

## **Sophia's Past Life Summary by Karen Sheeks**

*We live many lives, in many dimensions. At times, specific lifetimes on Earth or other locations have relevant connections to the present Earth life. This report is a summary of any significant lifetimes that hold information that is useful to you now.*

*There are three lifetimes relating to your current life issues and intentions:*

The first took place in 17<sup>th</sup> century Europe where you were engaged in study of medicine, physics, the stars and planets. You were a young male assistant to an astronomer and renowned Dutch scientist who was part of the movement to study the Universe as heliocentric, or sun-centered. You assisted this man in his work, and learned from him as an apprentice would. I was able to glimpse inside your mind at the time and discovered that you had a secret longing to visit the stars that you were studying. You had a vivid imagination, and were often lost in daydreams about space and planets and stars.

The pivotal moment in that lifetime came when, as a young man, you were accepted into a "secret society" of scientists and alchemists who used the blending of astronomy and astrology to divine higher truths and predict events in the future. You created several "break-through" inventions that were known to the outer world, but your secret activities within this group, were your greatest achievements.

Your grasp of math, science, medicine, and logic, were matched by your understanding of the more esoteric practices of alchemy, astrology, divination, and extra-terrestrial life.

*This ability to be an adept at the sciences and a bridge between science and metaphysics is the key to relevance in this lifetime. Although you have worked in the more traditional sciences for some time, your understanding of the "bigger picture" is now coming to light in your hunger for expansion.*

*It is clear that you are sometimes doubtful of your ability to grasp the principles of sacred geometry and alchemy, and connecting with this past life self will help you to remember what you have always known. Begin by looking at sacred geometric shapes online just to familiarize your mind with the feeling of seeing them again. Without trying to analyze them, just experience them visually, and let things unfold naturally.*

*The geometry will activate memory within you, and you will begin to notice those same shapes in your environment. Allow the cellular memory of that past life self, to awaken in divine timing.*



*"Universal Law of Light, Sound, and Vibration*

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*Star nation symbols: standing elk*

The second lifetime took place in a more ancient time, probably around the time of the Earth life of Jesus. The setting was arid and harsh, and I received a strong confirmation that this was an Essene community. In this lifetime, you were shown to be a female of some import in the group. You were considered wise and often consulted regarding the forces of nature and ways to balance the needs of the people with the needs of the land on which they lived. This group was highly evolved in their understanding of Universal and Spiritual laws. One of your roles was to teach others specific practices that would today be labeled “sustainable living”. Your teaching was closely tied to the rhythms of the seasons, the movement of the stars and planets, and associations with the elemental forces of nature. There was an organic connection between ritual practices of purification and release, and the use of elements in nature. I saw you as someone who was intuitively “tapped-in” to the consciousness of Mother Earth, and often guided in your actions by information transmitted directly from the planetary core to you. There was no specific pivotal moment in this lifetime, and I was told that it was being revealed to you because it represented a time when you were completely at peace with your role as teacher and leader, and that you were sustained and supported both by the community and by the planet.

*This lifetime is a model for what you are capable of. It also reflects the truth that you can teach and lead, without sacrificing your own well-being. In the current lifetime, you have spent many years in service to others, often at the expense of your own health or well-being. This sense of need to sacrifice for the greater good is an old program that does not serve you. When you connect with the past life Essene self, you will begin to remember the power of service free of sacrifice. You will understand clearly how much more powerful your service can be when you are in alignment with your own Divinity, and able to receive support and sustenance as well as give it. The Essene lifetime also offers a portal to the aspect of You that clearly understands the Universal Laws, and can apply them to everyday life. This can be an invaluable tool in your role as teacher. When you spend time connecting with this past life, you can regain your deep connection with Mother Earth and her elementals. This can be useful in your personal practices of meditation and divination.*



*“The Universal Law of Nature”*

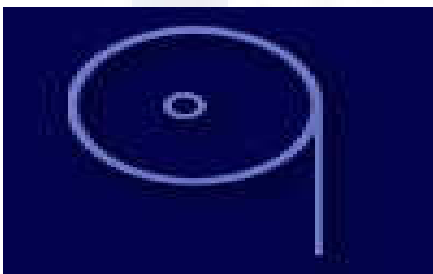
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*Star nation symbols: standing elk*

The third lifetime is one that took place in ancient Tibet. I was shown an area surrounded by small hot springs. These mineral pools were prized as medicinal with magical properties for healing for many kinds of maladies. You served as a monk in a nearby monastery and were responsible for treating pilgrims who came to the pools for healing. The mineral properties of the mud in that area were complex and useful for many different types of illness. You were the most adept at intuiting how those minerals could help each individual and you often created poultices and topical applications that consisted of mixtures of the local mud and specific plants. You anointed and then bathed each person in a ritual of purification, and then they were allowed to soak in the pools for a prescribed time. During the time they soaked, you recited prayers for their healing and enlightenment. Your life was consumed with service and you had little to eat or drink each day. Your monastery life was one of minimal comfort, and you often went without warmth or food. Although your heart was filled with joy when you were performing your service, you often felt exhausted at the end of the day, and were plagued by a recurrent cough that eventually led to pneumonia and an untimely death.

*This particular lifetime was shown to me for several reasons. First, it shows you that you once had precise intuitive knowledge of the way in which natural resources can facilitate healing for humans. You were attuned to the energies of the waters, and understood their power to purify and calibrate those who needed assistance to heal. You could divine individual “prescriptions” and create treatments to support each person in their unique expression. You understood plant medicine, and also the connection between the power of spoken word and the way sound can heal. I was shown a direct correlation between the practices in this past lifetime and your current profession as a pharmacist. I am told that you are longing to offer medicines that are more closely attuned to nature and the plant kingdom than the synthetic chemicals that are so prevalent in today’s pharmaceuticals.*

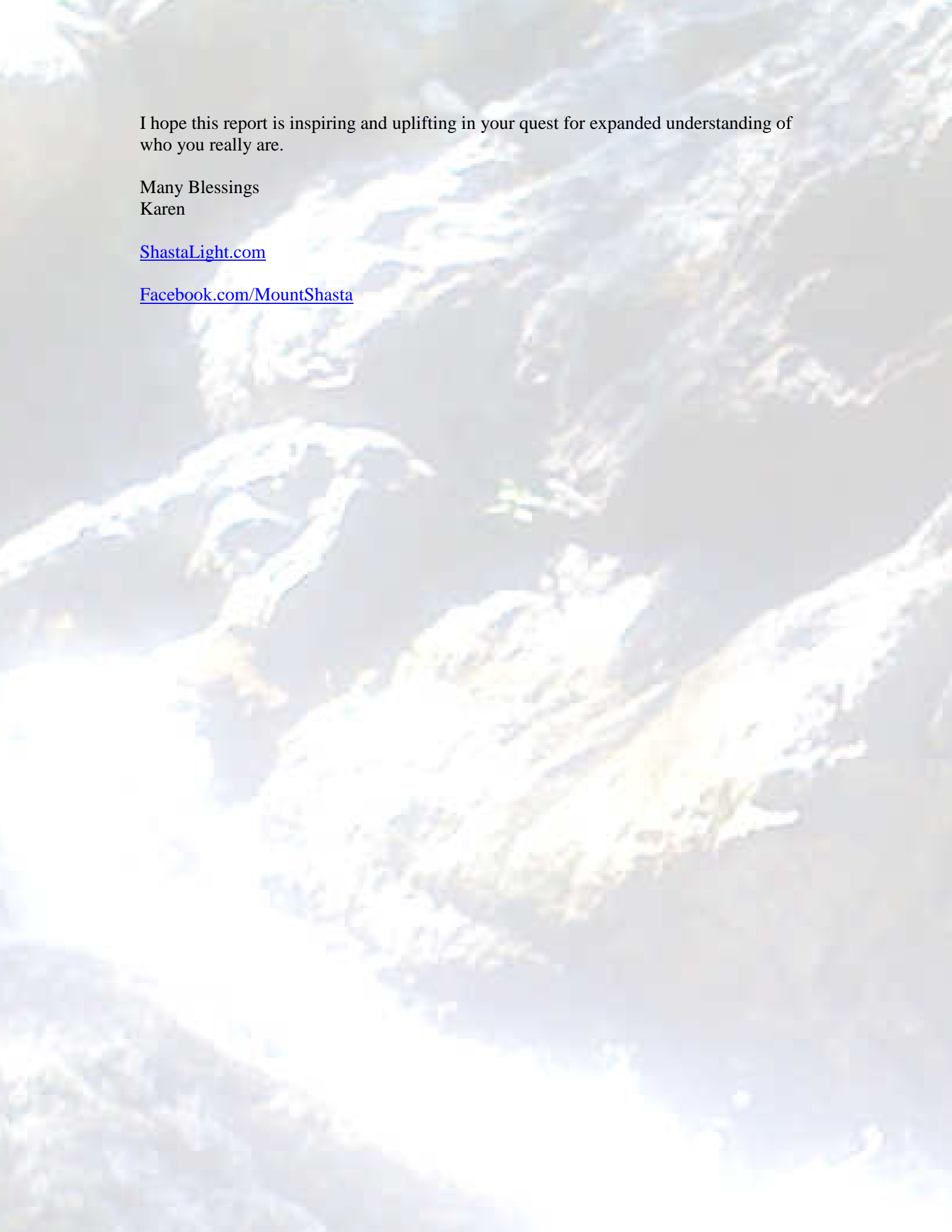
*On the downside of this past life, you are shown an example of selfless service at the expense of personal well-being. This is a clue to the origin of old programming you may need to remove that demands sacrifice as service.*



*“Spiritual Law of Healing”*

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I hope this report is inspiring and uplifting in your quest for expanded understanding of who you really are.

Many Blessings  
Karen

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