

Examples of Other Lifetime Stories and How to Work with the Energy of Them

Hello and Welcome. I'm Tammy Braswell and this is the 4th audio in The Key to Your Akashic Record Program.

In this audio I will share examples of other lifetime stories and how to work with the energy of them to process, heal and bring to completion their influence in this lifetime.

They consist of journeys I have made into my own Record as well as those of work I have done with my client's and how the energy was able to be shifted based on the stories that revealed themselves.

I will honor upholding the anonymity of my client's and their stories by offering only that which is necessary to convey their experience. I will trust that you will honor the vulnerability and intimacy of sharing these stories and keep the space held for them as sacred as I do.

By sharing these examples, it will offer you an idea of what kind of stories can reveal themselves and then how you can choose to work with them to bring them to completion and dissolve the influence they have in this current lifetime.

Please be sure to have listened to the first audio with all the initial information that it offers as it explains some details that I won't take up time repeating here.

There are three main ways I have found for changing the energy of other lifetime stories. Of course, it isn't limited to just these, so if you find something works for you that I haven't mentioned, then, by all means, add it to your list of ways to do it.

These are:

- You can rewrite the story to one that feels more aligned with what you would have preferred happened instead;
- You can dissolve or release the emotional or energetic attachment that keeps the energy continuing;
- Or just having an awareness and knowledge of what happened and why you are seeing it play out again in this lifetime can be enough to shift things.

The examples I share will show you how in different scenarios you can use any of these ways to shift the energy of the story you are working with.

Of course, when you get into your stories, you will begin to connect with what way will work best for what you want as an outcome in resolving the energy of the story and bring it to completion.

I allow the means by which I shift the energy to unfold for me once I review the story. I don't think about it until the end of the information that I need to know has played itself out for me. And, while you watch your stories, it is helpful to be the observer and not get emotionally involved in what you may be viewing as it can be things that are uncomfortable to become aware of that you have participated in and experienced.

Let's start with examples where the story was rewritten.

Client story...

My client was having a difficult time making money in his coaching business. He knew what it was like to make a good income in his previous job working for someone else, but when it came to being successful in his own business, he couldn't seem to move past some internal block that was keeping him struggling to make a income. I invited in the other lifetime when energy of this block began. In that lifetime, he was wealthy and successful man, living a good life with his wife and son. Then a fire happened that devastated him by taking the life of his wife and son and burning his house to the ground, in which he lost all his money and worldly possession because the majority of it was kept in the home at the time. He ended up becoming homeless and destitute after it happened and lived on the streets. The experience from that lifetime was influencing his ability to allow money and financial wealth into his life this time around because of the devastation he experienced in that life. We shifted the energy of the story by rewriting it for him. He joined me in imagining the new story as the one he had lived instead. In the revised story, we let the fire happen, but he didn't feel like he lost everything. His wife and son were fine and he was able to rebuild, successfully, a better life and his wealth even beyond what it was before. The fire actually became the motivator for him to do so. Because of shifting the energy of that lifetime, he was able to open up to a new level of success in this lifetime. What felt like the block that was holding him back from allowing it in was healed. The feeling of loss and not being able to have what he wanted disappeared. After that, his business started to thrive and his income increased doing what he loved and working for himself.

Client story...

My client was in a romantic relationship for years with a guy she really wanted to be with but they kept moving in and out of a relationship, not being able to make it work the way she desired it to. Going in the lifetime where their relationship began, his family did not approve of him being with her. The reason for the issues they were having in this lifetime of not being able to have a happy relationship stemmed from the lifetime where he chose to uphold his family's wishes and ended their relationship but he still loved her and she him, so it never really ended in their hearts. We went into that lifetime and she retold their story in the way she wanted it to be instead where they were together. She imagined their families being happy that they were together and they wanted them to be. She played out the new story of them getting married and creating a happy home together where their families celebrated often with them. Almost immediately after we created this change in her Record, their relationship improved and they got together in a way they had never done before in this lifetime. They are happy and still together today.

My story...

I went into another lifetime to discover a relationship block I had been experiencing in several of my relationships. It was based in being kept "secret" by the guys I was with as they did not allow me to be part of their life outside of our small space together. I was seeing a pattern keep repeating itself and I wanted to end. The lifetime I went into was during western times, living in a small town, where I was a wealthy woman with influence and clout.. I wanted to maintain my social class standing in front of the men of the town because back then, women did not usually have financial power or success. My money began with receiving it from my father but I was a savvy business woman and increased its value on my own. There was a handyman in the town who rented a small room in the back of one of the buildings. He didn't own anything but he was very handsome, rugged, kind, loving and I'd just say a beautiful man if I had to sum him up in one word. The women of the town swooned over him, but he only had eyes for me. We secretly were having a love affair, note both of us were single, that I did not want anyone in

town to know because of the difference in our social classes. I was caught up in keeping him a secret because I wanted to maintain my authority and social standing with the men of the town. His name was Jack and he would come to my home to do handyman work around it, or so it appeared to everyone else. There were times I would be with him in his small room but that was more complicated to do without being seen. We were in love with each other, but I began to feel like someone was going to find out about our relationship and I broke it off. It devastated him and I became cold to be able to deal with my own hurt. Now that I could see where the “secret” energy began and that I was living out what I had created then, I rewrote the story where I openly had a relationship with Jack and didn’t care what anyone thought. I was successful and I did not need anyone’s permission to be with the man I loved. We got married and he moved into my home and everyone in town accepted it and were happy for us. He joined me in my business ventures and we became a successful and well respected couple in the town. By rewriting it, that pattern of being a “secret” in the lives of the men I was with stopped and it’s gone the other way where the man I am with wants me to be a prominent part of his life, his family and his world and he is proud to have me in it.

In addition to rewriting a story, there can be times when there is some kind of emotional or energetic attachment that needs to be released or dissolved to disconnect you from continuing the pattern of energy that was created in another lifetime, and sometimes even perpetuated and upheld through multiple other lifetimes too.

Client story...

My client had a pattern of difficult romantic relationships. She could be with someone for years but there was a lot of discord and disharmony in the relationship, so we looked into where it was stemming from. She had a lifetime as a prince and couldn’t be with the woman she loved in that life because she was of a lower class and not suited for being with a prince. The prince’s family had already arranged a union with another woman. Because my client couldn’t be with the one she loved in that life, she equated love to mean pain, loss, not being with the person you want, and that a love relationship means turmoil especially when allowing other to influence your choices. She upheld her customs as the prince and the family’s wishes by not being with who she loved. Once she understood what had happened, we decided to have her place those emotions and beliefs into an energy ball and she imagined throwing the ball over a cliff into the water and rocks below. She watched as the ball exploded into the water and became one with the water. Thus dissolving the power it had and being washed away. This shifted her current relationship because all of her relationships in this life were filled with the same kind of pain of feeling like they did not belong together. By doing this work, her current relationship improved because those feelings within her were no longer necessary and it became more than she had ever experienced in any romantic relationship and they have been together longer than any other she’s had in this life and she is happier in a relationship than she’s ever been.

Client story...

Based on an experience my client was having, we looked to her Record for the lifetime it was connected it. It was one where she was alive during a plague. She had multiple children, but 3 of them died due to the plague and she was unable to save them, as she had the others. When reviewing her story, it was revealed that they were with her in this life as her father, mother and former husband. She had such guilt over not being able to save them that it came into this lifetime and she was still living out that desire for each of them now. She worried about them and attempted to go beyond what was her responsibility in attempting to take care of their

needs in this life. It was unhealthy and not beneficial for her or them. When we discovered this, we healed her guilt around their deaths in the other lifetime by releasing it into an energy ball and she chose the way to dissolve it that felt complete to her. It was not because of any choice she made at that time that their lives ended, so we healed and released the guilt she was carrying because of not processing it then. It was their soul's journey in that lifetime. Once we did so, she saw her relationships with her former husband and her parents change. She was finally able to move on from her relationship with her former husband, which she was having a challenging time doing. And she improved her connection with her parents even though it had been good before there was a new level of respect and love. One interesting aspect of the story was the relationship those three children chose in this lifetime as her parents and male spouse which represent roles meant to take care of her.

Client story...

My client had been in a relationship with a guy for many years, beginning when they were teenagers. It was tumultuous, with cheating on his side and lots of arguing. She explained that even though all that existed, and she consciously knew she should end things, it was like she could not help but continue to be with him. She truly felt like she could not choose to stop it. We consulted her Record and found that she had been with him over many lifetimes and this same scenario played itself out in each, but it began in one where she was "owned" by him. There was an energetic cord connecting them in the form of a chain with a hook imbedded in her left shoulder. I invited her to imagine the chain and hook and describe them and how they felt. She actually had pain in that shoulder before this and noted that as we did the removal of the hook. She pulled it out herself and then dissolved the hook and chain in a way that felt complete to her. The pain became sharper and then went away. After this awareness of the origination of their relationship, the continued unhealthy attachment, and the removal of the chain and hook that had been there, when he came around, she was able to finally end things with him once and for all.

The third way is just becoming aware of another lifetime similar to this one where stories are playing out with another person in this life with you or scenarios that feel like they are repeating. This realization can be enough to create a shift and it no longer be necessary for it to continue in this lifetime. By taking back your power, the energy of that story no longer has the ability to keep you limited.

My story...

Before I was consciously doing this level of healing work in my Akashic Record, I had a lifetime story reveal itself to me being triggered by an antique we were going to sell. It was relating to my father in this life. My father was abusive to me as a child. I finally felt free of having to be around him when my parents divorced when I was 13. I went with my mom because her and I have always been close. Besides the abuse, I always felt like I wanted to keep my distance from my father and we were not affectionate with each other at all. I used to have a reoccurring dream, or more a memory, that I was a young child being taken away and pulled by the hand, against my will, while I held on to my homemade rag doll. I never quite understood it. Well it all came together when the story that played out from the other lifetime revealed that my mom in this life was my mom in that life and my father in this one was our slave owner in that one. My father in that lifetime was a man my mom dated after my parents divorced in this life and he was another slave owner, so I was a biracial little slave girl. My father/slave owner would take me and abuse me in ways we won't go into here. That is where the memory of the little girl with the rag doll originated. After all that played out, I stopped having the feelings toward my

father that there was more I just couldn't seem to remember about how he treated me. I hadn't felt it was from this life and that was confirmed. The memory of me as the little girl being taken against her will stopped as well. I really felt an understanding and ending to a power over me that my father had all this lifetime until that moment when it was finally completed and released. That was what I needed to have it happen but it was just the understanding and awareness that was needed.

My story...

I have been married twice and neither marriage was long and both ended in unhappy divorces. I have since gone into lifetimes with each of my former husbands and have come to understand through the stories that were revealed to me why it did not work out in this lifetime. Being able to go into those stories with them helped me understand the need for those relationships to end in this life as well. It was painful in this life, and these too were before I knew how to do this healing work in my Record, but I moved through them in a more conscious way and allowed myself to feel the emotions fully and be able to move on from them.

My story...

Recently, I had the emotion of disappointment being reflected in my relationships. It has been an underlying theme throughout this lifetime with males. It began with my father and has continued through my intimate relationships with men, both on their side and on mine. I didn't realize it until now that that disappointment energy was there and running in the background. Now that I identified it, I inquired what lifetime it began but I couldn't quite pinpoint one to go to, so I inquired how I could work with it. First, it was the awareness and realizing that it isn't a valid emotion and it has no power over me. I was shown that injecting healing into all places where disappointment has occurred was the way to resolve it. So, I imagined my Record having veins in it that ran through all the stories where disappointment has happened, in this life and my others, and imagined a golden liquid moving into the veins and healing anywhere the disappointment was by filling it with love and appreciation. After I finished, I felt lighter and I haven't even been able to make myself feel disappointment in any one or thing since.

Client Story...

My client actually had several interesting lifetimes we worked in for the healing she came for. She had another lifetime with her mother in this life that allowed us to resolve the discord in their relationship due to her mother being angry with her from that lifetime and being critical of everything she did and just toward her all her life in this one. Understanding that story brought to light the reason her mother treated her the way she did and that knowledge softened the energy between them. After that, her interaction with her mother changed and her mother no longer treated her that way. Her mother wasn't saying the harsh and unkind things she had to my client her whole life anymore. Even her mother noticed a change and my client told her about the work we did. Their relationship has been much better ever since then.

We also discovered that in another life of hers, her daughter in this one was her mother. This made sense of her relationship with her daughter because she treated her more like she was the mother. From the time her daughter was very young, she would tell my client what to do and "mother" her by wanting to know where she was going, gave her opinion of the clothes my client chose to wear, and also gave her opinion of my client's life choices as if she knew better. Revealing the details of this other life, it made more sense why her daughter was acting the way she was. For this, we connected to her daughter's higher self, due to her young age in this lifetime, and brought the energy of her being the mother previously to completion and her daughter's disposition and attitude changed tremendously after that. It was almost like she was

another person and she began acting like a child of her age. My client did not share any of this with her daughter, but she noticed the quick and drastic change in how she acted after the work we did.

You can also have health issues relating to experiences in another lifetime. Sometimes health issues and concerns are not easily explained but actually stem from another lifetime experience that wasn't fully processed at the time.

Experiencing physical traumas in another lifetime, such as being shot, can leave an imprint that can be felt and experienced in this life. I used to hear stories about this on television shows and then I experienced it when working with clients and discovering traumatic physical experiences they had in other lifetimes still being felt to some degree in this one. Unexplainable and incurable headaches in this lifetime could stem back to being shot in the head in another lifetime.

Client story...

My client had an issue with her eye that had begun out of nowhere. The doctor said it was rare and unusual for such a thing to occur and he didn't have a good explanation for it other than it was something she would have to live with. When we began working together, even before her first session with me, I received a story about her being a native American warrior who was shot with an arrow in the eye by an inexperienced young boy from another tribe. It was a "just the right moment thing" kind of scenario because my client was a very experienced warrior, one of the best from all the tribes in the area, and this young boy just beginning his training she had not fully accepted or processed that experience. The boy was practicing shooting his bow and arrow and caught my client at just the right time and the arrow went into the left eye which was the eye in this lifetime that she was having issues with. She was killed by the wound with the arrow. Part of the energy that was there was based on the trauma of how, as this powerful and experienced warrior, she could be killed by such an inexperienced boy. It wasn't even a boy from the tribe she was from or that she had trained. We energetically removed the arrow from her eye and healed that up. Once she was aware of what had occurred, she made peace with that incident as just being something that happened by chance and not from anything she did or did not do as the strong warrior she was. She was not dishonored in her death for the way it happened. By removing the arrow, her eye condition improved more than the doctor believed it would or could.

My story...

I recently woke up in the middle of the night with an intense stomach ache. I rarely have physical issues or pains occur out of nowhere, so I paid attention to it. It was in my Solar Plexus area. I use my Record to resolve what comes up for me on a regular basis, so I invited the lifetime that it was associated with to be shown to me. I saw a spear with a large pointed end on it protruding out of my back and going straight through my Solar Plexus/stomach area. So I inquired what it was. I saw someone in front of me, a male figure, ram the spear through me at a point when I was expressing my beliefs and point of view in a situation that was happening and apparently it went against what was acceptable. I was standing up for and honoring what I knew to be true, and not conforming or just going along with what others thought I should. It was several hundred years ago as the time period. It was a time that that behavior from a woman wasn't acceptable and I was being honest and true to myself. So I was impaled because I was being authentic in this way. I inquired how to best handle this. I started to imagine cutting off the pointed tip and pulling it back through my stomach, because without removing the pointed tip, it could not be pulled back through, but the spear was pretty hefty and that wasn't going to be easy to cut off. Then I was shown to just pull it out through my

back. I could feel that acknowledging my truth and speaking it, as well as showing up as who I really am, was not safe and could lead to pain and death. By removing this, it opened a new level of confidence in standing more powerfully in my beliefs, the way I live and the work I do.

There are energies that linger from other lifetimes...

That can keep you holding yourself back from fully expressing yourself, what you want and your gifts in this lifetime. Also with allowing more abundance and financial prosperity in too.

These are streams of energy that uphold limiting experiences from lifetimes of being a slave, held captive in some way, imprisoned, in a harem, as a servant or slave and even chained by the ankle, collared, hand cuffed, or kept tied up in some way that limited your reach, the space you were in or kept you from going where or doing what you wanted. This energy lingers and keeps you confined and held back in your life from living, acting and choosing more bold and confident steps for yourself.

It is like the story where they tether an elephant when it is young with a strong chain so it cannot escape from. It may struggle at first to get free but finds that it can't so it gives up and believes that the chain is too strong for it to get away. As the elephant grows, once it realizes it cannot escape, they can switch the chain to a thin rope and the elephant will still believe it cannot escape because it has already been conditioned to believe the chain is keeping it there when at that point, it could easily break free. In lifetimes you were held captive or imprisoned in some way, you were conditioned to believe that just was the way it was and you don't buck it because there would be repercussions that could even be life threatening. Self preservation will keep you docile and limited. You can go into those lifetime stories and set yourself free now because you know the truth that you are not anyone's slave, servant, or captive and you will not die by allowing yourself to be more bold and confident in your life.

Client stories...

I've seen with clients that they may have struggle or discord with a person in this lifetime and when we go into another lifetime to discover the reason, it is revealed that the other person had been their master or owner in some form and they were a slave or servant to that person and it was carrying over into this lifetime. We'd recognize that there was an attachment from that time such as a chain around their ankle, collars around their necks, or binding around their wrists. It may sound strange but those kinds of scenarios, if not brought to a completion in the other lifetime, can come into your present one for you to be brought to completion now. That was what was "acceptable" or how they behaved at that time. We focused on releasing the chain or binding and they participated by allowing themselves to feel into it, what it felt like around them, what it was made of, the weight of it, and really got into feeling like it was there so they could choose to finally release it. They chose the way to remove it whether that was dissolving it, cutting it off, unlocking it or opening it up in some way. By doing this, they became free of that limiting energy and were now free to do whatever they wanted of their own choosing.

It can also be imprinted in your energy, if you were ever considered a witch in another lifetime, whether by your choice or by mistake, that by showing up as who you really are and expressing what you want that is not acceptable and can literally result in you being hurt and even killed because of it. From these past situations, because we have not been taught to stand in our inner power which is more powerful than the outer forms of controlling power that most view power to be, then we will die. Standing in your divine power, who you are as a soul and the ability to express that in your human form and it scares other people, that it can actually lead to your

death. So of course many of us hold back and hide who we really are for self preservation and continuing to live. Who wants to be impaled, burned at the stake or drowned because of it. We don't even realize consciously that we are doing this. We keep ourselves small to keep ourselves safe from repercussions such as these. Putting ourselves out there could be at any level, with our work, in our relationships, expressing our gifts – particularly those of a healing and intuitive nature. You could have been killed in a relationship because you were being yourself and you were vulnerable and the other person wanted control over you so that stops you in this lifetime from feeling free to be that in your relationships. This keeps us from standing confidently in our divinity in this lifetime and to express ourselves as the best version of who we can be and really satisfy our soul in amazing ways because if you are listening to this then you are someone who is on that path and you have experienced a lifetime of pain and death because of it.

For reference, witches are generally women who are healers and tuned into the natural forces of the universe and earth and get the results that they want by being able to create things and heal in unseen and unknown ways due to their connection and understanding of these aspects. Everyone has the same opportunity to tap into the energies and truths available to us but these women were conscious of how to do it and tuned into doing it more easily and readily as they desired.

When it comes to financial abundance and prosperity, you could have been a monk or renounced physical and material possessions and that energy is following you to your now, so even with all you do to increase your income, abundance and prosperity, it doesn't happen the way you want it to. If you lived another lifetime with the belief that money and material possessions were not necessary or spiritual, then you will continue to perpetuate that energy and find that having what you want in this lifetime to be difficult to achieve and maintain. By going into the lifetime that it originated, and it may even be more than one lifetime, you can heal that stream of energy using one of the methods I share earlier or even one that you are guided to create for yourself to bring it to completion so you can have the material and physical abundance you desire now.

A few more things to be aware of:

The focus is always going to be on YOU and your energy in any situation because that is where the changes can be made and you are the “cause” or place with which all situations and circumstances stem from in your life. It is how the other people in any scenario interact with you in your Record. You will not go into theirs to make any changes.

Also, you can inject love and appreciation in a more general way to heal areas that you are not getting clear information or a story about because there are so many that are link to that particular emotion, as I shared before with disappointment. Other specific stories may present themselves later relating to the emotion or situation you healed this way, and you may choose to do more specific work with them when they do, but this will create a shift to start with.

Remember to look for the lifetimes that have a stream of energy that is still being perpetuated by your soul for the fullness of the experience.

You want to go into lives that will help to shift what is happening in your life now. That will have the most profound effect and the quickest movement to bring it to completion and change it in your reality now. Energetically things change, heal and process more quickly than when we attempt to do so with them through the physical plane. Everything happens on an energetic

level before you see it in the physical. So when you shift that, you will experience something different.

The more you do this work, the easier and clearer it will be to you to know what step(s) you'll want to take to heal it.

And, as a point of reference, you may not be the same gender, race, religious affiliation or sexual orientation you are now when you go into your other lifetimes, so if a story reveals itself and you are the opposite sex, or have a different sexual preference or different religious beliefs or different race, don't be surprised or attempt to adjust the story to what you are necessarily familiar with in this lifetime. Our soul chooses what it looks like, who it will be attracted to, and the circumstances of its life in that lifetime to reflect the experiences it wants to live out specific to that one.

Just allow what comes through to come through and that is best without judging or censoring it according to what you think it should or may be. Some of the stories are wilder than you may think they would be but they make sense and resonate when you allow them to be shared and revealed to you.

Don't be discouraged if it takes several attempts with the same story to get enough of the details to work with because there can be other steps you must take before it is revealed fully due to the traumatic or violent nature of that lifetime events.

The focus is to heal the aspects of you that are keeping you from living in your highest and best version of who you can be right now. Your authentic self, your divine self, and by being caught up in that heaviness, in the old patterns, the lower emotions, the resistance, that lingers from other lifetimes because it wasn't fully experienced by the human version of you to satisfy your soul, you keep perpetuating it.

You may not know how you will work with what comes up and bring it to a completion, so just allow the story to be revealed to you and then feel into the best way to work with the energy to process, heal and finish it off.

Being on a path of spiritual awakening and growth and recognizing that you are a divine energetic spiritual being having a human experience is a huge step in your spiritual evolution here on earth. And in that, your old outdated and lower vibrational emotions and patterns come up and by using your Akashic Record as a tool to go into the lifetimes that those energies originated, you can change the energy, you can dissolve it, you can rewrite it, you can just recognize and acknowledge that it is no longer going to affect you in your life now.

You have an understanding and can recognize the patterns that are repeating in your life and consciously create the change you desire. Some healing is as simple as sending love and appreciation for the message it is offering because you want to love it for what it is – a message – and an opportunity for growth and you want to appreciate it for being there and showing up, for giving you this ability to consciously create the change you want in your life.

Growth generally comes through challenge and the more you do this work, the less jarring it has to be to you and your system when the challenges arise because you recognize them for the growth opportunities they are. Now you have this tool to make a change so that it doesn't have power and influence over you and your life any longer and you can do something with it.

It's time to move onto the final audio, the Journey into Your Akashic Record and actually go into your Record now.

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The stories shared are of a personal and private nature and as such, to stand in integrity of the high vibrational energy of the Akashic Records, please do not share this material outside of your own specific work with it as a reference point for doing work in your Akashic Record.

Thank you!