
Spiritual Plain:
A Journey into Past Lives

By PHIL AND ELAINE ASHCROFT

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Introduction

“We are not human beings having a Spiritual Plain A Journey into Past Lives spiritual experience, but spiritual beings having a human experience”.

-Pierre de Chardin (1881 – 1955)

This book is about the start of our personal journey through the past – through the veil of time, from one life and world-view to another and yet to another, on and on, as we traverse and explore our past lifetimes, feelings and experiences of Spirituality.

We decided to record our first-hand accounts of our experiences and explorations Spiritual Plain A Journey into Past Lives of reincarnation and how these corridors to the past brought a great sense of revelation and abundance to our lives today, which we have achieved through past life regression and spiritual readings.

As husband and wife for 30 years, we decided to embark upon this journey because we

reached a point at which there

simply began to be too many “coincidences” in our lives together, along with our 22 year-old daughter, Sarah.

Through our experiences, we hope to Spiritual Plain A Journey into Past Lives share with others how everyone can attain this most humanly unique, rewarding, and life-changing level of consciousness.

Though in many ways we have only just touched the surface in our own experiences, what we have found on that vast plain – that landscape of spirituality that exists within us all – a most marvellous, transcendent, and deeper sense of Spiritual Plain A Journey into Past Lives wisdom, understanding, and peace with who we are and what we mean to each other today.

We would like to invite you to share your beliefs and experiences in the awesome exploration of reincarnation.

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Philip and Elaine Ashcroft

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ELAINE

As strange as it seems, even as a child, and certainly the feelings I had regarding reincarnation in my teenage years, were never questionable. Even at a very young age, my spirituality and the sense of “knowingness” that I had lived before sat beside me all those years like a familiar “shadow”.

Through both spiritual readings and past-life regression, I have had solid visions of several past lives, Spiritual Plain A Journey into Past Lives including a Japanese warrior, a noble Indian lady, and a Victorian housekeeper. Through the exploration of those lives, I have therefore gained a better understanding of my path in this life. For example, on a very deep soul level, I learned that my daughter in this life had once been my mother in a previous life, and through circumstances beyond her control, she had to give me away.

This led to a much greater understanding of my relationship with my daughter today, and helped tremendously in “filling in the blanks” – that moment of truth at which one says, “Now I understand!”

I feel strongly that we all quite deliberately and carefully choose our roles in this life to address and learn from our previous existences.

For example, during my lifetime as a Japanese warrior, I was a very impatient, angry man, dedicated to the Samurai Code. In some way, though not altogether clear to me, I disgraced my family and myself. I could not live with the shame of it and committed Hari-Kari.

My soul evolvment suggests to me that I left that life very troubled in my physical life, with a lot to Spiritual Plain A Journey into Past Lives learn spiritually. Hence, the path I chose for my next life was that of a calm and widely respected Indian lady – to help balance out the shame and disgrace I had brought upon myself as the Japanese warrior.

As a child in this existence, I was once again very angry and impatient – as in most lives, we do reincarnate with much of the same feelings and emotions we have just “left behind” in our soul memory. Yet as I grew older in this lifetime, and with both my parents’ and guardians’ help, I began to see my position in life much differently and watched myself grow into a calm, giving, humble noble lady.

I then grew out of that sense of anger and impatience I had carried over from my time in Japan to a woman of means and position;

in fact, I was very cultured. I wore silk clothes and body jewellery encrusted with semi-precious stones.

During this time, my life was full of peace. From here, I felt that my soul evolved quite naturally into the next life, taking all the peace and harmony with it.

As I transitioned into my next life, as a housekeeper in Victorian England, I remained with this sense of balance, peace, and gentility – and even charted Spiritual Plain A Journey into Past Lives my life to progress and advance my soul development to the extent that, as housekeeper to a very prominent government official who was in secret Spiritual Plain A Journey into Past Lives a very stressed and lonely man, I felt it was my life’s duty to help *him* move through his troubles.

Though of course this man was my employer at a time when servants and employers did not establish relationships, I distinctly felt a strong sense of purpose on his behalf, and I lived, then, in many ways *for* and *through* him – thereby elevating my own soul’s progression in that lifetime.

This man was of course of very high status due to his position with the government, for which he had to keep many secrets, and as his housekeeper, it pleased me to be able to bring a sense of peace and order to his home life, and I also liked to think that I was a direct calming influence on him.

So I was quite happy to be there, just to enrich his life. Again, I felt this was Spiritual Plain A Journey into Past Lives just as much my “duty” as my housekeeping detail.

I did feel love for him, and I believe he did for me, as well, but because of our stations in life, we knew this could never be.

Also, I became close enough to him to understand that he suffered from stomach pain quite frequently, which turned out to be several ulcers gone undetected too long, thus ending his life too early, and after which I was quite sad, indeed.

I distinctly felt that I incarnated Spiritual Plain A Journey into Past Lives in that particular life to bond with this kind but troubled man to help evolve *his* soul to the next level – thus lending him my own peace and calmness from my most recent past life as the noble Indian lady.

Certainly there were imperfections I detected in that lifetime, as in all I have relived through past-life regression and that keen “shadow” of memories, but this particular time in my life during which I was this man’s housekeeper was the part I recall so clearly because it was, I believe, the sole reason for my incarnation into that life. In each of our past lives, we retain and are better able to recall the most significant events to our soul’s evolvment to therefore work through and try to perfect the karma and correct the balance in each life.

I believe it makes good sense that we remember only that which we can use in the present life, as it is only in recalling and reliving specific, even ever so brief yet emotionally punctuated events that we can positively apply to our lives today.

I can “recognize” Spiritual Plain A Journey into Past Lives certain parts of my personality today in each of these lives, for our minds, when trained to move backward in time, naturally usher forth that which will be most useful and necessary to

reconcile problems or difficulties we encounter today – due to the myriad “errors of our ways” in the lives we have all lived before.

PHILIP

Like Elaine, my spirituality resonated very much with the belief that I had lived before, but I’d never really explored or moved beyond that thought. I never looked for the signs of my previous existences – at least not until I met a hypnotherapist who, I found in our conversations, that we shared the same basic beliefs on Spirituality. She had a clear and unwavering belief in reincarnation, and explained how Hypnosis could be used as a tool to access our previous lives, and that she had studied this subject in the U.S. with a noted Psychiatrist and past life regressionist.

It was fascinating to learn how hypnotherapy could be used as Spiritual Plain A Journey into Past Lives a tool to take you back, not only in this life, but to the lives we had lived before. With my enthusiasm and hurry to learn, and, having mastered the technique of self hypnosis I decided to try and regress myself... with startling results. I simply sat in a comfortable chair, in a quiet room, and just follow the basic instructions.

As I went with the flow, in my subconscious, I found myself looking down at my feet.

They did very much seem to be “my” feet, and I didn’t think this strange, but Spiritual Plain A Journey into Past Lives I was wearing a very crudely made sandal-type shoe.

I also noticed my clothing, which felt very coarse – much like sackcloth material. It was a sort of

smock that tied at “my” waist.

After Spiritual Plain A Journey into Past Lives the regression, all of which I remembered very vividly, I tried to place a time frame on where or who I was, which I could not actually do from that brief “spliced-film” sort of vision. However, for some reason, I had an overwhelming, almost “knowing” feeling that the period and place was Saxon Britain around either the fifth or sixth century.

This one vision – this experience, in Spiritual Plain A Journey into Past Lives and Spiritual Plain A Journey into Past Lives of itself, nonetheless moved me so deeply that it seemed like a kaleidoscope view of both that life and others I had lived – many centuries before.

At this point I must ask you to bear with me. As anyone who has ever been regressed into a past life knows – or anyone who has tried, with great effort, to describe a uniquely vivid dream to another person, it often feels nearly impossible to put the scene in place, and the visions, though very real and very much imprinted on Spiritual Plain A Journey into Past Lives my soul, I feel, are nevertheless very difficult to explain in anything other than a rather disjointed, stream-of-consciousness manner.

In part of the experience, the emotion and feeling was that I had two sons who were in danger, as the place they were in was

flooding. I was able to find and rescue my boys from the rising waters, and I could feel the absolute elation and emotion of having saved them.

Next, for a fleeting moment (or so it Spiritual Plain A Journey into Past Lives seemed), I saw a woman wearing long, rather bland, coarse clothing. She had long, thick blonde hair, tied back, and she stood with her back to me. I felt distinctly that she was my partner and mother to my children in that life, but for some reason I did not see her face.

The experiences and emotions I felt continued to rush by very quickly, until I found myself lying on a bed in a large tented structure. By my side were my sons, who Spiritual Plain A Journey into Past Lives were then grown men, tall and bearded. I experienced a very definite, great sense of fulfillment and peace as I felt myself float away, back into Spirit.

When I have spoken to people about my belief and experiences, sceptics and even those who are open to the idea of spirituality and reincarnation have always asked if “passing over into Spirit” is beautiful, and if, when we are there, whether we have Spiritual Plain A Journey into Past Lives a clear understanding of our past life and our soul evolvment.

They also ask me why those in Spirit can't just reach back to the loved ones they have left behind and tell them clearly that they are happy and there is nothing to fear, as those of us in the physical do when we try so hard to contact those in Spirit. They naturally wonder why, when souls do try to reach us, it always appears to be with great difficulty, ambiguity, and lack of clarity.

I must admit that these were questions I had asked myself in the past, as well, before gaining more knowledge, understanding, and Spiritual Plain A Journey into Past Lives experience. The only anchor in the physical life is the love for the people with whom we are Spiritual Plain A Journey into Past Lives making the journey here.

Sometimes people appear to linger on long past what seems possible in the physical, and I believe it is because they must fear, in that twilight space between the bridge of this life and Spirit, leaving behind those whom they love.

When we are called back to Spirit, Spiritual Plain A Journey into Past Lives the Spiritual Plain A Journey into Past Lives pull is so strong, so powerful, that we know with an absolute certainty that our job is done in this life, and we are only too happy to go back to where we belong – and where we've been so many times before.

My analogy of this Spiritual Plain A Journey into Past Lives is, that when we are in Spirit and try and reach back to our loved ones here, for whatever reason, or indeed, when our loved ones try and call us back, it is, for a soul, a feeling very much like trying to breathe in water.

My own experiences have also given me a strong feeling that we do return to life in “groups” – because the love of the soul does not die; only the husk of the physical body.

Chapter One

The Cyclical Nature of Life

Spiritual Plain A Journey into Past Lives

"As long as you are not aware of the continual law of Die and Be Again, you are merely a vague guest on a dark Earth".

Spiritual Plain A Journey into Past Lives

—Johann Wolfgang von Goethe

How Spiritual Plain A Journey into Past Lives is it that we find ourselves longing for places we've never been? How can we miss things we've never had? And Spiritual Plain A Journey into Past Lives how do we seem to know, very strongly, that there are things that we do not need – or want – to experience in this life?

We believe it is because we have experienced them before, in another time, another place.

Spiritual Plain A Journey Into Past Lives

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