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Reincarnation: Sacred Children Series – 1 of 3

By Skye Thomas

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by: **Skye Thomas**

Many years ago, my children were raised on the various teachings and concepts of "magic" as I was studying different religions and spiritual beliefs. I had come across many metaphysical teachings woven throughout most of the different religions. It was very important to me that they stay authentic and real. I didn't want them to ever allow anyone to convince them to be something other than the beautiful souls they already were. They took to the metaphysical teachings quite easily and naturally. Often they already knew whatever it was I had thought I was going to teach them.

My four-year-old son asked me one morning, "Where did I live before I got into your tummy to be born." He naturally assumed that he'd always existed despite his lack of memory about life before being born. It was just after Valentine's Day and I reminded him of those cupid style angel babies that we had seen in the stores. We had both really like all of the statues, greeting cards, and pictures of the little cherubs. I told him that he was one of those little baby angels up in heaven before I got pregnant with him.

He asked if his younger sister had been a cherub too. "Yes, of course." He then double checked to make sure they had been hanging out up in heaven together waiting to come down. He seemed satisfied with the idea that his little sister and him had both played together as little winged babies in up in heaven waiting for their turn to be born.

My son had heard the stories of how I had seen visions of his sister for five years before she finally came into our lives. He wanted to know if I'd had visions of him too. "No, just this one dream where you were running around peeing on everything. However just because I didn't see you ahead of time doesn't mean that you aren't a wonderful and amazing gift in my life. It doesn't mean that I don't love you just the same as if I had seen you coming ahead of time." He sat there nodding his head with this wise old man's expression on his face as he thought for awhile.

When he spoke next, I almost laughed aloud at his reasoning. So, he wanted to know, didn't this all mean that he was faster than his sister and had bested her in yet another race? After all, he'd beat her

by two whole years. "Yeah," I chuckled at where his mind had gone with it all, "I guess you did." With that he ran off to rub it in her face. He always took such pride in being bigger, faster, and older than her. As far as he was concerned, it was proof that yet again, he was faster than her.

Later that evening he came back to ask me some more questions, "So, if I was in heaven before I got into your tummy and I'm going back again after I die, then can I come back again and again if I want to?"

"There are some people who say yes you can and there are some people who say no you can't. They say you only get one turn at life."

"Is it okay with you if I come back again?"

"Yeah sure," I shrugged, "if you want to. I don't see why not."

"I can come back and live again and again if I want to?"

"It's okay with me. You can come back as many times as you want. It's really up to you."

With a worried look on his face he asked, "Will you be my mom every time?"

"Yes, of course, honey. I'll always be your mom forever and ever."

His face lit up with relief at the reassurance that I'd always be here for him. Then he asked, "So next time, can we be farmers?"

"No, absolutely not."

He did his best to argue the point, but he never could convince me to become a farmer. I always told him that I was tired of working that hard and that I wanted to play more in my next life. He enjoyed a childhood in which he believed that he could be anything and everything he could dream of. He never worried about running out of time, because he had so many lifetimes to fill.

Over the years, he's asked many big cosmic questions about spiritual and paranormal topics. How is it that sometimes we see visions of things before they happen? How is it that we can talk to guardian angels that we can't see and yet we can hear answers? How come not everyone hears them? Who's in charge? Why is it that the religions are all so much alike and yet people fight so much over which one's exactly right? Who's right? How is it he could have memories of being an adult Native American warrior when he was only a young boy? Why is their music so haunting? How come he sees Celtic symbols in his dreams at night sometimes? Why is he so attached to the falcons?

He's in high school now and has studied many different belief systems. He's not so sure now that reincarnation is how it all works. He's open to different beliefs, but as a rather scientific type, he's really quite skeptical and requires a lot of proof. I encourage him to do his own research and find proof as to what really happens after we die. He hasn't really studied religions for quite some time now because

he's far more interested in studying girls and bass guitars. I'm not too worried about it because I know that the seeds of spirituality were firmly planted in his upbringing and at some point in his future he will again look towards the heavens for answers as to where he was before he was born.

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Skye Thomas began writing books and articles with an everyday practical approach to life in 1999 after twenty years of studying spirituality, metaphysics, astrology, personal growth, motivation, and parenting. After years of high heels and business clothes, she is currently enjoying working from home in her pajamas. Go to

to read more of her articles and to get a free preview

of one of her books.

Making Space for Sacred Space

By Stephanie Yeh

When you read a great inspirational book, prayer, or article, don't you think to yourself, "What a great idea! I should do more daily rituals, prayer, meditation."? It always seems like a great idea, right? We know that sacred practices and sacred space bring peace, harmony, joy, and ease into our lives. Sounds like a great idea!

The problem is that the impulse to add more sacred activity into our lives only lasts for a few moments—then life intrudes and we forget all about it until the next time we read something inspiring. So how can we really make space for sacred space in our lives? Luckily it's not as hard as you think. Check out these simple ways you can expand the sacred in your life:

1) **Be Simple and Consistent:** Consistency in creating sacred space is much more important than quantity. Choose one sacred practice you will do every day, and do it every day. Even if you just sit and breathe for 3 minutes in silence, you'll feel the benefit of those 3 minutes throughout your day.

2) **Clear Out the Clutter:** Sacred space means actually having a space where you can be in the sacred. Dedicate one area of your house to the sacred by clearing out all the excess junk, creating an altar or space for sacred objects there, and keeping it fresh with incense, candles, or plants. Keep the area energetically clean with by smudging (get instructions by sending a blank email to

).*

3) **Have Great Beginnings or Endings:** Putting sacred practice at the beginning or end of your day will make it easier to remember and do. Starting your day with sacred practice will bring you peace and awareness throughout the day. Ending your day with sacred practice will help you rest deeply and beneficially.

4) Take Your Sacred Space Outdoors: There's nothing like nature to bring the sacred into our awareness. If you find it difficult to get out of your daily routine indoors, spend a few moments outdoors each day, greeting the sky and earth. You'll be amazed at how fast you connect to the sacred.

5) Move in Sacredness: For those of us who can't sit still long enough to meditate, walking can also be a way to create the sacred. Walking and praying, or walking and talking with our higher powers can create sacred space around you, plus you can take it with you everywhere you go!

Stephanie Yeh is co-founder of the Esoteric School of Shamanism and Magic (

). Through this online school she helps clients use magical and

shamanic techniques to manifest their desires. She teaches clients to use a variety of soft magic (meditation, angels, animal totems, visualization) and hard magic (energy handling, sonics, spellwork,

and tarot) techniques to improve many aspects of life and work, including career, health, relationships, and prosperity. Stephanie has created several online and video classes in conjunction with the telecourse format the school utilizes in her attempt to make this valuable information accessible to as many people as possible.

Stephanie is deeply committed to the study and experience of prosperity and to helping other people achieve and experience prosperity. Through the study and application of spiritual principles, which she is involved with through the Esoteric School and with the help of a strong 15-year network marketing business, Stephanie and her partner have helped many people achieve their prosperity goals. Through her site, Prosperity Abounds (

), she helps others learn to create

abundant health and wealth with spiritual and practical resources including Super Blue Green Algae from Cell Tech.

Currently Stephanie continues her quest to share information with her latest project, a free teleconference series sponsored by the Esoteric School on a variety of magickal and shamanic topics with guest speakers from different spiritual communities.

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