

# 11-DAY PAST LIFE REGRESSION BLUEPRINT SPIRITUAL TOOLKIT

PAST LIFE REGRESSION (PLR) IS BASED ON THE IDEA OF REINCARNATION. IN ESSENCE, WE ARE ALL PURE AND MAGICAL BEINGS WHO COME TO THE EARTH PLANE IN ORDER TO LEARN LESSONS, GAIN EXPERIENCE, CONNECT WITH OUR SOUL FAMILIES AND ATTAIN OUR TRUE PURPOSE, AS WELL AS TO EXPERIENCE KARMIC LESSONS IN ORDER TO GROW AND EVOLVE. PLR IS EXPLORED THROUGH HYPNOTIC TRANCE INDUCTION AND YOU ARE GUIDED THROUGH THE EXPERIENCE IN ORDER TO PROCESS AND INTEGRATE.

**PAST-LIFE REGRESSION (PLR) IS AN EXPEDITION AND CHANNEL THROUGH ALL SPACE AND TIME; PLR IS A JOURNEY OF THE SOUL.**

PLR IS A SAFE, INTUITIVE, AND HEALING WAY TO GAIN A BETTER UNDERSTANDING OF SELF IN THIS LIFETIME AS IT RELATES TO PREVIOUS LIFE EXPERIENCES.

"SOMETIMES THE MOST EVOLVED SOULS  
TAKE THE MOST CHALLENGING PATHS."

~ DR BRIEN WEISS



SETTING INTENTION IS DRAWING A ROAD  
MAP OF WHERE YOU WANT TO GO

→ dream →

INTENTION IS MORE THAN WISHFUL THINKING, IT'S WILLFUL DIRECTION

~ JENNIFER WILLIAMS

→ believe →



# WHAT'S IN THE TOOLKIT

- **Chakra Goddess Sacred Vessel** (*7" Polynesian*) - Elegant Chakra Goddess Sacred Candle Vessel channels through "Her" Chakra Crystals each Energy Center teaching us awareness of the "flow" of Life Force Energy within us and reminds us to keep our Chakras open, aligned, and in balance. To gain Spiritual knowledge and experience in discovering the sources of your Energy, feels enlightening and awakening. There are secrets of the Universe, and the 7 Chakras are one of them. Rainey uses a Sacred Vessel along with a Sacred White Candle to usher in and invite her Team in Spirit into her Sacred Space. Lighting a Sacred White Candle and honoring the candle as you light it is a 'Spiritual Signal' that you are ready to work, signals to your Human Existence automatically adjusting your Energy up as your Spirit Team lower theirs for this Sacred Connection. 
- **Lavender White Sacred Candle** (*Botanicals & Amethyst, Rose & Clear Quartz Crystal Chips*) - Sage Smudging is a Native American ritual that I like to think of as a "Spiritual House Cleaning" or purification. Sage is a conductor of Divine White Light & Spiritual Energy, opens the 7 Chakras within your Energetic Aura, while the botanicals keep you grounded in Mother Earth's Love. Sage creates a 'VOID' where lower Energies cannot reside! 
- **White Sage Handmade Smudge w/Raw Amethyst & Lavender** - Spiritual kindling, restoration, serenity, clarity, peace & a calm awareness. Sandalwood incense deepens connection, grounding & present centeredness. Amazing stone for lifting Energy blocks, ushers in peace, purity to one's head & heart, ensures that you stay protected & connected to the Energy around you. 
- **Palo Santo** (*Holy Wood*) - Ushers in love & blessings, enters personal Energy field raising vibrational frequencies & contains "Magical" healing powers. Palo Santo is used to fill up the 'VOID' with Blessings from Spirit. 
- **Essential Oil Spray** (*Sandalwood & Sage*) - Essential Oils vibrate at a rate of 320 megahertz of electrical energy. Sandalwood Essential Oil encourages a meditative state that helps us link to the Spiritual self. It brings us unity to help us connect with humanity. It has been used, from the earliest times, in Spiritual practices. Assists in the joining of the physical and Spiritual realms, the reaching beyond ourselves into the Universal Whole. It is useful for those who cannot visualize the connection between the conception of the Universe and the conception of your Human Existence. 
- **Turkey Feather** - Feathers hold a sacred meaning in that they are "symbols: to help one soar & direct your "Intention" up to the Universal Energies, & intentional lifting of stagnant Energy (*Humanely harvested by Rainey*).



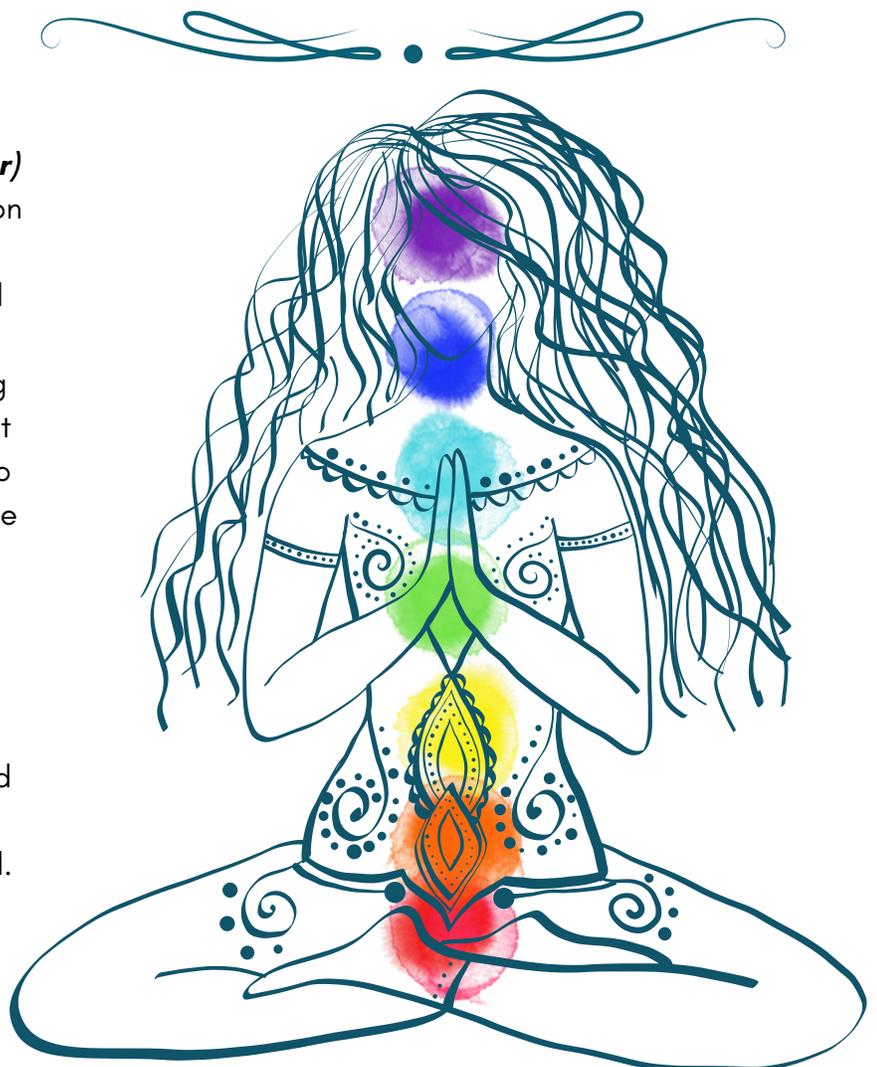
# WHAT'S IN THE TOOLKIT



- **Sacred Incense Offering Hand** - The hand is the most frequently symbolized part of the human body. Hands offer blessings, it is expressive, and carries Energy. According to Aristotle, the hand is the "tool of tools." In general, it is strength, power, and protection. Hands can increase the flow of universal life energy into our bodies; known as Subtle Body Energies and Energy Transmitters.
- **Ancestral Offerings** - An ancestor is one who took a physical body and experienced the loves, sorrows, joys, and pains of being human. They are your parents, aunts, uncles, grandparents, great grandparents. Anyone who has taken their Spirit Walk. Anyone who is in your Soul Tribe. They are there to guide and protect you, for who knows you best, but your Ancestors!

- **Native Soul Incense (*White Sage & Cedar*)**

- White Sage Incense is burned for protection against all forms of evil. It is also burned to purify Sacred Spaces and is a Sacred Ritual Tool. Plus, it is great for promoting wisdom, clarity, attract money, and aid in the healing Mind, Body & Spirit. Incense is a very ancient Spiritual Tool used to connect and ground to Mother Earth, clear your Chakras, and create a bridge between your Human Experience, your Higher Self, and raise your Vibrational Frequency with Spirit. Cedar has been used for healing, purification, and for Spiritual protection. Its Spiritual properties are supposed to promote peaceful thoughts and help interpret messages from the Inner Self. Cedar is an extremely grounding herbal tool. Cedar is one of the most important Native American ceremonial plants, used by many tribes, as an incense and purifying herb.



# SPIRITUAL CLEANSING BATH



"DEAR SPIRIT,, I CALL UPON YOU TO HELP ME HEAL, LET GO, AND CUT ANY ETHERIC CORDS THAT ARE NO LONGER SERVING MY HIGHER PURPOSE. I ASK THAT ALL CORDS ATTACHED TO ME THAT ARE NOT ALIGNED WITH LOVE, LIGHT AND POSITIVE ATTENTION BE RELEASED. HELP ME TO RELEASE THEM AND SURROUND ME WITH A HEALING LIGHT TO PROTECT ME FROM FUTURE ATTACHMENTS. THANK YOU."



- **Sacred Spiritual Cleansing Bath Tea** - Clears Mind, Body & Spirit of all *UNWANTED* ideas, feelings, beliefs, judgments, concepts, or energetic residue that do not serve your highest and greatest good. A Spiritual Cleaning Bath clears/cleanses your Auric Energetic Field. A 'Sacred Bath' benefits the Body, Mind & Spirit in concert with cleansing water with just the right botanicals, brings in blessings with focused Intention. A Sacred Bath sets the stage for a Spiritual Cleansing to restore your Soul. Immerse yourself in a Spiritual, Ritual Bath, opening to Spirit and the Divine Life-Force Energy, removing all Spiritual Grime from Mind, Body & Spirit.
- *What's in the Spiritual Blend - Rosemary, Lavender, Rose Petals, Lavender & Petals, Bay Leaf, Mint, Chocolate Mint, Blue Sage, Pineapple Sage & Flowers, Goats Milk, Pink Himalayan Sea Salt, Epsom Salt, Botanicals harvested from Rainey's Sacred Garden, Rosemary, Mint, Lavender & Peppermint Essential Oil Blend, infused w/Reiki & Seraph Angelic Healing Energy.*



# Chakras

**Chakra Gemstones** (7 gemstones) - Chakra gemstones contain the Energy of Healing, Removes Blockages, Clears & Regulates Chakras.

**Root** - Red Jasper: foundational grounding, physical & Spiritual Energy, aid emotional stability, keeps you present, boosts strength, self-trust, courage, balance, and tethers your Auric Field with Energy of Light from Mother Gaia.

**Sacral** - Carnelian: stabilizing, restores motivation & creativity, promotes positive sense of self, motivates personal power & success, overcoming of past trauma, holds the Space to trust yourself & your perceptions, enhances sexual Energies and removes personal blockages for healing trauma in the past, present & future, harness the Energy of Light from the Sun.

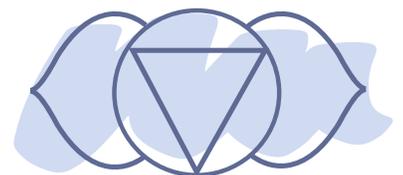
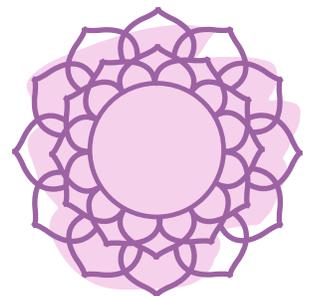
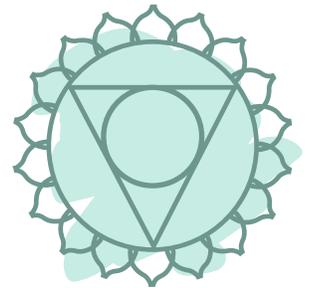
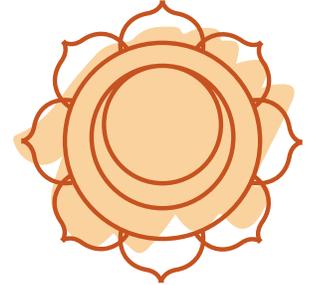
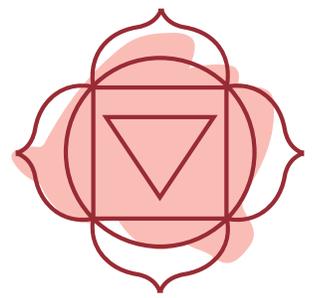
**Solar Plexus** - Citrine maintains your Spiritual path, confidence, amplifies your Psychic GPS, helps you find your way home (self), activates your Intuition, protects you from negative Energies, encourages personal power, releases fears & phobias, emotional balancing, harnesses your Inner Light & Intuition.

**Heart** - Aventurine: calms negative emotions, removes stuck emotional Energy, heals and promotes harmony, balance, boosts and opens possibilities & opportunities, clears fear & apprehension, brings in faith that the Universe is working for your benefit, amplifies 'Intentions', ushers in the Energy of Love.

**Throat** - Dumortierite: holds the vibration of patience & calm, manifests what's on the inside speaking your truth out into the Universe, reverses addictions & cellular memories, instills self-reliance, promotes strength & courage to assert your true self, conduit to Spirit Guides, channels the Energy of Higher Self Light.

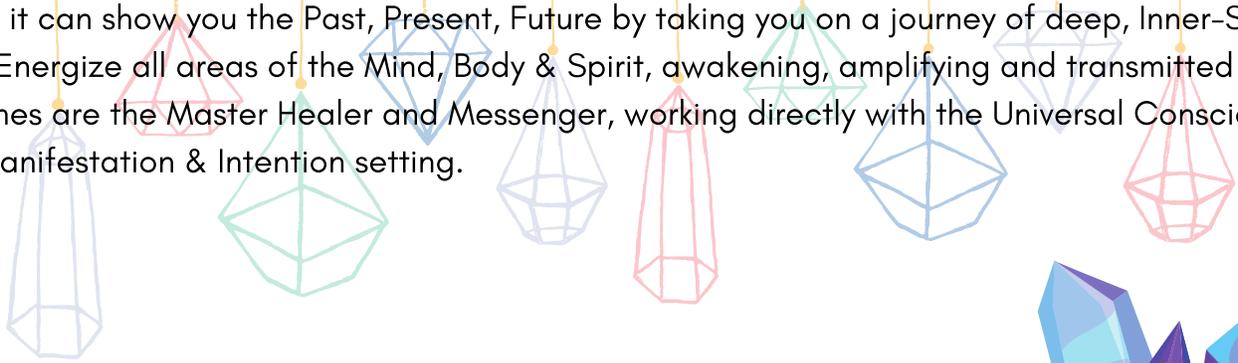
**Third Eye** - Amethyst: incredibly protective, purifying, dissolves negative Energies, activates Spiritual wisdom, brings in a sense of calm awareness & clarity, legendary healing, stimulates the Third Eye, and connection of Energy Etheric Light.

**Crown** - Clear Quartz: known as the Master Healer, one of the most powerful healing stones available, reinstates balance, conduit of downloads from Universal Energies, Spiritual expansion, stimulates astral travel, harmonizes all the Chakras below, heals Mind, Body & Spirit, amplifies 'Intentions', retains celestial information, activates, clears, provides clarity, and hold the Energy of Universal Light.

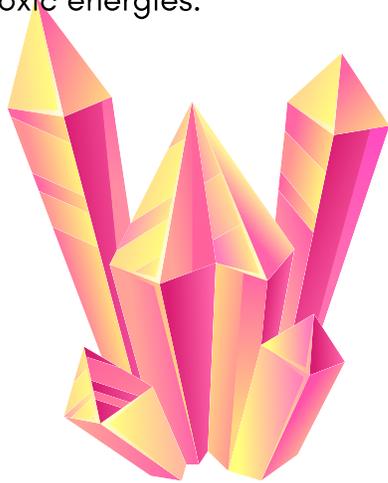


# CRYSTALS IN THE TOOLKIT

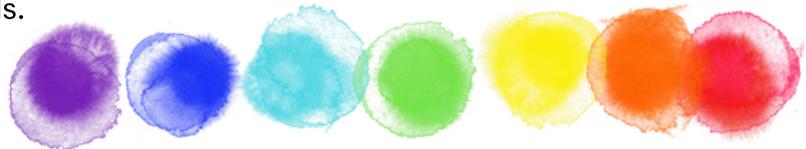
**Seer Crystals** (*Clear Quartz, Rose Quartz, & Amethyst*) - Seer stones have been used as an aid to scrying as it can show you the Past, Present, Future by taking you on a journey of deep, Inner-Self work. They can Energize all areas of the Mind, Body & Spirit, awakening, amplifying and transmitted Energy. These stones are the Master Healer and Messenger, working directly with the Universal Consciousness. Used in Manifestation & Intention setting.



**Black Tourmaline** - This stone is deeply connected to your Base Chakras (Earth Star & Root), those earthly roots that help you to feel safe and secure in your place upon this Earth. When your Base Chakras are beautifully balanced and in check, this grants you that deep-seated self-confidence to embrace who you are, speak your truth, and set upon your own path to 'Spiritual Healing'; Black Tourmaline can pave the way. Black Tourmaline has mighty Protective Properties. This is a stone so well versed at keeping you in the clear from all lower and toxic energies.



**Selenite** (7") - Known as Liquid Light used in powerful healing, clearing, and energizing, a great tool for Spiritual Cleansing, while providing a greater sense of Protection and Clarity. Selenite is a highly Spiritual stone and is the gemstone of Purification, opens to higher frequencies & interpreting messages from the Universe. Selenite is perfect for all types of Energy Cleansing. It is one of the very few minerals that can quickly unblock Stagnant Energy and remove Negative Energy in its entirety. Selenite stones also greatly magnify the Energy of anything that is placed upon them. Use this to clear and cleanse your other crystals.



Holding crystals or placing them on your body is thought to promote physical, emotional and spiritual healing. Crystals supposedly do this by positively interacting with your body's energy field, or chakra.

Crystals act as a power hold for healing as they allow positive, fruitful energy to flow into the body and do away with the negative, toxic energy.

LIVE LESS OUT OF HABIT AND MORE OUT OF INTENT" - UNKNOWN



# PROTECTION



- **Protection Stones** (*Hematite, Tiger's Eye, Black Obsidian*) - Very strong grounding Energy, absorb negative Energy & all 'lower' vibrations, encourage you to live boldly, fiercely & bravely, connection to solar plexus, powerful cleanser of Psychic smog created within your aura, and a strong psychic protection stone. These Protective stones carry the properties of feeling more centered, inspire positivity, supports health & removes Energy blockages, strengthen your both your Astral & Etheric Auric Energy Field!



- **Black Obsidian** - referred to as a '**SPIRITUAL VACUUM**', dispels Negative Energy in the Astral & Etheric layers, the environment around you & transmutes it unable Energy.



- *Obsidian* is a cleanser of Psychic dirt and soaking up negative energy pollution, clearing a smog within the Aura and is considered as a powerful psychic protection stone. Assists is '*shielding*', provides a grounding link to Mother Earth from the base chakra and strengthens you in times of need, helpful for highly sensitives.



- **Tiger's Eye** - has a '**WATCHFUL**' quality against negative Energy, represents power, courage, protection, strength, and deep grounding Energies in differing degrees. Use this crystal to balance, be present and in the moment your Earth Star Chakra when feeling disconnected. This is a great stone for journeying into Past Lives to awaken your awareness of past-life talents and unwanted fears.



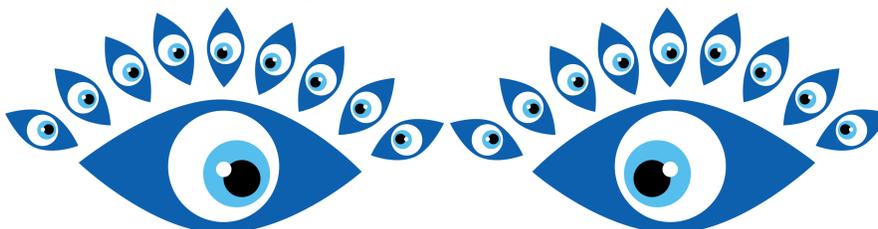
- *Tiger's Eye* is great for your Solar Plexus Chakra bringing '*empathy*' into your life, enhancing your psychic abilities and self-empowerment. This incredible stone acts as a labyrinth to attract negative forces into it, where they get lost and their strength slowly dissipates into the abyss of the Tiger's Eye entanglement maze.



- **Hematite** - the '**MIRROR**' stone that banishes negative Energies, strong grounding Energy, calming effect when held, helps with concentration & focus, balances Astral & Etheric Energies between Body, Mind & Spirit.



- *Hematite* is the '*shifter*' of negative energy by interrupting the connection between you and the source of negative energy, removes scattered energy from your energetic field by '*returning to sender*', clears the mind, teaches you about the Law of Polarity by balancing opposites by equalizing Universal Light Codes through high frequency energies while remaining connected to Mother Earth.



# LIGHT CODE ILLUMINATION

**Lemurian Seed Crystal Point** - Embedded in Lemurian Quartz is usually a horizontal line of fragments which are commonly referred to as "memories". The information within each point contains powerful energies. This energy is capable of producing intelligent life to provide us with a much-needed soulful mission. These beings became very spiritual, and were more in touch with their higher selves. This connection led to their race being very intelligent, excelling in technology, ideology, and emotions.

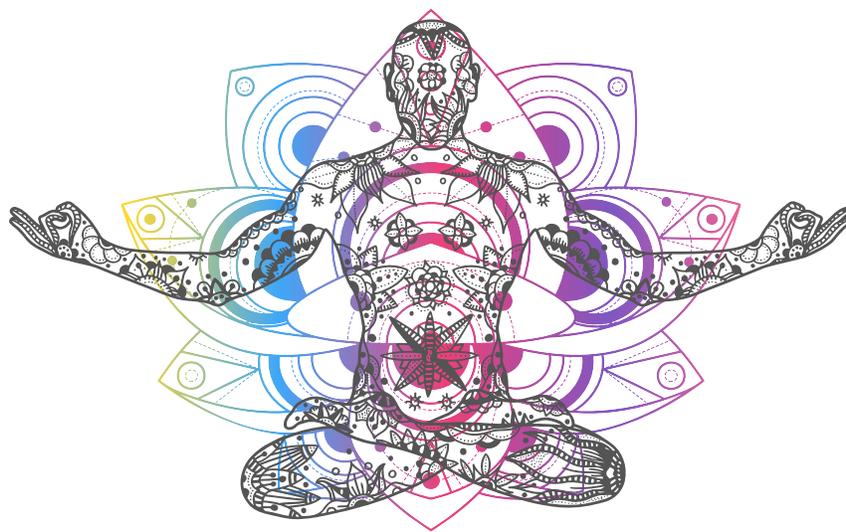
**Lemurian** is perfect for clarity, unsurprisingly, as it's a crystal-clear stone itself. **Lemurian** gives you the clarity of mind you need to illuminate what you truly want in life. "Get crystal clear on not only what you want, but how to make it happen."

**Ritual:** "Meditate with your Lemurian crystal for one minute to inspire crystal clarity. Allow the pointed clarity of this powerful energy-amplifying stone to guide you toward exactly what you need to see."

**Golden Healer Quartz** will connect all your chakras and cleanse the whole chakra system. It will open the energy fields to facilitate the free flow of energies so that healing will take place in your being. It will open your consciousness to receive information and guidance from the higher dimensions to achieve your highest good.

**Golden Healer** will reach even right down to your cellular structure to release old behaviors, conditions, and patterns, activate healing on a physical, emotional, mental, and spiritual level. It will help you access the highest vibrations so that you can raise the frequencies in your body and release blockages and unwanted energies. It will restore your body's balance and encourage peace and harmony. It will help you remain in touch with the spiritual worlds, and it will activate your chakras to join your will with that of the Divine!

**Ritual:** Golden Healer Quartz is a powerful tool to use during meditation while you let its meaning guide you. Hold it in the hand that you write with, and close your eyes. Try to envision a beautiful, golden ray of light that enters the top of your head. Feel this light flow into your entire body and being. If you have a companion stone (which we'll discuss in a minute) you will be able to draw down even more energy and healing.





Print

Out

for  
Rituals

# 11-Day Self-Love Challenge

1) Using a bar of Soap, draw a heart on the mirror.

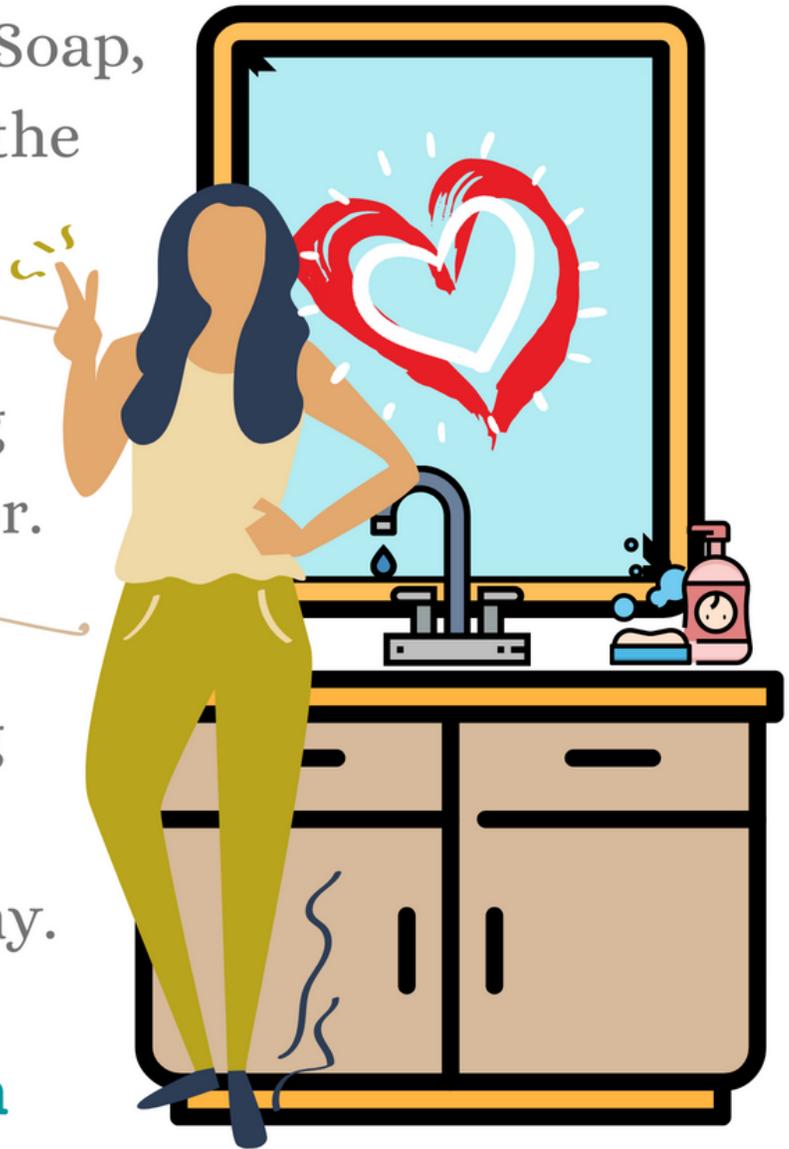


2) Find one thing you're Grateful for.



3) Find one thing you Love about yourself everyday.

[RaineyDay.com](http://RaineyDay.com)



**English Lavender Soap (used in the 11-Day Self-Love Ritual)** - Mind, Body & Spirit clearing, serenity, clarity & calm. Known as a Spiritual Healer and Purifier for your Soul. Lavender is a Spiritual Energy purifier and will release and cleanse these negative energies, so that you are balanced. The Crown Chakra is associated with our Higher Purpose and Spiritual Connections, so Lavender is an important Spiritual herb.



"YOU ARE RIGHT WHERE YOU ARE SUPPOSED TO BE." - RAINEY

# SPIRIT ACADEMY



## PAST-LIFE REGRESSION BLUEPRINT

### CONSULTATION

- YouTube Video
- Download Zoom
- Questionnaire
- Blueprint
- Tools Needed

### DAY 1

- Todays Expansion
- Perform the 11-Day Self-Love Challenge
  - Journal

### DAY 2

- Todays Expansion
- Perform the 11-Day Self-Love
  - Journal

### DAY 3

- Todays Expansion
- First Regression Meditation
  - Clearing & Journal
  - 11-Day Self-Love

### DAY 4

- Todays Expansion
- Chakra Meditation & Release
  - Journal
  - 11-Day Self-Love

### DAY 5

- Todays Expansion
- Chakra Meditation & Release
  - Journal
  - 11-Day Self-Love

### DAY 6

- Todays Expansion
- Spiritual Cleansing
  - Heart Chakra EX
  - Journal
  - 11-Day Self-Love

### DAY 7

- Todays Expansion
- Michael Meditation
  - Michael Invocation
  - Journal
  - 11-Day Self-Love

### DAY 8

- Todays Expansion
- Michael Meditation
  - Michael Invocation
  - Journal
  - 11-Day Self-Love

### DAY 9

- Todays Expansion
- Clearing
  - Second Regression Heart Chakra EX
  - Journal
  - 11-Day Self-Love

### DAY 10

- Todays Expansion
- Michael Meditation
  - Michael Invocation
  - Journal
  - 11-Day Self-Love

### DAY 11

- Todays Expansion
- 11-Day Self-Love
  - Clearing/Heart Chakra
  - Life Review
  - Journal

*Set Your Intention*

*Set Your Intention*



Gratitude | Ground | Clear | Protect | Intention

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Invitation | Breath | Meditate | Journal | Close

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