



**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

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# 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?