

PAST LIFE REFLECTION RITUAL

Accessing Soul Memory

THROUGH ELEMENTAL ALCHEMY



by Cheryl Darlene



Welcome
beautiful Soul



I'm Cheryl Darlene, and it is an honor to walk beside you as you step into this sacred remembrance. This ritual is more than reflection – it's a portal into the echoes of your soul's journey through time.

Together, we'll gently awaken the elemental memories held within your energetic field, using sacred tools, intuitive prompts, and frequency-infused connection to the Earth, the Cosmos, and your divine essence.

Whether this is your first time exploring past lives or you've walked this path before, this experience will guide you deeper – into reclaiming gifts, resolving patterns, and remembering who you truly are across lifetimes.

Let this be a sacred space of insight, healing, and homecoming.

Your soul knows the way.

With love and elemental grace,

Cheryl Darlene

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Overview

This sacred ritual gently guides you into remembrance of a past life that holds gifts, lessons, and soul fragments ready to be reclaimed.

Each element opens a unique doorway into your soul's memory, revealing who you have been and what your spirit wishes you to carry forward.



STEP 1:

Create Sacred Space

Gather a representation of each element :

- Earth – Stone, root, or plant
- Fire – Candle
- Water – Bowl of water or shell
- Air – Feather or incense
- Spirit – Crystal, icon, or your Spirit Symbol

Optional: Play soft music or nature sounds. Cleanse the space with smoke or intention.



STEP 2:

Center With Breath

Sit or lie comfortably. Close your eyes. Breathe deeply:

- Inhale through your nose for a count of 4
- Hold for 2
- Exhale gently for a count of 6

Repeat 3–5 times. Imagine the five elements forming a circle of light around you.



STEP 3:

Call In Your Soul's Memory

Speak aloud or internally:

“I call in the highest timeline of my soul.
I ask to be shown the most relevant past life -
one that supports my purpose in this life now.
May I receive with clarity, love, and integration.”



STEP 4:

Elemental Reflection Journey

EARTH

While focussing on the Quantum Elemental Earth symbol,
ask your higher self:

- Where have I served the Earth before?
- What sacred sites or landscapes feel familiar?



Elemental Reflection Journey

AIR

While focussing on the Quantum Elemental Air symbol,
ask your higher self:

- What message or truth wants to be spoken?
- What have I taught, written, or shared in other lifetimes?



Elemental Reflection Journey

FIRE

While focussing on the Quantum Elemental Fire symbol,
ask your higher self:

- What have I burned through in the past?
- What passion or gift have I carried across time?



Elemental Reflection Journey

WATER

While focussing on the Quantum Elemental Water symbol,
ask your higher self:

- What emotion or memory rises from within?
- What wound or healing am I ready to complete?



Elemental Reflection Journey

SPIRIT

While focussing on the Quantum Elemental Spirit symbol,
ask your higher self:

- Who have I been beyond form?
- What soul essence am I reclaiming now?



STEP 5:

Journal & Integrate

Take your time to write or sketch anything that surfaced:

- "I remember..."
- "I now reclaim..."
- "The gift I carry forward is..."

Use color, symbols, or drawings to channel what you see.



STEP 6:

Close the Ritual

Place both hands over your heart. Speak aloud:

“I honor the soul I have been.

I integrate the wisdom of that life into this one,
and I walk forward rooted in remembrance and light.”

Offer thanks to the elements and your spirit team.
Blow out the candle or close the space with gratitude.



Closing Blessing



You've just walked through a sacred portal of remembrance. What you witnessed, felt, or reclaimed is yours to honor, integrate, and carry gently into your life. Trust what has awakened. Let your dreams, your body, and your heart continue the conversation. The elements will walk with you as allies and teachers. You are never alone on this path. May this ritual open new pathways to peace, power, and soul connection.

With continued love and elemental blessings,

Cheryl Danfene

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