

*The Masters'*  
*Reincarnation Handbook*

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*The Masters’  
Reincarnation  
Handbook:  
“Journey of the Soul”*

Channeled by  
Toni Ann Winninger

Compiled by  
Peter Watson Jenkins

*~ Celestial Voices ~*

# **The Masters' Reincarnation Handbook**

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# *Reincarnation, A Fact of Life*

This is a small book with a big message. Most of it was composed at Home in the spirit world, not here on Earth. The authors, a large group of angels and senior spirit guides, are called Ascended Masters. They dictated details to Toni Ann Winninger, who is a psychic clear channel. Translation into English from their own vibrational language took place in Toni's subconscious mind; she carefully typed their dictation as the words entered her consciousness.

The next step in the publishing process was in the hands of Peter Watson Jenkins, who studied the typescript to make sure that most people would be able to easily understand the way in which the Masters' facts were being conveyed. Wherever the translation was unclear he submitted his requests to the Masters for clarification. The

resulting manuscript was edited by Sonia Ann Ness, assuring the proper use of syntax and punctuation. Then, with all changes noted, the revised text was taken back to the Masters for their comments, to allow them to make modifications or additions to the final draft, which they did.

*Why all this fuss?*

The Masters regard this little book as their definitive statement on reincarnation—the journey of the eternal soul from its spirit Home to planet Earth and back again. They intend that this work should be helpful for souls in human form wishing to understand more fully their nature and the purpose of their being here. They anticipate that, based on this text, several more simple books may eventually be written to help young people grasp the nature of life and older people prepare for their transition Home at death.

*Is this some kind of religion?*

Not so, according to the Masters. The root of the word “religion” means “to bind together” and is seen by them as involving human organizations created to direct,



influence, and even control the human minds of adherents. The Masters do welcome the warm spirit and good works of religious communities, but they also encourage people to think for themselves and not depend on religious organizations to do the thinking for them.

Reincarnation is about the rebirth of souls in one human lifetime after another, how and why this journey of the soul takes place, and the reason for it all. It is not in any way a speculative statement but the facts of life itself—the journey of the soul.

One day Nathan, a senior writer on the Other Side, dictated a little piece imagining someone eavesdropping on a conversation between two souls who had recently completed an assignment. The first soul had remained on duty in the spirit world:

*I was working here as a guide for others. It is absolutely amazing how dense and dumb humans can be once that amnesia about who we really are kicks in. I had one soul who went through five, count them: five spousal abusive relationships before she got the point that she could walk away. Kept thinking it was what she “deserved.” Reminds*

*me of those stupid fraternity pledge things where the kid says, after a good whack with the bat on his bare butt, "Thank you, sir; may I have another?"*

The comment of the other soul gives a clue to the purpose of such experiences:

*I've decided that I'm going down as a woman this time to see what it is really like to be abused. I can't imagine that it will take me that long to find my own inner strength and self-worth so that I can move on—but we shall see!*

The Masters' stated purpose in this book, to tell us the truth about our soul's life, is very important to them and they are wholly serious in presenting this communication. However, in working with them on several books over the past five years, we know them to be a bunch of likeable, happy, and fun-loving spirits. They live in a delightful realm of unconditional love and personal equality. This is the spirit world's "Home," which is wholly free from judgment and negativity. To some of us here on planet Earth, Home may seem a bit bland without human rivalry and danger, but it is sheer perfection, the essence of the divine.

Getting to understand our spiritual need to fully appreciate the nature of unconditional love, the energy of the Creator, is the reason for our being down here in the polarized world of human society. And to help us understand all this more readily, this book is presented as an instruction manual for our enrichment. Ponder it well.

*Toni Ann Winninger  
Peter Watson Jenkins*

# The Masters' Reincarnation Handbook

# *The Handbook*

*The What, Why, and Wherefore of Life*

# 1

## Source and Souls

### **Source**

There is in existence an infinite sentient presence which is all-powerful, all-knowing, possesses limitless creative power, and is present everywhere. To help you understand we shall simply call this presence "Source."

Source has no constant form that can be perceived but is an energy that is amorphous (cloudlike) and that permeates

everything. Its all-powerful essence is one of unconditional love and perfection.

To enrich its knowledge, Source desired to gather information and evaluate all the possible experiences it could ever envision. This work was all contemplated to enable it to comprehend more fully the glory of its own perfection. Relying on its creativity, it developed a way to experience that which was not perfection.

Source created planet Earth, a world that exists in total duality: everything that exists there also has a polar opposite present. This permits evaluations to be made of every experience souls have while in human form.

To start this process, Source split off fragments from itself, which it called souls. The duty of these souls was to enter the Source-created duality to experience the opposite of their own perfection. As each soul's stay upon the planet was completed, both soul and Source would then possess a greater wisdom of the less-than-perfect, and thus would have a better appreciation of the nature of perfection.

## **The Dimension called “Home”**

For the sake of simplicity we will say that Source and all other souls remain in the original energetic dimension from which Source began its evolution. Human beings may wish to refer to this place as “Home.” All energy in this spiritual environment has the nature of perfect unconditional love.

Souls leave Home for planet Earth in order to experience lessons there. They return Home to appreciate, understand, and affirm the wisdom their journeys have afforded them.

Each soul leaves a portion of itself at Home at all times. The purpose of remaining partially at Home is to be connected to the whole wisdom of Source, to maintain the flame of love within itself as the soul undertakes further adventures.

## **Time, Space, and the Universe**

Time, recorded by humans, is peculiar to planet Earth. It is measured by Earth’s rotation around the sun, the center of the solar system. Such measurement is meaningless away from Earth since there is no standard by which to evaluate the passage of time in space or on planetary surfaces of varying sizes and at different

distances from the sun. This fact creates some difficulty in talking to non-physical spirits about time since they have no point of reference. To them all occurrences exist at the same time. This is useful, however, when people wish to visit a past life to find out about a continuing lesson.

To human minds "universe" is a term encompassing the whole creation visible to human optical systems, including all the celestial bodies and the space in between these solid masses. To Source and all souls the term includes everything that exists, whether physical or energetic.

Within the universe, as perceived by human beings, there are a number of other planets which also have souls experiencing different types of lessons. None of these planets duplicates Earth's energetic duality. Some of the non-human souls are contained in body-shells that appear similar to the human body, some are different, and some souls maintain their energetic formlessness without containment.

### **The Purpose of the Soul**

The creation of individual souls took place when Source broke off parts of itself in order to be able to have experiences which



were then outside that unconditional love of which it was composed and in which it existed.

Souls maintain all of the glory of the Source from which they arose and to which they remain energetically connected. Those who choose to come to Earth to experience duality, where everything has an opposite, initially enter the Earth plane with amnesia concerning this duality, their mission, and their personal past.

Full recollection of the particular experiences of each soul is kept in a recorded volume called its Akashic record. Whenever the soul is at Home it has instant recall of all these entries. While human it is in a fog of forgetfulness obscuring all its previously gathered wisdom. During that soul's physical life it may clear enough of the fog from its memory to enable it to recall sections of its past which can help it with its present life.

Because the soul needs a duality to evaluate any experience to know its worth, it can only add knowledge to the compiled wisdom of self and Source while incarnate in a physical body. Further, the experience becomes joint wisdom only when all aspects have been dissected within the polarity, and

the purpose for each action and the result of each is completely understood.

### **The Reason for Incarnation**

While the soul is present at Home it exists in unconditional love. No negativity whatever creeps into any facet of that existence. In order to understand how wonderful that state of unconditional love truly is, the soul has to experience being without it.

While at Home, the soul and Source are composed of amorphous energy which swirls around, comingling and sharing in the beautiful energy in which all exist. In order to feel any negativity or lessening of that fantastic energy, a soul must have a physical body. A body provides the nerves and emotions for the sensation of negativity or loss to be felt.

There are many types of negativity, or the absence of unconditional love. First come the strong emotions of the human psyche. The many possible mental and emotional incidents all provide separate life-lessons. An incarnate soul may choose to experience anger, hatred, betrayal, worthlessness, self-negation. Other negative experiences may be physical, possibly including cancer, broken bones, and torture.

For all of these to be perceived a physical body is absolutely necessary.

### **Planet Earth and Other Places**

In Source's search for a place to have souls experience a variety of emotional trials, it decided to create a classroom where the lessons could be intensified. This would be a location of absolute duality where nothing exists in a vacuum but all energies would have a diametrically opposed force. The school was planet Earth, whose energy then became polarized. Earth is unique. No other place in our perceptible physical universe was created as a duality.

Other places were created for souls to have physical encounters, but all these places were dedicated to single intensified experiences: conflicts; various forms of communication such as music, shape, color, vibrations, thought transference; studies concerning physical conditioning and mental ingenuity. In other places areas are reserved for the discussion of intellectual and philosophical matters. In some of these locations the Soul does not need a physical body at all but rather whatever form or shape will permit an evaluation of the lesson being reviewed.

## **Nurturing the Soul's Growth**

All souls have a theoretical knowledge of everything, but they will not have the total wisdom of a subject until they have tasted of it themselves. This is the reason that souls continue to reincarnate, coming back to Earth time and again.

Here is one example of this principle: People see astronauts fly into space, walk around in zero gravity, tethered to the space station, bounce on the surface of the moon, and endure the pressures of takeoff and landing. If the observers haven't actually done this work themselves, they can only imagine what stresses are endured by the body, what emotions are generated in the mind—and what relief returning to safety feels like. The wisdom of the event can exist only for those actually taking part.

Souls who are fresh from the warmth of unconditional love start out with simple tasks—to find out what each of the major emotions feels like in a body. Then they will move on to major projects with more complicated scenarios. Each incarnation nourishes personal growth, knowledge, and understanding. Life-lessons become more complex, and an individual soul may finish its cycle of incarnations by searching for the

true meaning of love and bringing the sensation of unconditional love into the physical body.

As a soul's personal growth during its incarnation approaches its fulfillment, it awakens to its own essence, recalling some of its wisdom gained in previous lives. Then, having a measure of self-awareness, it will generally choose to reach out and assist fellow souls who are struggling to awaken.

### **The Advisory Council**

Each soul chooses what to do and what to learn during its time on planet Earth. This selection, made both at Home and on Earth, involves the soul's ability to exercise its freedom of choice.

The soul does not have to make its pre-choices in a vacuum. Each individual soul has an advisory council, almost always 12 in number, which offers it assistance. The council is composed of colleagues who agree to help the individual soul research how it would like to focus its experiences and what preparations are necessary for success. These souls may be close friends, or from the same soul group as the soul who is making the journey, or specialists in a

specific subject area that the incarnating soul wishes to experience.

Once the soul has dropped into a body, the council does not actively interfere with any aspect of the physical life but watches and waits for requests for help.

### **The Soul Group**

When Source began breaking off pieces of itself to make individual souls, those who came into being at about the same moment made plans to help each other with the life-lessons they knew they wanted to have. Souls generally ask for assistance from their soul group, those closest to them in point of origin. A strong inter-connectedness binds the soul group, which may number as many as 144 individuals.

Souls make important contracts with members of this group because they know them best and they feel most able to depend on them when their presence is needed. Generally group members have about the same number of incarnations and are similarly advanced and at an equivalent level of wisdom.

## **Soul Mates and Twin Flames**

Soul mates are those other members from the group with whom souls repeatedly incarnate, and on whom they rely for their most vital learning contracts. For example, if a soul wants to experience being totally dependent during a lifetime, it can contract with a soul mate to be a drunken driver who runs it over and turns it into a paraplegic.

Each soul has between 18 and 24 soul mates with whom it works time after time. It is not unusual for a person to have feelings for a soul mate even the first time they meet in an earthly lifetime. It is almost as if they have known each other for their whole life. They may even find they share dreams or memories in common.

A twin flame is the other half of the last division each soul has from Source. Consider Siamese twins who have been separated. For a period during their early life they did everything as one person. Once separated, they reach out for the one who was once a part of them.

Joining with a twin flame completes that entity and whenever that takes place nothing else seems to matter to them! When (as happens quite rarely) twin flames do get together during a lifetime, sparks will fly,

providing both are at the same level of awareness. If ever twin flames become romantically entwined it is like being back Home. They share the wisdom of the ages in an aura of unconditional love.

It is not always wise for a soul to plan to meet its twin flame on Earth because then it will not want to learn any lessons but simply share physical pleasures with its twin. It is not unusual for twin flames to cut themselves off from family, friends, or even the rest of the world to be together. Both pieces of a "flame" may not be on Earth at the same time.



# 2

## From Home to Earth

### **Freedom of Choice**

Once it is decided that a soul is going to have an experience on Earth, the first and foremost universal law comes into play—the soul's freedom of choice. Everything that happens to the soul at any stage of its existence, whether physical or non-physical, is determined by that soul's own choice.

All that happens in every second of the day on Earth is not pre-determined, but the desired major life-lessons are decided well in advance. For instance, if a soul wants to experience being fully dependent upon another, it may achieve that state by being born malformed, or by becoming an invalid, or by being the property of another. The final decision how this will happen may not come until the life is in progress, and may

even change along the way if a soul decides to try the experience in another manner.

The pattern of how a soul's life is lived is determined by its freedom of choice. It begins with making the choice of the human belief systems to follow in daily life, and extends through choice of employment, spouse, and even when it is time to return Home.

### **Choosing Experiences and Contracts**

The soul has met with its council and decided what experiences it wants to have; then it seeks to make contracts with other souls to help it to fulfill those desires. It continues by discovering which other souls from the group have planned an incarnation at about the same time and may be in a position to help (being the right age and in the right place). Discussions then begin to establish how they may be able to assist the soul and how that favor may be returned.

Sometimes, when this planning stage begins, incarnating souls discover that some major project is going to take place on Earth. It may be a famine, an epidemic, the creation of a dictatorship, or some other regional or global event that would fit into the soul's lesson plan. The soul decides if

participating with the masses will fulfill this requirement. Agreements are then forged with all the souls involved to ensure they will have the desired experiences. These are referred to as contracts.

### **Negativity as a Choice**

Looking back through human history most people might say, “I wouldn’t want to be a slave or a slave master.” However, if a soul wants to experience control in all its aspects, it can learn that lesson by being both the oppressed and the oppressor. Remember, only on Earth can souls have an experience of negativity. At Home all is unconditional love. Negative emotions represent the most dramatic opposite of love that can exist. Sociopathic behavior, such as murder, psychosis, and hate, is uniquely possible on Earth. If a soul incarnates but always chooses to be loving, kind, and good, it might as well stay Home.

### **Choice of Parents, Gender, Gifts**

Having completed the decisions about whatever life-lessons it wants to experience, a soul starts considering the stage setting for the drama. It looks around and decides what type of parents will

facilitate its goals and also considers whether the parents' own journey would benefit from having it as a child. So it makes a contract with them.

Next, what gender will make it easy or difficult to accomplish the soul's plans? (Gender may complicate or facilitate some lessons, such as being female in a male-dominated society, or being homosexual or bisexual or transgender.) The soul asks itself if gender is a major or minor aspect of its human life. Decisions are made accordingly.

The soul will also ask if it has any skills developed in prior lives that will not interfere with its learning but will help with some other things in this new life. A soul might bring its music, its communication skills, or even its psychic abilities into play. Being a prodigy can present terrific lessons to learn about emotions, interactions, and dealing with people and their prejudices, but a soul does not want to bring so much forward that it only ends up dealing with past issues and not learning anything new.

### **Physical connection with the Fetus**

When contracts have been made for a soul to become the child of a couple, it may help

choose the time of conception. With the conjoining of sperm and egg the soul will connect with a tiny energetic string to the fetus, thereby staking its claim to that particular body.

Older souls who have been in bodies many times are not always ready to jump right in; they want to say goodbye to their friends who remain at Home, and watch how their new family is getting ready for them. Some younger souls may enter the fetal tissue fairly soon after conception because they wish to experience the entire growth process.

Whenever the soul chooses to fully inhabit the fetus, it must be before the fetus leaves the womb. If a fetus leaves the womb without a soul it is not energetically viable and cannot sustain life. The soul never enters the fetus after it leaves the womb.

### **Miscarriage and Abortion**

This topic is a very emotionally charged issue for many human beings. Before we begin let us say clearly that a soul never dies. Therefore a miscarriage or an abortion is not the killing or death of a fetal soul. It is the cessation of the bundle of cells that was

growing as the result of the union of a sperm and egg.

Miscarriages are usually the result of a contract made by the mother and father of the cell bundle to deal with all of the emotional results of losing a baby at an early stage of development or even right up to birth (a stillborn baby). In a very few instances, the soul assigned to a fetus may decide that it is not ready to come to Earth at that time and breaks connection with the fetus, causing it to cease functioning. Remember, the soul always has freedom of choice to do this.

The act of having an abortion is a lesson that some souls wish to experience. All the emotions of selfishness, guilt, regret, disdain, and much more, come flooding in from their self and from their relatives. The woman is in a cauldron of stormy feelings and needs to see the lessons she sought without shutting herself down to the event. When, prior to incarnation, an abortion is arranged as a life event, a soul may not even be assigned to that fetus.

### **Physical and Soul Interaction**

At no time during the life of a body is the soul one hundred percent encapsulated in

the physical shell. A portion of the soul always remains at Home. Part of the non-physical soul also forms what humans call the unconscious mind and we call the higher self.

The higher self has many different layers, which all have access to the wisdom that the soul has gained in prior lives (the Akashic records). While in physical form, the easiest layers to contact are the levels just above the conscious level of awareness. These levels of awareness can easily be reached during meditation and through hypnosis.

When a soul completes the lessons it has incarnated to learn, it finds it can bring forward wisdom from its higher self to help teach other souls how to experience life and be more in touch with the higher or deeper levels of their own higher selves. This is frequently referred to as “awakening.”

### **Downloading the Records**

When the soul has chosen to come as a new human being it needs some guidelines to help it on its way. It comes down to Earth with amnesia concerning what it has contracted to learn. Complete recollection

would not allow it to experience the lesson—it would just observe.

Some of the guideposts a soul can follow are contained in the contracts it has made. For example, in order to experience addiction, it may have chosen an alcoholic family; or a lesson in sexual ambiguity may have been selected. Both these lessons can be contained in DNA records. As the soul enters the fetus the necessary DNA is downloaded into the fetus for it to have the chosen propensities.

Also contained in the DNA records downloaded into the new body is the residue of lessons not completed in prior lifetimes. Some human belief systems would refer to this as “karma;” we simply see it as not-yet-completed lessons. DNA generates thoughts, fears, propensities, and desires that were extremely strong in a past life, but where the root of the lesson was never reached, the emotion is still charged and firing.

### **Amnesia**

The downloaded records do not fill in any of the facts that are concealed by the amnesia. The curtains which the amnesia draws over the contracts and lessons the soul has made



may be pulled aside as each one of them is completed. The soul may understand why something has occurred and choose not to repeat it.

On the other hand the soul may complete an action, such as being abused by a spouse, and learn to get out of the situation, but still fail to learn why it happened and therefore get into another spousal abuse situation. This can repeat as many times as necessary until the lesson is completely understood. One lesson may even be carried over into a subsequent lifetime if the lesson never gets understood. Amnesia will keep it hidden until understanding is complete.

With a lesson such as spousal abuse, when the woman appreciates that she does not deserve to be a punching bag, and understands the lesson that she is worthy and equal to her spouse, she walks away and will never have to look back. Any amnesia surrounding similar issues of lack of self-worth and equality will start to clear so that she may see the whole picture around those issues.

## **How Soul Lessons are Learned**

The simple way to explain soul lessons is to say that the soul wishes to have the wisdom concerning an action, emotion, or situation which is other than the unconditional love it experiences by being at Home. At Home, Source and all souls possess the knowledge of what every soul has ever experienced. They do not, however, have the wisdom of the experience unless they have performed, lived through, or been a part of the experience itself.

All souls have knowledge about the Holocaust, for example, but only those souls who took part in one way or another have complete wisdom of the physical, mental, and emotional extremes that the events caused the human body and psyche. In other words, living through an experience is the only way possible to gather wisdom from that experience.

Here comes the limiting factor: for a soul to truly have the full wisdom of a situation it must understand why each party did what it did. This can only be done when the soul reaches inside the body and evaluates the experience with its heart and essence. This is the central experience of the Earth lesson journey.

## **The Ego and the Soul**

The polarity of planet Earth creates a unique thing within the human body which is called the ego and is the Earth-master. It tells people whether they are rich, successful, popular, or playing the game of life as their society wants it played.

The measurement device of the ego is judgment. This calculates right or wrong according to the recognized belief systems of others. Ego takes all decisions out of people's hands and places them in the hands of the society. Everything people do gets judged. Consequently, individuals never ask themselves whether they feel like doing something, but rather want to know what is expected of them.

When a soul is wholly controlled by its ego it cannot learn soul lessons. This is because the soul is no longer exercising its freedom of choice to gather knowledge; it is merely following the mandate of others. The soul must become aware of its own power. It must recognize its ability, first to make choices, then to evaluate everything that it perceives, and finally to decide if something can be learned from it and whether or not it is something that needs to be repeated.

Facts with which the ego deals come from outside the body. They are put into the brain through the eyes or the ears. These are the spoken and written ideas of other people and are accepted most of the time without question. Knowledge with which the soul deals can be found within. It comes from comparing feelings of past experiences with feelings of unconditional love.

To use the soul to learn life lessons one must ask, "What do I *feel* about this?"—never, "What do I *think* about this?"

### **Accidents, Disease, and Old Age**

Accidents, disease, and old age are all ways for souls to learn lessons. Truly, there is no such thing as an accident because any event engaged in was chosen by the soul to learn something about itself and its lessons. It may be the prelude to a major change in life that finally prompts the questions, "Why did this happen? What did I learn from this situation?"

Disease, in the soul's view, is best called "dis-ease" because the body is out of balance with itself. It gives the soul many opportunities to see the effect of the choices it has made. The body is composed of an energetic life-force flowing through a skin-

covered container. Everything that humans do affects the flow of energy in one way or another. When people become nervous, the systems of the body go into overdrive causing spasms and extra-acidic conditions. Holding back on emotions or thinking only negative thoughts will shut down the flow of energy. This prevents areas of the body from getting nutrients or causes blockages that interfere with the energy flow. Humans can put any part of their body out of whack by thoughts. Correct the thoughts and the flow resumes.

Old age may be part of a life-lesson to go from independence to dependence. The pain, incapacity, or mental confusion in old age may all be a soul's lessons or those that a soul mate wished to experience by being responsible for someone later in life.

### **Heaven and Hell**

Home is a place of continuous unconditional love. Duality exists only on planet Earth. The concept of heaven and hell is of polar opposites and exists only on Earth.

Many religious organizations use the idea of heaven and hell as a reward or a punishment for following or not following their own rules and regulations. This is an

invention of the ego, which wants to make judgments on all activities. It is a means of controlling people who are told, "Do as we say or suffer the consequences."

Heaven exists on Earth in the form of happiness, familial love, and sharing and caring between people. Hell exists on Earth in the form of oppression, murder, and abuse. A soul can also create a hell it may feel it deserves, such as cancer.

Once the soul leaves the body it enters a state of unconditional love, void of any judgment concerning its actions on Earth connected with the lessons it decided to experience in that life. There is nothing to be condemned or rewarded.

# 3

## Transition Home

### **Ending the Assignment**

The soul generally has a built-in time frame for completing its lessons. When its work is done the soul usually returns Home. If the soul has not understood the lesson within the experiences it has just finished, it may choose to take on another example within that same lifetime to see if it can understand it the next time it is presented.

If a soul returns Home before fully understanding all the facets of its task, it will have to return to Earth to do it over again. In some cultures this carry-over is called “karma.” This is not a punishment but rather an uncompleted task the soul itself wants to accomplish. It is not unusual for the soul on its return to Earth to bear a physical mark or affliction reminiscent of the activity it came back to complete.

When the soul has finished and has understood all the lessons it came to learn, it may choose to return Home immediately or to use its remaining Earth time to enter into service of other souls. If the soul enters into service, it will help other souls to understand lessons from which it has gained wisdom, lessons the others are in the midst of learning.

### **Death**

Death is the term humans use to describe the cessation of continued life when the soul leaves the human body-shell it has been using. Just as the fetus is not able to exist as a living, breathing thing without a soul, so also the body ceases to function when the soul leaves.

There may be an easy transition for the soul who returns Home immediately. Or a soul may be confused and not totally aware that it is able to go Home, so it may roam around for a while, trying to maintain contact with the living.

### **Suicide**

Suicide is a life-lesson that may be chosen by the soul. When contracts have been made between soul mates to experience the



heartache, trauma, and emotional upset of the swift, unexpected ending of a life, suicide is generally the tool employed.

Another reason for suicide is for an early return Home—the choice of the soul itself. Remember, all souls have freedom of choice. Occasionally, a soul feels completely overwhelmed with its human existence (having bitten off more than it can chew). It wants to call a halt to continued frustration so that it may start over again and do things differently. It will then leave the existing physical life by killing the body in some fashion.

Suicide is not the ultimate sin as some human belief systems teach. Once the soul leaves the body it returns to unconditional love to evaluate what went wrong and how to experience the desired lessons in a more palatable manner. It will eventually come back to fulfill the lessons.

### **Divesting Attachments**

A problem that may arise, when the soul has decided to return Home, is a series of Earth-bound attachments connecting parts of it to incarnate souls still remaining on Earth. As life-lessons are studied, aspects of the soul become connected to others. For example,

when a soul takes responsibility for another, a thread holding them together forms until cut by one party or the other.

A soul's need to continue supplying its physical child with its energy may become a habit that prevents the soul from being able to let go of the child, pull away, and return Home. This also frequently happens with spouses when one body has reached its exhaustion point but the other refuses to let go.

If a person senses that someone is holding on to life because the two have a connection they no longer need, the person can simply disconnect it, or give the other one permission to do so and return Home.

### **Choosing to Stay**

There are a number of reasons why a soul may choose to remain when it is time to return. First there are people who are unaware of what happens at transition and fear that death is final and that they will exist no more, rendering everything they have done in life worthless. They cling with their last ounce of intention to their ailing body. This may be a reason for a soul's body staying in a vegetative state for a period of time.

Some relatives think they are opting out of personal obligations and do not want to leave others in the lurch. They can be told that all will be well, and that they may move on when they are ready. They don't have to struggle to remain; they need only think of themselves at this stage of life. Remaining on Earth helps neither them nor their relatives.

The soul may have decided to leave after a certain period of time but then finds that it has turned the knowledge it gained into wisdom and is now in a position to help others if it sticks around instead of leaving. The soul could choose to remain if it had not already planned for its body to deteriorate to an extent that renders it useless.

The soul may choose to stick around after the point of leaving the body but before completely departing from the heavy energy that surrounds the Earth. It may not be able to accept fully that it died physically, so it stays, trying to communicate further with its loved ones. Some souls remain out of negative energy, such as hatred or revenge, seeking to get even with whoever may have been involved in their passing. These souls will receive assistance from other souls to realize what is happening to

them and that they are stuck between two dimensions, the physical and non-physical.

Some of those who remain believe that they are needed by other souls still in the body. They stay close to help out, even though they are not physical, and may not even be felt by those they seek to assist. These souls should be counseled to return Home because, once there, they can always watch over and assist those on Earth with all the power of unconditional love.

### **Returning Home**

Once the soul is free of the heavy body that has encased it during its time on Earth, it floats into the cloudlike, amorphous energy of unconditional love that is the Home of Source and all other pieces of Source.

What does the soul perceive? It will depend upon what it wants to see. An older soul is very comfortable in a cloudlike state because it allows itself to be connected with all that exists at the same time. It may also be present in many different places all at once.

A soul having difficulty adjusting to Home after the rigid body it wore on Earth may choose to clothe itself for a while in a body form. It may also be more comfortable

seeing all its friends similarly attired, and they will oblige. For a while a younger soul also may believe that the body it wore is an example of its true nature, at least until it finally adapts.

If a soul believes that it has led a bad life it may create whatever it interprets hell to be like, and that is where it will find itself. The eternal soul is magnificent and it can create endless versions of where it wants to be.

### **Life Review**

Shortly after returning Home the soul meets again with its council. Their debriefing will include all the soul's activities during the period it has been away from Home. They evaluate all its contracts and lessons, and the service it may have had time to give others.

With all this knowledge in hand, the soul tries to incorporate all the wisdom its experiences made available. It may take a while (in Earth-time) for everything to be understood. If any of its lessons were not completed or understood, it sees, with the assistance of its council, what it failed to understand, and makes notes to include that in its next incarnation.

## **Living between Incarnations**

Once the soul has had the opportunity to finish going over its most recent life, it spends time catching up with friends and soul mates, finding out what they have been up to during their Earth journeys. The soul may have become involved in some activity or other on Earth and wants to monitor its ongoing development carefully. On return, the soul may even become a guide to assist those souls still engaged in the project.

When younger souls (who have not been to Earth many times) return, they are sometimes confused by all the sensory information that is now available to them. Everything that has been experienced by their companions is available for download. It is not unusual for them to need assistance in handling this information and advice on what may be done with it. A group of souls is always available to help with this process of integration and acclimation.

Groups of souls who had similar experiences while on Earth, such as having committed suicide, may get together to share their experiences so they may better understand the implications of their own feelings, and the reactions of other people.

Some take the position of counselor to aid those experiencing difficulties.

As we have mentioned, the soul can choose its appearance at Home, so there are souls who help with those wishing to remain children for a while longer, and those who feel they deserve their physical disability—until they understand the lesson behind it.

As the soul communicates with those at Home it gets ideas of what it might wish to accomplish next. As it monitors what else is happening on the planet and elsewhere, it seeks to decide what new adventures would increase its wisdom and then starts talking with its council to plan the next journey.

### **Returning to Source**

This is a section that the reader might expect to come along about now. The truth of the matter is that souls are never away from Source. Source energy is everywhere and in everything. Source energy is the very energy of each individual soul. Souls never have to return because they never left.

# The Masters' Reincarnation Handbook



*Commentary:*  
*Journey of the Soul*

**Energy**

Paradox—an apparent contradiction that may nonetheless be true—is a word that comes to mind when reading the Masters’ description of reincarnation.

At the start of the soul’s journey is the so-called “breaking off” of the individual soul and small groups of souls by and from Source. Being thus separated from Source, souls gain individuality, further enhanced by the ironclad universal law that all souls have freedom to choose their own path.

Each soul is then partnered by its soul mates, who work with it in a reciprocal system of helpful contracts.

The paradox in this arrangement is that leaving Source is only one way of looking at things. The soul still remains eternally part of Source, resonating with its energy and returning to contribute all its knowledge to the Akashic knowledge bank,

adding the wisdom it gained on Earth to the wisdom of the universal whole. Leaving Source is one way to look at it; remaining forever a true part of Source is the other.

If you, like me, have fed from the bowl of traditional religious thought, this aspect of reincarnation is much the hardest. We are used to the grand stories of human mythology, the vision quest, the walkabout, the desire of the individual to go forth and seek to follow his or her bliss. The rest of the account of our soul's journey is refreshingly like that. But the heart of the journey, from start to finish, is new and, being unfamiliar, unsettling. It is because belief in God, the eternal judge, with which we have been nurtured, gets in the way of the truth.

When the Masters were dictating this book to Toni Winninger they insisted that we should never, ever use the personal pronoun ("who") when referring to Source. Indeed, Source is best not called "The" Source, and I believe that were it not for convenience we should write "source," without a capital "S," because we are not writing about a person but about energy. Source is not even like the Christians' Holy Spirit because, ultimately, Holy Spirit is one

persona, one face, of a divine personage who is wholly different from us. When considering the relationship of the soul with Source there is no such essential difference.

The truth is that we need to draw on modern physics if we are to understand fully the soul's journey. Einstein identified the physical world which we all inhabit as energetic. Energy is the building block of our physical reality, that of the planet we live on and the universe of which we are a minuscule part. Everything is energy and there is nothing besides. Paradoxically that is how physics comes to support our basic premise, assuring us that a "unified theory of everything" is about dynamic energy, not about static matter. And the most dynamic energy we can identify is unconditional love in its purest sentient form, divinity.

The concept of "divine energy" is the same as "divine being," though we are again only willing to admit using the word divine because language demands symbolism. So, paradoxically, there is no God-person. The divine is everything, everywhere, and yet in Source we have a thinking, energetic force that sends itself out through individual souls to discover what it does not know about the perfection of its own essence,

unconditional love. This, surely, is ultimate paradox!

We should add that in no way is this teaching a form of pantheism—finding a miniature divinity in every rock and tree. Yet in the dynamic, energetic sense, divinity truly is in every such place because all energy is made up of the energy of Source and energy is everything, everywhere.

### **Ethics**

Getting rid of the idea of any separation between Creator and creation is the starting point for further puzzlement. The soul's journey is to learn lessons in a bifurcated world, deliberately split by Source into positive and negative energy. When coming to planet Earth the soul may choose to live on either side of the negative experience: the bully or the bullied, Hitler or one of Hitler's victims. The choice has nothing to do with right or wrong in human terms; ethical systems do not apply to our choice of life because it is the role we have chosen to play.

In a movie or a play we may want to denounce (or boo) the villain as he slits his victim's throat, but we may applaud the actor's skill and award him an Oscar. Planet

Earth's a stage and souls are merely players. They are here to gain knowledge of the positive and negative, and to learn to live and die in a world evenly balanced between the two. It is for this reason that heaven and hell are only states of mind here on Earth. There is no judgment on the goodness or evil of our lives because human ethics are about the roles we play, not about our souls. No judgment means there is no heavenly reward nor hellish punishment. Souls go Home after each lifetime, just as actors go home after each performance of a play.

There is no judgment, as religion and ethics would have it, but there is evaluation made by each returning soul, aided by its council of a dozen peers. That is because the soul has set itself up to learn lessons, and to fulfill contracts made with other souls. Just as human actors sometimes perform badly, so incarnate souls may be distracted, allow the human ego to overpower their sense of purpose, or take on more challenges than they can manage. There is a delicate balance to this evaluation—it isn't criticism because all is in unconditional love. The goal is to complete lessons, and this is an aspect of what is looked for in the evaluation process.

## **Reincarnation**

The Masters' purpose in providing us with this Handbook is one of achieving clarity. They are sympathetic with the difficulty some people will have of believing a book claiming to have been dictated by a bunch of spirit guides on the Other Side to a human psychic channel. The Masters are also gently aware of those whose religious sensitivities and beliefs are challenged or even offended by the explanations made in this book. They assure us they are not trying to score points nor win an argument.

What the Masters are doing lovingly is presenting the facts of "The What, Why, and Wherefore of Life" so, believing or not, you will know what they are. There is no conversion involved, no church, temple, or mosque to join. They just hope you will ask your intuitive self truthfully, "What do I feel about all this?"

*Peter Watson Jenkins*

# *Glossary*

**Advisory Council:** A group of guides, generally twelve in number, who helps a soul choose lessons it wishes to experience. Once the soul returns Home they help it make the best use of the lessons it has learned.

**Akashic Records:** An energetic library containing records of all knowledge and wisdom gained through the experiences which souls have had on Earth. Each soul has its own record of what has transpired throughout each of its many incarnations. The library contains records of everything undertaken by all souls who have spent time on Earth.

**Belief Systems:** Thoughts and actions, initially received and copied from our parents, religion, and society, structuring our behavior. After gaining an awareness of itself, a soul may rewrite or adapt these received beliefs to comply with its own understanding of reality.

**Contracts:** Voluntary agreements that souls make with each other while at Home to ensure that they will have the right Earth experience to help them learn the physical lessons they desire.

**Ego:** A function of the physical mind that employs judgment and measures how people perceive themselves. It is an outline for the soul to operate in society so that it may learn lessons and gain wisdom. It is a compilation of belief systems humans deem necessary for a person to exist in their physical body.

**Essence:** The reality of who a soul is—an eternal part of Source.

**Freedom of Choice:** A universal law that says all souls have the ultimate right to decide exactly what they are going to do while incarnate. It extends to all aspects of living, from the choice of biological parents, to the lessons souls will learn, how each lesson is played out during their time on Earth, and the manner and time of their physical death.

**Home:** Not a physical place but rather an energetic dimension of unconditional love and of conscious connection with Source. It is where each soul works with its guides, and council. Every soul not currently



incarnating is consciously within the dimension of Home.

**Incarnate:** A soul who has gone down to planet Earth to gain knowledge and is now in a physical body.

**Judgment:** A state of mind existing only in Earth's physical dimension. Because of the duality and the polarity of planet Earth, everything has an opposite. Human beings grade all other people by an impression of where the others exist on a personal, ethical, or religious scale of "good" or "bad."

**Karma:** A term which relates to the effects of an action taken by human beings. Many people use it to explain away what they consider as bad experiences that happen to them. This is inaccurate in its application to human experience. The accurate view is solely the energetic effect of the previous action taken.

**Knowledge:** Awareness of facts and principles but not necessarily how to use or apply them to life.

**Life-lessons:** Various experiences on Earth that a soul has pre-planned, which allow it to gain knowledge and wisdom.

**Reincarnation:** The process the soul uses to experience lessons to obtain wisdom. After completing one physical incarnation,

the soul returns Home to assess its experiences and to determine what else it wishes to learn. It then reincarnates by entering into a new physical body in order to have further experiences.

**Souls:** Individualized pieces of energy split off by and from Source, in order to have unique experiences outside of the perfect. Souls are all particles of Source, so every one is also Source. All souls are equal regardless of the human shell they may have chosen to inhabit.

**Soul Group:** Those souls who came into being at about the same moment. The group usually numbers 144 souls.

**Soul Mates:** Members of your soul group with whom you repeatedly incarnate, and with whom you make your most important contracts. Usually the same 18-24 souls.

**Source:** The point of origin of all that is known by human beings, and all that exists. It is the energy of unconditional love, the highest vibrational energy anywhere, and is found in everything. Source makes no judgments and does not reward or punish souls.

**Twin Flame:** The very last soul from which a soul is separated when individualization from Source occurs.

**Universe:** For humans the whole creation visible to our optical systems, including the celestial bodies and all the space in between the solid masses. To Source and souls it includes all that exists, whether physical in appearance or purely energetic.

**Wisdom:** An awareness of the facts and principles of spiritual life together with the understanding of how to apply them in living.



# LifeAwareness.Org

*'Discovering Purpose in Life and Death'*

This book has been published as a joint project of Celestial Voices, Inc., and of the Internet-based LifeAwareness.Org which is an international not-for-profit educational member organization with the following purpose:

## **Our Mission Statement**

“To provide educational seminars and training materials for people of all ages to encourage purposeful living and dying, in accordance with modern thinking about the Wheel of Life and self-awareness.”

## **Our Focus is on:**

- The manner of the soul's journeying through life, dedicated to gathering wisdom.
- The intention of the soul to balance and heal the physical body.
- The way of the soul in monitoring and maintaining its relationship with Mother Earth.

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# *Books about Reincarnation*

Celestial Voices, Inc. sells the following books and pamphlets on its website:

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*Reincarnation Handbook: "Journey of the Soul"*

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***Notes:***