on, if you look around, are there any other people there dining with you?

Client: I'm not sure actually, I thought there might be someone else because I felt bad that I hadn't caught anything, so I thought there must be someone else there

Chris: Maybe it's your parents?

Client: Maybe but I don't know that they are there very much, maybe I've gone to live on my own in my own little house because I didn't want to have the animals there that were dead, I think in my one I just have berries and stuff (Fruit?) Yes, I think maybe I made my own house because I couldn't.. I didn't like the meat.

Chris: Well then it's best you're away from the slaughter... But you are happy living there alone?

Client: I think there's herbs there, I think I collect the herbs and use them

Chris: Excellent, that's very wise because meat isn't always the best thing to eat anyway (Mmm) - What actually made you go off meat?

Client: It's like a polar bear, a big bear (emotional)

Chris: That's ok, that's the past

Client: And he was my friend and they killed him (very emotional)

Chris: Well I suppose your parents don't really make friends with the animals they eat do they?

Client: No

Chris: That is totally understandable, it's pretty amazing that just through that choice and that single thing happening that you went off to live in such a way, I think the polar bear was a teacher, and that maybe the polar bear was there to sacrifice itself for you, to show you that it's not all good, living that

way but one day there will be a time when you can choose anyway and you look like you've already made that choice so that is a blessing. So do you live alone? (On another level the death of the bear would have been nothing, simply because you cannot die! This is the sacrifice of Angels and God does not make mistakes!)

Client: Yes I think I live in my own hut, I think I had to move because I couldn't live in their ways, so I think I went. I do other things, I chop the herbs and do things with them I'm not sure what I do with the but I use them.

Chris: Make medicine?

Client: Yes, I use them for pastes and I dry them out and I hang them up, they hang from the roof inside and they dry in little bunches

Chris: When I used to live on my own I used to do exactly the same thing, sometimes the flavour gets better and sometimes the herb gets stronger (**yes**) and they're powerful healing plants aren't they (**Yes**) so do you add that to your food or do you use them for medicines?

Client: It's what I eat I think, it can be used for medicine if someone's ill but it's actually a way of life to know how to use them, you have to use them when the... You have to pick them at the right time of the moon, and I must know how to do that so I do it, so it's all in a cycle with the things done at the right time and then they're dried and then they have like.. Power.. they have power to give... I don't know what..

Chris: Give life?

Client: Yes... I don't know.. um...Sort of, um... like a force, they can bring a force.

Chris: Ahh, is this a healing force or a life force? Because your food should be your medicine really

Client: Mmm (Yes), so it's not two separate things it's not food and medicine it's like all one thing

Chris: I agree... So you live off the herbs and the fruits of the land, that's amazing!

Client: You eat certain herbs to travel to different places, so when you've eaten it you can then transport your.....

Chris: Consciousness?

Client: Yes, you can go... I don't know where you go but you get links with other dimensions or something.

Chris: So some of these herbs can make you see things and go places

Client: In your mind, I don't think your body goes I think you sit in my little house and I travel, while I'm sitting there, my physical body stays there and I take things and I connect with other... Um...

Chris: Dimensions

Client: Yes, I meet other races and go to meetings

Chris: Oh excellent, on that level, ohh!

Client: There's a circle of beings and we meet, we sit in a circle.

Chris: So you're a Shaman? Maybe you became shamanic?

Client: Yes maybe, but I don't know what it's called.

Chris: That's ok

Client: I think I'm called the Herb Lady to my people who think I'm weird, that's what they call me, I didn't know it was called being a Shaman

Chris: No well that may have been a relatively late thing. So you are the Herb Lady, you look after yourself completely

Client: I'm older now I think, I don't know when I was first in the woods, I think that was when I was trying to stop going hunting, I was hiding, and now I know that I'm the Herb Lady, I don't have a bow and arrow.

Chris: Excellent, you don't carry that thing any more. Now let's go to a time when you have taken your herb and you are with the beings, you say you sit in a circle?

Client: (kind of mumbled) The herb was purple (pardon?) The herb was purple that I had to take (Oh ok) and then... I don't know what it is (that's fine, we don't need to know) Yes, and then I go...

It's a big circle, there's quite a lot of people, um, beings, um, and there's a way of communicating and there's a whole way of how they run... How we run the meetings, where it's all.. It's telepathic but we do speak but what's telepathic is when we know when it's someone's turn, so everyone knows who to focus attention on because it's their turn, and then they speak, but I'm not sure if it's always words and sometimes they send a thought form into the middle of the circle and it becomes a thing, it becomes a... It shows us something and it's like an energy, it does something and we watch and we learn (oh), so people take turns to send their thoughts into the middle of the circle to show a thing and it plays out a scene or it plays out an energy or

something and everybody looks and people, we absorb the energy, we learn it

Chris: And that's how you learn information from it by absorbing it

Client: Yes, we see it's colour and we breathe it in or something or it goes into us

Chris: Ok, so is this a Council that you are part of, that you are communing with?

Client: Yes, I don't know if it's 33 people or beings, it might be, it might be 33 but I might of just added on because I wanted it to be, I don't know but it's about that big, it's quite a big circle, and it has, so it's like there's segments between each person and the middle and it's a geometric, it's a perfect shape, it's like perfect geometry, it's like segments of an Orange

(I know exactly what you mean) **And I don't think you see the line on the ground but I think everyone knows where the lines are... I don't know what we're doing really, I think it's a kind of place of learning, I don't know if we're learning or if we're actually helping with something, I don't know.**

Chris: Helping from the other side? (long pause) Do you talk to anybody about anything you've learned, are there any people that come to see you at all?

Client: No, I don't think so, no one would understand it so I think I just go there, those people are my group, I only talk to them (Ah, I understand) Those beings, they're not all people, some of them are from other worlds I think but they're my group, and then when I go to my house I don't think I have people there but I have animals who are my friends

Chris: Yes, I've found that you can trust animals a lot more than some humans

Client: Yes, it's like they're in the past and I live in this, kind of advanced Civilization when I go to the Circle

Chris: When you go to "the"Circle?

Client: That's what it's called, it's called the Circle and it's always in that formation, it always has those segments and it always has the middle where things are put into the middle

Chris: For people to learn from. Do you project images into the centre as well? **(I don't know)** Well coming to Life there is a lot to learn, so I'm sure you have plenty to share with them, let's move to a time when you have shared information with the Circle and projected your thought form into the centre of the Circle for other people to learn from.

Client: Maybe... It's purple again, it's that purple herb (oh ok) so I think I share information about, I don't now whether it's relevant to them, I share information about my herbs, so if there was a civilization where people were less advanced they would be able to use these things that I can do to help, so I share it in case there's ever another one that isn't...Because I think some of the beings are at different stages of evolution so there's more advanced ones, there's some from more advanced places and there's some from less advanced so... And we create new worlds (oh excellent!) so when we create a new world it might need things like knowledge of herbal medicine (oh) so then I share that with the Circle so everyone understands it and they can, if they need it they can help in their place

Chris: With the creation of it? If you were going to create a new world would you add this purple herb just so as people can see?..... If I took it or anybody else took it could they get to the same people, the same circle? **(Oh maybe, I don't know)** or is it unique to you? **(You might be able to)** It might be unique to you, but you may be able to take someone else there **(Mmm)** but of course there would have to be another earthing that would be interested in such a thing.

Client: Mmm, I don't think it has to be the exact same people every time, I think there the same number of places every time and you can bring other people if it's relevant (Oh excellent) I think you can ask to bring someone, but there isn't a leader (No) it's like, you ask the whole Group, the whole group is the leader.

Chris: You are One.

Client: There's no hierarchy,it's just, everyone's equal

Chris: Perfect, that's how it should be when we come back into life but when we look out at the goings on of mankind it's not always the prettiest of sights. But you seek Purity in this lifestyle that you live

(Mmm=Yes) So do you believe that you are connected to these beings before your experience with the animals or do you think that not eating the meat that everybody else eats, helps you to get to that place because it makes you more pure doesn't it?

Client: Lighter, I think that was how I got lighter and then I went there.

Chris: So that's what's happening, so I guess if we eat meat, we become quite dense beings? **(Yes)** Why is that, can you describe? What would the Council have to say about that? Why is the body more heavy and even stupid when it's eating meat, and less evolved even.

Client: It's dense... Um because it's dense... So if you eat another "living" being, you ingest their emotions (Yes) and then you have to process their emotions in your body (WOW!) And that's

hard, so it's better if you don't eat other living creatures

Chris: Especially the one's that want to be alive now?

Client: It's better if you only eat plants with, um... With Love, you grow them and you pick them with Love and you only eat them when they say you can eat them (Yes) you don't want to eat anything that doesn't give its permission

Chris: I always Give Thanks for even picking berries in the wild (**Mmm Yes**) So on the other side they teach you far superior things (**Mmm**) than the humans do.

Client: They teach you how to absorb Light into your body and how to sort of make it like it glows and then you can, um... You can go and do work somewhere in different places in a glowing body

Chris: Oh a Light body

Client: A Light body yes, you become a Light body yes, and then you go and um, do. (Whispers) what do we do?

Chris: Well I guess there are so many things that need doing it's kind of pointless picking one out

Client: Yes, I think it's whatever needs doing, you do what needs doing, you go where you're needed and your body...My body in my hut, time doesn't pass, I sit there and I sit there for 10minutes but actually, like when I go to the Council I go to my duties and it feels like lots of time

Chris: Oh ok

Client: You can create worlds

Chris: Yes, it's so much faster on the other side

Client: Yes

Chris: Ok, so is there a way we can do it in this realm as well, absorb Light and radiate it to others... Can

we emit Light to others?

Client: Ok, So I'm getting that this time I've come to interact with the humans so I can help them know how to do it because before I didn't interact with those humans because they were too primitive (Too aggressive), they wouldn't have been able to do it and now I can, I don't know what the purple thing is, I don't know if you have to have that, I think you have to umm...

Chris: So you're part of that Council naturally

Client: Yes I think it is the Council of 33, I think that "it is, what it is" (I am, that I am)

Chris: The Council of 33?

Client: Yes... Or the Circle of 33 even, something like that

Chris: Either way it make a beautiful geometric pattern when you start drawing lines between them (**Mmm**) A crystalline structure, so could this be your group soul? (**Mmm**) And that this is your Soul Group

Client: Maybe, yes it might be.

Chris: Could they be your mentors during life... In any body in the future that you may choose, do you think that you could still go and visit them any way?

Client: What, one of the other people in the Circle?

Chris: Say like, now you are the Herb Lady (**Mmm – Yes**), if you were to go into a future life, could you still contact the Council in that future life?

Client: Oh, I'll ask... I think they're saying "That's what you're supposed to be doing"

Chris: Excellent! So we are here now so as we can reconnect you, reconnect you to your Soul Group, the Circle of 33 in "this" lifetime.

Client: Yes, I think some of them are going to be... are going to come... appear as friends now... I think they're.. we're... I don't know about all of us, I think some of us have chosen to come now and we're going to meet each other now...

Chris: Some of you that are part of the Circle?

Client: Mmm, I don't know about all of them though, I think some of them might have to stay somewhere else to do something and we... There's a few of us who've come to being physical, there's a link, there's a link, so we can link to Earth now..

Chris: From the Circle?

Client: Yes

Chris: And can you transmit energy from the Circle into Earth? If it's healing energy that's needed...

Client: I'm going to have to go there and do it and see if I can do it

Chris: That's fine

Client: So everyone has to be in the circle, so we're all in place and what happens is everyone has

to... It's hard to say, it's hard... So you project your energy or something, you project into the

middle, all of us at once, "That's what we do!", we all project into the middle at once and then that goes where it's needed, so we don't often do it all together but if it's a special, if it's a thing that needs to be done like a special situation, we know that we all go there together and we, um...

It's like we activate the grid, we activate the grid and then in the middle it makes like a flame, a purple flame (oh ok) and then it goes, the purple flame goes to where we need it to, where there's a situation.

Chris: So just because you have the intention, to sit and create an energy on a collective level, 33 of you, to create an energy that will have its own will and just go off and assist whatever you intend it to assist or heal (Yes) So it's just the intention that gets it moving.

Client: Yes that's right, we just intend for something to be so, you just... You don't even need to say anything you just go, you just do a sort of put thought, put energy into the middle, everyone does it

at once and then it goes to the...

Chris: Is this the intention of Source? (I don't know) For instance, if you wanted healing for your mother, could you go to that circle, in your mind and all get together and send healing energy, is that possible?

Client: It is possible but we don't usually use it for that because that's quite easy work and we... we do... we don't...

Chris: Oh ok, you do inter-stellar, inter-galactic, inter-dimensional

Client: Something more, but we can do that as well

Chris: But that is seen as a simple task

Client: Yes, most of us can do that on our own, we don't really need to go the Circle for sending healing to individuals but you could if you needed to.

Chris: Well, I know that's quite a small thing to ask but what about a whole planet? Say like our Earth, right now, is in considerable danger of extinctions, is the circle helping in that respect, to bring more Light and Healing into the Earth? Is that what it's all about, Ascension and the new Earth.

Client: It's always been there, the Circle's has always been there, it made the Earth and it wanted to make it well, I don't know if it... I don't know what happened, if something went wrong but it... They know, we know to, that we go there and we work, we do it, we work for the Earth

Chris: So would you say that you were part of the creation of the Earth in the beginning?

Client: Maybe, I don't know, it sounds too big but in the Circle it's not too big, in the Circle you can do that, you can go and create a world.

Chris: So the whole Earth, is that too small a task to ask (No), that the Council assist in healing the Earth right now (Mmm=Yes) in this time

Client: They are working towards it but they're just remembering who they are, I don't know if they're all,... I don't think... we haven't been there for a long time, I think we used to go there, we used to go there a lot.

Chris: The Earth?

Client: We used to go to the Circle when I lived in the Forest (Yes?) it was a long time ago, we knew

then that the Circle happened quite a lot and I think we forgot about it (Aah) I think we got distracted and went and did other things and we forgot to go there, I think, I don't know, but I think when I wasn't the herb lady no more I went and did some other things and I forgot I was in the Circle.

Chris: Well that's fine, life is a bit like that, it's got myriad distractions, especially now in future times it gets even worse so to even know about the circle could be even more difficult, so it is kind of a blessing that it has come back in these times, that is in fact lost knowledge to certain individuals (Mmm – Yes) So it's a blessing that you're being given that back

Client: I think it's for being used now

Chris: Yes, so you're going to meet 3 other people, is that correct?

Client: I don't know how many yet, I think I might know two or three of them already and I might meet some more, I don't know how many are in physical and how many in other places... Maybe they kept it going without us some of them, I think maybe they managed to keep it going or something

Chris: And it's still going now because you can see it clearly in your mind, you've gone there (Mmm-Yes) So do you think this session is for activating or reactivating the connection to the Circle in these times? Because it was a forgotten technology, it is a human technology, we can get there using the

human form?

Client: Mmm, it's not just human, there's other beings... (trying to find the words) I think at the beginning we're all the same (uh huh) and then they took, we each took a um.. places to go to (Uh huh) So although we're all the same, now some of them are from different star systems some of them, they took different ones to work with

Chris: Oh from different planets?

Client: I think so yes, I don't know if I'm the only one from here, I might be, I don't know

Chris: So you're scattered throughout the Universe, some possibly from different planets, but here, the Earth mission is to assist earth because apparently it's in trouble is that correct?

Client: If we want to, we can help by going there and doing that

Chris: In the Circle?

Client: Yes, and sending... It's a force

Chris: Sending force where it's needed

Client: Yes

Chris: So the healing of the Earth and the people... Are humans evolved enough now to be able to accept the information... Can we speak about the Circle of 33 in modern times?

Client: Some people are, some people can understand it but not many

Chris: The barbarians are still out there are they?

Client: They just look different... Cave men (oh ok) and they still eat meat but it's worse now because they don't even kill it themselves, they just don't even know what it is (emotional)

Chris: They don't but when they realize that an animal is directly connected to the heart and after abstaining from meat we get to feel the connection much much more don't we (Yes) and the connection to all of creation... So eating meat, could that be keeping them in a primitive state, is that possible?

Client: Yes, it keeps them in a trance that isn't real, so it's like a mindless reality of just... That you have to work, eat, sleep, work, eat, sleep, that's all they do.

Chris: Really, it's not a good recipe for evolution is it?

Client: Maybe it's deliberate so that we don't evolve

Chris: Well, when we look at it, they taught you how NOT to be is that correct? (Yes) so in a sense they are quite valid teachers because they teach us how not to be (Mmm) I think that's the only reason Source would put such beings in front of us, is to see maybe how we turn out

Client: Yes

Chris: So we've gone to the Circle, found out how to absorb Light..

Client: You Can live on Light, you can just live on light

Chris: I do agree

Client: It's green now in the Circle

Chris: And the colour is for food?

Client: Yes, it's green I can see it

Chris: That makes perfect sense, so it's a healing colour

Client: Yes, it's very healing yes, it's very green

Chris: I know it's possible because there are people on this Earth that have not eaten in over 70 years, and it's all to do with consciousness is it? (Yes) So where do you absorb the Light?

Client: Into the eyes

Chris: Into your eyes, just like the Sun-Gazer would?

Client: Yes, and you can let the sun go into your eyes too

Chris: I've heard at certain times apparently but I don't know. So the green is a nourishing colour as well as healing

Client: And healing yes, and Purple

Chris: And purple, that's a high vibrational colour isn't it? (Mmm) Very Wisdom (Mmm) Very ascended..

The End Of That Life

Chris: We moved forward to another important day...

Client: It's ok but they've come to kill me, they've got axes and they come to chop down my house and take everything away, they don't understand, they don't like the herbs, they're frightened of the herbs, they think it's evil or something, that I can do something to them with my herbs but I don't...

Chris: Oh, so people could think that you're cursing people with your herbs?

Client: They don't want their children to come and play near my house, they're scared their children might learn about herbs

Chris: Oh my God, well that's not good! But you're quite an elderly lady is that correct? (Yes) and they don't have any respect for you at all?

Client: I think I lived a long life but I didn't age much, think I stayed middle aged for quite a long time, you'd think I was about 40 but I lived there for... They didn't like it because I was about 40 for 200 years

Chris: Ah, well that explains what happens when you eat light.

Client: It wasn't possible, they couldn't understand, I was too unusual.

Chris: So why didn't they listen? When I see somebody that's lived a very long time, without sickness or very little.. Umm, I'd be curious (**No, they're not curious**) I'd want to from that person!

Client: No, they just want their hunt, they have a big fire and they want to feast, they want the feast, that's just what they do, that's all they do, that's the whole point of everything and they have a feast for their special things and that's as happy as it gets.

Chris: The slaughter of an animal?

Client: Yes, that's their kind of feast though and they don't really have anything else

Chris: It's a bit limiting isn't it, but yes they've turned up and they wish to destroy your house

Client: (spoken smiling) Mmm (=Yes)

Chris: And you're going to be ok then are you?

Client: Yes, because I can eat my herbs, so I eat my herbs before, so I know they're coming because I'm psychic, I eat my herbs and I go, I leave the body and then it doesn't hurt (oh!) So I go to the circle and they come and I see them spoiling everything

Chris: Oh excellent! That's a brilliant escape plan!

Client: They can have my body now

Chris: So they've actually done the deed? (**Yes**), do they think they're capturing you in your sleep, I mean, what are they going to do? (I normally avoid such question like the plague but for some reason I was curious)

Client: I think they just throw me on their fire, I think they've taken me to their central fire where they have their feasts and I think they've put me on there, but I'm not really there

Chris: Of course your not really there (chuckle) – I Hesitate to ask... "they're not going to eat you?!"

Client: No, they're just going to burn me

Chris: To make sure you're completely gone?

Client: Yes, then they burn the house and all of the herbs (emotional) I'm sad about the animals

Chris: That's ok, we can leave these cold individuals and carry on and advance because we too have an evolution, we do get a chance to visit these energies on the other side. You say they attacked the animals but we can't really die can we? (**No**) No, because that is part of the illusion and that is what we learn from, the real thing is the Council (Circle) and the education it give us by seeing things we do not like, and it changes us in ways that we cannot imagine, it makes us more sensitive, more caring, more compassionate and more respectful to ALL Life (Yes) and not just ourselves. So you projected into the council to escape what would happen to your body, or physical form, which is very wise. Now can you get any more information from the council? Did you go back there? Or are you moving on?

Client: I think you can choose to go and do Lives, have lives and I think I did.

Chris: You chose another life?

Client: I think I did, I went off in other Lives and got distracted from my circle

(Oh ok) I don't know if I went back there in between the lives, I don't know, I think I might of then gone into lives where I got stuck in earthly things and I just went round and round (Aah) Battles! I think maybe that the herb lady was such a long time ago, it was before big groups of people tried to have control of places, it was when people lived in small groups and they kept themselves to themselves and there was lots of space so it was ok to do what your group did but I just lived on the edge of that group and they just had their own thing. I think then when I reincarnated I got involved in wars, there were more places and countries that wanted power and then it got nasty, I think I forgot to go back to the circle I don't know.

Chris: That's understandable and totally logical and over life times it's easy but do you think that you might have... (playing devils advocate for some reason) So the Circle was put there by the Herb Lady?

Client: No I already came from it I think

Chris: Exactly.

Client: I think I learned to go there in that life time but I think I knew it before, I think before that lifetime I probably knew it or else I.... I don't know

Chris: You can know but you did mention that you became involved in wars (**Yes**) But in the total scheme of things do you not think that Source put you in the Perfect place to learn the perfect things (Yes) Regardless of what it was we had to experience (Yes) Because there is so much to learn (Yes) Even from negative things, it seems that Humans have to learn from negative things, they take things

for granted if they're spoilt but they seem to learn if they're not **(Yes)** it's a strange way to see things but through negativity we can learn so much **(Yes)** and the negativity of others, it's not always easy to get along with but we can deal with it in time... I would like to ask, is this moment to reactivate your connection to the Circle?

Client: Yes, I think it's going to be starting again

Chris: Excellent, will that be in the future?

Client: Soon... It's already starting (excellent!) some of us know it's starting, not everyone's back, I think some of them are still involved in their own stuff

Chris: What stuck?

Client: Trying to get out of their...

Chris: It's not easy is it. Being born into forgetting **(No)** Is that not Source showing us how powerful we really are? That's pretty amazing, because we're all connected to the Source aren't we?

Client: Yes

Chris: What does the Circle know about the Source? I know they're directly connected **(Yes)** but from that conceptual reality, how would you describe the Councils connection to Source? Because they're Light beings aren't they, created by Source/God just like everybody else, they're connected to the light, they use Light directly. Is this Light not an emanation of Source Energy?

Client: It must be, it must be!

Chris: Because it can nourish you, it can heal you and it sounds like it's unconditional

Client: Yes, I don't think it's out somewhere else, I think it is there, I think it comes up through the grid of the segments and in the centre it comes up, the Source Energy, it's always there

Chris: So can we say that in this dimension that Source is always there?

Client: Yes, it's not somewhere else, it's everywhere

Chris: So with Source Light, a nourishing Source Light we can sustain our physical form without becoming bogged down by eating the whole of creation

Client: Yes

Chris: Well if you can allow her to keep that information that would be interesting

The Circle and or the Subconscious Pops in for a little chat

Client: She already knows, she just needs to do it, she doesn't understand it all yet, but she just wants to do it and then we'll show her

Chris: Excellent, will this be in like a Meditation, does she have to do any special practice or anything? Can you show her during Meditations?

Client: Yes, that is how we will show her

Chris: Excellent, and this is how you've been guiding her all of this time? **(Yes)** Brilliant! And the inspirations that she gets, she's very kind of successful at attracting people, she attracts people very well so is this a destiny thing, is she now able to do the things she couldn't do in that past life? **(Yes)** So can I liken the Council to the Subconscious because you're both infinite and immortal **(Yes)** they know how to help and heal and deliver Source energy **(Yes)**

Client: We're trying to come through but she doesn't, she's... Her head hurts

Chris: Well can you heal that, and address that any time that starts to happen is that ok?

Client: Yes... We....(Pause)...

Chris: Which ways are you trying to show her, if she could have a clue, she can know it's you, you can give her big and little signs, daily would be nice because some of you know that Earth is a very forgetful place to come to

Client: She is in the Circle but she doesn't always know she's in the Circle, she doesn't know that's where she goes, she goes there but she doesn't know

Chris: Ah but she knows now **(Yes)** because she can listen back to the recording and get more insight **(Yes)** Can we confirm that when she sleeps in late that she is in fact very busy **(Yes)** I did suspect that. If you could give her some idea of how to do that that would be brilliant! (Editors note – Although the question appears quite small, the rest was in my head and her answer proves to me a telepathic connection, this has happened to me twice so far)

Client: Her body needs to be made Lighter again (again?) to go more easily from the Circle to the Earth, she needs to make it lighter so that she can go quickly without having a headache

Chris: Oh ok, so there's something she can actually "Do" to help herself

Client: She needs to eat better colours

Chris: What would you suggest, more purples and greens?

Client: Orange

Chris: So which colour would be the most powerful?

Client: Orange and Yellow, Sun colours.

Chris: So it's about purity (**Yes**) the more we give up dense foods, the more pure, and I suppose they call it "Enlightened" (**Yes**) naturally (**Yes**) and then you can gain your Light body (**Yes**) and visit the Circle again. And if you could make that easier... Would that require a massive change in her diet at all, anything to give up that you would recommend?

Client: She knows but she just needs to do more of what she does already

Chris: And you will be there to guide her through that? (**Yes**) and you will let her know that you are always there (**Yes**) Thank You, because sometimes we lose sight of things when the veil becomes a bit too thick and heavy (**Yes**) and If we can get confirmation, especially from the SC or Council that is a blessing always! Imagination is indeed a most powerful tool, with it we can prevent and heal ailments (this much has been witnessed) but also, we can stop time itself and prevent the body from ageing. Many in the East engage in "Sun Gazing" as a form of nourishment, they are said to live hundreds, if not 100s of years. There are famous people alive today that have been studied by Anthropologists, on who has not eaten or drunk water for over 70 years, one thing they noticed was that Sun Gazers filter Organs do not degenerate... Food for thought... Stay Shining!

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