

A Summary of 16 Clues to Your Past Lives By Barbara Lane

Get ready for a journey in self-discovery! Searching for clues to a past life can be an adventure into awakening. You can begin to understand yourself as a multidimensional being with a larger perspective than just your current life.

Clue 1: Interest in a Certain Historical Time Period

Do you have a fascination for a certain era or eras in history? Which history class did you like best? Medieval or Renaissance era? World War II? The Wild West. Do you enjoy movies of a particular historical time period? Perhaps you had a life during that time.

[General George Patton: Was World War II just another toga party? He believed he had fought wars in several lives, including in Rome.](#)

Clue 2: Fascination with a Geographical Area

Have you been drawn to a special geographical area, climate or setting, wanting to travel or live there? Ireland? Egypt? The mountains? The ocean? Have you felt particularly comfortable or uncomfortable in places you have lived or visited? Have you had de'ja vu moments where things seemed familiar? Maybe you had a life in that place.

[Shirley McClain wrote about her fascination with Machu Pichu and her several returns to that area.](#)

Clue 3: Art, Artifacts, Music, or Dance that Resonate

Do certain paintings, sculptures, art works or artifacts haunt you? Do you resonate with a particular style of art or certain artists? Are you drawn to classical music or jazz of past eras or maybe drumbeats and Native American chants? Do you love an Irish jig or perhaps prefer a South American Salsa? Is there an African mask or a favorite historical artifact displayed on your shelves? A strong interest in any of these areas of the arts is likely indicative of experience with them in another life.

[JFK and Jackie Kennedy: Perhaps comparisons to Camelot were no coincidence.](#)

Clue 4: Your taste in Fashion, Jewelry, and Home Decor

Looking at your taste in clothing, do you recognize a distinctive style, such as a sporty look, a prairie look, the cowboy or intellectual look? Is there a historical or geographical slant to your dress? What architecture do you like? How would you describe your style of decorating your home? Analyzing your taste in these areas can give you clues past-life living conditions.

[Could Cher have been a past-life fashion queen based on her taste in costumes?](#)

Clue 5: Movies and Books that Resonate

What are your favorite movies? Do you resonate with Civil War movies, or cowboy Westerns? Perhaps historical films such as Schindler's List or Saving Private Ryan could stir emotions buried deep within you. The same can hold true with books. Do your favorites over the years give you any clues to a possible past life? The author, Barbara Lane, writes that her favorite book, The Mists of Avalon set in Arthurian times, rings true to her possible past.

Were John Wayne's cowboy roles good acting--or remembering?

Clue 6: Vocations, Avocations, Education

Take a look at your talents, your hobbies, and your career path. Have you had a strong interest in certain areas since childhood? What did you love to play as a child--being a teacher, a pilot, a firefighter? Are you especially talented in specific areas? Did certain subjects in school come naturally easy for you? These questions could lead you to clues about occupations in past lives. Your natural talents may have been perfected in past lives.

Steven Spielberg: His movie directing began in childhood; perhaps the theater was his life in another time.

Clue 7: Knowledge or Talent Beyond Experience

Does an ability or talent seem to come naturally to you, such as a sport, a musical ability, or perhaps a grasp of mathematics? Do you notice that others can't do certain things as well as you can? Have you instinctively known information? Shirley Temple began to sing and dance at age three, exuded charisma and star quality, and was signed at three years old to a movie contract. Edgar Cayce indicated that about 35 lifetimes were required to attain the prodigy expertise of a master such as Handel or Beethoven.

Shirley Temple: If it takes 35 lifetimes to become a child prodigy, she must have been on life 35.

Clue 8: Childhood

Many entertainment personalities knew from childhood that they would be actors, directors, or radio personalities. Howard Stern always knew he would have a radio show. Jim Carrey and Tom Hanks knew they would be actors. Bill Gates knew he would have success as a computer whiz. Did you repeatedly pretend to have a certain occupation when playing as a child? Did you prefer a certain costume at Halloween? Did you have a fascination with a certain time period as a child?

Jay Leno was funny even as a kid. Did he practice in a former life?

Clue 9: Recurring Patterns

Have you noticed unresolved issues in your life? Unexplainable patterns that repeat themselves? Have you had ongoing relationship problems or money issues? Do you repeatedly find yourself in relationships where you're the caregiver or a victim? Do you see recurring patterns in your career, your health, or self-esteem? If you see toxic patterns that repeat themselves, they may be clues to past lives. Becoming aware of such patterns can begin the process of change.

Princess Di: Perhaps royal intrigue and neglect had been her companions more than once.

Clue 10: Physical Reactions, Sensations, Emotions

Fears and Phobias can originate in a past life, especially at the time of death in that past life. Fear of water may indicate death by drowning. Strong reactions to fireworks, especially as a child, may indicate experience in battle in a past life, fear of fire may stem from having died in a fire. Sometimes in past life regressions, the reasons for recurring pain, fear, or condition is discovered. In that case, the problem usually begins to disappear in the current life. Does a particular smell, sound, sight, taste, or touch prompt an emotional reaction? Do you have any birthmarks that may present a clue to an injury in a past life?

[Woody Allen: His dislike of crowds may have stemmed from a more reclusive lifetime.](#)

Clue 11: Dreams and Visions

Have you had returning dreams or daydreams? Are any of the distant past? Have any of your dreams been instrumental in changing your attitude about death? Are there any cultural or historic clues in your dreams? Have you known details in your dreams that you would have no way of knowing? Are some dreams more able to be remembered like they really happened? These situations are would-be clues that you are remembering a past life in your sleep.

[Martin Luther King? Did he spend lifetimes setting his people free?](#)

Clue 12: Déjà vu

Déjà vu is a fleeting glimpse or glimmer of another place or time. It makes you think, “I have done this before.” “I remember this situation already happening.” It’s often so subtle that we just shrug our shoulders. But it can shake us to the core. Has a certain historical or geographical place or circumstance felt strangely familiar to you? These instances may be a quick remembrance of another life.

[Elizabeth Tayler: The hair, the jewels, the Cleopatra role—maybe she’d done it all before.](#)

Clue 13: Strong Feelings About Someone You’ve Just Met

Sometimes we may meet someone for the first time and somehow recognize them from a former life. If they had been a good friend or loved one, you may have had an immediate feeling of love for them. If they had been someone you disliked formerly, you may have felt an immediate dislike. Have you ever experienced “love at first sight?” Or felt a strong and innate dislike for someone, although there is no conscious reason to feel this way?

[Elvis: The King was fascinated with the Sheik \(Rudolph Valentino\); coincidence or past-life synchronicity?](#)

Clue 14: Preferences and Personalities

Lane has regressed many Civil War reenactors who discover a life as an actual soldier in the war. She writes about Oprah’s life-long fascination with slavery and her promotion of movies about slavery, *Beloved* and *The Color Purple*, and makes the case that Oprah may be continuing where she left off in a past life as a slave herself. Do you feel more empathetic toward one race, group of people, a cause? Do you have strong views about an issue and yet don’t have a logical reason for it? Do you like or dislike a group of people, such as people in leadership roles, for no apparent reason? Your answers to these questions may be clues to who you were.

[Oprah Winfrey: She may have known slavery’s history up close and personal.](#)

Clue 15: Joking About Past Lives

Lane writes of a comedian with who she had a conversation about jokes. She believes, and he agreed, that there is often a basis of truth underlying the heart of the joke. When we joke about a past life, she feels there may be truth there. The information, she says, comes from the subconscious, but since reincarnation has not been part of the norm in Western thinking, we filter these past-life details through humor. Have you ever joked about who you might have been in a past life? Or told someone they must have been an older brother or your father? Can you look at current relationships and envision that your roles were different in the past?

[The Marx Brothers: From court jesters to stand-up comics?](#)

Clue 16: Synchronistic Experiences

By paying attention to synchronistic events in our lives and acknowledging them, we can begin to recognize their significance as a gift of understanding. When unexpected things “click,” we can see that we’re on track and start to see patterns in our past lives. Can you identify any synchronistic occurrences? Can you recall any chance happenings involving relationships, career, or your living situation? Can you see a pattern of seemingly inconsequential events such as messages on license plates, repetitious numbers on clocks, affirmations that come from television or other people?

[Ted Turner: Was his Gettysburg role a walk-on or a “walk back”—in time?](#)