

**Q&A for Ainslie MacLeod, author of *The Old Soul's Guidebook: Who You are, Why You're Here, and How to Navigate Life on Earth***

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**Q: Your latest book is called *The Old Soul's Guidebook: Who You are, Why You're Here, and How to Navigate Life on Earth*. What drew you to write this book?**

**A:** As a psychic, I've been exploring the topic of past lives and life's purpose for over twenty years. I've worked with thousands of people to answer the big questions, "Who am I?" and "Why am I here?" I've found that answering the first question leads to answering the second. I've discovered, too, that if you want to truly understand your life purpose, you need to understand how your past lives affect you in every possible way.

**Q: How do you define an old soul?**

**A:** My work as a psychic specializing in past lives focuses on the importance of reincarnation, and how past lives explain our present-life purpose. An old soul is one who has many incarnations behind them.

**Q: How can we recognize an old soul?**

**A:** Your soul is on a journey that takes it over many lifetimes from a place of fear to one of love. Old souls generally show greater signs of acceptance, the result of many lifetimes of experience. They tend to be more spiritual than just religious, and they're concerned about such things as social justice and the environment. The *Old Soul's Guidebook* is aimed at old souls to help them better understand their life purpose.

**Q: Where does your information come from?**

**A:** As a past-life psychic, I use my intuitive abilities to connect with elevated spirit guides. They know who we are, where we've been in other incarnations, and what we're looking to accomplish in this life.

**Q: You say, "Everything you are—your personality, beliefs, aspirations, talents, and fears—is the result of your soul's many incarnations." How do past lives have such an influence on us?**

**A:** Your soul can't separate this life from its many other lifetimes. This is good when it comes to drawing in talents and abilities from other lifetimes, like being a writer or a musician. But it can

be a problem when your soul fears something only because of a traumatic event that might have happened a hundred years ago.

**Q: What are typical past-life fears?**

A: All seemingly irrational fears are from past lives. One of the most common is a fear of Judgment. It often results in a phobia of public speaking. It makes sense when you realize that there may have been a time when you were judged, and it led to your execution. A fear of water or drowning is always from the past. A fear of Failure is the result of a lifetime that ended prematurely. It's the source of anxiety about not being on the right track. It manifests as inertia, a reluctance to try things, a fear of making decisions or making mistakes, and can immobilize its sufferers.

**Q: Why is it important to go to the past-life source? Couldn't you gain the same benefit by working on current life trauma?**

A: Although it's always important to deal with trauma from this life, how you respond to those negative experiences depends on the past-life fears you carry. It's why one person can bounce right back from a major setback, while another can't seem to get past it. What happens in this life is a trigger, which is why the deepest healing comes from uncovering the past-life cause.

**Q: What kind of healing is possible from past-life work?**

A: There seems to be no limit to the amount of healing possible. I've helped clients heal everything from uncertainty, and all kinds of self-sabotaging behavior, to unexplained pains and phobias. I've seen people overcome anxiety, chronic ailments, and even infertility issues from having died in childbirth in another lifetime.

**Q: You talk about Achilles body parts. Can you explain what that means?**

A: Many people hold physical memories of past-life trauma in their bodies. Ailments like chronic headaches or neck pain (with no obvious reason) can ease up or disappear by finding the root cause from a past life. For example, if you were hanged in a previous incarnation, it's very likely that you'll have chronic neck pain, a discomfort with turtle-necks, and maybe even difficulty getting words out when you're under stress.

**Q: How do past lives influence your personality?**

A: Your personality is based on ten soul types. These are developed over all your many lifetimes, and different combinations help to give each of us our individuality. A Thinker soul type will have past lives as an intellectual or academic. A Creator type will draw on past lives as an artist. A Leader type has learned to use their authority from previous lives of leadership. It's important to remember that who you are is why you're here. In other words, look to what you're drawn to as a way to understand your life purpose.

**Q: In your book you say that karma is not necessarily what you think it is. How do you define karma and how does it affect our lives?**

A: Karma is the universe's way of balancing the experience of one event with that of another. All of us are balancing karma in this life, whether we were the victim or the perpetrator in another lifetime. We may be drawn to help another person because our soul recognizes that we were once in their situation. Sometimes karma pushes us to complete unfinished business from past lives.

**Q: Is karma ever some kind of punishment?**

Karma is never punishment, despite the popular notion. And it doesn't matter whether our actions created the karma, or we suffered because of another's actions. The universe is endlessly loving, and the point is to encourage balance.

**Q: You discuss soul family, old friends, and soulmates. What's the difference between them?**

A: You come into this world at life number one with a group of souls who are your soul family, and you'll seek out members of this family in every incarnation. An old friend is a soul-family member that you've known in earlier incarnations. A soulmate is an old friend, but usually one with whom you have a romantic agreement in this lifetime.

**Q: Can you talk about soulmates? Popular culture would have us believe there's that one perfect soulmate for us. Does everyone have that one soulmate? And if so, what if we never meet each other?**

A: Almost all of us are seeking a soulmate. Fortunately, we have more than one agreement with other souls. That way, if one relationship doesn't work out, there will be another opportunity.

**Q: So many people are searching for meaning. If we come into this life with a plan, a life purpose like you talk about in your book, why is it so hard to remember?**

A: We all have a life plan, but the problem is that few of us are aware that such a thing exists. And even if we do, we don't know what we're looking for. Your destiny is not a secret, and once you know what it is, life becomes much less of a hit-or-miss kind of affair.

**Q: You talk about working with spirit guides—does everyone have spirit guides? And if so, how do you recommend developing a relationship with them?**

A: Yes, we all have spirit guides, and they're available to us at all times. The key to any kind of connection to the other side begins with meditation. Many people spend their days surrounded by noise and activity and wonder why they can't hear their spirit guides. Create a more tranquil

environment, calm your mind (as best you can), and begin asking questions. You might be surprised by what happens.

**Q: If there's one thing you hope readers will take from your book, what is it?**

A: It's that your destiny is not a secret. You're here for a purpose, and it's my intention that *The Old Soul's Guidebook* will help you understand what to look for so you can start living a more fulfilled life right now.