



# SOULLIFE™ PERSPECTIVE FOR EVERYDAY PEOPLE

## My Spiritual Journey

By Toni Reilly

**At thirty-six, when my marriage broke down, I felt compelled to find out about this psychic ability I supposedly possessed.** At my next reading I asked how it was possible that I did not know I had these skills. The reader asked **"when are you ever quiet?"** I answered truthfully with, "Only when I am asleep!"

He told me that meditation was the only way to allow me to take notice of my innate sensory system. I left that reading on a mission to find a meditation class. At that stage, I knew Buddhist monks meditated, so I assumed that was where I had to begin my search. The Internet was already established in the mid 2000's; however, spiritually-oriented sites lagged behind in digital technology, so selection was limited. A website popped up for a woman who appeared to be an everyday person with no signs of flowing gowns or crystal balls. I emailed to express my interest in her development classes; in response, she rang to tell me more about her teachings. I was beside myself with excitement and could not wait to attend.

The very first time I sat in meditation clear images appeared in my mind; even though I did not understand them, I could see! All of my extrasensory perceptions were stimulated. I continued with those classes for a couple of years. In the early days, I experienced prolific insight, visions and feelings, which collectively spelled out who I was by highlighting my innate character, my fears, my patterns, along with guidance to ensure I understood why I was being made aware of these attributes.

When I started those classes, I had recently made the statement to my new partner that, *"I do not have any issues."* So I was shocked when every meditation, another messed-up part of me was revealed. I had issues, lots of them!

Once, when I was paired up practicing psychic messages, my partner said, *"you do not value yourself."* I cried. It occurred to me that being as passive as I was in my relationships, stemmed from not valuing myself. From then on reflection and personal development resulted in self awareness.

The book *Many Lives Many Masters* by Dr. Brian Weiss was extraordinary and for the first time I knew what I was here to do. Regression formed a climactic piece of the jig-saw puzzle for meeting my destiny. I was unstoppable, on a mission. First I needed to fix my own idiosyncrasies, three issues, as they directly related to how my future was unfolding. I booked in for past life regression both the experience and results were miraculous; I had to learn how to do this.

I was a natural, confidently facilitating past life regression for clients usually achieving outstanding results. I was guided to keep notes of every session for future reference during my quest to understand human nature. By observing people I developed therapies, which healed people. I created programs and training to share with others what I discovered. I devised philosophies about the purpose of life, and wrote about them in my book, *AWAKE The Purpose of Life and Why You Are Here.*

My universal assignment is the same as yours, to experience emotion and the treasures in life which a body enables. Touch, taste, sound and feelings. The euphoria of love, the devastation of grief are all from the purpose of life.

Self awareness is the ultimate spiritual journey leading to acceptance, tolerance and compassion. Birth is the beginning of each earthly incarnation and at death we transition to our blissful energetic soul existence every time.

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### Toni Reilly Institute



**Toni Reilly, Founder**

Toni Reilly is an author, speaker, seminar leader and internationally recognised Regression Facilitator. She is the creator of SoulLife™ Programs, Seminars and Training, guiding thousands of clients worldwide with her unique intuitive approach to personal transformation.

SoulLife™ philosophy, techniques and tools are for people who want to enhance their intuition and overcome emotional bruises to feel content while living with purpose, confidence, love and healthy relationships.

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