

THE

Akashic Record Reading

COURSE



PART 3

MODULE THREE, LESSON THREE

LIFE LESSONS AND THE AKASHIC RECORD

From the work we have done so far on **Archangelic realms**, the **Earth Blueprint** and the **soul groups** of origin, you now know that souls who come to Planet Earth do so for three reasons:

...To teach, to serve Spirit and to learn.

TEACHING

Spiritual ‘teaching’ happens very naturally when souls bring their unique energies to this place. For example, Hadarians bring their unique energies of Divine Love and tender-heartedness. Michaelites bring their energies of insight, razor-sharp clarity and protection. It is right that we are all different and can all contribute different energies to this world.

You may have heard the saying ‘you are the product of the five people with whom you spend the most time’. It is true that we all influence one another unconsciously – the term for this is ‘auric modelling’.

I’m sure you have had the experience of spending a lot of time with a very negative person who complains or moans a lot. If you spend enough time with such a person, you’ll usually find yourself beginning to take on such behaviours and mentalities. This is the effect of auric modelling and bumping up against someone’s aura on a regular basis.

This is how we bring our energies to other souls – all souls teach one another through their presence here.

SERVING SPIRIT

All souls can teach something to others, however not all souls do this purposely. If you read through the description of the soul groups again, you'll see that not all souls feel they are here to be of service. Martian souls and Parallel souls are two examples of soul groups who have not consciously chosen a strong role for serving Spirit.

Most star travellers, on the other hand, do have a strong sense of service to spirit. To give some examples: Arctureans see themselves as being of service here in the area of healing and metaphysics. Pleiadians are here to help us to create fast change and speed up the evolution of our planet. And the Sirians are here to help us to evolve, improve ourselves and the systems around us.

LEARNING AT EARTH SCHOOL

One of the biggest reasons why most souls incarnate here is for learning.

As mentioned earlier in this module, souls learn a great deal through incarnating here. In fact, souls 'queue up' for the chance to occupy a body here on planet Earth, because the capacity for learning is so great.

People don't often think that grown-ups can be learning as much as children! After we leave education, we are all still learning in a big way, although it happens in isolation (not in a classroom) and no-one gets certificates or qualifications afterwards (at least not in the physical!)

We already have a system for finding out what souls are here to teach (i.e. through the archangelic realms of training and soul groups). Now I want to pass on to you a process for discovering what we are here to learn.

OUR LIFE LESSON CURRICULUM

Before we even incarnate here, we choose a curriculum of lessons to pursue.

One lesson is chosen as our primary life lesson and we will also choose several secondary life lessons.

The **primary life lesson** is like a PhD that we pursue. It is really the 'theme' that underpins the life experiences we have. We attract, choose and create situations that help us to learn that primary life lesson. This is not usually done consciously.

It tends to take around two or three full lifetimes to complete one primary life lesson. When we complete our primary life lesson, one of the secondary life lessons replaces the primary life lesson.

Life lessons can be learned through both positive and negative experiences (or we could also call them ‘difficult’ and ‘pleasant’ learning experiences!)

Inherent within every life lesson is its opposite. For example, if we are learning about moderation, we will surely have some learning experiences around excess. If we are learning about courage, we will without doubt have experienced times when we felt cowardly and weak.

Often it is not possible to see exactly how a life lesson has played out until we reach the end of our life. However, even if we discover our life lessons part way through a lifetime, we can still gain some amount of insight from it.

I have researched the life lessons of hundreds of clients. Below I have listed the life lessons that I have found to be rather common. I also give ideas and examples for how the life lesson may play out. In the charts book, you will find a chart with the possible life lessons souls can have.

Please note that the examples here are simply to get you thinking – this information is certainly not set in stone and it can vary wildly from client to client.

Compassion & Kindness

For this life lesson, the client may be learning/have learned about:

- The value and purpose of compassion and kindness
- The consequences of the absence of compassion – perhaps the client has encountered or spent time around unkind people
- The client could be learning the difference between co-dependence and kindness (i.e. empowering and disempowering forms of kindness)

The client may be learning none of these things – instead, they may be learning something related to kindness that is entirely different.

Confidence

The client may be learning/have learned about:

- What confidence is
- What makes us feel confident
- What undermines our confidence
- The benefits and impact of confidence in different areas of life (i.e. professional life, love life)
- How to build confidence

I have encountered clients who chose a shy personality as a way to learn confidence (this is only a possibility – not necessarily a tendency!)

Trust

Sometimes with a life lesson of trust, a client may have had difficulties trusting others, often with good reason. They may (but not always) have had negative experiences around trust, often in their love relationships or professional relationships. This client may have had their trust broken at some point and have learned about the red flags which warn them that they should not trust another person.

People with a life lesson of trust may begin life very naive and trusting and then have some experiences which teach them more discernment.

Self-love

This life lesson is somewhat self-explanatory. With a life lesson of self-love, the client will be learning to direct the energies of love towards the self.

This client may be learning what happens when love is directed towards everyone except themselves (i.e. they will become depleted).

The client may be learning about self-sacrifice and the importance of not sacrificing oneself for others.



Self-worth

With a life lesson of self-worth, the client will be learning about their own value as a human (and spiritual) being. Inherent in this life lesson are questions such as ‘what makes me valuable?’ and ‘where does my worth come from?’ I.e. does your self-worth come from what you look like or how much other people like or love you? Does it come from your roles in life or does it come from somewhere deeper?

How can we cultivate a feeling and a knowing of our own worth? These are all questions that come up with a life lesson of self-worth.

Authenticity

With a life lesson of authenticity, the client may be learning to create a life that is based on their values – their true values – not the values they have inherited from others.

A life lesson of authenticity calls us to be authentic to our own character and values, and to express those. We may be called to move away from inherited, family values that are not our own. We will be learning to express ourselves authentically in all life areas.

For a client with a life lesson of authenticity, this is not something that happens overnight, but instead usually represents a lifelong alignment of one’s life with what is authentic to that person.

Sincerity

A life lesson of sincerity is about exploring issues around speaking and demonstrating our truth. We may be learning the consequences of not speaking our truth. We may be learning the importance of meaning what we say and saying what we mean. A client with a life lesson of sincerity may have had learning experiences around pretending, faking or ‘going through the motions’.

Surrender

Often those with a life lesson of surrender find this the hardest thing to do – these people can often be the types of people who like to be in control, and surrendering control can be incredibly uncomfortable and difficult for them.

These people may be called to let go of situations that they cannot control. They are learning about surrender to God/Source or to the Universe and if/when it is appropriate to do this. These people may be learning about living a faith-based life vs. living a life where they personally feel in control, every step of the way. They could also be learning about the aspects of our human world that cannot be controlled consciously – such as nature, and the events that our souls throw at us!

This reminds me of the saying: ‘God, give me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference’.

The first part of that saying sums up this life lesson rather well.

Strength

Those with a life lesson of strength will be learning about physical, mental and/or emotional strength. Sometimes these people may have had trying times in life that tested their strength. They may also be learning about what strength is exactly, and how to cultivate it. Inherent in a life lesson of strength is experiencing and perhaps struggling with one’s vulnerability.

Moderation

Moderation is the life lesson that I encounter most often.

A life lesson of moderation is about learning to take the middle path – the client with a life lesson of moderation will be learning about not going to extremes, whether that is in patterns of thinking, emotions or in behaviour.

Having an addiction of some kind is one way of learning the importance of moderation, as is coming into close contact with people who have an addiction. Usually the client with a life lesson of moderation has had areas of life where they have gone to extremes that have not served them.

Inner Authority

Those with a life lesson of inner authority sometimes learn this through giving away their power to others and allowing another to become an authority for the self.

They may be learning about when it is appropriate to listen to outside authorities vs. being your own self-authority and when it is appropriate to take advice from others vs. discarding the advice of others.

Those who have a lesson of inner authority may have had overbearing friends or family members that they find it hard to contradict or argue with. They may have had experiences in a cult-like organisation or a fundamentalist religion.

Self-determination

Self-determination is very similar to inner authority. It is the ability to make one's own decisions and choose the course of one's own life, independently of others. This life lesson involves learning when it is appropriate to take advice from others as it applies to choices we have to make. We may be learning to trust our own instincts and desires, and act on them. We may have witnessed the negative results of taking advice that wasn't right for us, simply because we didn't trust ourselves enough to do what was right for us.

Learning

A life lesson of learning may seem a little ironic. However, I find this lesson to be quite common. This life lesson is all about witnessing how we learn and evolve here on Earth – as humans and spiritual beings. A big part of this may involve witnessing and observing the paths of others, and seeing how others grow.

This life lesson also encompasses the opposite of learning – stuckness. We may encounter the refusal to grow and change, out of fear.

Spirituality

A life lesson of spirituality can have many facets – it can teach the client about the place of spirituality in the human life, for starters. It can also teach us about the correct place of the spiritual realm in each individual's life – after all, there is great variety in this area. Some people choose a very spiritual life or even a lifetime of renunciation. And some people of course have no sense of spirituality.

When you do come across a client with a life lesson of spirituality, the client will almost always be interested in spirituality or on a spiritual path.

Light-heartedness

Those with this life lesson are invariably learning to 'lighten up' and to gain a sense of proportion through humour. They may have experiences which teach them not to take themselves or life too seriously. This reminds me of the saying 'the situation is critical, but not serious!'

Patience

This is a very common lesson – one that can sometimes be frustrating to learn!

Clients with this life lesson will be learning how to be patient, the value of patience and the circumstances in which bringing patience may be counterproductive.

Peace

Peace is another very common lesson (at least among my clients.)

A life lesson of peace can teach us to stay connected to ourselves and to God, and to stay centred, even in the midst of trying or distressing circumstances. Clients with this life lesson are often learning that peace is always something that can be accessed, no matter what is going on in life.

This lesson may cause us to learn about the theme of conflict and 'keeping the peace'.

Faith

A life lesson of faith constitutes an exploring of the nature of faith: is there such as a thing as a higher power? Can you have faith in anything or anyone? What is faith?

Openness

A life lesson of openness means exploring openness to new experiences, ways of being, places or people. Experimentation may be a part of this life lesson. A client with this life lesson may explore openness in expressing one's feelings or thoughts. The client may also be learning about the openness of other people to new ways of being and new ways of thinking.

A person with a life lesson of openness may begin their life being closed off to new ways of being, and may gradually learn to open their mind. Alternatively, someone

with this life lesson could have a very open-minded disposition and may regularly conflict with people who do not.

Conclusion

Note that 'learning a life lesson' does not mean that a soul has to come to a specific conclusion or answer. The process usually looks more like exploring a theme than learning a lesson. Yes, I have listed possible outcomes and learnings above. However, there is no right or wrong conclusion for the soul to arrive at, during their lifetime.

HOMEWORK:

1. In the charts book, you will find a chart, with all the possible life lessons I know of. Some of the life lessons in the chart are ones I have covered above. Some are not covered above. Please choose **three** life lessons from the chart that I have NOT covered above and think about how each one may be learned.

Use your imagination, personal experience and creativity – What kinds of experiences might a soul choose or attract in order to learn those life lessons? Write out at least one paragraph for this exercise. Push yourself to consider the possibilities for learning each life lesson. If you like you can share your thoughts in the forums.

2. Do you know your own primary life lesson? (If not, that's OK – you can always find it out later on! – don't dows for it at this early stage.)

If you do know what yours is, from having had an Akashic Record reading, list the ways in which you feel that lesson has caused you to attract, choose or experience what you have so far. (Perhaps it would help to list the major events in your life so far and see if they are connected to your life lessons.)

Don't worry if it isn't obvious to you straight away. But this is an interesting exercise to do when the insights are forthcoming.

Now it is time to dowse on the life lessons for your practice clients. **The questions to ask are:**

What is this soul's primary life lesson for this lifetime?

What is the percentage of completion for this primary life lesson?

How many secondary life lessons is this soul working on for this lifetime? What are they?

Expect to find anywhere between three and seven secondary life lessons.

Sometimes you will want to find out more information on how your client is learning their primary life lesson (after all, some life lessons, like 'spirituality' or 'harmony' can be rather abstract!)

In the charts book you will find a chart called 'Life Areas'. You can use this chart to find out in which life area the client is currently having the most experiences related to their life lesson. In my experience, there are usually one or two life areas that figure prominently at any given time. This chart allows you to use your powers of logical deduction to work out how the client is learning their primary life lesson.

For this, you can ask: *"Which life area is most prominent at the moment, in the learning of the primary lesson?"*

INTERPRETING YOUR FINDINGS

For example, let's say a person is learning a life lesson of 'self-love' which manifests in their health. This is obviously much more specific than just telling a client that they're learning to love themselves. Perhaps this client is learning to love herself at the moment through nurturing her physical body and creating optimal fitness.

Another client might be learning a lesson of light-heartedness which is manifesting primarily through their finances at this time. In this case, the client could be learning about taking money seriously without feeling heavy about it. Or you might get a sense that this client has a bit of debt which is weighing her down.

You will often get an intuitive sense for how the lesson is manifesting for the client. Don't worry if this intuitive sense is not forthcoming for you at first — it can take a lot of practice before you start getting a sense for this. Often a situation will just pop into your mind, and if that is the case, you can ask "Is it this?" and you will usually be right.

Just pass on any and all information you can get about the life lesson part of the reading at this stage and don't worry if you don't get masses of detail at first.

TEACHING WHAT YOU'RE HERE TO LEARN

By researching a client's life lessons, you will often find that a soul will be learning what they also bring. Although this might seem curious, it is not unusual.

For example, you may encounter a Raphaelite Hadarian who is learning about love and compassion or a Vegan soul who is learning about light-heartedness and laughter.

My own primary life lesson is moderation, yet I am also bringing the energies of balance, through my Archangelic realm of training, which is the third one. How might you be teaching what you're here to learn?

MODULE THREE, LESSON FOUR

SOUL TRAININGS IN BETWEEN INCARNATIONS

In previous lessons, we have covered the **Archangelic Realms of training** and the **soul groups** of origination, both of which tell us a lot about a person's gifts and talents.

There is another aspect which can reveal more about what a person is good at: the soul trainings that are undertaken by a soul in between lifetimes. The question we ask in relation to this is the following:

Which are the three most significant 'trainings' that this soul has had between lifetimes?

WHAT DO I MEAN BY 'IN BETWEEN LIFETIMES'?

When we die and cross over to the other side, we don't necessarily incarnate again immediately. In terms of earthly linear time, there is usually some time lapse between one incarnation ending and another one beginning. This time lapse on earth between incarnations corresponds to the undertaking of a soul training or career on the other side.

A 'soul training in between incarnations' is a 'career' that we have while we're not in a body. These soul trainings are meaningful because they shape our personality and our gifts. When we incarnate, we bring the skills that we have learned through these non-physical 'careers' into our lives and into the lives of others.

So what are these 'trainings' that we can undertake between earthly lifetimes?

There are thirteen of them altogether and they are described below.

THE SOUL TRAININGS:

THE THIRD ORDER

The Third Order is a group of souls who specialize in transporting the newly deceased from the Earth plane to the soul's next right place of expression. Along with guardian angels and deceased loved ones, these are the beings that greet souls upon death, and guide them to the 'other side'.

The Third Order also assists souls who are being born into the world in fully integrating their physical bodies. This is a process which occurs over time, during the gestation period in the mother's womb.

Those clients who belong to the Third Order will have held these roles in between earthly incarnations.

What this means for who the client is now:

Members of the Third Order generally believe in the afterlife and are very comfortable with the idea of death. These people instinctively know that death is not the end and as a result they do not fear death. These are the souls who volunteer in hospices for the terminally ill and they can deal with deaths in the family without falling to pieces

in the way that other family members might. Third Order members can also make good mediums because conversing with the dead will not seem unnatural, scary or 'weird' to these people.

Astral Entities

When members of the Third Order undertake psychic development, they may find themselves picking up on the presence of astral entities. Astral entities may be particularly attracted to these individuals because they can tell when a member of the Third Order is in the vicinity. Clients who are Third Order members may feel a responsibility to help astral entities to cross over and to move on – simply because this is a role they have had before. Third Order members who wish to take this role again while incarnated, will do well to learn an effective technique for helping astral entities to cross over to the other side.

LIFE REVIEW COUNSELLORS

Life Review Counsellors are beings who help us with our life review when our incarnation is over.

What is the 'Life Review'?

When you die, you obviously shed the physical body. You will also begin to shed certain human aspects such as any negativity or pain you were holding. Sometimes this healing lasts several days in linear Earth time. This healing is part of the wider process of embodying everything that you learned in your lifetime and integrating all your experiences into the fabric of your soul. The negative falls away and the learning and wisdom remains. The Life Review also plays a strong role in the spiritual 'shedding' and 'integrating' process that occurs after death.

During the life review, the soul reviews the experiences of the lifetime that has just ended. The soul will often replay and relive particularly important scenes of the lifetime, like watching a movie. The soul can also experience certain life events from the perspective of another soul who was involved in the situation.

For example, let's say that during your life you caused great pain and suffering for someone. As part of your life review you will get the opportunity to experience the situation from the point of view of the person who was hurt. By doing this you have the opportunity to learn more and reach a greater understanding of your role in the situation and of the consequences of your actions.

The Role of the Life Review Counsellors

As part of the life review, souls come into contact with Life Review counsellors who can help them to evaluate what they learned in their most recent lifetime. The Life Review counsellors hold a sacred space for the soul who is undergoing their life review. They do not advise nor do they purposely lead the soul towards a specific conclusion – instead their role is simply to help souls receive the learnings from the events of the lifetime that has just gone.

What this means for who the client is now:

It probably won't surprise you to hear that clients who have previously held the role of Life Review Counsellor are natural born counsellors!

These people are great listeners. They can help people to see their patterns and life lessons just by holding a sacred space and listening. Other people will instantly trust these souls (even if they have only just met!) and will open up to them about their issues and life story, often in the most unlikely of places – at the bus stop, in the supermarket, or on aeroplanes! They really excel at holding a clear, non-judgmental space for others to reflect upon and discuss their lives.

This is an excellent soul training to have for career roles such as psychotherapists, clinical psychologists, counsellors, professional intuitives and other roles that involve helping others to heal emotionally and come to terms with their life events.

THE RISHIS

'Rishi' is a vedic word which means 'sage'. In the context of soul trainings in between incarnations, The 'Rishis' are the wise souls who help us to plan our upcoming incarnation.

A great deal of planning goes into every incarnation. Before we incarnate, we select the life lessons we wish to learn. Additionally we choose the parents and family situation that will best facilitate the learning of those life lessons. And we plan the important events of our lives (usually these are major life events which will help us to grow in some way – such as becoming a parent, falling in love, or experiencing some kind of trauma like an accident or a major natural disaster.)

These are the events which seem 'fated' or pre-destined once we incarnate, and indeed they are fated.

The role of the Rishis is to oversee this whole planning process for us, and to offer advice and supervision. The Rishis present us with the families, bodies and scenarios for our next lifetime which will best allow us to learn our chosen life lessons. As part of this process, souls are free to accept the suggested circumstances or request some different options for their next lifetime.

What this means for who the client is now:

Rishis have a great deal of wisdom and a certain detachment from the life circumstances of other people. Like the Spican soul group, they understand that souls often choose challenging experiences in order to learn something specific, so they are unlikely to label such experiences as ‘bad’ or ‘good’. It is also unlikely that a Rishi will attempt to control another person or try to get another person ‘back on track’ in their life. The Rishis understand that there is value in all our experiences, even when other people appear to be ‘making a mistake’.

THE FIFTH ORDER

This is a rare spiritual order that enables a person to change their vibration and shift their aura at will, in order to bring about a certain outcome. One example of this is acting – a good actor will completely change on the level of the aura when they are in character. Indeed, those actors who are the most gifted are those who can create a complete transformation on the level of their auras, when in character.

Another example of this phenomenon is adapting quickly to new circumstances or preparing the body for receiving healing. Fifth Order members are also adept in astral projection and leaving their body at will.

RESTORATION MASTER

Restoration Masters are here to restore the original Earth blueprint. Because this is a training which deals with maintaining the Earth blueprint, you can probably guess that this soul training is found mostly among Blueprinter souls. After all, Blueprint Deliverers, Changers and Translators are already here to restore and maintain the original Earth blueprint. Should you come across a member of one of these sub-groups who is also a Restoration Master, you will find that this really serves to reinforce and intensify the soul’s sense of mission as a Blueprinter. As a result the soul may be even more conscious of and passionate about their soul’s purpose and mission.

Sometimes this soul training can manifest as dissatisfaction with the way things are, on a planetary level. Restoration Masters hold a vision in their spiritual DNA of how things could be here on Planet Earth – they have a strong sense of ‘things could be better’. In short, Restoration Masters are often idealists who are looking to create a utopia here on Earth. They may become upset at those times when they see that Planet Earth is not functioning exactly according to the original Earth blueprint. Restoration Masters may rail against political or economic systems.

They are learning to strike a balance between improvement of our planet and acceptance of how things are here. They are also here to understand that they do not have to try to fix our world single-handedly!

If this soul training should come up for a non-Blueprinter soul, this indicates a soul who has taken on the Blueprinter agenda and soul purpose to some degree.

INCUBATOR SOUL

Incubator souls prepare, nurture and assist those souls who are incarnating into our world for the first time.

This ‘incubator’ role lends a nurturing quality to the soul that has undertaken it. These people tend to be nurturing, supportive people. They often enjoy nurturing other people, children, animals or plants. Although not all incubator souls feel the desire to become a parent, they do make excellent parents.

COUNCIL MEMBER

This is a rather rare training for a soul to have. Council Member Souls have at one time belonged to one of the Galactic or Soul Group Councils. These councils can be likened to a board of leadership – they make decisions collectively on behalf of the soul group, star system or galaxy. (The Sirian High Council is one such council.)

The meaning of this soul training varies from soul to soul.

Some council members may be here on behalf of their soul group to collect information and observe life here (although this is usually done unconsciously.)

Others will have a specific mission to accomplish on planet Earth. These souls will be driven to achieve their goal here. When that is the case, you may spontaneously receive a claircognizant ‘download’ which gives more information on your client’s mission.

DREAM MASTER

In my experience, this is one of the more common soul trainings.

Dream Masters are souls who volunteer in the astral planes around Planet Earth.

What Are the Astral Planes?

There are seven positive and seven negative astral planes around our planet. At this point you already know that Spirit Guides and guardian angels reside in the astral planes and that we pass through the astral planes upon death.

The astral planes are also the place that our souls visit when we are asleep and when we dream.

(Note: most people only visit the positive astral planes. Visiting negative astral planes can result in nightmares or night terrors.)

We also visit the astral planes to have certain learning experiences which we can remember as dreams. Have you ever had a dream that you woke up from, feeling you learned or realised something?

Dreams are real energetic events which take place in the astral planes and they are an important part of our spiritual growth and learning.

An example: let’s say that on the soul level, you wish to experience taking revenge on somebody. However, for whatever reason you do not wish to have this experience in your human life. It is possible to have this experience in the astrals, and remember it as a dream. In this way, you are still able to learn from the experience just the same, only it has not actually taken place in your human life.

A Dream Master is a soul who will play a part in your dream learning experience. For example, the Dream Master could play the part of the soul who has wronged you, so that you can learn and grow from that experience of taking revenge, just as if you’d experienced it in your real, human life.

Some Dream Masters do not remember their dreams at all. Other Dream Masters report having very vivid and nonsensical dreams. The latter is very common and Dream Masters need to remember that many of their dreams are not meant to be interpreted or analyzed, since not all of their dreams are meant for them to learn from.

As part of this soul training, many Dream Masters are working very hard in the astrals when they are asleep. Rather than working on their own soul growth and personal rejuvenation, they can spend a great deal of time serving others. As a result, some Dream Masters will feel exhausted when they wake up in the morning. It is common for Dream Masters to have disturbed or restless sleep, regularly waking up several times in the night.

I advise all my Dream Master clients (and especially the ones who do not feel rested when they wake up in the morning) to set an intention not to do too much work in the astrals. Just setting this simple intention has enabled many of my Dream Master clients to improve the quality of their sleep in a long-term way. The intention should be worded in such a way that the client's Higher Self understands that work in the astrals is not to be done at the expense of the person's energy or growth.

You could recommend that your client sets an intention such as the following one: (To be said out loud)

*"My Higher Self, from this moment onwards, I will undertake work in the astral planes **only when this does not interfere with my own soul's growth or the rejuvenation of my body and mind.** It is done; it is done; it is done. Thank you."*

I also recommend to my clients that they write this intention down somewhere.

ETHICIST SOUL

Ethicist souls have studied human values and ethics in between lifetimes. These souls have a concern for and an interest in ethics and they have a deep sense of right and wrong. These people are usually responsible people who are concerned with doing 'the right thing'. Part of their soul's purpose is to teach us how to align our lives with our souls' true values.

Ethicist souls must ensure that they do not become self-righteous or judgemental in their outlook. They can sometimes feel outraged or angry when others do something they consider 'wrong'.

KEEPER OF NEUTRALITY

These people are natural peace-keepers. They don't like to take sides and they remain neutral spaces
– like Switzerland!

Having this training involves bringing peace and harmony where there is conflict and discord. Keepers of Neutrality know how to keep the peace and restore it where it is absent. For this reason, they make good mediators.

When out of balance, Keepers of Neutrality may refuse to take a stand on an issue out of fear or they may use neutrality as something to hide behind. They may also have difficulties making decisions, because all paths will seem equally valid in their eyes.

EXPLORER SOUL

Explorer souls are like the adventurers among souls – they like to go out and explore uncharted territory.

In their soul's past, they may have been an ambassador for their soul group in a foreign star system. These souls have often observed other soul groups and star systems; they could have incarnated in a parallel dimension or they may have simply travelled for the sake of adventure.

Consequently, Explorer souls are people who are unafraid of exploring. Indeed, they teach us that we need not be afraid of the unknown. They like to blaze their own trails and explore new places.

These people can be adventurous people who like travelling, adventure and taking risks – the types who for example enjoy adventure holidays, like trekking through the rainforest and bungee jumping! More commonly, Explorer souls are those people who are keen to try new things. They may favour exploration in their inner life and enjoy learning. They may always be taking new courses and workshops, and interested in new beliefs and ways of doing things. Openness, adventure and fearlessness are traits we usually associate with the Explorer souls.

MASTER OF DESIGN — BIOLOGY AND BOTANY

Masters of Design (Biology and Botany) are souls who have studied the functioning of the human energy body and the physical human body right down to the molecular level.

As a result they have a very intuitive understanding of the structure of the human energy body and how to move energy around the body to bring about healing. They are naturally gifted in energy healing modalities such as Reiki. Some of these people will not need to be taught energy anatomy or when they are, they will discover that they already hold the information in their subconscious mind anyway.

The botany aspect of this soul training means that these souls have also studied the energy bodies of certain species of plants (and animals too.) Consequently these people tend to have an affinity with the species they have studied. These people may be plant and/or animal empaths. They may have a love of gardening or animals and they are often interested in healing animals.

MASTER OF DESIGN — STRUCTURAL SPECIALIST

These souls are experts in understanding and improving systems. They have a special interest in how things function and how one part of a system affects the other. They are able to ‘zone out’ and see how a system is functioning in a holistic way. Essentially, they can see the big picture of the system.

This may be an IT system, an economic system, an environmental or ecological system, a biological system or a business system. Because of this interest in systems, these people are often drawn to physics, IT, business, engineering, geology or meteorology.

DOWSING FOR SOUL TRAININGS

In the workbook, you will find a worksheet entitled ‘Worksheet – Soul Trainings’. Please complete this worksheet before you dowse for your practice clients’ soul trainings.

As always, please read the information in this chapter a couple of times before dowsing. I recommend leaving a day or two for it to integrate your subconscious before you dowse. Please also listen to the audio lectures for this lesson.

In the charts book, you will find a chart for dowsing on soul trainings between incarnations. Upon asking the question:

Which are the three most significant 'trainings' that this soul has had between lifetimes?

You will usually be given only three trainings. However, it is also possible for a soul to have fewer than three soul trainings, especially if the soul has not been busy or productive in this area.