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The Past is Always Present

As a healing practitioner I regularly witness the degree to which an individual's past experiences and particularly those from childhood, dramatically impact their current life experience and future expectations. For many, the scars of the past have left anxieties and fears which have the potential to deprive them of living their fullest potential, unless, that is, they are addressed and healed.

There is however another dimension to the past that for the most part goes unnoticed. This hidden element has the potential to disrupt our present as well as our future in equally dramatic ways; *the effect of past life traumas*.

Past Lives, Do They Exist and If So, Do They Matter?

I am often asked if in fact past lives really exist and if so, do they matter. The answer from my own experience and what I have witnessed as a healing practitioner is, they not only exist, but they matter a very great deal. This is precisely why so much of my healing work involves clearing their effects.

Traumatic events in any lifetime, of which the resulting fears and emotional pain have remained

unresolved at the point of death, have the potential to be carried across into the next. It is then merely a natural process for those fears and emotions to resurface for healing and closure. When they do resurface, they appear in the form of anxieties, fears and even phobias around one's emotional and physical safety, and usually, with little to no justification.

An example being, an intense fear your partner will leave you, despite no evidence anything is wrong. You may dread the idea of open water for fear of drowning, yet you have never had a near drowning experience to warrant such a fear. Or, you may be incredibly fearful of asserting yourself, always believing with certainty it will invite attack, although it never has.

In all of these cases, it can be the negative effects of a past life requiring healing. This was the case with Jenny Cockell, a young English mother of two whose past life trauma came to the surface in astonishing fashion. When it did, it freed her from a lifelong fear she could never explain nor understand.

When Separate Lives Collide



The True Story of Jenny Cockell

From a very young age, Jenny Cockell suffered from repetitive dreams and spontaneous visions

which were so lucid, remembering their content was a seamless process for her. Their content however, was deeply unsettling and intensely puzzling.

With each vision, Jenny was taken on a vivid journey to a house in Ireland. She could recall with great detail the house, the family within it and even their names. Then, astonishingly, she began to remember once living there, but more importantly, dying there.

Past Life Memories

Jenny was experiencing what is termed, '**past life recall**'. The involuntary memory of a previous lifetime. This type of experience invariably means, there is some emotional trauma from the past rising to the surface for resolution and healing. This was precisely the case with Jenny.

Jenny had for as long as she could remember been fearful of being charged with the responsibility of looking after children; always filled with a sense of dread she would fail as a mother to look after them adequately. She had however, no direct experience in her current life to justify this fear. Her fear though, was about to be resolved in the most dramatic of ways.



Mary Sutton

Jenny experienced a further flood of memories which culminated in her remembering she had in fact been the owner of this Irish house, a mother of eight children, named **Mary Sutton**.

In fact, one of Jenny's most dramatic memories of her life as Mary Sutton was Mary's children taking vigil around her bedside as she succumbed to the grips of pneumonia.

The year of Mary's death was 1935.

Jenny also remembered the fear she felt in her moment of passing as the woman, Mary Sutton for the welfare of her children.

The children's father had been a violent alcoholic and Mary had grave concerns for their survival as she died. This intense fear for the safety of her children, she carried across into this lifetime as Jenny Cockell. A fear Jenny then unknowingly projected onto her own children.

In the mid 1980's, Jenny Cockell travelled to Ireland to unravel the mystery of her past life memories of being the woman Mary Sutton and to investigate the fate of Mary's children.

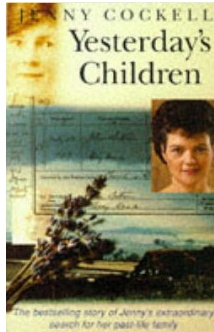
Upon arriving in Ireland, she not only located the house from her visions but came face to face with some of the surviving Sutton children; **her children**. She also sadly discovered, that the fear she experienced in her moment of death as Mary Sutton for the welfare of her children had been realised. The children were left orphaned upon her death after their father abandoned them.



Some of The Remaining Sutton Children

After finding her children from this previous lifetime though, Jenny asserts, she was finally able to release her fear of being responsible for the welfare of children. By being reunited with the Sutton children, and essentially facing her past life, her trauma was released and her fear dissolved.

It is precisely the kind of emotional healing experienced by Jenny Cockell, which demonstrates just how important it is to seek out healing for any fears you feel you may have carried into this life as the result of some trauma in a previous.



Jenny's story is one of the most documented cases of past life recall. Her powerful past life story and ultimate healing is captured in her book, *'Yesterday's Children'*

Looking To The Past As A Way To Heal And Rewrite The Future...



Dr Brian Weiss

Perhaps one of the most renowned figures in the field of past life work is American psychiatrist, Dr Brian Weiss.

Originally, a self-confessed sceptic, his rigid scientific beliefs were shaken after unintentionally regressing a female patient "Catherine" back into a past life with astonishing results.

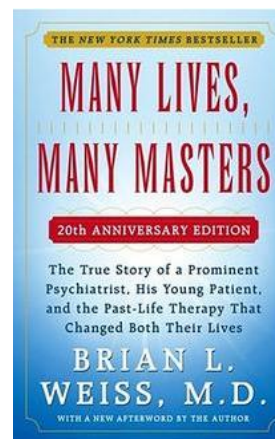
Weiss had instructed Catherine while under hypnosis, to go back to her earliest memory of the event which was the catalyst for her current fears and phobias. Up to this point, a year of conventional psychotherapy had reaped no rewards in moving her through crippling panic attacks.

On this particular day however, Weiss presumed he would be finally taking her back to the root cause of her issues. He assumed the culprit would no doubt be an early childhood event. He was wrong.

Catherine followed his instruction and as directed, dutifully went back to the event that had first caused her issues; a life in the middle east 4,000 years prior.

Despite all of his previous sessions with Catherine using conventional methods (dialogue and medication) with little to no change, as a result of accidentally regressing her back in time to face her past life trauma, she began to heal.

The process of allowing her to face the initial event that led to her fears was the much needed catalyst for healing them. Weiss' view of the path to healing now changed both dramatically and forever. Although, he did not shut the door on a conventional approach, he very much opened the door widely to an alternative one. In fact, Catherine's story was so profound, it became the focus of his book *'Many Lives Many Masters'*.



In 2010, I was fortunate enough to meet Brian Weiss and had the opportunity to discuss our contrasting methods for facilitating healing generally, but more particularly, the healing of past life traumas.

The point of difference in our work being, Weiss takes his clients back to view their past life trauma while under hypnosis. I on the other hand, facilitate a healing that encompasses a clearing across all of an individual's lifetimes; essentially avoiding any necessity to relive the experience. However, it is not uncommon for my clients to experience a spontaneous vision of the life in question as it is being cleared.

Since Catherine's story, Weiss has written many books and assisted thousands of people to heal 'current' life fears and phobias by revisiting their past life traumas. In the years following Catherine however, Weiss' life took another dramatic turn. A turn toward the beautiful aspect of past lives; *soul mates*.

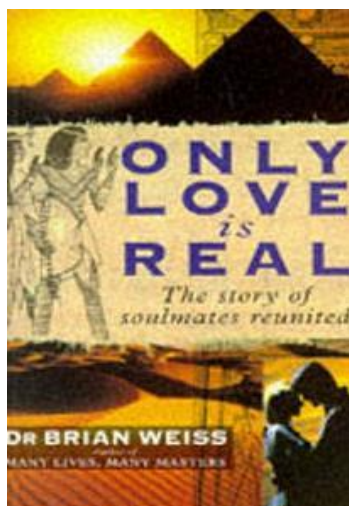
**Have you ever met someone
new and felt you have always
known them...?
You probably have...**

Soul Mates

To Weiss' astonishment, he became aware two of his patients, although strangers in this life, had been together in previous lives. Each describing identical past life events where one played an important role to the other.

Weiss faced a heavy dilemma; breach his code of practice by discussing one patient with another or, take what was for him, the even more difficult path; do nothing at all and hope fate would strike a hand. The result was profound.

This amazing story of two Souls reuniting before Weiss' eyes forms the basis of his book '*Only Love Is Real*'.



The book acts as a powerful transcript of the dramatic events that played out in his practice when both Pedro and Elizabeth finally crossed paths. The story also reminds us, the most important thing in our lives *is love*.

HEAL THE PAST AND AWAKEN YOUR SOUL

ABOUT YOU?

- Do you feel you have a past life issue or trauma which needs to be healed?
- Do you feel trapped in negative behavioural patterns and limiting self-beliefs?
- Do you feel constantly anxious, stuck and everything you try to change feels blocked?
- Are you feeling run down, off balance and your energy heavy or depleted?
- Do you want to clear the emotional blocks to meeting your life partner?
- Are you constantly fearful for no justifiable reason that your relationship is going to end?
- Does the idea of committing yourself to someone leave you feeling trapped?
- Do you feel disconnected from yourself and/or others?
- Do you feel you are not living from a place of purpose?
- Do you want to develop yourself spiritually?

If you have answered yes to any of the above, then I will guide you through energetic healing processes which will bring about a transformational shift in your belief systems, relationships, emotional and physical wellbeing and spiritual connection.

The result will be, fears, anxieties and perceived limitations will finally begin to dissolve.

Warmest wishes,

Michelle Darby-Fay

Energetic Healer & Life Coach

Therapies:

- * Serenity Vibration Healing
- * Reiki
- * Orion-Theta Healing
- * Life Coaching

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