



**OUTLANDER:** THE PAST LIVES EXPERIENCE

# **PAST LIVES CLUES WORKBOOK**

**BY DIANE NICHOLSON**

**Do you have memories  
of past lives?**

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**Do you have déjà vu  
moments about people  
and places?**

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**Do you know who your  
soul mates are?**

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**This book will help you  
begin to join the dots...**

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**Sword Stone Carving  
and photo by  
David McGovern,  
Stone Carver**

[www.monikierockart.co.uk](http://www.monikierockart.co.uk)

**Andrew & Diane Nicholson**

**Culloden**

**Inverness**

**Highlands of Scotland**

[www.outlanderpastlives.com](http://www.outlanderpastlives.com)

# PAST LIFE CLUES WORKBOOK

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Past lives and members of your soul mate family are imprinted on your soul. Very often this remains subconscious, though it can carry through into flurries of recognition in this life.

Clues to your past lives can come in many forms. Sometimes you may experience:

- A sense of déjà vu.
- A feeling of knowing or recognising someone when you meet them for the first time, or perhaps even an intuitive feeling – good or bad – about someone, which you're unable to shake.
- You may feel instant rapport with someone.
- A sense of recognition when you visit a certain place.
- A feeling of having done something before.
- Dreams, which are extremely clear and vivid.

Past life clues can live on in your physical and emotional being, which you are unable to trace back to experiences in this life.

- Certain personality traits.
- Beliefs or fears.
- Unusual reactions to situations.
- Physical strength or weakness in certain parts of your body.
- Birthmarks.
- Physical ailments.

Clues can also show up as particular interests. Such as:

- An unexplainable interest in a certain culture.
- Clothes or artefacts which you find yourself drawn to.

This workbook may provide clues to some of your past life experiences. There are of course many more clues, but tapping into these will provide you with a great start to understanding the bigger picture.

# Personality Traits

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Do you have any of these traits?

- Impatience
- Quick to anger
- Slow to anger
- A drive to win and succeed
- A need to get on with others
- Feelings easily hurt
- Feelings not easily hurt
- Empathic - sensitive to others' feelings
- Insensitive to others' feelings
- Quick learner (in which areas?)
- Slow to learn (in which areas?)
- Strong willed, assertive
- Easily persuaded or manipulated
- Worry needlessly
- The class clown
- A need to be the centre of attention
- Afraid of conflict
- Brave/fearless
- Fear of failure
- Often sunk in self-pity
- Feel like you are unique/different, not like others

# Self-Talk and Beliefs

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What do you often say to yourself? Some people are unaware of their internal dialogue until they pay attention to it. Even though it's your self-talk, it could originate from any one of your contributing past lives.

- I can't do it
- I'm not worthy
- It'll never work
- Relationships never work for me
- Men/women can't be trusted
- Life is a struggle
- I'll never be successful
- Money is hard to earn
- I'm better than everyone else
- No one can be trusted
- I don't care
- No one loves me
- I'm all alone
- That (something/someone) is wrong or imperfect
- I can do whatever I like
- Any others?

What can you be inflexible about? List anything below:

# Fears

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We all have rational fears which are justified. Irrational fears are those without any apparent reason. Our reactions to these irrational fears may seem all out of proportion to others, although we may not notice this.

Look at the list of fears below, and tick those which apply to you. If your fear is not listed, then add it in the space at the end of the table. Then, more slowly this time, go over your list and determine if you know of any reason why you have developed each fear. Untick those which have present life reasons, and leave those fears you have no reasons for checked. Those that do not have present roots may have past life roots.

Angry people	Failure	What others think	Death of your spouse	Being teased
Enclosed spaces	Emotional intimacy	Being taken advantage of	Being alone	Being touched
Being criticized	Sight of fighting	Heights	Losing a child	Not having control
Opposite sex	Losing things	Driving a car	The dark	Making mistakes
Strange places	Specific animals	Losing your job	Taking risks	Conflict
Looking foolish	Deep water	Knives	Leaving home	Being rejected
Change	Being attacked	Not having enough (money, food etc.)	Childbirth	Being unloved
Crowds	Sexual intimacy	Flying in a plane	Commitment	Speaking in public
Guns	Dying alone	Needles	Feeling loved	Dying
Loud voices	Taking responsibility	Being ignored	Strangulation	Death of a parent
Losing your freedom	Losing power	Being wrong		

# Physical Traits

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Some of our physical characteristics may be carryovers from the past.

Do you have any birthmarks?

Do any parts of your body have particular strength or agility?

Are any parts of your body exceptionally weak or susceptible to injury?

Do you have any allergies or sensitivities?

Do you have any stress related problems?

Do you have any repeated problems, e.g. bad back?

Any others

# Knowing People at First Sight

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We all have a soul mate 'family'. This is a collection of souls who travel their journey together in various different guises. Think of it as like a bunch of grapes, all connected on the same vine and growing together - a group of souls whose learning and journey are intertwined.

We will meet and interact with some of these souls through each lifetime. They can show up as lovers, friends, family, enemies, you name it. They will not always show up as good, kind souls, because our journey is not always lit with fairy-lights. Life can be raw at times, but our learning is always there, ready to lead us through.

When you meet your love mate (as with all soul mates), you will have karma to resolve from previous lives. Perhaps there was pain, some hurt to resolve, which is the very reason you were brought together. Perhaps you have already resolved it in a past life, and your journey this time is destined to be smooth and deeply connected. Either way, your journey is unique to you and your soulmate. There isn't a 'one solution fits all' for any couple. I don't believe there is a way that you must definitely 'be' before meeting your soulmate, because for all you know, the journey into learning how to 'be' may be the very one that you are meant to learn and share with them.

You will have already made an agreement to connect before you came into this life. That connection will happen for those who have agreed it, and for many, in a way that you couldn't even plan yourself. You may experience many synchronicities, co-incidences, which bring you together. You connect when the time is right for you to continue on your journey together, and when you are ready to face the learning involved. Not before, not after.

Note: Be wary of anyone who claims they can help you manifest your soulmate into your life right now. This is a little like saying they have precedence over something you have already agreed with your soulmate, and in essence, over your journey. No one has that. You can certainly learn how to attract new partners into your life, yes, but a true soul mate relationship isn't something you can manifest. Because you already have.

Attraction may be a recollection, but of course it happens without past life associations too. Be a little cautious when assuming soul mate possibilities. You may be wrong. You have many soul mates in your soul mate family, some are love mates, others are learning mates, and you may have karma to resolve with others. You may have made an agreement to meet with this other person to work on that karma in this lifetime, but this doesn't always mean that this is the right person for you to love and be with.

Have you ever been startled by your feelings about someone you've just met?

Did you feel an immediate intimacy, an instant liking and connection, or a surprising dislike which you can't seem to shake?

## Knowing Places at First Sight

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Did you re-experience an entire past life scene or was it just a feeling of déjà vu? Déjà vu may be the recollection of a past life event or place but it may also be a well-hidden, present life recollection.

Have you ever recognized a place (location, object, building) and known something more about it than you really could have known?

Any times you have you felt 'at home' when first arriving someplace new that may relate to your past lives?

## Unusually Sensitive Emotional Responses

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Are you unusually sensitive to anything? Are you able to trace this response to an event in this life?

## Recollections Triggered By Similar Situations

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There is an unusual feeling that accompanies the recognition of a past life event. Sometimes it may be accompanied by a seemingly inappropriate emotional response, which may have been appropriate to the past event.

Have you ever thought, "I have done this before!"?

Has a new experience ever seemed oddly familiar?

## Abilities

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Do you have extraordinary or exceptional natural talents? List them here:

## Countries and Cities

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Without thinking, name three places you want to visit or live in:

Name some other places that make you feel warmth for them without ever having been there:

Name any places that you feel you don't ever want to visit, even briefly:

## Cultures and Time Periods

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Which cultures and time periods interest you?

Do you have particularly strong feelings about any culture or time period, positive or negative?

Have you always been drawn to things from a particular country or time period?

## **Hobbies and Collections**

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The things we feel comfortable with and drawn to are often things we have owned before. Which things have you chosen to gather around yourself?

## **Clothing and Jewellery**

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We are often drawn towards dressing in a particular way. It may be an inclination towards a particular culture or time period. Do any of your favourite clothes have their roots in past times or far off places?

## **Putting Together Your Noticeable Patterns**

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Note below the patterns you've identified from this workbook. Do these patterns lean towards past lives?

# OUTLANDER: THE PAST LIVES EXPERIENCE

## Would you like to explore your past lives in depth?

Join us in the stunningly beautiful Highlands of Scotland for a very special and unique experience; a tour of some of Outlander's most famous locations, along with an in-depth journey back through time into your past lives...

### MY JOURNEY BACK IN TIME...

The meaning of 'outlander' is: a foreigner, a stranger. I am an outlander here in Scotland in this lifetime, but that wasn't always the case.

Hi, and welcome. I'm Diane Nicholson. I've had several past lives, as I believe we all have. I remember many of them, but one was to shape the events that unfolded in this life-time too...

It's always been evident to me that my ties to Scotland, to Culloden in particular, ran deep in my soul. The first time I came here aged around 20, I cried most of the way back to London in the car. The pull to come back refused to leave me. I couldn't watch a Scottish film or documentary without crying or feeling overwhelm and recognition. One year later in 1989, I bought a new home here. This home was being built on a plot of land right on the edge of Culloden Woods and mid-way between Culloden House and Culloden Battlefield.

Everyone told me that I was crazy to leave a well-paid job in finance in the City of London to move 570 miles north to the Highlands of Scotland. I was afraid, of course I was, but to me, not coming felt crazy. I had no idea why, I just had to come here.

The first place I worked when I moved here was at Culloden House Hotel. I didn't know it at the time, but this was where the Jacobite troops gathered the night before the battle. Far more was to follow...

I'm South African by birth, and moved to Ireland, Wales, London and then here to Scotland aged 22. My family have never had any ties with Scotland.

However, ten years after moving here my mother called me and asked "Are you sitting down Di?" I said yes, and she proceeded to tell me that she'd had a professional family tree done, and my direct ancestors on her side of the family were living right here in Culloden, not just Inverness, but Culloden, at the time of the Battle in 1746. They absconded and left for Ireland directly after the battle, and the family tree traces my mother's family through those centuries to present times.

When I moved to Ireland aged 9, I had a natural affinity for Gaelic. For a young South African girl newly in an Irish school, I came top of my class repeatedly in Gaelic. I had no idea why, as I had no such affinity for any other languages. Somehow, Gaelic seemed to pass a language barrier with me.

I remained in my home in Culloden for 17 years until 2007 when I met Andy. The way we connected was so perfectly timed and synchronized, it felt like something greater than us. The story of how we found one another while thousands



of miles apart, then met just one week later, made the national press. I moved to Warwickshire to live and work with him, and he moved over from Austria where he had been working for 2 years. I had found my soulmate, but my heart yearned for Scotland. Through those 5 years away from the Highlands I could not bring myself to sell my home in Culloden.

In 2013, something amazing happened. I was able to move back into my Culloden home, and this time my soulmate came with me. This was something I would never would have believed possible, but it proved to me that dreams really can come true. He brought me home to Scotland, but neither of us realised at the time that we were in fact both coming home. I can't even begin to express the joy I felt at being back in the Highlands again.

For years I wasn't able to remember specific details of my past life here in Scotland, which was strange because I'd had no problem remembering other lives in other places. Still, I intuitively knew that I had lived here, and that it had been as a man. Still, they remained hazy. I would visit certain places and feel a strong recognition that I had been there before, but in a very different capacity. I would feel such a deep sadness in certain places that I didn't know how to explain to the people I was with why tears were rolling down my face. I was able to list all the places I knew I'd been connected to, whilst having no such recognition or feeling with other places.

Then, after a series of quite incredible co-incidences over a short period of time, everything fell into place. The moment it dawned is ingrained in my memory. From there, like a domino effect, each piece of the puzzle unfolded one by one. I came to remember my life here. I remembered who I was, who I am. I fought as a Jacobite in the battle of Culloden. I remember it clearly, and many other things about my life in the Highlands too. All of the places I'd visited that held memory for me were indeed places I had been. I spent weeks in a state of awe as everything began to sink in.



So much tied together that it's left me humbled by just how immense our journeys really are, and by just how strongly our intuition and inner-knowing can guide us. It's left Andy feeling the same.

The birthmark on my body is precisely where I was wounded in that battle. I've always been weak in that area of my body, and now I understand why.

The craziest thing of all... Culloden is not a large area, so it's very likely that I would have met my own ancestors when they lived here.

Andy lived here in Scotland during that lifetime with me. He did not fight in the battle of Culloden. However, I was present in another lifetime and country when he did fight in battle, and it was devastating to see. I carried a great deal of pain with me because of that, yet until I'd been able to understand and heal that pain, I hadn't known why I'd had

such strong responses when I'd seen similar situations in the movies or on the news, or why I held such a fear of losing him again. It allowed me to release those fears, and the freedom and peace I feel as a result is immense.

Our souls and journey have been entwined for many lessons on one incredibly beautiful journey. It is too long a journey to explain in much more depth here...

I believe that we all have these journeys. Mine has guided me home to heal the past; a healing and a release that needed to take place. Now that I can remember, I have been able to heal and understand in far greater depth who I am. So much makes sense to me now.

We all have a soulmate family. These are multiple souls with whom we are destined to travel – gathering a soul's life-long lessons – far greater than just this lifetime's incarnation. We will meet them in many capacities and different forms through each of those lifetimes. We, and others in our soulmate family, have been together many times. I see our soulmate families and incarnations as being similar to a bunch of grapes – all connected on one strong vine whilst we grow and mature through the sunshine and rain.

**EMBARK UPON YOUR BREATH-TAKING JOURNEY... AS AN INDIVIDUAL OR AS A COUPLE.**

*Lifting the fog allows you to see the bridge...*



If you would like to explore your past lives, I am passionate about helping you do that. I've witness such powerful things unfolding when undergoing past life regression with clients. The whole subject moves me to the core, because I know how joyful it feels to be connected to yourself at a soul level, to who you really are. Your past lives are imprinted on your soul, hidden deeply within your subconscious, and for most, are drowned out by the noise of daily life. Together we can gently bring these memories into your conscious awareness, and allow you to work through your experiences.

We provide the Past Lives Experience for individuals who prefer to go through this on their own, and also for couples who wish to experience it together.

We provide a safe environment for this to take place. You will be welcomed into our home in the beautiful Highlands of Scotland. We live in Culloden, Inverness, in Outlander territory, where the famous battle was fought. We will be there to collect you from the airport and we'll take care of everything during your stay with us – your meals, overnight accommodation and trips out to visit places steeped in history.

Over 4 days, working closely together on a one-to-one basis, you will take a pilgrimage into your past life experiences and personalities, unearthing your soul's journey. Through several past life regressions, we'll chart some of the key lessons you've learned but forgotten, the significant experiences you've been through, the pain you've held on to, and the soulmates you've encountered. We will work on healing any pain and embracing your strengths whilst also bringing you into a place of immense self-awareness and confidence. We do far more than only past life regression – you will be embarking upon an immense journey of self-discovery during your time with us.

It's incredible what unfolds when you are guided through a deep journey within, into the core of who you are.

This is your journey... to awaken to your subconscious memories, understand them, heal them and move beyond them. To be able to embrace all the lessons learned from this and previous lives, and let go of everything that has been holding you back. No two soul journeys will be the same. This is why this work is done on a one-to-one basis with individuals or couples over several days.



During your stay in the Highlands, we will take you to visit some of the places which are not only key in the Best-selling Outlander novel, but in our past lives too – places such as Culloden Battlefield, Culloden House, the Prisoners' Stone and Loch Ness. We'll also go to the Clava Cairns, the Standing Stones just behind the Battlefield. You can see Andy's photos of some of these places here.

This is all about you, for you. We will be working intensively, usually continuing over dinner, into the evening and starting again at breakfast. I can promise you that Andy and I are seasoned at this. Between us, we will ensure it is an enjoyable, comfortable, relaxed, fully supported and safe experience for you.

The Outlander Past Lives Experience includes:

- *3 nights' accommodation – double bed and view over the Moray Firth.*
- *Private bathroom.*
- *All meals and refreshments (we send you a menu to choose your meals before your stay).*
- *Fresh towels, hairdryer and luxury bathrobe(s).*
- *Hi-speed Wi-Fi.*
- *A fully comprehensive workbook, charting your journey, past and present.*
- *Trips out as we work together, to places steeped in Scottish history.*
- *Collection from Inverness Airport, and return there for your journey home.*

Anything and everything you discuss during your stay with us will remain confidential.

This Experience, fully inclusive of everything above, is: £997 for an individual. £1,745 for a couple.

Flights are not included – there are [low cost direct flights](#) from many UK and overseas airports.

## OUR HOME, OUR FOOD AND OUR LOCAL AREA...



Welcome to our home – the joy of holding the Past Lives Experience in our home is that the design was purpose built for exactly this. Our living/dining/kitchen area is 60 square metres of space, laid out with plenty of reclining sofas, a dining table and breakfast bar, all of which accommodates us perfectly. Our living room has double patio doors leading out onto a large south facing sunny patio, with plenty of seating, a vegetable garden, and a bench at the top of the garden with the most incredible view...

Our Guest Bedroom is situated in quiet part of our home and has its own bathroom, which will be exclusively yours during your stay with us. Our bedroom and bathroom is at the opposite end of the house, so you will have complete privacy. We provide fresh towels, a bathrobe, hairdryer and high speed internet access.

The Food – We will send you a menu plan before you arrive, so you can choose the main evening meals and various accompaniments you'd like to enjoy during your stay with us. Wine or beer is included with your evening meal too.

For Photos of your Breakthrough Experience environment and the full menus for breakfast, lunch and evening meals, click on this link: [Our Home, our Food and Our Local Area.](#)

The Timing: The Outlander Past Lives Experience runs over 4 days. It begins around half an hour after your flight lands at Inverness Airport, giving us plenty of time to drive home and for you to settle in. It finishes at the same time 72 hours later. If, for example, your flight lands at 1pm on a Monday, then we begin at around 1.30pm and finish at 1.30pm on the Thursday.

## FREQUENTLY ASKED QUESTIONS

**How do I get there?** – There are low cost direct flights from several UK Airports to Inverness. The airport is just a 6 minute drive from our home. Click here for details of all flights and airlines which serve Inverness Airport. Most UK flights take around an hour to reach here, and I will be waiting for you at the arrivals gate. If you prefer to come by train or bus, I will collect you from the station. Alternatively, you are welcome to bring your car. We have plenty of parking space.

**When can I come?** The experience is delivered one-to-one, so is arranged over days which suit you. Weekends and weekdays are both absolutely fine.

**What if my flight leaves at a very different time to when I arrive?** We tend to find that when regular daily flights land at Inverness airport, they usually re-board then depart for the same destination approximately an hour later. So your return flight is likely to be at a similar time to when you land. Thus I offer this as a 72 hour experience, so it finishes at the same time of day it began. However, if there is a time difference of several hours, then you are welcome to walk in the nearby woods, or we are happy to take you into Inverness City Centre where you can roam around the shops, see

the River Ness, and visit the indoor Eastgate Shopping Centre. From there, you can go to the airport by taxi or catch the half hourly Jet Bus Service which runs from the city centre to the airport. Many of our previous clients have even decided to stay on in the Highlands and enjoy a touring holiday after their Experience has ended. Details are further down this page.

**How do I pay?** The Outlander Past Lives Experience is £997 for an individual or £1,745 for a couple, fully inclusive of 3 nights' accommodation, all meals, comprehensive workbook, all course content, airport transfers and trips out. Flights are not included. Payment is required by bank transfer prior to your stay. Note: We can send you a Paypal invoice if you prefer this method to a bank transfer, which you can settle by debit or credit card, but we would need to add an extra 3.4% to cover the Paypal fees.

**Would I need to do anything beforehand?** Yes, I will send you a questionnaire to complete before you come to stay, which will need to be returned by email one week prior to your retreat. This allows me to know in advance the main areas you'd like to work on, and if there are any issues in particular that you'd like to resolve. I can then ensure I tailor your experience and workbook around your specific needs. It saves us valuable time on the Experience itself, and allows us to get started as soon as you arrive. The other item of pre-work will be your menu plan, so you can decide upon the main evening meals and various accompaniments you'd like to enjoy during your stay with us.

**How do I book?** If you would like to chat with me about the Outlander Past Lives Experience, or about booking dates, then please feel free to contact me. Please ensure you agree dates with me prior to booking flights. Many thanks...

We look very forward to sharing this experience with you.

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## CONTACT US

Do contact us if you'd like to chat. We'd be delighted to.

Tel: 07576 285729

e-mail: [team@outlanderpastlives.com](mailto:team@outlanderpastlives.com)



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