PAST-LIFE-BASED COACHING™ DATA COLLECTION

By Marie Alix Ravel, Past-Life-Based Coach™
and author of *Marie-Antoinette's Present,*
and Paul Von Ward, Author of *The Soul Genome*

This packet of forms provides the subject, coach, and others with the framework and suggestions on how to collect evidence for the subject's postulated past-life legacy. It measures the degrees of correspondence of psycho-physical and personality factors between those of the client and the tentatively identified previous lifetime. Its purpose is to enable the subject to be aware of the possible unconscious influence past-lives can have on one's actions and choices today.

To the extent possible, the same categories of physical evidence and other information should be assembled for both lifetimes. If reliable data is not available for the previous personality, inferences should be made from relevant historical documents or cultural research to provide the social context influencing that person's individual personality.

The areas of information called for by the integral Soul Genome Model and the Past-Life-Based Coaching Program™ include images (photos, portraits, engraving, etc), descriptions of each individual's modes of thinking, data about their emotional traits, patterns of the person's interpersonal relationships, and his or her creative interests. The forms also provide for examples of specific knowledge and skills that may transcend both lifetimes, and indications that both personalities may have coincidental events, dates, and experiences that suggest a common memory base.

For each of the above factors, reports from more than one observer are desirable. Written or other recorded stories about both lives should be included if available. Formal evaluations by professionals or biographical accounts by third parties are particularly valuable. First-hand records from the two individuals (such as letters, notes, or other recorded material) are important. Copies or photos of all data are OK.

While it is recognized that all of the above described information may not be available on the posited previous lifetime, the goal is to have as much insight a possible into the previous personality in order to assess the scope and character of the subject's past-life legacy.

For further information, please use the following websites and emails:

Past-Life-Based Coaching at http://www.mariealixravel.com/plbc or mariealixravel@gmail.com
Reincarnation Experiment at http://www.reincarnationexperiment.org

20 CLUES TO EXPLORE YOUR PAST-LIVES

Have you lived before?	Yes	No
1- Do you have a hunger for exploring past lives which is much more than idle curiosity?		
2- Do you have a life-long fascination with a particular period in history?		
3- Do you feel drawn to a specific location in which you have no conscious connection with?		
4- Have you ever sensed that 'home' is somewhere else?		
5- Have you ever felt you were living in the wrong time and you do not belong in the present?		
6- Have you ever had dreams set in the distant past that seem too real to be mere dreams?		
7- Do you have a love for antiques and historical buildings?		
8- Do your hobbies and interests reflect an interest in the past that is unusual for your age?		
9- Is there a piece of music that stirs your emotions with a longing for another place or era?		
10- Do you have an uncommonly strong interest in another culture?		
11- Do you have an unusually strong emotional bond to a friend, family member or acquaintance that cannot be explained by your present relationship?		
12- Do you feel negativity towards someone without understanding why you dislike him?		
13- Are you distrustful of certain people and fearful of your safety and security, although there is no logical reason for your anxiety?		
14- Are there any persistent physical ailments or health issues that you or your doctor is unable to find a physical cause?		
15- Do you suffer from a phobia or irrational fear that you can find no obvious cause?		
16- Do you sometimes have access to knowledge you could not have acquired in your present life?		
17- Are you 'wise beyond your years' or have you ever been called an 'old soul'?		
18- Do you suspect that you deserve more than you have, or that your present circumstances have been determined by something beyond your influence?		
19- When you were a child, did you demonstrate abilities, understanding and knowledge that you were unusual for your age?		
20- As a child, did you ever refer to another home of family?		

If you have more than 7 yes, you may be unconsciously attuned to your past-lives.

PERSONAL DATA

Information	Previous Personality (PP)			Subject (S)		
Family Name						
Birth Family Name						
Other Family Name						
First Name						
Middle Name(s)						
Date and type of birth – Date and type of death						
Birthplace						
Present place of residence						
Other place(s) of residence during the lifetime						
Gender						
Race						
Ethnic/Cultural group						
Present Marital Status (S) or Marital status at death (PP)						
Age(s) at marriage(s) /divorce(s)and date(s)						
Spouse(s)						
Children (girls – boys) and dates of birth						
Abortion – Miscarriage and dates						
Twin (identical or not)						
Other siblings (male - female) – year of birth						
Maternal language						
Second language						
Third language						
Religious orientation						
Level of practice*	Rarely	Often	Regularly	Rarely	Often	Regularly
Primary occupation						
Ideal profession						
Financial class at birth*	Upper	Middle	Lower	Upper	Middle	Lower
Financial situation now or at death*	Upper	Middle	Lower	Upper	Middle	Lower
Level of health*	Poor	Good	Excellent	Poor	Good	Excellent
Special health problems						

*Circle the appropriate answer.

Please indicate important dates and types of events associated with the dates for both life times.

Information	PP	S
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		
Important date and type of event		

DESIRED PHOTOGRAPHIC IMAGES

In order to make the comparisons between the previous personality and the subject, we need images of both parties that include, where feasible, the following features:
- Close-ups of the face, including at least one facing the camera directly,
- Shots of the overall body,
- Pictures of any special birth marks or deformities, significant scars, distinctive postures or characteristic movements,
- Clear images of hair patterns, ears and hands.

Type of Pictures*	Pictures of PP	Pictures of Subject
Attach portraits of each *Match*** Poor | Good | Excellent		
Body *Body type definitions:* *1. Ectomorphic: light or aesthetic body build* *2. Endomorphic: short, broad, and muscular shape* *3. Mesomorphic: lean, muscular athletic form* *Match*** Poor | Good | Excellent		
Hands, ears, hair *Match*** Poor | Good | Excellent		

*Please note that more precise standards can be found at the professional ratings forms at
http://www.reincarnationexperiment.org/researchforms.html
**Circle the appropriate answer to your best judgment.

CREATIVE INTERESTS
(Including Hobbies or Vocational Choices)

This section identifies in which of the six basic vocational categories the subject and the posited previous personality chose to devote his or her creative energies. They may or may not reflect the work engaged in by the individual to earn a living. One's job title or profession in either lifetime may not be important. The goal here is to identify the type of activities that reveal each person's core creative values, skills, and interests. The specific areas of work below are meant to help identify the general categories that fit the individual's personality.

Read the categories below and pick only those descriptive of the previous personality and the subject. Indicate their relative importance to each person by rating the most important # 1 in the box beside PP or S as relevant, with lesser priorities rated from 2 to 6. All six should not be rated unless they apply.

ARTISTIC – Non-conforming, original, independent, creative, and sometimes chaotic individuals. They value beauty and imagination through self-expression, art, and communication. Examples of this category are music, dance, design, painting, writing, and acting.

PP	
S	

CONVENTIONAL – Values precision, attention to detail, and orderly processes. Likes organizational stability, procedures, efficiency and status. Examples of this category are retail, engineering, finance, administration, statistics, and editing.

PP	
S	

ENTERPRISING – Values competition, leading, persuading, selling, dominating, and promoting. It involves risk taking and self promotion. Examples of this category are politics, sales, publishing, consulting, journalism, and business.

PP	
S	

INVESTIGATIVE – Curiosity and learning are the core of this factor, with its focus on systematic or scientific information, analysis, and theory building. Examples of this category are economics, research, mathematics, medicine, and science.

PP	
S	

REALISTIC – Involves working with hands, objects, tools, or machines. Practical, physical, and mechanically inclined. Values tradition and common sense. Good physical coordination with ingenuity and dexterity. Examples of this category are architecture, working with animals, mechanics, computers, cooking, piloting, and sports.

PP	
S	

SOCIAL – Values cooperation, generosity, and service to others. Focus on teamwork and community. Requires people skills, verbal ability, listening, and understanding. Examples of this category are social service, ministry, psychology, teaching, training, and child care.

PP	
S	

How many similarities do you have?

Poor Match	Good Match	Excellent Match
Either 1 or 2	Either 3 or 4	Either 5 or 6

COGNITIVE PROFILE

This factor deals with how the mind works in both PP and S. How does each personality gather new information and then use, analyze, and relate it to existing knowledge in order to draw conclusions? How does she or he handle questions or issues, including a lack of information, and then make decisions? Make your judgments called for below on the basis of the best information you can obtain.

On the scale below are five sets of opposing tendencies, as from an extreme of being almost always "intuitive" to being almost always "rational." There is no right or wrong answer. Each of us has a unique combination of the two polarities. For both PP and S, circle the number where that person would fall on both tendencies in each set, noting whether the circle applies to PP or S.

Mental Tendencies	PP*						S*					
Intuitive	1	2	3	4	5		1	2	3	4	5	
Rational	1	2	3	4	5		1	2	3	4	5	
Experimental	1	2	3	4	5		1	2	3	4	5	
Traditional	1	2	3	4	5		1	2	3	4	5	
Reactive	1	2	3	4	5		1	2	3	4	5	
Disciplined	1	2	3	4	5		1	2	3	4	5	
Global	1	2	3	4	5		1	2	3	4	5	
Particular	1	2	3	4	5		1	2	3	4	5	
Impulsive	1	2	3	4	5		1	2	3	4	5	
Reflective	1	2	3	4	5		1	2	3	4	5	

*Circle the appropriate answer.

Indicate the number of similarities between both personalities. Consider it a match if the numbers selected for both personalities in each set are adjacent to one another, as with # 2 for the PP and either #1 or #3 for the S. How many such matches do you have?

Poor match	Good match	Excellent match
Either 1 or 2	Either 3 or 4	5

EMOTIONAL PROFILE

This scale describes how each individual reacts to daily life and the social environment, particularly in stressful work or personal situations. What is his or her level of energy when involved in a normal routine? Is this person's emotional state in normal circumstances different from public or professional situations?

Each continuum reflects a range of degrees between two extremes of a given characteristic (as described in the previous Cognitive section). There is no right or wrong answer. All of us fall somewhere on the spectrum from 1 to 5 for each trait. Circle the figure at the most appropriate respective point for both S and PP based on the best information you have on the two lives.

Emotional Profile	PP*						S*					
Warm	1	2	3	4	5		1	2	3	4	5	
Cool	1	2	3	4	5		1	2	3	4	5	
Confident	1	2	3	4	5		1	2	3	4	5	
Worried	1	2	3	4	5		1	2	3	4	5	
Manic	1	2	3	4	5		1	2	3	4	5	
Depressed	1	2	3	4	5		1	2	3	4	5	
Calm	1	2	3	4	5		1	2	3	4	5	
Anxious	1	2	3	4	5		1	2	3	4	5	
Optimist	1	2	3	4	5		1	2	3	4	5	
Pessimist	1	2	3	4	5		1	2	3	4	5	

*Circle the appropriate answer.

Indicate the number of similarities between both personalities. Consider it a match if the numbers selected for both personalities in each set are adjacent to one another, as with # 2 for the PP and either #1 or #3 for the S. How many such matches do you have?

Poor match	Good match	Excellent match
Either 1 or 2	Either 3 or 4	5

INTERPERSONAL STYLE

This factor focuses on how one engages with others. It involves our prejudgments and habitual ways of responding to people in a variety of circumstances. Each set of tendencies reflects a range of degrees between two extremes of a given trait (as in the previous two personality factors). The numbers in-between reflect more or less of a tendency. All of us fall somewhere on the spectrum from 1 to 5.

Interpersonal Style	PP*						S*					
Uninhibited	1	2	3	4	5		1	2	3	4	5	
Timid	1	2	3	4	5		1	2	3	4	5	
Active	1	2	3	4	5		1	2	3	4	5	
Passive	1	2	3	4	5		1	2	3	4	5	
Independent	1	2	3	4	5		1	2	3	4	5	
Dependent	1	2	3	4	5		1	2	3	4	5	
Extraverted	1	2	3	4	5		1	2	3	4	5	
Introverted	1	2	3	4	5		1	2	3	4	5	
Trusting	1	2	3	4	5		1	2	3	4	5	
Sceptical	1	2	3	4	5		1	2	3	4	5	

*Circle the appropriate answer.

Indicate the number of similarities between both personalities. Consider it a match if the numbers selected for both personalities in each set are adjacent to one another, as with # 2 for the PP and either #1 or #3 for the S. How many such matches do you have?

Poor match	Good match	Excellent match
Either 1 or 2	Either 3 or 4	5

COINCIDENCES AND REPETIVE PATTERNS

Describe, if any, types of situations or actions in past lives that appear to have been repeated in the present life. This may help the subject to become more consciously aware of inherited predispositions or deeply ingrained patterns. Compare the challenges and responses in both lifetimes.

Patterns*	PP	S
In general relationships *Match* *Poor* *Good* *Excellent*		
In romance or intimate relationships *Match* *Poor* *Good* *Excellent*		
In finance *Match* *Poor* *Good* *Excellent*		
In work or profession *Match* *Poor* *Good* *Excellent*		
Psychological *Match* *Poor* *Good* *Excellent*		
Spiritual *Match* *Poor* *Good* *Excellent*		

*Circle the appropriate answer after comparing the PP and S.

KNOWLEDGE CORRESPONDENCES

While the other factors involve patterns, profiles and levels of development, this section includes specific areas of knowledge that may have been carried forward by the subject. Some may be spontaneously recovered, but other details may come through dreams, meditation, or hypnosis. To be included here, they should be corroborated through documentation or verifiable information from the past. While not necessary for corroboration of a past life match, they do add texture to the evidence. Note particularly any areas of knowledge or skills that manifest early in life where there has been no training or other opportunities for the individual to learn or acquire them.

Describe any nightmares, dreams, visions or memories that seem to have a basis in a previous lifetime.

SHARED PREFERENCES

Note preferences or inclinations in both parties toward choices related to dates, names, locations, people, symbols, art, literature, music, cultures, foods, languages, types of friends, leisure activities, etc. Indicate the sources of this information.

PAST LIFE IMPLICATIONS FOR PRESENT LIFE

On the basis of an apparent or past-life legacy, do you see any possible explanations for any of your behaviors, actions or choices up to this point? Describe your understanding of the possible influence.

What would you like to change in this life either to take advantage of the apparent legacy or to change the inherited patterns in a new direction?

If it were possible for the soul to change decisions made in that past life, given your perspective today, what would you have it to do differently? How would such alternatives have changed your soul-genome legacy? Would they have resulted in different patterns inherited by you? Can this knowledge help transform your life?

Based on this new perspective, what new initiatives do you envisage?

Dates of compilation: from_____to _____ Compiled by:_____