

# Surrendering to The Storm: A Journey Through Reincarnation

By Gaby Dufresne-Cyr

**A**dults who come across young children talking of past lives often listen to or read about the stories with a fair dose of skepticism. Parents living with reincarnated children discussing previous lives tend to suppress their toddler's memories, fearing their child is distraught or confused.

But now and then, some adults nourish their kids' aptitudes, allowing them to explore their preceding embodiment in search of closure. I was one of those children.

## PAST MEMORIES

My first memory originated before my birth. I clearly remember choosing my grandmother as I watched her tend to the newborn infant on her bed: my brother. A vision of my future father grasped my attention; he would travel to Egypt as a soldier, my ticket home.

I knew he was the key to finding the members of my spiritual group. When I started talking about ancient Egypt at the age of three, my dad was curious to know how I had come to learn about the distant land and ancient culture.

Mind you, this was long before the internet and my ability to read. Regardless, I blatantly told my father it was home, where my family and friends lived. My dad never dismissed nor claimed it was my imagination. Instead, he nourished my ability to remember details of Amla.

My father taught me meditation at a very young age, and soon enough, I remembered not one or two lives but bits and pieces of nearly two dozen.



I know this sounds incredible, but when the World Wide Web invaded our lives, I started researching.

## THE STORM

Within a decade of research to prove my recollections, I had remembered three lives from birth to death. In some existences, my family and friends were historical characters, while in most, we were ordinary people. The most remarkable part is the continuous reconnection of our nine group members over the centuries. The downside to the constant connect-disconnect is the emotional and cognitive turmoil associated with recollecting past events.

Another disadvantage is that I sometimes doubt my sanity, only to realize the events are factual and confirmed by archaeology and historians; nevertheless, the mental storm remained omnipresent. During the pandemic, I realized I had had enough. I was physically and mentally drained; it was time to release the ghostly thoughts.

Since I couldn't contact Ghostbusters, my option was to document what I knew and discovered.

My souvenirs no longer served me, for I had reconnected with all eight people, and our lives were once more in balance.

Surrendering to the storm, observing it clear the air, was not only liberating; it was peaceful. There was no calm before my storm, but as the years passed, the sun shone once more.

Recently, I joined a near-death experience (NDE) research group, contributing my knowledge to science and inevitably reflecting on my spiritual journey.



Closing the doors to ancient memories came with many tears; it still does. But as I release the visions of death and suffering brought on by centuries of hardship, clarity and peacefulness calm my inner being.

## ACCEPTANCE AND CLOSURE

Closure is essential for emotional and physical health; without resolution, people lose themselves. Individuals easily forget that what makes us human is not material. You are not your cells, your clothes, or the amount of money in your bank account.

Our godly connection is the energy that vibrates our being into existence and continues to reverberate once the physical expires. The beauty of letting go is the serenity it generates; acceptance releases fear and anger, leading to loving tranquility, also known as home.



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Gaby Dufresne-Cyr is a distinguished writer and an accomplished author renowned for her insightful and informative publications. With a deep understanding of spirituality, medieval history, and a passion for sharing her knowledge with others, Gaby has written several acclaimed books and articles that have become essential resources for pet caregivers.

