

Past Lives, Dreams, and Soul Travel

By David Christel

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How many of us have sat outside at night wrapped in velvety darkness watching the stars glisten as they silently journeyed across the inky black vault of space?

Time seems to stand still in those quiet moments of reflection. And interesting thoughts come to mind as we take in the vastness of the universe, consider the possibility of other beings, wonder if someone on a far distant planet is gazing into the sky wondering about our existence at the same moment.

We even feel sometimes that part of our own being is out there, mixed in with the ethers and stardust, somehow connected on levels we can't quite perceive. How extraordinary if we were able to traverse that celestial star field.

Waiting for technology to provide us with the means of traveling to other planets and galaxies is not something we want to hold our breath over. So what other means then do we have to explore the universe and other realms of existence? Past lives, dreams, and soul travel.

Rather exotic and implausible sounding? In actuality, all three are integral essentials for much of reality. Each provides insight into who we are, why we're here, why our lives are the way they are, and where we seem to be going.

Many people, despite their religious background, are beginning to realize there is more to reality than they've been taught, and are asking questions for which they can't seem to find answers. Conventional methods of inquiry arrive at a dead end.

The only option left is to go within, to access more expansive levels of consciousness through new portals of discovery. Past lives, dreams, and soul travel are three such portals most of us are unaware of using, yet we do on a daily basis.

For instance, we all dream to varying degrees. The content of our dreams is unlimited in scope and depth, and is usually only relevant to the individual having the dream. Studying our universe of dreams can give us many clues about our waking life, helping us to find more insight, harmony, and meaning.

Ever have a dream so vivid you swore it was real? When you woke up, did you feel like you'd fallen into your body? Were you disoriented? You may have been soul traveling. The same thing happens when we are deeply engrossed in a daydream, another type of soul travel.

Essentially, soul travel is just a shift in consciousness, which allows us to journey throughout our inner worlds to other universes and planes of existence, all of it quite real. One way of looking at soul travel is as an active method of going home to God, returning to our place of origin.

At some point, we may have the experience of a past life while dreaming or soul travel-

ing. Recalling a past life can provide us with valuable insights that can be directly applied to our current life. Fundamentally, reincarnation allows us to develop the quality of divine love—each life lived polishing Soul on its journey home.

The above methods are a means for discovering God's love in every moment of your life. They are an intrinsic part of your being, each a window of opportunity and springboard to greater consciousness. Many exercises are available to help you learn to use these methods more effectively and purposefully. Go within. It is the most compelling journey you'll ever undertake on the upward spiral of spiritual evolution.

