

Here are one client's previous grand cycles in order. I omitted the roles except where it is relevant:

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The sentient life form of that planet somewhat resembles a cross between an elephant and a hippopotamus, but with a little more dexterity. It was a peaceful and artistic species that built remarkable stone structures for religious and artistic purposes throughout all the places they lived. Almost everyone was engaged in these creations when not feeding. Food was pretty plentiful. They also engaged in terraforming.

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This was a lovely, cloudy, colorful planet reminiscent in some ways of Venus. The life form for incarnation was, to your current eyes, ethereal, sylph-like, where there was much emphasis on merging with other souls (something done more frequently on the astral plane). Many souls engaged in artistic endeavors using natural phenomena to create ephemeral works of art. Another focus was communication of complex emotions and sensations.

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This planet had a slightly slower vibration than Earth currently does, but the sentient life form was somewhat humanoid. It was slightly more warlike than current humans but never "progressed" beyond simple weapons, so less harm was done. Their ethics were similar to those of a children's game of tag, in that if someone was even slightly injured, they were expected to leave the battlefield, so few died from war. It was also strictly forbidden to attack civilians, and most fighting was limited to agreed-upon battlefields. The specific spots were not agreed upon but general areas away from settlements were.

Populations stayed low because the species wasn't very fertile; babies came once in a while. However, disease was rare, and few died in childbirth, so this was not a problem. All young men except for the rare disabled ones participated in these wars, but they were somewhere between Earth's wars and videogames or sporting events. The possibility of injury was a little higher than with, say, U.S. football, but most men looked forward to participating in these annual events. The side that won gained possession of a symbolic trophy for the rest of that year and had certain privileges which included more and better food, and a little bit of additional prized land.

What you liked most about this planet was the camaraderie that often developed, mostly with others on your side, but even with those you fought sometimes. There wasn't the extreme animosity that war brings on Earth.

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Your sentient life form was amphibious, rather like a large toad that walked in a slightly humanoid manner. The planet was shared by another sentient species that was birdlike. So both species could live on land, both ambulating on two legs; yours also was comfortable in water, and the other one could fly short distances. There were generally good relations between these species but communication was limited. Both recognized the high intelligence of the other but assumed that the other's wasn't as great as their own. Each mostly minded its own business.

It was possible for the souls who incarnated as the amphibians to also incarnate as the birds (and vice versa), but most did not, thinking that the other's experience wasn't that interesting. However, you were one of the few who had lifetimes in the birdlike species (three of them). That gave you a feeling in the amphibious lifetimes that followed that you knew a secret that your fellows didn't have. To the birds, you were mentally handicapped because you had no experience navigating that lifeform and society; it was as if you were a first- or second-level infant soul incarnating into a young- and mature-soul society.

As an exchange, you parented souls on three occasions who mainly incarnated as birds. They navigated your culture a little better than you had navigated theirs, because it was less complicated.

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This was on an interesting volcanic planet in a lifeform composed of a combination of something similar to lava and plant matter that grew in heat. The incarnate soul resided on the upper physical plane rather than on the astral and was thus able to more directly shape and move this form as a way to interact with the middle physical plane minerals, plants, and bacteria. There were some rudimentary animals on this planet but this sentient species did not have much to do with them.

Incarnation was somewhat akin to playing vivid, exciting video games for souls, because there was almost no pain. Although the moving center predominated, there was also intellectual activity—souls would gather to explore the ramifications of their experiences. Their movements

recreated the surface of the planet, a little more permanently than building sand castles at the shore, but it was a similar idea.

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In this cycle, the life form resembled Earth's squids. Your role was sage. You again wanted to revisit some possibilities of this role. The entire planet was covered by water, although it was relatively shallow by Earth's standards. The theme of this species was play. There was little violence or hardship. The challenge was to find new games, resulting in surges of life force. Lifetimes were short and there were a lot of them.

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This planet was airy and cloudy, of low density, infused with sunlight and starlight rather than being dark and overcast. It was a relatively low-stress cycle, being about exploring ease and flow. The lifeforms were sylph-like. The societies formed there were surprisingly erudite and philosophical. There were telepathic exchanges with two other sentient species that shared the planet, one of the water and one of the land. There were also occasional transmissions from sentient species on nearby planets that were particularly prized and committed to memory, especially from fire beings living on the surface of one of their suns who were revered as wise ones.

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This was a volcanic planet that endured a somewhat continuous stream of explosions. You were air-based creatures, similar to your conception of sylphs, so these explosions were not detrimental to your existence and formed the basis of your spirituality. They were seen as being caused by the resident divinities. You were an artisan and found them exciting, for the most part, and sometimes scary.

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You were incarnate in a light/fire-based life form on a hot planet on its way to becoming a sun. The infinite variations of light and energy you could individually and collectively generate largely mirrored your rich emotional life. Relationships were largely the exchange and generations of emotions. It was far more subtle than anything you could experience as a human. There was also, of course, an intellectual component but it was not really a verbal experience.

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This was a planet in which sound vibrations played a large role. Hearing was the primary sense. What might be experienced as disturbing sounds on Earth were generally not on this planet. It is similar to the way that some people find loud music exciting and others, disturbing, but some of the sounds on this planet were like your jackhammers and often far more intense. The sentient lifeform's whole body was an organ of hearing, made of a substance you are not familiar with, but rock-like with more plasticity. It was mobile but relatively slow-moving.

You might say that on the physical plane of that planet, every soul got some in-depth lessons in vibration. The communication had both pitch and rhythm, and a sort of 3D spatial component. It was more intellectual than music; we'd go so far as to say that this planet didn't really have an equivalent to instrumental music but that all their communication was song-like and could convey subtle understandings.

You were a priest. When you were able to be attuned to essence, you worked to be a sort of tuning fork to help others attune to theirs. There was a whole religion around that, attempting to create more harmonious vibrations without losing touch with the nature of that particular kind of physicality. It's not unlike the spiritual path on Earth, a more literal version, you might say.