

Soul Discoveries

Find Your Own Answers...

*Journey within to find your life purpose,
know who you are and why you are here.*

*Meet your guides, travel into the past and learn the
lessons that will give you more love and happiness in life.*

Soul Discoveries **Workbook**

by James Van Praagh

For more information about the author, his products
and appearances, visit:
w w w . V a n P r a a g h . c o m

**All Materials are copy written and no part of this material
may be reproduced in ANY form without the written
permission from SPIRITUAL HORIZONS, INC.**

FINDING YOUR PURPOSE

You're about to embark on a special journey – the journey within. One of your goals is to discover why you are where you are...and how you've come to be be there.

This discovery process begins with a clear picture of not only how you see yourself but who you think you are.

Write down five traits that you think best describe your personality and who you are:

Write down five traits that you think best describe your emotional self:

Write down five traits of yours that you are most proud of:

Write down five traits of yours that you might want to change:

*Many people look at the world around them and wonder why they are here and why they ever chose to come to this planet? They wonder just what their mission is and how they can find their true purpose for being--
The exercises on this journey will help to pose questions that will assist you in finding that purpose.*

Write down exactly what you think your purpose is in life?

What interests or hobbies do you have?

What is the best job you could find yourself doing?

What are your goals?

What do you think truly makes you a happy person?

What worries or fears do you have?

What do you do or not do that limits you in life?

What makes you sad in life?

What kind of people do you like to have around you?

List the names of people in your life who make you happy and that you like to have around?

What do they give you that empowers your soul?

These questions are designed to help you realize that there are things in life that are in your control – and other things that are outside of it. It often seems that when we try and control those things that are outside of our own world, we run into problems...hurt and disappointments. What can you do about it and just what is within your control?

You are totally in control of how you react to something.

There is a universal law that 'like attracts like'...that the familiar or the similar are drawn to each other...

List the names of people around you who make you sad:

Do you think any of them keep you from being the best you can be?

The essence of your journey to discovery, is learning what lies at the core of your being. The road to discovery begins by peeling back the layers of your being to uncover what lies within.

Make a list of why you think you keep them in your life? And why you are willing to give up who you are in order to have them in your life?

A breathing exercise will get us started...

Breathing fresh oxygen into the body will help sustain, rejuvenate and relax you. As you exhale through your nose, you let go of old stagnant energy, and, with it, old tension.

Remember, breathing is very important in meditation... So let's

Now it is time to sit back and give yourself reflective time to dig deep within and connect once again with your soulself. Begin to do the meditation... at this moment, in order to get the full impact of this program...
Meditation begins...

What does your garden look like?

What kind of flowers are present?
Describe them here?

Feel the warmth and beauty of the colors in the garden. What colors do you feel drawn to in the garden?

How would you describe the garden's oneness of life force in words?

*begin to breathe.
In your mind's eye, I would like you to create a beautiful garden, a celestial delight of beauty. Create this garden in any way you would like. Let this garden express your inner self, your own inner beauty. See flowers of all different shapes, sizes, and colors...*

See the blades of grass as they dance in the wind. Focus on feeling the oneness and life force of the garden. Feel one with the essence of this garden. Feel one with the source of all life as it permeates this entire garden and your soul

As you look out in this garden, perhaps there are beautiful statues which reflect wisdom and knowledge. Create the garden any way you choose.

What objects did you select for your garden and why? What part of you do they represent?

As you continue your visualization, imagine that you see what seems to be a beautiful stone stairway in front of you. Let's take a closer look at this stairway...

As we approach the stairway, look at the stone and see its texture and its color. Become aware of the shape and size of the staircase. This stairway is very special, for it is a spiritual stairway.

Begin to descend the stairs, one step at a time... and with each step down, we notice that we become more and more relaxed. As we relax, the more aware of ourselves and our spirit energy we become.

Go down another step, and then one more. Notice that you become lighter with each descending step.

We continue down the staircase and to feel more and more relaxed. We feel our entire body relaxing with each step we take. Our whole body becomes one, in unison.

Write down how you feel right now standing at the top of the stairway.

Record any differences in how your body or your inner-self feels at this moment.

[illegible][illegible]

See their beautiful face. See how charming and friendly the tour guide is. This tour guide is one of your teachers. As you look into their eyes, there seems to be a sense of memory of being with them once before, even several times before. Perhaps your tour guide is a family member, or a spirit teacher of yours with whom you've shared many lifetimes.

Today, our tour guide is going to take us to a very special place. They tell us to look up at the mountains at the edge of this garden, beautiful brown and green mountains that seem to go up as far as the eyes can see.

Now look up at the very top of that mountain. For there is a place there just waiting for you. It is called...

Temple of understanding

And there are many waiting to reach you there. So, as you hold the hand of your teacher, close your eyes and go to the top of the mountain. Just creating the thought transports you to the very top of this mountain.

The next thing you know, you are standing in front of a beautiful temple.

Look at this temple. It shimmers with the beauty of mother of pearl. There are colors you've never seen before and they shimmer. The light of heaven is embedded throughout this temple, its pearl pillars and beautiful stained glass windows. You see people milling about...

Let's now go inside the temple. And as we go up the stairs, look at the temple door. It is a huge copper door,

The door seems to open automatically as we approach it and step inside. As we enter this temple, we take a look around and see the

Describe any other elements of this temple which communicates to your soulself...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Our teacher escorts us in and tells us to enjoy our stay. They will meet us again later. We walk around, and peer inside. It is all so beautiful. We see overstuffed couches, and chairs, and books that line the walls from floor to ceiling, as far as the eyes can see. Books with very beautiful covers. Covers like we've never seen before on this earth. It appears to be a library. And as we walk into this room, we see people sitting around reading and discussing.

[illegible]

Now, feel the beautiful energy of these people as they are learning. Amazingly, there seems to be a sense of people becoming aware, learning, understanding, educating.

[illegible]

Finding Your Purpose 10 11

Describe in details the function for each one of your guides...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Write down the description of the images you see on each page and then record the lesson you had to learn from that particular experience...

Write down the description of the images you see on each page and then record the lesson you had to learn from that particular experience...

Write down the lesson or lessons you are learning right now...

of this group.

As we acknowledge our main teacher, we are handed a book. It is called...

The lessons of our life

This book seems to be made of gold. We have heard of this book before: The Golden Book Of Life. Hold that book now and open it, noticing that each page is an important event in our lives, ones which we have already experienced. We start at the beginning of the book and it is our birth. Slowly turn the pages, one by one. And on each page, there is an event. Look now at each event. Perhaps it is a word. Perhaps it is a picture, a diagram, or a face.

And at the bottom of each page, note the lesson which is written there. Notice the lesson that you must learn from that event or situation. See which lessons you have come back to learn.

In the middle of the book, is a picture of ourselves, right now, at this very time in our lives. We look at the bottom of the page and the lesson is blank. What is the lesson you are learning right now?

As we look to our guides smiling faces and compassionate eyes, they hand us a pen. We notice that the rest of the book is blank.

They tell us to write on the blank pages, the lessons we will have to learn in the future...

What have we learned about ourselves from reading, seeing, and experiencing our past experiences and our past situations

How will we be different? What will we do to change? Write down now, on that blank page, exactly what it is you have to change, exactly what you have to learn.

This discovery is done with total compassion, total love. There is no judgment in this.

When we have completed our work, our guides come around the table and give us hugs. Once again, we feel their beautiful, unconditional love. They say they're always with us, for you are never alone on your spiritual journey.

"We are with you. Guiding you, helping and assisting you."

Life has to be varied with many different experiences, experiences of all different kinds. Some you recognize as what you call 'good.' Others you recognize as what is referred to as 'bad.' They are really neither. For, as our guides tell us, it is just experiences for the soul to learn, to grow, to expand, to be enlightened.

Write down the lessons you have to learn about in the future?

What did you learn from the past which you won't want to repeat in the future?

Write down now, what you have to change in your thinking and learned behavior to change your future to one of love and happiness?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

*They walk us toward the front door
and, as we're walking, it seems as
though all the people in the room
look at us with smiles upon their
faces, with love and compassion.
They tell us with their thoughts,*

And anything in life can be accomplished with a belief in yourself. You would not have started something if you could not finish it. You are well prepared for the journey. We reach the front door of the temple and we thank our guides. There, standing at the door, is the escort we met earlier in the garden. They take us by the hand once again and we feel their warmth as they hold us. We close our eyes and we're instantly back in our garden of light, our spiritual garden.

Does anything feel different in your physical body?

What is your purpose for this lifetime?

Now, perhaps, you have a better understanding of why you chose to come back on this earth. One thing is certain: we are never alone. We are all one. And always remember, the beauty of God, the spark of God, the spark of life is within you. You are the light. And so it is. Learn, live, and love..

PAST LIFE MEMORIES

Who do you think you are, generally speaking?

'Who am I?' It's an age-old question and one we seem to continually ask ourselves.

List several places you have been to and felt as though you had been there before...

We are constantly searching for the meaning of ourselves and the world in which we live.

*Remember:
In order to better understand who we are, where we have come from , and where we are to go, we need not (and should not) look outside ourselves. Instead, we need to take a deep, deep journey... a journey within our own beings.*

We are all spirits having a physical experience – not the other way around. We have lived thousands and thousands of lifetimes. We are a total of all of our lifetimes from the beginning of time.

Have you ever been to a place and felt a sense of recognition...as though you've been there before?

Or have you ever met someone and felt as though you knew them? Or instantly liked or disliked someone the moment you met them?

Hmmm. Also, in your life, look back. There are certain things you love and other things your fear.

Why is this so? I believe it is because our souls are made and colored by past lifetimes of experiences. When a soul learns a lesson, it always retains it. It never goes backwards, but forever moves forward in its learning.

The experience is forever embedded in the soul memory. By exploring deep within yourself, you unlock the secrets to the past. By opening yourself up to this exploration, you may even shed some light on an emotional problem you may be dealing with in this lifetime. Asking yourself, "Why is there a particular person in my life at this time?" Or questions about why were you born into a particular family and into these specific circumstances?

List several people in your life right now whom you feel you have known before?

Now, look at both lists and draw a line between the person and the possible place you might have experienced them from...
Make two columns. In the first, list things, food, type of clothing etc...that you love. In the second column, list things you fear, i.e., water, snakes, closed in spaces, etc...

Reflect on people in your life, with whom you seem to be having challenges. Next to their name, write the specific challenge you are dealing with.

[illegible]

Let's learn to prepare for meditation by understanding the importance of centering.

Meditation is the awareness of self. Take the time and commit yourself to relaxing. Listen closely to the sound of my voice as I gently guide you through the process of coming into the center of your being.

*As you continue this rhythm,
become aware of your body. And
bring your body to its perfect bal-
ance: center and rhythm.*

You want to tense them up and slowly release them. Now tighten the muscles in your face. And now relax them. And tighten your shoulders and roll them up to your ears and roll them around in front of you and behind you. Then lower them and release.

Now the muscles in your arms: tighten and release. Your hands: make a fist in both hands, tighten and release. Let the energy just flow.

Now become aware of the muscles in your chest and abdomen. Tighten them and then relax. Now become aware of your back. Good...

Tighten the muscles and then relax them. And now down to your upper legs: tighten and release. And now to your calves: tighten and release. Let it go. And finally, tighten up your feet, even curl your toes, tense them and then release them. Good, very good. Now the body is fully relaxed and you're prepared to begin your meditation.

Meditation begins...

As you sit, begin to imagine a beautiful ribbon of gold light, flowing from the top of your spine down through your spine to your lower back. See this bit of light, going in and out of the spine as you open yourself up and become one with your being-ness. This ribbon of light is the source of life, your energy.

Imagine that you are standing in front of a mirror. See each part of your body being filled with a ball of pure gold light.

[illegible]

[illegible]

When you begin to inhale through your nose, imagine this gold point of light filling your entire body, from your head to the bottom of your feet. Fill every organ, every cell, every muscle with this beautiful light. See the gold light swimming through your bloodstream and enriching you with a sense of peace and lightness. When you exhale through your mouth, envision a grey mist, which represents any excess energy or old stagnant energy the body no longer needs for its growth. See the grey mist exit and dissolve into the earth

Now, while keeping the rhythm of breathing constant, imagine yourself going to an old-fashioned movie house. The theater is named: Past Life Movies.

Imagine yourself in front of this movie theater. Look up at the movie theater, the building itself, and notice every detail you can about the building. Look up at the marquee. This is a very magical theater and it's very interactive. As you look up at that marquee, talk to it and tell it what movie you want to see. Perhaps you don't understand why you are in a certain situation or living with certain people. Or, perhaps, you want to know what it is you came back to learn in this lifetime. Maybe, you have a health crisis or a particular phobia in this lifetime. Whatever movie you want to watch, tell the marquee and watch the title appear now.

Next, step up to the ticket booth and buy your ticket. When you look at the person in the booth giving you the ticket, it might be a guide of yours. Look closely at their face. Is it someone you currently know? Have you seen them before?

Make a list of several movies you would like to see about yourself...

[illegible]

Write down who it is giving you the ticket.
Note; each time you do this meditation,
someone different may appear...

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor discoloration or shadows, suggesting it's a scan of a physical document. There is no handwriting or other markings on the paper.

List who in your life tends to guide you or show you the way?

[illegible]

They smile and tell you that the only price of admission is that you watch this movie only as an act of Healing and Loving yourself. There is to be no judgment, and only the highest aspects of good learning will be revealed to you.

They smile lovingly and give you a ticket with your name on it. Now, walk into the building. Once inside the door, an usher comes to take your ticket. Look at them closely. Perhaps the usher is a person in your current life who tends to show you the way. Look closely.

The usher hands you a program. Look closely at it. On its cover is your name and the name of the movie you will be viewing. They direct you into the theater and remind you of the importance of objective viewing. You are not here to judge yourself, but merely to observe. It is totally safe and you will not be harmed.

You walk into the dark theater and sit down in the center. No one else is sitting around you. This show is just for you. Open the program and begin looking at its pages. As you turn the pages, you notice each one is a year of your life, starting at present day and working backwards. Look closely, page by page, as each one represents a year in your life. As you turn the pages, see your image and, automatically, it brings to the surface of your consciousness memories of years past. Turn the pages slowly and begin to see what memories or people stand out in this lifetime.

When you have finished looking at the program, place your eyes up on the curtains in front of the big movie screen. They slowly open to reveal the movie you want to know about. Is it a scenario of a past life experience? Look and see about what time in history this is taking place. What kind of clothes are you wearing? What kind of environment is all around you? Are you in a cave? A house? A building? A field? Look

Make two columns. In column A., write down the current year, and previous years in descending order. In column B., write next to the appropriate year, a memory or experience that stands out and has sculptured your life.

[illegible]

Write down any past life experiences, feelings or visions you may experience...

[illegible]

Which people from your first list are present in your meditation?

[illegible]

Make a list of lifetimes you have experienced in the meditation and describe the lessons you had to learn in that lifetime?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

closely. Look deeper into the screen and notice your environment.

The more you notice the environment, the more you are taken into the picture. Notice that you become absorbed right into the screen. You actually are inside the screen itself, experiencing the memory. You are living that memory right now as an observer. Remember: there is nothing negative about the experience. You are just here to observe and learn.

Now, look around you and see which people are present. Do they mirror anyone in your present day existence? What are they doing? How are they related to you? What are you doing? What kind of work are you involved in this lifetime?

*What did this lifetime teach you?
Look and observe.
Ask yourself any questions
you want the answers to...
Ask yourself now.*

Enjoy this scene for a while. When you are ready, go to another scene of the movie, perhaps one even older than this one, a lifetime experience even earlier than this one. Once again, look all around you and first notice your environment. Where are you? A house? A building? A field? A cave? The ocean? Where are you? What kind of costume are you wearing? What kind of clothes are you wearing? What are you doing in this lifetime? What people that you know in your current lifetime are present in this lifetime? And what is their relationship to you? What is your status in this lifetime? What are you learning about? What bearing does it have on your lifetime today? Once you feel you've completed that scene, you may go to a scene even further back. It is up to you. Just repeat the steps, but always ask yourself, "What was I supposed to learn in this lifetime?" Remember: you are an observer.

Write down which same lessons you seem to have to learn over and over again through each life time...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

And as you go back in lifetimes, notice what is the commonality in each lifetime? Do you repeat the same lessons? Are there certain lessons you have learned? And others you have a hard time learning and must repeat? Again, no judgment, just observation.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Now become aware, once again, of your breathing. Become aware of your feet on the floor, of your legs, of your back and shoulders and arms, your chest, your torso, your neck and your head. Become aware of the physical body. Become aware of how much better you feel and how much more energized you feel. Feel the healing which is taking place inside of you.

Past Life Memories 26 27

Additional Notes:

[illegible]

**For more information on James Van Praagh,
his work and his appearances visit:**

w w w . V a n P r a a g h . c o m

**All materials are copywritten and no part of this material
may be reproduced in any form without the written permission
from Spiritual Horizons, Inc.**