



PAST LIVES AND SOUL PURPOSE

PAST LIFE FACILITATOR AND TRAINER, TONI REILLY REVEALS HOW HER OWN PAST LIFE EXPERIENCE SET THE WHEELS IN MOTION TO DISCOVERING HER SOUL PURPOSE

7 **W**hy am I here? What is my purpose? Am I on path? At some stage we ponder these questions and at that point our lives take a turn, a positive turn towards seeking deeper meaning to our existence. It's called soul-searching.

For me this stage may have subconsciously always been a question, however I did not take much notice or seriously ponder my existence until I was around 30 years old. That is when I began to ask myself what my life was all about. There were insecurities which I had around body image which dissolved at that age because I felt more at peace with myself and much more grateful for the wonderful things in my life. I had three lovely, healthy children, I had a husband who loved me and I thought my life was full. God knows time wise I could not have fit much more in as my days were filled with work and taking care of three small children.

Thinking about myself or what I wanted to do really was not up for discussion as I was a mother and my husband's work was most important. Isn't that the way it is? Surely my life must have purpose? I used to have regular thoughts as a teenager, about the time I started working, that I

was to help people. This seemed strange to me as I was a shop assistant and the only help I gave was in the form of 'service with a smile'.

Around the time I was 32 I questioned my life even more. I felt oppressed in my marriage, the things that I wanted to do were not possible due to commitments to my children and my husband's work being the priority. Occasionally I would find a course scheduled on the weekend, but even those did not eventuate, as he had to work the weekend. There was no compromise and I never realised I was valuable enough to insist on the importance of me attending.

I began to question my relationship, I wondered if there was more to life than running around, cleaning, working to make ends meet, taking care of children and a partner. Surely there was?

In 2006 I travelled to Egypt, which was something I felt I wanted to do since I was small. I hijacked a friend's travel plans and went. That trip was the beginning of major realisations for me. I did not consider myself spiritual then, nor did I find Egypt or the Pyramids to be particularly powerful energy wise. For me, they seemed raped of their energies because the people had to

survive one way or another and so bribery and corruption were rife. What transpired on my trip was a realisation of how little material things mattered. Possessions, which were so valued in Western culture, actually meant nothing. It was people who mattered. It was as though my rose coloured glasses came off. The media, for example, was so clearly contrived to control people with fear, and this is when I stopped watching television.

I wanted more for my life. I wanted to do 'something' and I still had no idea what that was. First I wanted my freedom, in the sense that I wanted to be able to live day to day not worrying about what my partner thought of me and what his reaction might be. I was lonely. I felt isolated. I did all this to myself - all I had to do was speak up. I did not, I could not. I never wanted to rock the boat or make anyone feel bad because of me. Because I rarely if ever spoke up, lost control or asked for help, I had painted this unrealistic picture of our life. Everyone thought we had a perfect marriage. I never told anyone that I used to cry on the couch all by myself most nights.

This oppression became intense. I was very aware that I had caused all of this - that my partner had not forced me to feel

the way I did, he had not told me to keep my feelings to myself. On the contrary - if there was a rare time that I would say what was wrong, he would make efforts to support me. I lived with the silent treatment for a great portion of our 16 years together. I always thought the silence and withdrawal happened because of me. I must have done something, but what? I felt hard done by, I felt sorry for myself, I justified to myself that I was a good person; I did not deserve to be 'in trouble'. In hindsight, I know that I was not the cause of the 'silent treatment' nor did I need to take everything personally, but that is all part of my personal growth.

Now I understand where insecurity fits into our psyche and the reactions and behaviours that we develop and continue to act out until the time that we wake up. Waking up is the result of soul-searching. It is so powerful, and life is never the same once this epiphany is reached.

That is not to say that there were no more challenges in life - on the contrary for me. I really thought I did not have any issues. Once I started looking at myself, meditating week after week, there was more stuff - so much that I wondered how much can there possibly be? There was so much! Where had all these issues come from? Why now?

Around the time I was 36 my life took a huge change in direction. I left my marriage, and began to study and nurture my sixth senses, which were apparently innate in me. It was also at this stage that I was introduced to the Brian Weiss book '*Many Lives, Many Masters*'. This book changed my life. Everything I read made me feel comfort - I knew it was true. His words, the experiences, the cases all resonated at my core and I knew that past lives were to be at least a part of my life purpose.

This is when my awakening quickened. It was as though my life prior to this barely existed. But it did, and I was in emotional turmoil over the loss of my marriage for years, but I still soldiered on. I was on a mission. I was not sure exactly what that mission was but somehow it fitted with my teenage thoughts of 'helping people'. So cliché, I know, but that is what happened. I had direction. I had to unravel myself, layer by layer and bare my soul to the world so that they could see how people are, to know that we are not alone and nor are we that different to other people.

I first experienced my own past life memories with the lady who told me to read that book. I had specific weird issues that I asked to find out about during my session. Sure enough, they were addressed and my experience assured me of the power of people rummaging through past lives to discover themselves, their capabilities, their power, their value, and their purpose. My life took off - that is the only way I can express that stage. It was as though I was free and liberated. I still kept most of my personal realisations to myself. I was not prepared to be vulnerable to ridicule, and I felt as though no one would understand.

Life purpose is different for each of us, but the same in some ways. The things we are here to learn are similar and ultimately strive towards the same outcome, which is tolerance and acceptance of each other and ourselves.

One thing I can assure you is that you are never off track, and when the going gets tough, it does not mean that you are off path. On the contrary, difficult circumstances are the reason we grow, they are part of our purpose. As humans, we never realise this until hindsight. If we could see clearly the purpose of tragedy and hurtful experiences, we would not live through them, we

would know to sidestep. Even if we can see other people's paths clearly, we can never see our own as we are too invested in the outcome.

Live your life, value all of your experiences, positive and challenging, as they all contribute to your soul's purpose.



Toni Reilly is an internationally recognised Past Life facilitator and professional trainer. After training with Dr. Brian Weiss she devised her own unique techniques. As the founder of Toni Reilly Institute she developed the Diploma of SoulLife™ Psychology, a professional qualification for intuitive practitioners. www.tonireillyinstitute.com | www.tonireilly.com.au | info@tonireilly.com.au |

+ 61 0413 088 970

Photo Credit: Tina Fiveash www.tinafiveash.com.au

Wunjocrow

Remember, said the Wunjocrow,
You are a Sacred Being,
Love Yourself,
Embrace your shadows
and you will find Joy in who you are.

Goddess Gowns, Magical Tools,
Wisdom from the animals, stories
& so much more. Join us on Facebook
www.facebook.com/wunjocrow