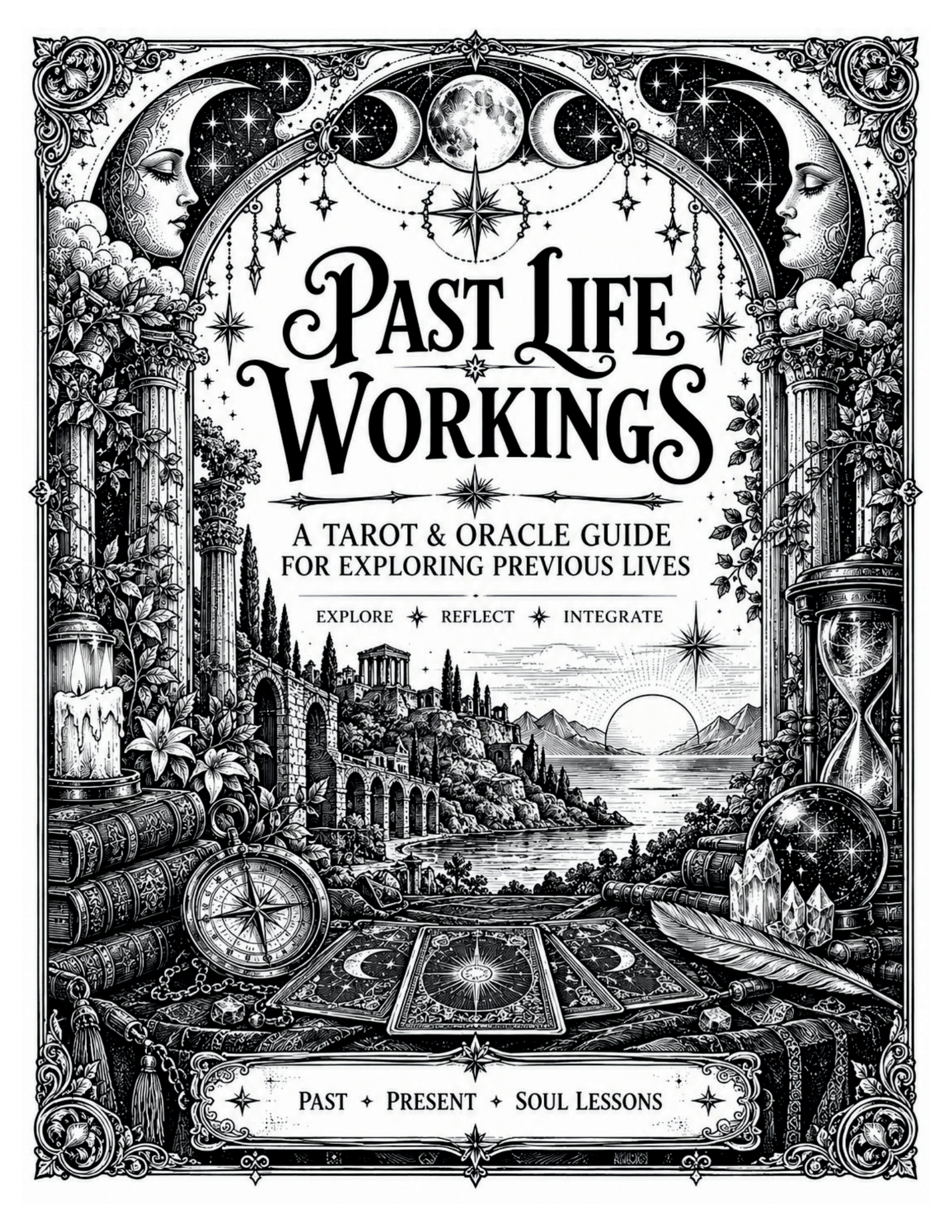


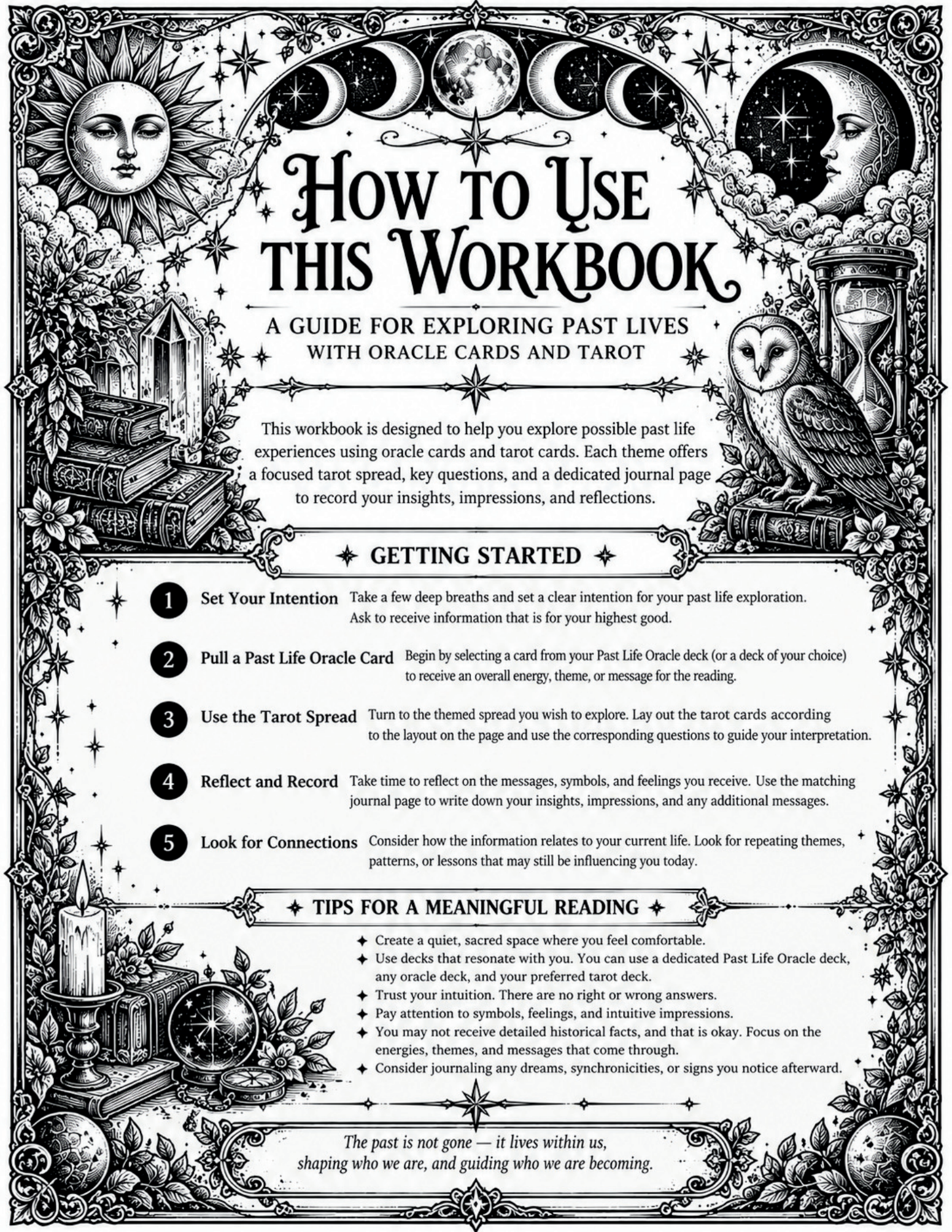


PAST LIFE WORKINGS

A TAROT & ORACLE GUIDE
FOR EXPLORING PREVIOUS LIVES

EXPLORE * REFLECT * INTEGRATE

PAST * PRESENT * SOUL LESSONS



How to Use THIS WORKBOOK

A GUIDE FOR EXPLORING PAST LIVES WITH ORACLE CARDS AND TAROT

This workbook is designed to help you explore possible past life experiences using oracle cards and tarot cards. Each theme offers a focused tarot spread, key questions, and a dedicated journal page to record your insights, impressions, and reflections.

★ GETTING STARTED ★

- 1 Set Your Intention** Take a few deep breaths and set a clear intention for your past life exploration. Ask to receive information that is for your highest good.
- 2 Pull a Past Life Oracle Card** Begin by selecting a card from your Past Life Oracle deck (or a deck of your choice) to receive an overall energy, theme, or message for the reading.
- 3 Use the Tarot Spread** Turn to the themed spread you wish to explore. Lay out the tarot cards according to the layout on the page and use the corresponding questions to guide your interpretation.
- 4 Reflect and Record** Take time to reflect on the messages, symbols, and feelings you receive. Use the matching journal page to write down your insights, impressions, and any additional messages.
- 5 Look for Connections** Consider how the information relates to your current life. Look for repeating themes, patterns, or lessons that may still be influencing you today.

★ TIPS FOR A MEANINGFUL READING ★

- ◆ Create a quiet, sacred space where you feel comfortable.
- ◆ Use decks that resonate with you. You can use a dedicated Past Life Oracle deck, any oracle deck, and your preferred tarot deck.
- ◆ Trust your intuition. There are no right or wrong answers.
- ◆ Pay attention to symbols, feelings, and intuitive impressions.
- ◆ You may not receive detailed historical facts, and that is okay. Focus on the energies, themes, and messages that come through.
- ◆ Consider journaling any dreams, synchronicities, or signs you notice afterward.

*The past is not gone — it lives within us,
shaping who we are, and guiding who we are becoming.*



ARCHETYPE & LIFE THEME

PAST LIFE WORKINGS

(OVERARCHING ARCHETYPE / LIFE THEME)



1



2



3

1

How did this archetype or theme manifest throughout my life?

2

How did this archetype or theme influence the choices I made?

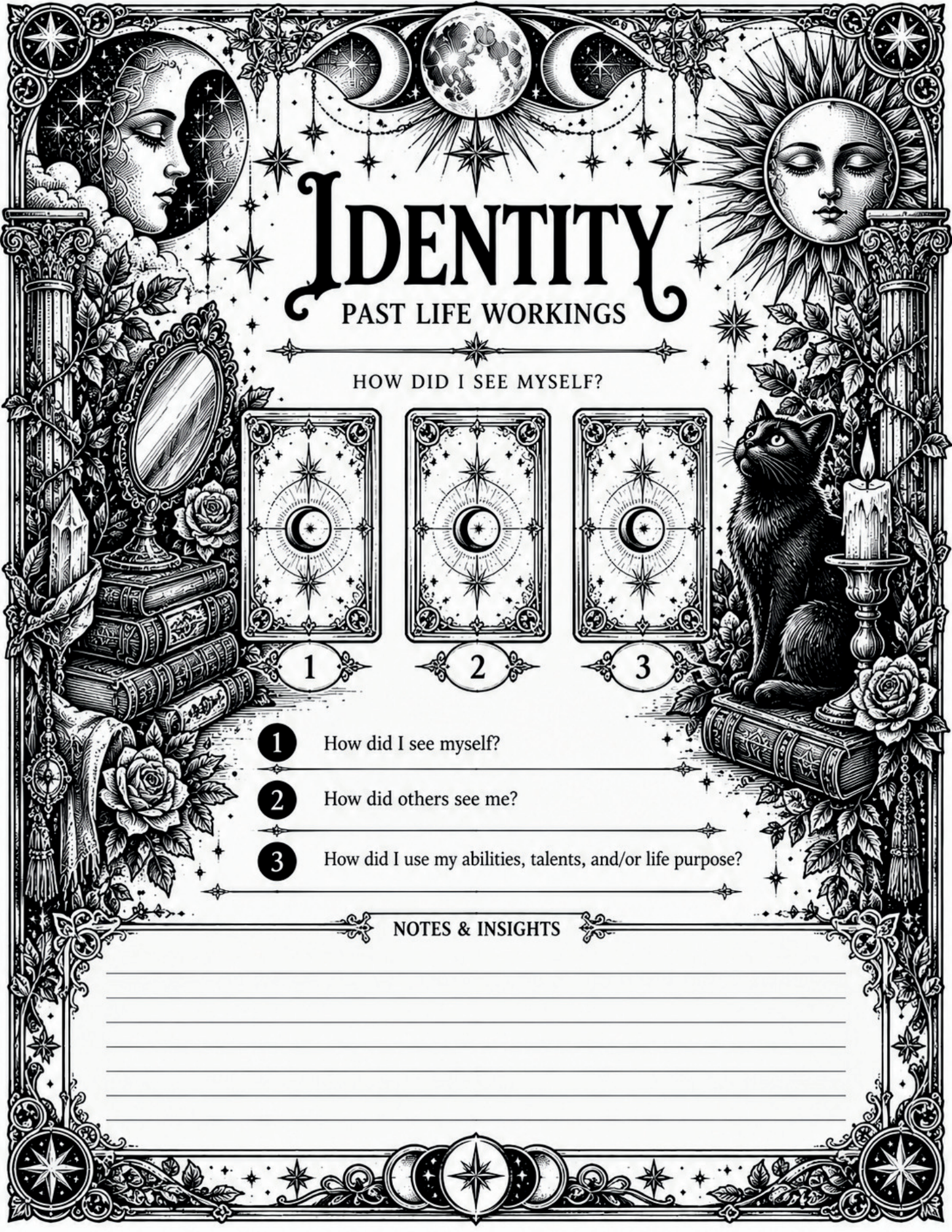
3

How did I embody or express this archetype or theme during that lifetime?



ARCHETYPE & LIFE THEME

PAST LIFE WORKINGS



IDENTITY

PAST LIFE WORKINGS

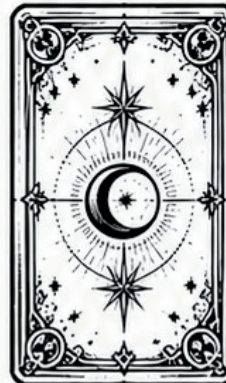
HOW DID I SEE MYSELF?



1



2



3

1

How did I see myself?

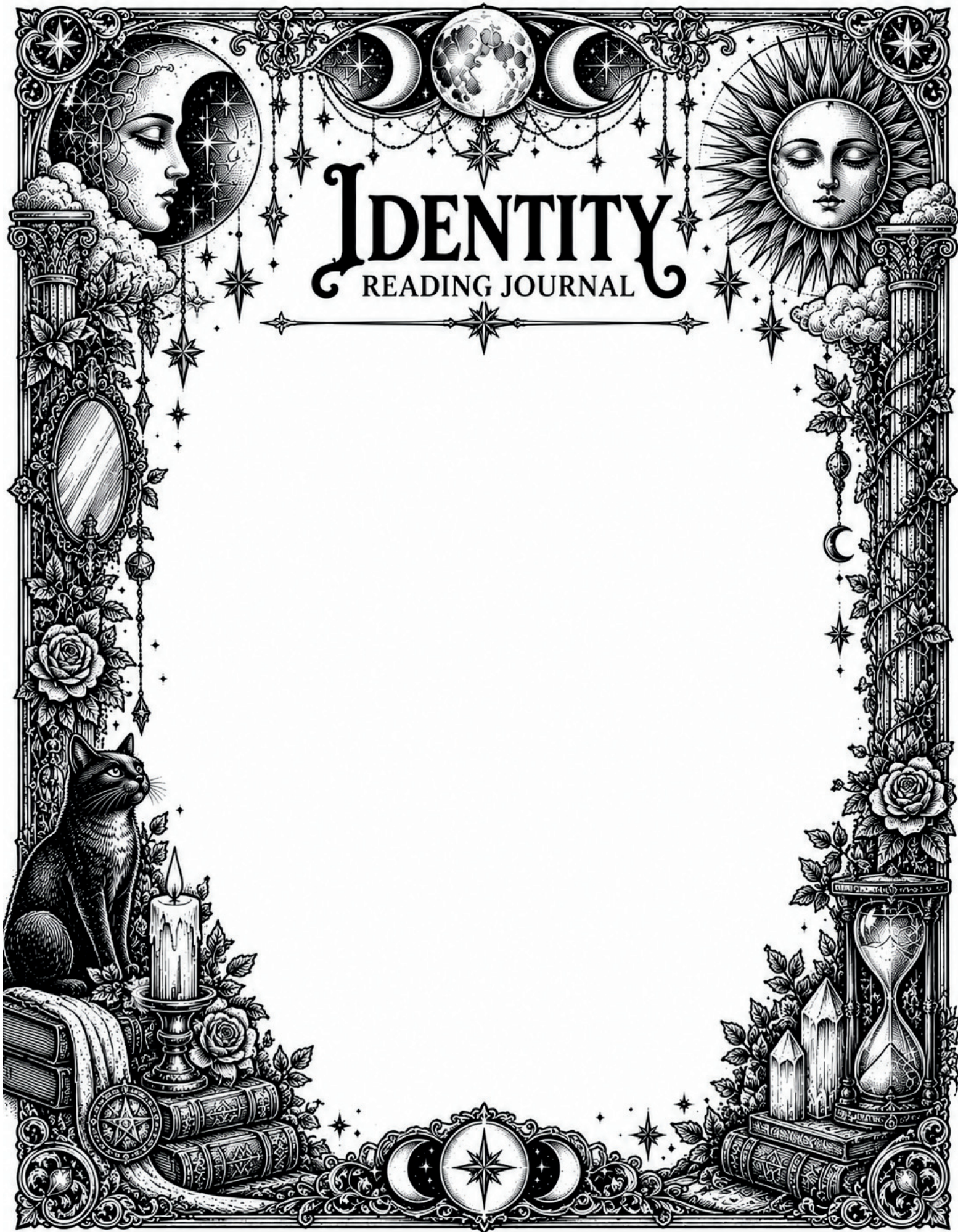
2

How did others see me?

3

How did I use my abilities, talents, and/or life purpose?

NOTES & INSIGHTS



IDENTITY

READING JOURNAL



TIME FRAME

PAST LIFE WORKINGS

— EXPLORING THE TIME PERIOD OF THIS LIFE —



1



2



3

1

What was the theme of that time frame?

2

What was the major challenge of that time frame?

3

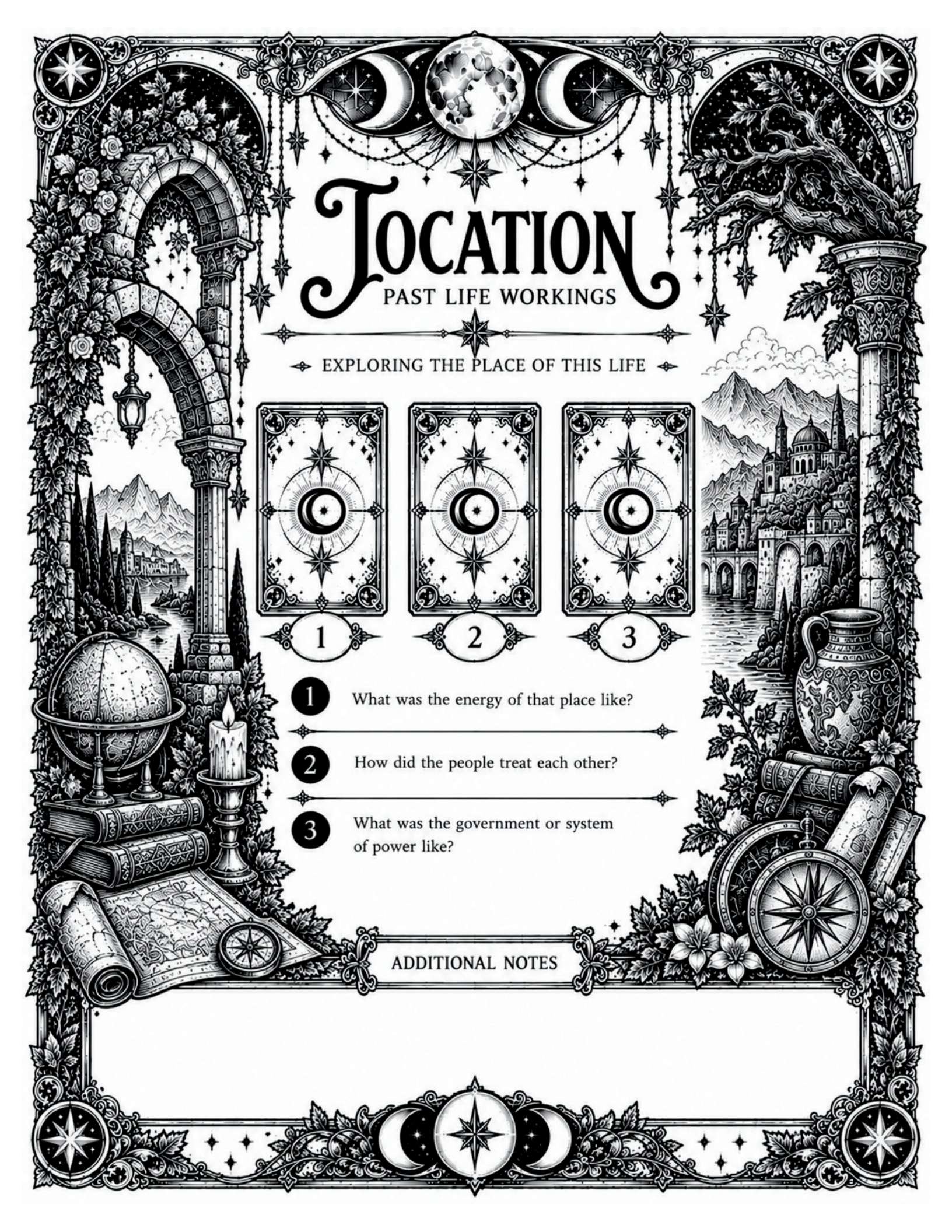
What phase of that time frame was I in?

ADDITIONAL NOTES

TIMEFRAME

READING JOURNAL





LOCATION

PAST LIFE WORKINGS

— EXPLORING THE PLACE OF THIS LIFE —



1



2



3

1

What was the energy of that place like?

2

How did the people treat each other?

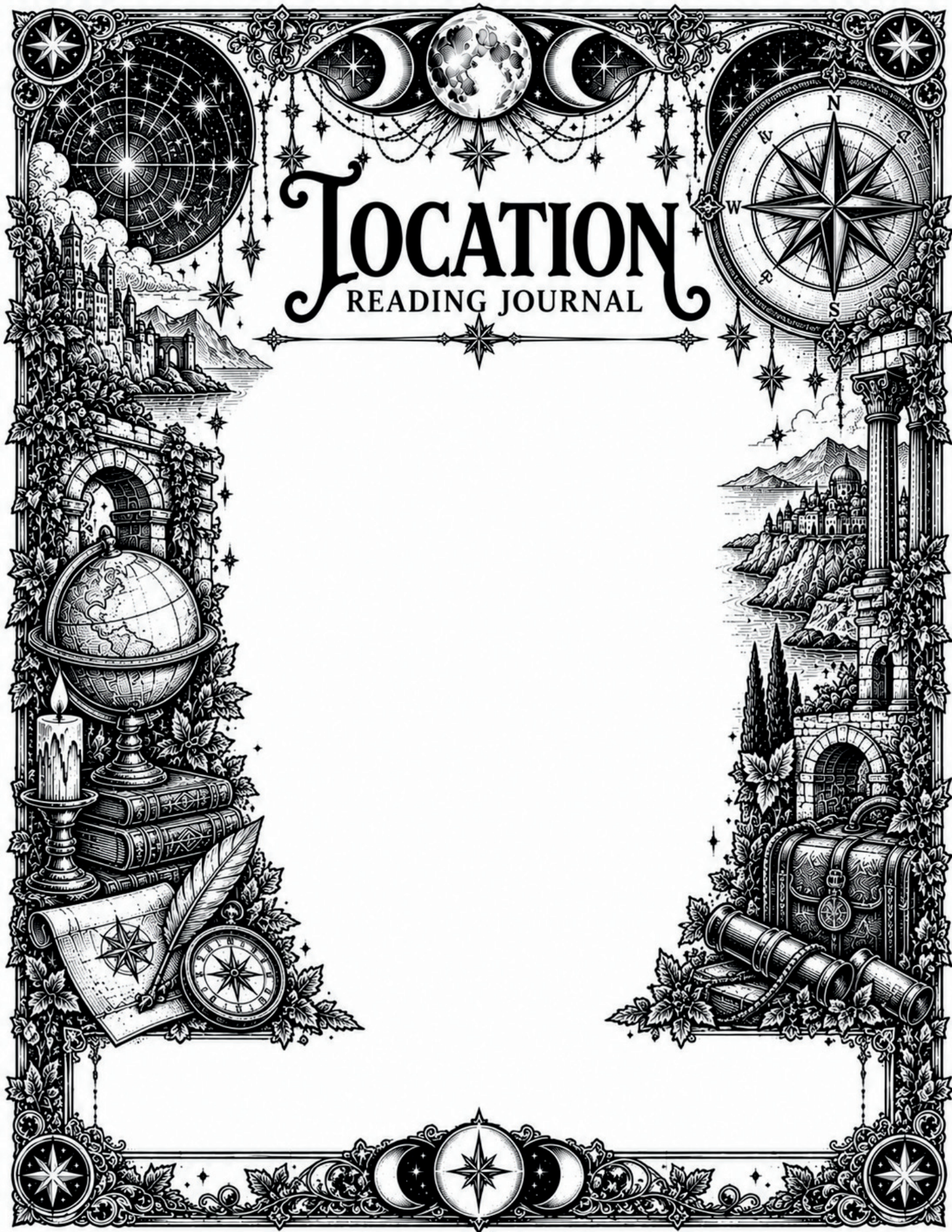
3

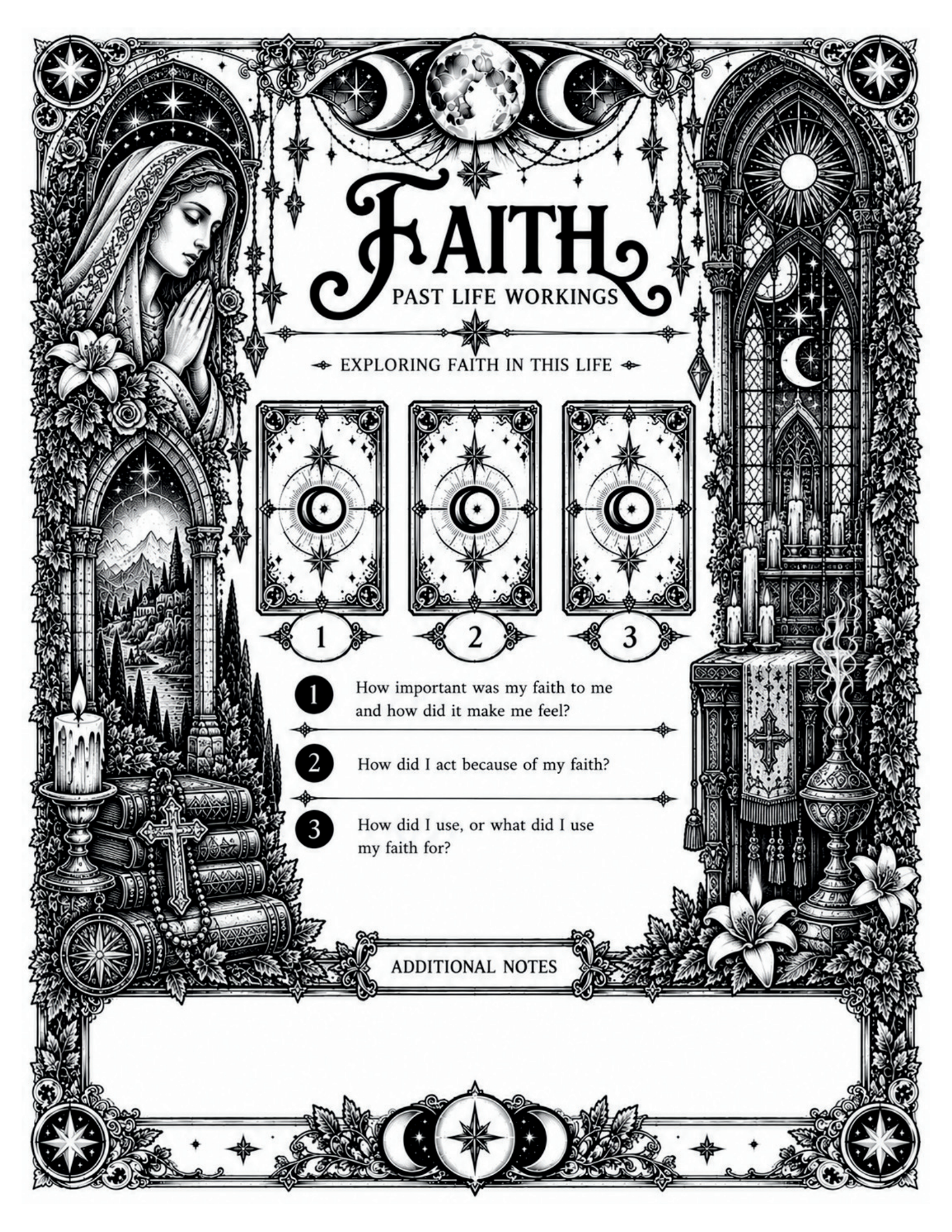
What was the government or system of power like?

ADDITIONAL NOTES

LOCATION

READING JOURNAL



The page is framed by an intricate, gothic-style border. At the top, a crescent moon and a full moon are flanked by stars. On the left, a woman in a veil prays with her hands clasped, surrounded by flowers. Below her is a landscape with a river and mountains. At the bottom left, a candle sits in a holder next to a stack of books and a cross. On the right, a tall, narrow window with a sunburst at the top contains a crescent moon and stars. Below the window is a candelabra with several lit candles. At the bottom right, a large lily flower is visible. The entire page is decorated with various symbols like stars, moons, and floral patterns.

FAITH

PAST LIFE WORKINGS

— EXPLORING FAITH IN THIS LIFE —



1

How important was my faith to me
and how did it make me feel?



2

How did I act because of my faith?



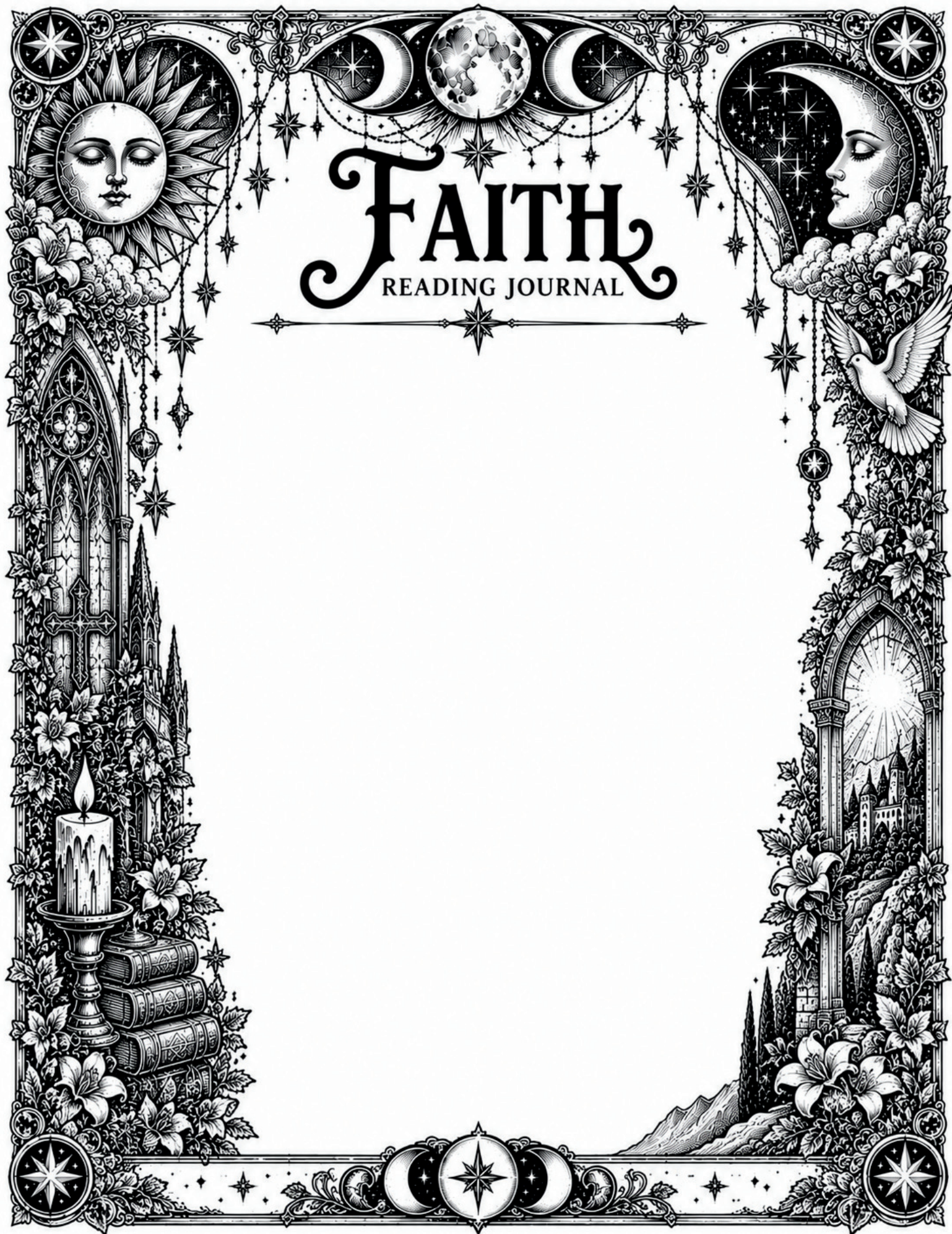
3

How did I use, or what did I use
my faith for?

ADDITIONAL NOTES

FAITH

READING JOURNAL



LOVE

PAST LIFE WORKINGS

— EXPLORING LOVE IN THIS LIFE —



1



2



3

1 How did I experience love?

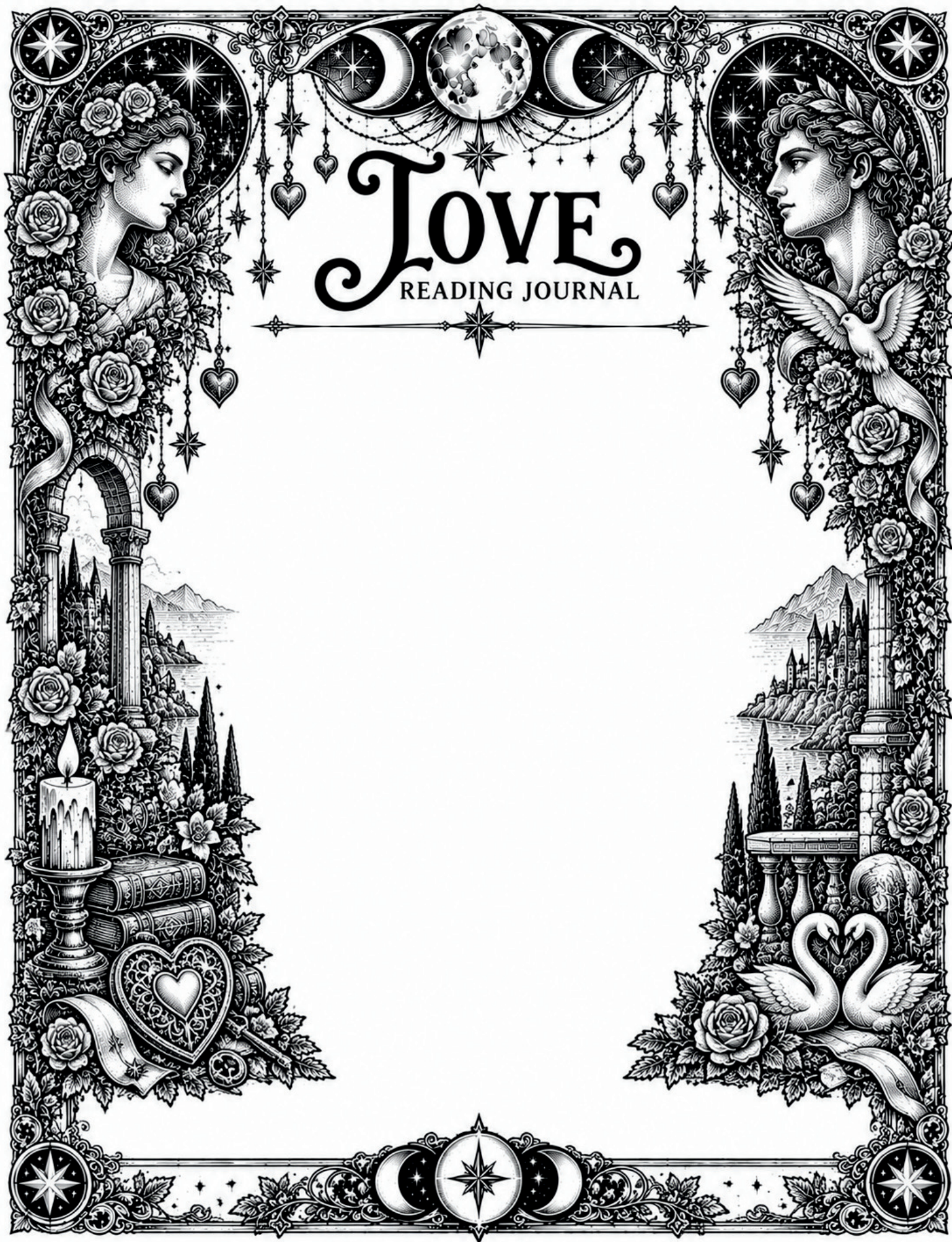
2 How did I express love to others?

3 What was my love life like?

ADDITIONAL NOTES

Love

READING JOURNAL



TRAUMA

PAST LIFE WORKINGS

— EXPLORING TRAUMA IN THIS LIFE —



1



2



3

1

How was I affected by this event?

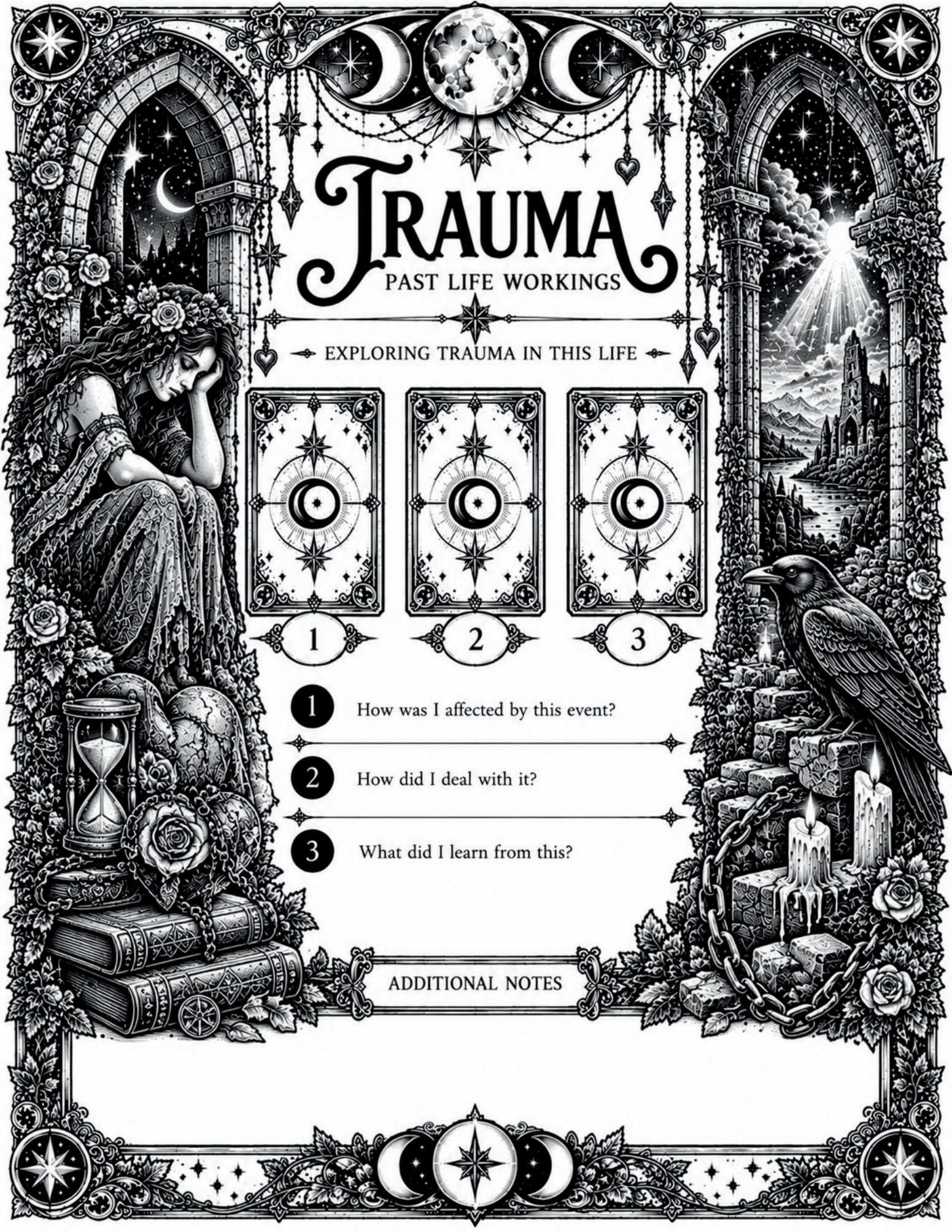
2

How did I deal with it?

3

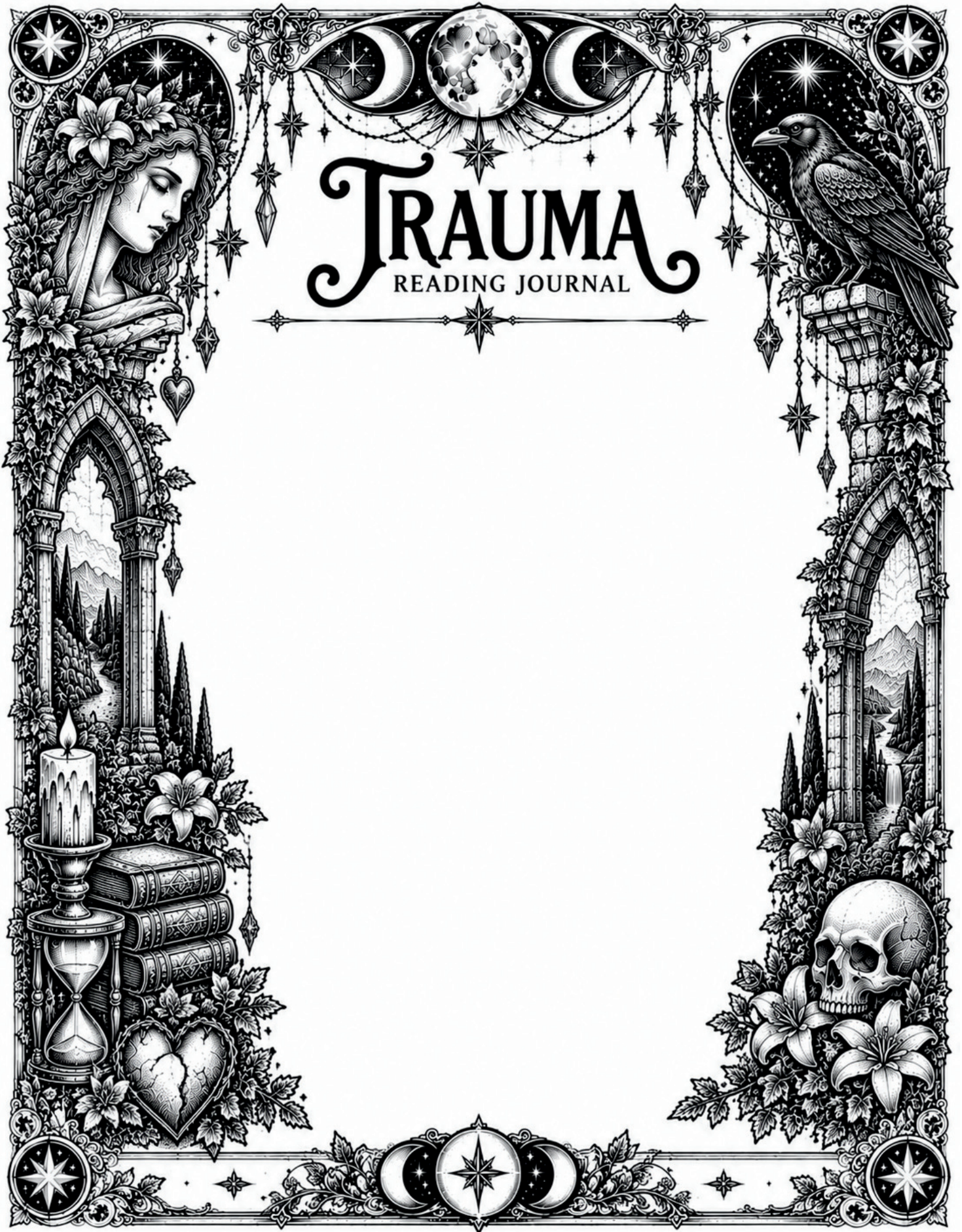
What did I learn from this?

ADDITIONAL NOTES



TRAUMA

READING JOURNAL





DEATH

PAST LIFE WORKINGS

✦ EXPLORING THE END OF THIS LIFE ✦



1



2



3



4

1

Could I have done anything to prevent this?

2

What were my last moments like?

3

What kind of regrets did I have?

4

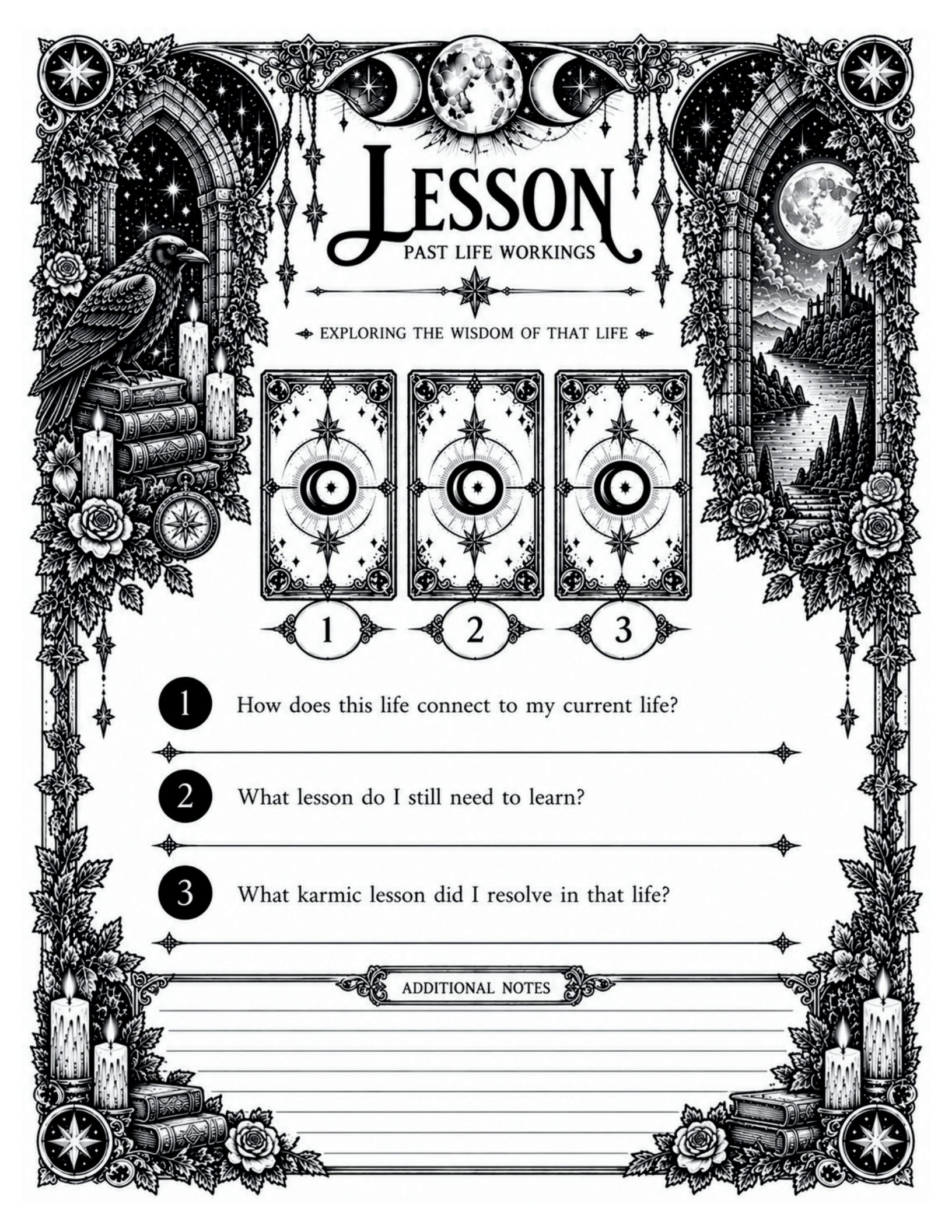
What was my greatest accomplishment?

ADDITIONAL NOTES

DEATH

PAST LIFE WORKINGS

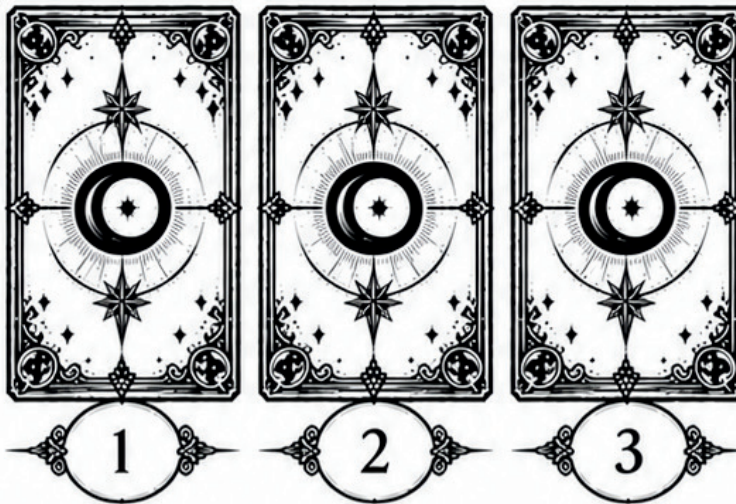




LESSON

PAST LIFE WORKINGS

✦ EXPLORING THE WISDOM OF THAT LIFE ✦



1 How does this life connect to my current life?

2 What lesson do I still need to learn?

3 What karmic lesson did I resolve in that life?

ADDITIONAL NOTES

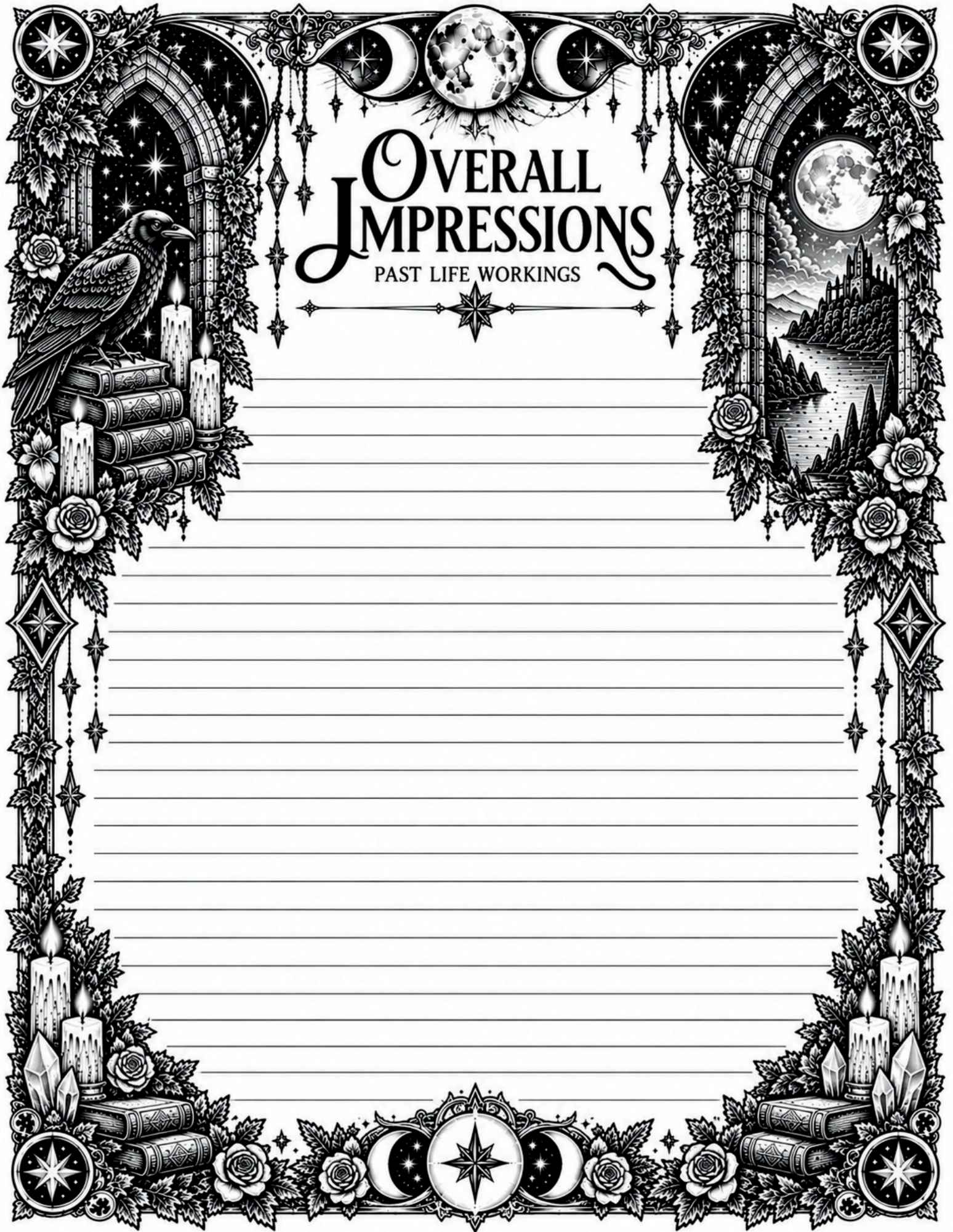
LESSON

PAST LIFE WORKINGS



OVERALL IMPRESSIONS

PAST LIFE WORKINGS



OVERALL IMPRESSIONS

PAST LIFE WORKINGS

