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THE OLD SOUL'S GUIDEBOOK

Who You Are, Why You're Here,
&
How to Navigate Life On Earth

SOUL WORLD PRESS®
SEATTLE

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PROLOGUE

YOUR SOUL'S COSMIC JOURNEY

Your soul is on a journey with one overarching mission: to truly understand all there is to know about being human. This is why you've been coming here to the Physical Plane for millennia, and why your many incarnations have given you the opportunity to grow by experiencing life in every part of the world.

In your earliest incarnations, the lives you lived were simple. You hunted, fished, fell in love, reproduced, and came to grips with being in a solid body from within the safety of the tribe. But when you were ready, you began to look beyond the village walls to make the world your school.

Your soul's thirst for growth has constantly impelled you from within to keep exploring. Over the span of thousands of years, you've marched with mighty armies, built monuments to your gods and kings, and sought ways to give your life meaning. You've lived lives of wealth and power, and many more of drudgery, brutality, and powerlessness.

You learned about justice and compassion through suffering and hardship, and taught younger, less experienced souls powerful lessons that you embodied from firsthand knowledge.

Your soul saw every experience, however harsh, as an opportunity for growth. You loved and lost, but in doing so, learned the importance of love. You killed and were killed, and that taught you to value the sanctity of life.

As an old soul, you've been visiting and revisiting this world for something like five or six thousand years. You've explored different genders and race. You've been gay, straight and everything in between. You've worn every color skin. And throughout your long and often arduous trek, your choices have always been made to ensure a well-rounded education.

Now here you are, back on the planet once more. The question is why? To answer that, it's essential to know what led to your decision to be here again.

Without knowing where you've been, you can never truly know where you're going. And everything—from the circumstances of your birth, to your dreams and aspirations—is influenced by your soul's past.

In fact, I don't think I can stress this enough: Everything you are—your personality, your beliefs, your aspirations, your talents, your fears—is entirely the result of your soul's many lifetimes of experience.

How do I know all this? For over two decades, I've used my psychic abilities to explore the world of the soul. I've written two books, taught many classes and workshops, and worked with thousands of individual clients. But I wasn't always a spiritual teacher and psychic. For most of my life, I was just a regular Muggle. I considered myself an atheist and flew my skeptic flag with pride—and even a smidgen of arrogance. I used to think life was just a series of random events, completely devoid of meaning. And even when psychics told me I was one of them, I thought they were making it up.

As a child growing up in Scotland, I saw ghosts, had vivid premonitions, and could always tell when someone was lying. And what seems crazy now is that I never for one single moment

thought any of those experiences pointed to my being psychic. Clinging obstinately to my "rational" view of the world, I put everything down to coincidence or just "one of those things."

Yet, and this may seem odd for someone who had no belief in a world beyond this, I was drawn to psychics. I told myself I was visiting them to debunk them. Truth was I really did—on a soul level at least—believe. It just took me a long time to overcome my deeply-held beliefs in, well, nothing. At least, nothing beyond what I could see and touch.

Then the spirit world whacked me over the back of the head with a metaphysical 2x4, and finally got my full attention.

In the space of a few months, two significant events rocked my world and woke me up from my slumber. In my early 40s, I took a flight from the East Coast to San Francisco, planning to stay for a few weeks. Just hours after my arrival, I heard the words a psychic had spoken to me ten years earlier while I was still living in the UK: "You're going to end up in California. There's nothing you can do about it." He was right. What I thought would only be a short trip turned into permanent relocation.

Then, a few months later, on a trip to Hawaii, I ran into my uncle in a bookstore in Kauai (which was something of a surprise since he'd been dead for over a decade). He appeared slightly to my right, looking just as he had in life, and was there for about a second. And he gave me a message. He said that in his capacity as a spirit guide, he wanted to work with me.

Those two events changed the course of my life, and were what I needed to accept my destiny and embark on my current path. A few weeks after my brief encounter with my uncle I made my first attempt to communicate with him on the other side. I was blown away to find I actually could.

Through my Uncle John, I was introduced to a higher level of guides, ones whose entire purpose is to help those of us on this plane make the most of our time here. My spirit guides are souls

who have completed all their lives on the Physical Plane, and now devote themselves to doing what their name suggests.

Communicating with those in spirit was far from easy. For the first year, trying to hear my spirit guides was like listening to a faint radio signal from another planet. It would take me an hour to do what would now take five minutes. Then I hit on a method I still use today. It allowed me two levels of communication, increased my level of accuracy, and made everything so much faster.

Three years after I began working with my guides, I was ready to go professional. All I had to deal with was my discomfort with actually being known as a psychic. My first career was as an artist, and even after it had been years since I'd last put pencil to paper I'd still tell people that was my job. Someone told me once that psychics were top of a list of least respected professions, sandwiched between mob boss and televangelist. And though I'd met some truly amazing psychics in my time, I knew that with that particular profession being so full of frauds it would be hard to avoid being lumped in with them.

Over time, I gradually threw off the "Reluctant Psychic" label I'd chosen for myself, and with strong encouragement from those on the other side, jumped in with both feet. On my birthday, one year, when my children excitedly presented me with personalized plates for my new car, I had a momentary feeling of "Oh Gawd!" but it didn't last, and I certainly didn't want to disappoint them by being ungrateful. (So, if you see a car with license plates that read P5YCH1C, say hello—that's me: The Proud Psychic.)

My first book, *The Instruction: Living the Life Your Soul Intended,* gave me the first opportunity to share what I feel are the most incredible discoveries into human nature. The actual method, The Instruction itself, was something I channeled about a year before writing the book. I've been using the system for years now, and I continue to learn more about how it works, how

different elements interact with one another, and how it explains what each of us is doing here.

Three years after publication of *The Instruction,* I wrote *The Transformation: Healing Your Past Lives to Realize Your Soul's Potential.* It describes the purpose of reincarnation and the incredible power of past-life healing as way to achieve a state of higher spiritual consciousness.

The Old Soul's Guidebook is my third work. My reason for writing it is to share my experiences and knowledge to help you make the very best of your life. I would love for this to be a book you refer to as a way to enhance your life's journey through greater awareness of your purpose, know how to transcend obstacles in your path, and recognize important karmic lessons and significant spiritual connections that are part of your soul's plan. In the same way my work with my spirit guides continually deepens my understanding of the soul's purpose, I hope you'll regularly come back to the book as your voyage unfolds.

As well as helping you to better understand your life's purpose, I offer *The Old Soul's Guidebook* as an antidote to the plethora of misinformation that has muddied the waters of genuine spiritual insight in recent years. It's surprising, for example, how many people think everything is meant to be (it's not), or that if life isn't working out for you then you're being punished for something you did in another incarnation. Such beliefs can be dangerously disempowering.

Though my discoveries into the nature of the soul and its purpose are far from scientific (I don't do double-blind tests or conduct methodical experiments), this book is not based on supposition or conjecture. My understanding of the soul and its purpose comes directly from the source which is, of course, my spirit guides.

The spirit guides' decision to choose me for this work was based, in part, on my passion for the subject and my talents for

both intuition and empathy, developed—as are all talents—over many lifetimes.

My specialty, my field of interest, and my obsession is the soul and how it influences every single aspect of human life. I've spent the larger part of every day for the last 20 years talking with my spirit guides. To the very best of my understanding, what I share is the way things are.

YOUR SOUL'S PLAN

Your soul's journey has lasted for thousands of years and spanned many lifetimes. Unlike your conscious mind and your body, your soul doesn't actually die after each incarnation. Instead, it travels between lives to another dimension, to what's known as the Astral Plane. Before each lifetime, the Astral Plane is where it plans all the significant lessons it wants to investigate during its upcoming adventure on earth. And when each incarnation is over, it's where it goes to process what it learned.

Your life, far from being a series of random events, is carefully planned long before you first make your appearance in this world. Your soul always seeks to evolve, and for that reason, it chooses whatever circumstances it thinks will offer the biggest lessons. To make sure that you get the most out of each incarnation, it creates a road map for the life ahead. This "life plan" includes a list of places to go, people to meet, lessons to learn, and missions to be accomplished. Your life plan is your destiny.

It's crucial to understand that your destiny is not something that's "out there" somewhere. It's not a distant goal like taking a Mediterranean cruise when you retire. Your destiny is not a mystery that will eventually be revealed after decades of navel-gazing and personal development classes. It's what is happening now.

Fulfilling your destiny means doing what's consistent with your life plan in every moment. All you have to know is what's

actually in your life plan. Which, surprisingly enough, is not that hard to find.

You might imagine that with all the planning that happens on the Astral Plane, you simply have to come to earth, follow the directions, and all will be well. Yet how many of us can say we really know who we are or why we're here, or that we're doing exactly what we feel we should be doing?

If your soul is aware of what's in your best interest, where you should be, and what you should be doing, why is it so hard for your conscious mind to get it? Why do so many of us stumble blindly through life unaware of our purpose? Is your destiny hidden from you for a reason? Is it some kind of arcane secret, its mysteries accessible only to those with some kind of esoteric knowledge?

Your destiny is *not* a secret. The universe never seeks to confound you by making your life's purpose mysterious and elusive. In fact, it's quite the opposite. If you know what to look for, your destiny is staring you right in the face.

As an old soul, your journey is in full swing. And life won't always be easy. You might be dealing with difficult parents, raising challenging children, struggling with an unfulfilling job, having difficulty finding or keeping your soulmate, coping with deep, inner uncertainties, or living with the effects of less than ideal decisions, disappointments, limiting beliefs, physical ailments, and a host of other things that keep the journey interesting.

How you deal with life's challenges is, to a large extent, up to you. Your life plan is your route map to help keep you on track, but you have unlimited free will. You can take your life in any direction you want. (That's why it's so important to understand your destiny.) It allows you to navigate your own path with confidence, knowing what's consistent with your soul's plan for this incarnation.

Again, your destiny is not some intangible holy grail that you

might, if you're fortunate, discover sometime before you die. As long as your goals are consistent with your life plan, you can manifest your destiny right now.

My destiny has led me to write this book to help you uncover your life's purpose and guide you towards a more purposeful and fulfilling incarnation. I'm not a therapist. And I'm not a guru, either. I'm not here to tell you how to live your life. Your decisions are always yours to make. You're the one leading the expedition. I'm simply here to help you by sharing what I've learned from my spirit guides.

I've included some of my own personal story in the book. I do so to make the point that though I've faced my share of challenges during this incarnation, I've learned how to roll with the punches, and I've done it through the work I now offer to others. I may be a teacher, but that doesn't mean I'm not still a student.

I also offer numerous anecdotes from client sessions. All the examples are chosen to help you better understand your soul's purpose, and to empower you. In most cases, names and identifying details have been changed out of respect for privacy.

My sincere expectation is that you'll find a deeper understanding of who you are and why you're here in the pages of this guidebook. I hope it serves as a road map and compass to help you better navigate your journey on Earth, and that you use what you discover within these pages to make this your best incarnation ever.

I wish you bon voyage!

BEFORE WE BEGIN

Throughout the book, I reference aspects of your soul's life plan as described in my book, *The Instruction.* When I refer, for example, to a desire for Immortality, capitalizing the word "immortality" indicates that the desire is a specific term related to the soul's life plan.

Also, as the proud father of a transgender child, I've learned to be respectful in my use of pronouns. For that reason, I use "they/them/theirs" in place of "he/him/his" or "she/her/hers" where appropriate (no matter how often autocorrect tries to tell me otherwise).

Each chapter contains an exercise to help you explore your soul's purpose in this life. I encourage you to spend time on these exercises, and even journal about what you uncover. Through writing, you'll reach a deeper place of understanding.

IN A ROOM OF A HUNDRED PEOPLE...

In these pages, you'll find short sections entitled *In a Room of a Hundred People.* These are brief examples of the various idiosyncrasies that have their origins in past lives. When I encounter one during a session, I'll often say to my client, "If I put you in a room of 100 people, you'd be the only one who…" (Like when I told a client she'd lost her teeth under torture in a past life, and she revealed that she still has all her baby teeth at the age of 45.)

My purpose in sharing these examples (besides lending weight to my hypothesis that *everything* is past-life related) is to show you how even the oddest quirks can be explained when you take reincarnation into account.

I

THE JOURNEY BEGINS

1

FROM FEAR TO ETERNITY

THE PURPOSE OF REINCARNATION

If you're an old soul (and if you're interested in this topic, that's a given), then what are the signs? How can we pick you out of a crowd? To answer that, we first need to understand the part reincarnation plays in making you who you are.

For your soul, it's been a long, frequently exhausting, and even dangerous mission. Since first leaving the safety of the spiritual realm several thousand years ago, your soul has undertaken a quest for new experiences that would make the voyages of the Starship Enterprise look uneventful.

And now, here you are, back on the Physical Plane for the umpteenth time, in a brand-new body with a whole new set of goals and missions to accomplish.

Your conscious mind, your body, and your soul are inseparable. Wherever your soul goes, there go you. Your destiny is entwined. Without mind or body, your soul is helpless. Without your soul, you are nothing. You need each other to survive.

It's no exaggeration to say that your soul makes you who you are. It's responsible for your motivations, your desires, your fears, and your personality. How you see the world is through

your soul's eyes. Its centuries of experience influence your beliefs and behavior in every way.

But what is the soul? Where does it come from? How do you know if you've even got one?

Your soul is what gives you consciousness. (And when I say "you," I'm talking about the mind and body that house your soul.) You and your soul were joined at birth, so to speak, when your physical and spiritual selves commingled. That was the first time you'd both met, but because your soul's memories are infused with your conscious mind, it was more like a reunion than a first encounter.

Human souls originated some 55,000 years ago, at a time when our species was mostly still living in Africa. It was then that Homo sapiens underwent a radical shift in consciousness—one that would alter our entire future. Our giant leap resulted in us becoming the creatures of virtually unlimited reason and creativity that we are now.

Your own personal soul hasn't actually been around that long, though. Maybe something like five or six thousand years at most. That's roughly how long it takes for any soul to get everything done here on the Physical Plane, or to go from life number one to life one hundred and something. (The average is around 120.)

There are three planes of existence that are important to know about. The first is the Physical Plane, which is where you are now, and the second is the Astral Plane, where your soul goes between lives. The third, the Causal Plane, lies somewhere beyond the Astral Plane. Your soul started out, like every other soul, on the Causal Plane. It's where your journey began, and where it will eventually end.

Prior to becoming part of the Causal Plane, your soul split off from an even greater universal consciousness. That's when it joined a large number of souls who chose to share the voyage with you. These souls are your spiritual family and play an important part in your personal evolution.

After first leaving the Causal Plane, you won't see home again until you complete all your lives and reunite with your soul family. The closest you'll get in the meantime is the Astral Plane. That's where you'll go to plan upcoming lives and process the ones you've just completed. In human terms, your time spent on the Astral Plane between lives can be measured in months or decades. It all depends on what particular opportunities your soul is looking for. It might wait a long time to be incarnated in a specific location with a certain pair of parents.

A CHILD'S DESCRIPTION OF REINCARNATION

Many children can recall being between lives on the Astral Plane. Jenny, my client's eight-year-old daughter, had the following conversation with her father once at bedtime:

"Before you're born," she said, "You sit around with all the people you're going to know in your next life. You talk about all the things you want to do, then you say, 'Now we're going to do it for real'.

After that, you can't go back. I chose you as my dad," she said, "And I love you and you're the best daddy in the whole world. But, you know, next time, I might be the mom and you can be the son."

THE IMPULSE TO EVOLVE

The process of choosing a new incarnation takes time. You want to make sure you get the timing right, find the perfect location, and figure out the various agreements you'll make with other souls to help you achieve whatever it is you're trying to get done.

So, what's the point of all this? Why does your soul go to such an effort? Wouldn't it be a lot easier just to stay on the Causal Plane and not come here in the first place?

Just like a shark has to keep moving forward to survive, your soul has to keep learning in order to grow. And your mind and body are obliged to go with it.

If your soul didn't have this impetus to evolve, you'd still be sitting around the Paleolithic campfire chipping arrowheads from flint and worshipping the sun and moon, just as you did in your earliest lifetimes.

Since those primitive Stone Age tribal beginnings, you've had many incarnations. Some were mundane and uneventful, while others were jam-packed with excitement. A few were marred by events so traumatic they impact you to this day. Each one has contributed to making you the unique individual you are now.

Every incarnation is chosen for the opportunity to evolve. You choose your parents, your siblings, your friends, and your partners. You select specific lessons to learn, for reasons we'll explore in this and later chapters. You also want to seek out members of your soul family at every opportunity.

Thanks to reincarnation, you have multiple opportunities to develop talents and abilities and to use the Physical Plane as your earthly school. It's here you learn to work with others and to build each lifetime on the foundation of the last.

As your soul ages, it goes from a place of fear to one of love. This shows up in how you see the world. Younger souls tend to be more fearful and are suspicious of those whose beliefs are different from theirs. Older souls, with more experience of the world, are generally more accepting.

Understanding the age of your soul is vital to really knowing who you are and why you're here. Which is why it's one of the first things I look at in a psychic reading, why the subject of soul ages is the first chapter of my book, *The Instruction*, and why it's something we'll explore in more detail in Chapter Two.

Thousands of years of travel on planet Earth have broadened your mind. As an old soul, you're likely to consider yourself more spiritual than strictly religious. And even if you do express your spirituality through religion, you're no longer driven to impose it on others. Your political and social views will reflect your higher level of compassion, and I'd expect you to respect nature and the world you live in.

Centuries ago, you lived in a world where petty thieves were publicly branded or even dismembered. Women were burned for sorcery. Human beings of all ages were abducted and sold into slavery.

And though terrible injustices still exist, your consciousness has elevated to a point where you'd never dream of condoning or turning a blind eye to such acts of cruelty.

As an old soul, you recognize, through your own bitter experience, that we're all connected and that we all deserve to be treated with dignity.

To ensure maximum growth, you've run the gamut of all that life can offer. You've been male, female, gay, straight, asexual, non-binary, and more. You've been rich and poor, loved and unloved, a bold adventurer, and a retiring homebody.

You've fought and died in wars, explored new frontiers in the arts and sciences, and learned, often through painful experiences, about the darkest aspects of human selfishness, arrogance, and brutality.

You've been a priest, a farmer, a baker, a teacher, a soldier, a blacksmith, a hunter, an artist, a miller, a merchant, and a magistrate. You've been a father, a mother, a son, a daughter, a servant, a slave, and a prostitute. It's all part of the human experience.

When it gets to the Physical Plane, your soul doesn't shy away from throwing itself into the fray. It wants to roll up its sleeves and get involved in life.

Though the circumstances of your many lifetimes may seem random, they're the results of choices your soul made, with the

help of spirit guides, while still in its spiritual home-away-from-home on the Astral Plane.

SPIRIT GUIDES

When I first began working with spirit guides, it wasn't totally clear where my specialty would lie. I had no interest in talking to those I describe as "freshly dead," or being a medical medium. I was, however, already interested in channeled material, curious about human beliefs and behavior, and obsessed with understanding the soul's purpose.

I liken spirit guides to opinions and certain body parts—we all have them. Mediums and most psychics communicate with guides on the Astral Plane, ones whose purpose is to help with more prosaic, everyday questions, to offer reassurance, and to communicate with those who have passed.

My spirit guides reside on the Causal Plane, which gives them access to the big picture. They know everything about you.

From their elevated vantage point, Causal Plane spirit guides see who you are, who you've been, and why you're here. They know the details of the intricate agreements you created as part of your life plan before you incarnated.

They understand what it is you're trying to achieve in this lifetime. And they have one overarching purpose: to guide you on your soul's journey.

But before settling into my niche as someone who uses past lives to help people find their purpose in this life, I had to experiment a little.

I helped find a couple of missing children (not as dramatic as it sounds, since they'd simply run away from home, and it was clear they'd be back soon), but I was uncomfortable with what might happen if I ever had to tell someone their child was dead.

The spirit guides and I agreed that finding missing people was not to be my specialty. Then a friend called and said he'd lost a

necklace he'd picked up in Vietnam. I told him it was stuck between a duvet and a nightstand in a guest room.

To his amazement (and mine, I have to admit), he found a necklace exactly where I described, but it was a different one that he'd bought on a previous trip. I asked my spirit guides if finding missing objects would be a good business to go into. They didn't seem particularly excited.

I also helped get rid of a malicious entity that was causing mayhem in a Seattle business. The premises had previously been owned by a deceased TV chef who had faced multiple allegations of sexual abuse involving teenage boys.

I cleared out the bad energy and all was well, but the spirit guides made me agree before going that this would be the one and only time I'd ever be a Ghostbuster.

My spirit guides seemed to enjoy letting me explore different psychic avenues before nudging me on the path that took me to where I am now. And as time passed, my "purview," as they like to call it, narrowed down to what had interested me in the first place.

My role is to act as an emissary or messenger, and deliver what I get as accurately as possible. My spirit guides communicate with humor, gentleness, and respect for free will. Unless someone is being abused or their life is in danger, they'll rarely tell anyone what to do. Their purview is to guide, not coerce.

SPIRIT GUIDES AND ANGELS

One frequent question I get asked is, "What's the difference between a spirit guide and an angel?" The answer is that it really comes down to semantics.

When I first met my spirit guides I asked, "How do I address you?"

They said, "Spirit guides."

I use the term spirit guides, but you can call them angels or whatever you like.

My spirit guides and I have worked with thousands of people in one-on-one sessions, and in groups—both online and in person. As you'll discover, I have a fascination with the ways in which our past lives make us who we are.

After doing this work for many years, and after countless hours of discussion with my spirit guides, I've become convinced that reincarnation truly explains everything.

Reincarnation has long been associated with Hinduism, Buddhism and contemporary spirituality. But a survey conducted by the Global Research Society and the Institute for Social Research in 2011 showed that 51% of the world's population believes in reincarnation, a number I actually find shockingly low given the ample evidence for its existence.

Is there proof of reincarnation? I believe so. You can, at least, see convincing evidence for it if you know where to look. All talents, for example, are past-life abilities.

Any aptitude you have is there because you've had the chance to develop it over many lifetimes. If you have a gift for music, for example, it's because you've had a lot of practice over the centuries.

In my work, parents often tell me about how their kids reveal their past lives through casual comments like, "When I was in my big body…" or "When I used to be your mom…" Sometimes they'll describe places they've been and things that they've done in other lifetimes.

We'll hear a lot more of this as time goes on, and the concept of reincarnation becomes a more acceptable topic for polite conversation.

PRACTICE MAKES PERFECT

Through social media, it's likely you've come across examples of children with remarkable abilities, like the four-year old pianist who could give Rachmaninoff a run for his money. These little geniuses are simply picking up where they left off in previous incarnations.

We don't switch species from one lifetime to the next. From your first life to your last, you'll be human. You're not going to come back as Mehitabel the cat or Archie the cockroach.

But animals also reincarnate, which means a cat, a dog, or a horse that you've known in a life before this may share your life now. And because their lives are shorter, they might join you more than once in a single lifetime.

My feline companion, Lily (who is curled up on my lap as I write these words), was my childhood pet, Tiger. We go back thousands of years together, and that made it easy to recognize one another when we met at the rescue center.

OUR FURRY SOULMATES

Dogs often choose to reincarnate in the same breed they've been in earlier incarnations.

I told a client once that I'd try to guess the breed of her dog from their past life together.

"He used to catch rats in a warehouse in London's Limehouse district," I said, "So I'd expect he's a terrier."

"He's actually a rat terrier," she replied. (And she was the merchant who owned the warehouse.)

Every life you've had has been as a human. And every life was just as real as this one. And that's the problem. Your soul has carried all sorts of memories from earlier lives into this one.

In my opinion, the most exciting thing about reincarnation is this: There's virtually no problem you have, whether it's procrastination, a fear of public speaking, low self-esteem, or even constipation, that can't be healed, improved upon, or completely eliminated, by understanding what took place in your past lives.

Let me give you an example.

SPIRITUAL HEALING

A few years ago, when I first worked with my client, Kerry, my spirit guides said she would become known for speaking in public. Having struggled with a stutter for 40 years, the idea seemed absurd to her at the time.

"I've lived with a stutter all my life. As my mom tells it, when I was five-years old, the stutter came home from school with me.

"The stutter is always just below the surface," Kerry said. "I can feel the emotions around certain words; mainly proper nouns. And yes, that includes my own name! I can't tell you how many times I've introduced myself to someone only to hear 'Are you sure that's your name?'

"Once, during my teenage years, a teacher unknowingly caused complete mortification. Our class stood in a circle, taking turns reading the lines of a play.

"By the time my turn came around, I was so anxious I thought I might faint. I remember the room swimming and my heart racing. I seriously thought I was going to pass out.

"I couldn't form a coherent sentence. My teacher's response was, 'Can't you read?' After that, I developed a fear—no, a dread—of public speaking.

I even found it hard to order dinner in a restaurant, especially if we were at a large table with a bunch of friends. My friends knew that was why my husband would order for me.

"Not being able to verbally express yourself, especially when you have so much to say, has a way of making you feel so small and ashamed. I couldn't even give a toast to thank everyone at my own wedding."

Then Kerry was offered the opportunity to host a radio show with her friend Tiffanie. "You can imagine how that made me feel!" she said. "When we recorded the first show, all I felt was gripping, painful fear. I stuttered, I stammered, I cringed.

"Basically, I was that teenager back in high school. The day after that first recording session, my co-host wanted to listen back to the show, but I just couldn't do it. The thought of hearing myself was just too painful."

A few months later, during a session Kerry had with me, my spirit guides revealed the source of the problem. While she waited patiently on the other end of the phone, they told me about a significant past life in 17th Century France.

She'd been a young man who'd stolen clothing from a laundry and had ended up being beheaded. One detail I uncovered was that after his arrest, the militia broke his left foot to prevent him escaping.

The memory of this injury shows up in this life as a bone protrusion and arthritis at the site of the past-life injury. I knew immediately that the trauma I was seeing would have made a lasting impression on her soul. "This is huge," I told her.

At his execution, he was jeered at and ridiculed by the crowd, and the memory of that humiliation carried through into Kerry's present life as a fear of Judgment.

Stuttering is a manifestation of her soul's deep-seated anxiety

about what others say or think about her. The trigger was any situation that made her soul feel judged again.

My spirit guides confidently told Kerry that the next time she went in front of a microphone, her stutter would be gone. She was skeptical. "I'm really fond of you," she laughed, "But that's just too much to expect!"

It didn't take long for her to find out if she actually would experience the past-life healing my guides promised. "The very next morning, we did a show. I didn't stutter. I didn't stammer. I wasn't quiet. In fact, I said every thought that came to mind. I was relaxed, and I had a blast!

"Afterwards, Tiffanie, my cohost, looked at me and said, "What the f**k was that?!!" (She's usually very sweet and proper —no curse words.) I explained what had happened in my session with you and we both laughed and hugged."

For Kerry, the healing work we did together has been life changing. She wrote to me recently saying, "I owe you so much. I'll say it again, I am in awe of what you and your spirit guides do. Thank you from the bottom of my heart."

(In April of 2018, my wife, Christine, and I had the honor of being interviewed by Kerry and Tiffanie on their show. If Kerry stuttered, I didn't notice it.)

Because I see this kind of transformation on such a regular basis, you'd think it would become routine for me. But it still blows me away each time, and continually reminds me of the incredible power of past-life healing.

You might imagine that with someone being an old soul with scores of lifetimes behind them, they'd be reaching a point of perfection by now. And, in many ways, you'd be right. It just doesn't always look that way.

When I tell a client they're an exceptionally old soul, their first response is usually along the lines of, "If I'm such an old soul, how come I have so many fears and anxieties?"

It's a good question.

ABOUT THE AUTHOR

Through his books, workshops, retreats, Soul World membership program, and private readings—spiritual teacher, author, and past-life psychic Ainslie MacLeod has taken thousands of people on a journey into the world of the soul to discover their life's purpose.

Working with elevated spirit guides, Ainslie acts as a direct conduit between this plane and the Spiritual Universe, offering information designed to inspire, illuminate, and empower.

He has written two previous books, *The Instruction* and *The Transformation*, and has been a featured guest on Oprah's Soul Series and her SuperSoul Conversations.

Ainslie is a faculty member at the Kripalu Center, and was the recipient of a gold medal for his first book, *The Instruction*, from the Independent Publisher Association. He lives on a tranquil island in the Pacific Northwest.

Visit him online at ainsliemacleod.com and soulworld.com.