

The 21st Century — A New Dance

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When the word “dance” is considered, we think of everything from the Fox Trot to the Funky Chicken to Hip-hop. And, yes, those are forms of dance, but the dance I’m referring to is the one called “getting through life every day.”

Many of us groan at the thought of all our needs, tasks, and responsibilities through which we are somehow supposed to have something called “a life.” The components and events of our life add up to something termed “quality of life.” Hmmm...quality of life. A quick survey of reality may give us a sinking feeling in the pit of our stomach. How are we supposed to have a quality life as we trudge our way through the landmines of illnesses, financial stress, relationships, and world dramas?

Thankfully, we have a number of innate tools with which to transform the strivings of life into a true quality of life. These include: imagination, creativity, myriad avenues of expression, appreciation, humor, friendship, and love. Going a step further, we can learn and expand upon our knowledge of self and reality through even more fundamental means: our dreams, an understanding of past lives, and exploring our true nature through soul travel. If you’ll entertain, for a moment, the notion that you are not the body, but that you are soul, an eternal being that *uses* a body, mind and emotions to express yourself and experience life’s many gifts and lessons, what I’ll be saying in this article may make more sense.

The majority of people have dreams. Many of us remember them. They are one source of information about ourselves, information we generally ignore as many of our dreams seem not to make sense to us. But, if we were to take some time to think about them, we might discover information that could help us in our waking life. For each of us, the contents of our dreams will be individual, unlike anyone else’s, and specific to our life. And they can provide great insight, answers, and healing.

A past life is something many of us are now becoming aware of, that we’ve lived before and have distinct, sometimes very intense, memories of a life or lives we’ve experienced before. Perhaps our belief in past lives isn’t what’s important, but rather, what we might learn from them that we can apply to our lives today.

Soul travel is definitely an idea with which many people are unfamiliar and very possibly fear. We all have experiences beyond the “norm” of what is described as reality and that cannot be defined in any way by science. Ever awoken from a day dream feeling you’d been somewhere else? It was so real, all your senses were engaged, you were so alive and present. What was that experience? Has it happened before? Can you repeat it? You can!

As humans evolve, we constantly discover new things about ourselves, our abilities, and

our capacities. Dreams, past lives, and soul travel are intrinsic to our being. To learn more about each of them, all we need do is be willing to explore and have an open mind, to see what we discover. Who knows, any one of them may be just the door we're looking for, the door that will lead to greater knowledge about who we are, our reason for being, and our purpose in life.

On March 25th and April 1st and 8th, come join us as we explore our dreams, past lives, and soul travel in a book discussion based on *Past Lives, Dreams, and Soul Travel* by Harold Klemp. Each of us is a seeker of something greater than what we know. We all have questions we want answered. It's very possible we'll each find our answers by keeping track of and exploring our dreams, past lives, and soul travel. We have nothing to lose and a universe to gain.

