

PAST LIVES & FUTURE LIVES

History of Past-Life-Understanding & Therapy

"Samsara-the Wheel of Existence, literally, the "Perpetual Wandering"-is the name by which is designated the sea of life ever restlessly heaving up and down, the symbol of this continuous process of ever again and again being born, growing old, suffering, and dying. (It) is constantly changing from moment to moment, (as lives) follow continuously one upon the other through inconceivable periods of time. Of this Samsara, a single lifetime constitutes only a vanishingly tiny fraction."

- **Gautama Buddha**

The practice of Past-Life-Regression Therapy has a history that goes back till ancient times. Examples of regression practice during ancient times are the Greek dream incubation centers, Greek and Egyptian Mystery schools, **Prati-Prasav** (references to which can be found in the Vedic literature of ancient India), **Jati Smaran** (the name given to past-life recall in Jain scriptures) etc. References of past-life recall also exist in Buddhist Scriptures. In spite of its ancient history, past-life regression is a continuously evolving field with a wide range of techniques that have been developed till date and continue to be developed even now.

Freud can be considered as the grandfather of present day regression work. He came up with the idea that by making the unconscious conscious, one could restore choice and bring about healing. He discovered the link between past trauma and present symptoms and called it **Psychic Determinism**. He established that our past experiences determine our present behavior. This changed the face of psychotherapy forever and is the basis of regression work. Later, Jung postulated the concept of a **Collective Unconscious** and **Archetypes** (universal patterns).

In the 20's and 30's, **Edgar Cayce** brought about an increased awareness of past lives by channeling the past life information of people. In 1927, Paul Brunton wrote about a technique that the yogis developed to tune into past-lives. **Wilhelm Reich** made a great contribution by his classification of "**Character Structures**". **Rank**, who was the first to focus on birth memories, was clearly ahead of his time. In the 50's **Stanislav Grof** worked with altered states of awareness. He performed clinical trials with the drug LSD and found that, under the influence of LSD, many of the participants experienced previously inaccessible childhood memories and pre-birth & past-life memories. He later found that these states could be achieved using deep breathing sessions rather than LSD. **Roberto Assagioli**, the founder of the therapy called Psycho-synthesis and contributor to the branch of psychology called Transpersonal Psychology, found that altered states could be achieved through meditation.

Awareness of past lives reached much higher levels in the 60's after the book "**The Search for Bridey Murphey**" which contains the detailed account of a Colorado housewife's previous life as an Irish woman named Bridey Murphey. The book created a sensation at that time. Later, **Morris Netherton** established the affect bridge as a form of induction. In the late 60's and early 70's, age regression (moving backwards in time to tap early childhood memories) gained wide acceptance. **Denys Kelsey** and **Joan Grant** reported that people were able to remember the time of their conception and concluded that we all have the capability to function and record events even in the absence of a physical body. This was a turning point in past-life therapy.

1978 was a highpoint in past-life therapy work with four innovative books published in the

same year. These were 'Reliving Past Lives' by **Helen Wambach**, 'You have been here before' by **Edith Fiore**, 'Past Lives Therapy' by **Morris Netherton** and 'Voices from other lives' by **Thorwald Dethelsen**. Some of the major contributors to the field of Past-Life Therapy are **Hazel Denning, Ronald Wong Jue, Ernest Pecci, Helen Wambach, Chet. B Snow, Roger Woolger and Hans TenDam. Ian Stevenson** pioneered the research related to spontaneous recall of past-lives, particularly in children. Special mention needs to be made of the immense contribution made by **Dr. Brian Weiss**. His book '**Many Lives, Many Masters**' has become a modern day classic and is the most widely read book about past-life regression therapy. His other books are 'Only Love Is real', 'Through Time into Healing', 'Messages from Masters' and 'Same Soul, Many Bodies'.

Although we could mention only a few pioneers, there are many other stalwarts who have made significant contributions to the field of Past-Life-Regression Therapy.

Age Regression

During Age Regression, one is taken backwards step-by-step through the present lifetime; first to events that occurred a few years ago, then to college days, to school days, to early childhood and finally to the stage when the person was in the mother's womb. Though most problems have their roots in past lives, the majority of these problems are repeated during early childhood. This happens because problems, which have their origins in past-lives, repeatedly get presented till they are solved. A look at the events which happened in the early years of the present lifetime will therefore give us an idea about the past life patterns and problems that the person has brought into this life.

The minds of children from birth to early teens, particularly during the preschool years, can easily form lasting impressions and hence are susceptible to conditioning and programming. Due to this, a child's mind is open and vulnerable to suggestion. Any information that is presented to the child, particularly if it is repeated several times, will be accepted as a fact without any questioning on the part of the child. Recent research even indicates that music; voices and other outside sounds and conditions during the last few months of pregnancy affect a baby's mind.

Many of the problems involving poor self-image and lack of sense of self-worth have their root cause in events that occurred during ones early childhood. Various problems like health problems, eating disorders, certain kinds of learning problems, failure patterns, phobias and behavior problems can be traced back to thoughtless words and actions directed towards young children. In a similar manner, success, positive attitudes and self-confidence can result from positive attitudes expressed to young children. An example will make this clearer.

There once was a little girl who was dancing all by herself at home when her mother returned from a very stress-filled days work. The mother was not in a position to appreciate the beauty of her child's dance, as she was feeling very exhausted and drained. In this low state she told her child "the way you dance is horrible." She did not actually mean it, as she loved her child dearly. Ever since that day, the child never danced again. This was the beginning of a downward spiral for the child. She started becoming more and more aloof and withdrawn. Her performance at school started deteriorating. Fortunately, as she was approaching the end of her schooling, her condition was noticed by one of the teachers who took her to a past-life-regression therapist. The therapist worked with the girl and, with the help of regression, was able to identify this childhood block in her. He then

helped her to remove this childhood block. The girl then went on to become a very good dancer!

In the above case, had not the block been removed, the world would have lost an exceptionally talented and gifted dancer, not to speak of the tremendous suffering that such a block would continue to cause the person till the end of her life. The story shows us in no uncertain terms the damage that we are capable of causing to young children through our thoughtless words and actions. The unfortunate part is that most of the time we are not even aware that our words and actions are creating blocks in them resulting in unseen and untold damage.

Womb Regression

Based on the report of our clients and in our experience while regressing them, we have concluded that the fetus can recall the events even before the development of its body and the brain because they are recorded in the consciousness of the soul (the subconscious mind). The consciousness of the soul records all the experiences of the fetus whilst in the mother's womb. The fetus also feels and records all the experiences, thoughts, and feelings of the mother as its own. In addition to this, the fetus also perceives the external environment just as we do.

The memories, experiences, and traumas from conception till birth can also trigger memories of traumatic experiences in past lives. These are often the problems that we need to resolve in this life. As a result of this, many of our personality traits and physical and emotional problems can be traced to experiences that we had while in the mother's womb and also during the process of giving birth. Many emotional and physical problems, such as feelings of loss, alienation, rejection, loneliness, grief, relationship problems, separation anxiety, panic attacks, depression, claustrophobia, paranoia, asthma, headaches, and sinus problems, can be traced back to the traumas surrounding birth. Birth trauma need not be only of this life. Birth traumas are carried from all the previous lives stretching back the very beginning of the soul when it started its journey of incarnation cycles.

Thomas Verney, M.D., is a psychiatrist who has recognized the influence of prenatal and birth experience in his own work. He has also reported on the research of other investigators in his book, 'The Secret Life of the unborn Child'. His conclusions are:

- a) The fetus can see, hear, experience, taste, learn and feel while in the mother's womb.
- b) The fetus not only feels but also responds to the mother's thoughts, to her feelings, and to music. Some of Verney's observations are:

"An unborn child grows emotionally agitated (as measured by the quickening of his heartbeat) each time his mother thinks of having a cigarette. "

"The unborn also has differential responses to music. In one experiment, music by Vivaldi and Mozart quieted the unborn; Brahms, Bethoven, and rock provoked violent kicking."

"The mother's emotional states of ambivalence, acceptance of responsibility, or anxiety apparently influenced the health of the fetus and the newborn."

Once we know that the fetus in the womb feels and records all the feelings, thoughts, and experiences of the mother as its own, we will all look differently at the way parenting should

be done. Parents can now communicate with their babies even before they are born and welcome them with messages of love. They can provide the spiritual education while their babies are still in the womb and also can continue to educate the babies about the spiritual reality, even after the birth as they grow into adulthood. In ancient Hindu literature, we have examples of Prahalada and Abhimanyu. Both of them had received spiritual education while they were still in their mothers' wombs. This shows us that pre-birth communication was practiced since ancient times.

A young lady once came to us with a complaint of chronic Migraine. The Migraine attacks had started immediately after she conceived her first child. Before she came to us, she had tried all types of treatments but to no avail. When she was regressed to the mother's womb state, she relived the state and was able to tap the feelings of her mother at that time. Her mother wanted to abort the fetus. These thoughts were perceived by the fetus and created an emotional block, which resulted in the migraine. After the session, her migraine disappeared.

In the above case study, the lady had no previous knowledge about the fact that her mother had wanted to abort her before she was born. When she asked her mother to confirm this, her mother initially told her that it was not true. Later, she broke down and accepted that it was indeed true that she had wanted to abort her. Because she was carrying a lot of guilt, she had kept this a secret from her daughter. But as it can be seen, nothing can be hidden from the fetus, which is capable of perceiving everything. Another interesting point is that her own pregnancy triggered those old memories, which had been buried in her subconscious mind. As a result, she started having the attacks of migraine as soon as she conceived.

Using past-life-regression, we are able to help the individual to recall, relive, release, and resolve the prenatal and birth traumas which are the root causes of his or her emotional, physical, and personality problems.

Past-Life Regression Therapy

"Everyone in the business, the one who abets, the one who cuts, the one who kills, the one who sells, the one who prepares, the one who offers, the one who eats ... all are killers!"

- Mahabharata (22)

During Past-Life-Regression the subject is regressed to another lifetime. In other words, the subject is helped to experience or relive past lives. The 'regressor' is the one who does this process of regression. In the process of regression the subject is first guided into deep states by giving constant suggestions. After reaching a 'satisfactory' level of altered state of consciousness, the subject is first regressed gradually down to the in-utero state (the time when subject was in the mother's womb). During the in-utero state, the soul does not completely associate with the fetus. It keeps moving in and out of the fetus and spends most of the time in the astral realms. Hence, the subject when regressed to the in-utero state can relive glimpses of the souls experiences of inter-life states and memories of past lives. The subject is able to describe the experiences verbally. Even in this New Age, Past-Life-Regression remains one of the best techniques to energize the spirit of individuals by

making them to journey into their past lives. By exploring our past lives we can find the solutions for all present life problems.

Past-Life-Regression Therapy:

Past-life-regression-therapy is a holistic therapy because it works on the body, mind, emotions, and spirit. It transports one back to those times before one's birth and regresses one to previous lifetimes. This is done to sort out problems that a person may be experiencing in the present. The reason for undertaking past-life-therapy is to improve the spiritual quality of our life, right now. Its chief objective is to make our life easier, better and more fulfilling, in this present moment. Past-life-regression therapy is a root cause therapy as it enables extremely deep change to take place at the very source of the problem. It does not deal with external symptoms. It directly addresses the internal cause.

Cause and Effect:

Past-life-regression-therapy is based on the principles of cause and effect (also known as law of karma). Something that has been set in motion at some time in the past results in a corresponding effect on a person's present physical, emotional, mental or spiritual well being, at this moment. This cause may be a past desire, a past thought, past feeling, a past emotion, a past vow, a past promise, a past decision, a past evasion or a past traumatic experience.

Benefits of Past-Life-Regression:

Past-Life-Regression helps to heal chronic diseases. This is done in the following manner: Past-Life-Regression helps individuals to understand the karmic patterns involved and the resultant energy blockages. It is these energy blockages that manifest as diseases, which are sometimes chronic. The understanding that flows clears the energy blockages and thereby the disease is healed. Take the example of a person who has had a past life wherein he/she was never allowed to express his/her views or who had to pay a heavy price for having expressed them. In this lifetime, such a person may have a disease of the throat, which constantly hinders the person's ability to talk normally. After reliving the past life and emerging with an understanding of the root cause, the energy blockages get cleared and the person gets healed of his/her throat disease.

Past-Life-Regression helps overcome Fears and Phobias:

Past-Life-Regression releases individuals from all kinds of fears and phobias by bringing about an understanding of the specific causes of these fears and phobias. The causes are mostly present in the previous lives. They could also be present in the earlier part of the current life. For example a person who had this fear of closed spaces (claustrophobia) had experienced a past life where he was buried alive in an earthquake. Once he relived this trauma, he was able to overcome his claustrophobia immediately.

Past-Life-Regression improves one's inter-personal relationships: Past-Life-Regression improves one's interpersonal relationships by causing the person to understand the past life relationships with those individuals. Till this is understood, clashes and friction with one's present lifetime's relations is inevitable. Once the understanding flows, the person is able to see the larger perspective and therefore the relationships are improved or 'healed'.

Past-Life-Regression frees us from the fear of death once and for all: Past-Life-Regression frees us from the fear of death once and for all. The fear of death is the biggest of all fears plaguing mankind. Past-Life-Regression helps us to explore our past lives and through this exploration we realize that we are eternal beings. We understand that death is

a mere transition from one state to another and that the essence of our being continues into eternity as we have lived before and are going to live again after 'death'. Moreover, once an individual has relived his/her past lives, he/she validates this understanding in the light of the personal experiences had. This removes the fear of death once and for all.

THE MOST COMMON MISCONCEPTIONS ABOUT PAST-LIFE-REGRESSION-THERAPY

".....Explain the River of the soul; whence or in what order you have come....."

-Zoroaster

1. "Only the present life is relevant and past lives are not relevant to the present life."

This belief is far from the truth about past lives and their impact on the present life. Any one would agree that we are the products of all our experiences from birth till the present time. This is true not only for the present life experiences. In reality, we are the products of all our experiences carried with us from all our past lives in addition to the experiences of the present life. We contain all the energies of memory and experience of our past. We carry our soul energy with us and it is inseparable from us. It defines who we are. The purpose of past life therapy is to get rid of the negative patterns of the past which continue to affect the person's present life.

2. "Past is past and does not affect the present."

Scientific research in the field of past lives indicates that past life memories are stored in the mind field and higher (finer) vibrational subtle energies. Past life memories are not in the past. They are here and now because we carry the memories and the effects of those lives in our energy field today and unconsciously act out of those stored beliefs and experiences.

3. "We cannot change anything through Past-Life- Regression-Therapy."

Past-Life-Regression-Therapy helps people to discover the root cause of an issue. When a person discovers the root cause of an issue, understanding flows. He or she can then begin to take steps to change a pattern or behavior that has been blocking his/her life and preventing him/her from finding true peace, happiness, and joy.

4. "The past life memories that are experienced during regression are due to the suggestions of the therapist."

Experienced and qualified past-life-regression-therapists do not give suggestions during regression. They only direct the client to seek the root cause of an issue, or the memory of the client's present problems and situations.

5. "Everyone who has seen a past life thinks that they were a very well known personality in that life."

This is the kind of statement made by people with insignificant knowledge about past-lives. In my experience of over 14 years in the field, the large majority of people recall very ordinary lives, and remember highlights such as work, relationships, loves, marriages, births, separations, and deaths. Just as these events stand out in one's current life, it is true that these or similar highlights are memories of one's past life. If the experiences were the result of their own thinking, they would see mostly glamorous lifetimes but this is not the case as most lives recalled are very ordinary. Also, though it may surprise many, the happiest lifetimes reported were those of a beggar or tramp!

6. "A Therapist does not need to believe in past lives and reincarnation to do past-life-regression work or past-life-counseling work."

A therapist's attitude, experience, understanding of metaphysical concepts and truths, and abilities with concepts of the soul's journey can have a positive, negative, or limited influence in counseling and past-life-regression therapy. Scientific research into the nature of consciousness shows us that the therapist affects the energy field of the subject. This is in addition to the effect of the subject's own thoughts, beliefs, and experiences. Only an experienced practitioner whose belief system is compatible with the concept of past lives should conduct past-life-regression work.

Though the subject of past lives is not a religious belief, it nevertheless involves a belief system that affects the therapists' energy field. If a subject recalls what may be a past life memory, the therapist must at least be open minded to this concept. If the therapist has unresolved programming, or strict religious beliefs that are not open to the possibility of past lives, he or she could affect the success of a subject's regression.

Not only a therapist's religious and other beliefs, but also the therapist's fears can affect a regression. For example, if the therapist is uncomfortable with the idea of the subject reaching a painful emotional experience, he or she may avoid that experience by guiding the subject to move beyond the memory or to view the experience only from an objective viewpoint. By doing so, the therapist would be losing a wonderful opportunity to make the subject actually relive the experience. "To relive is to relieve". This is a great universal truth, which explains the therapeutic benefits of past-life-regression. That is why it is very important that the therapist should have a belief system, which is compatible with reincarnation and the immortality of the soul as this will result in the best possible benefits to the subject.

7. "Past-Life-Regression-Therapy can be done by anyone."

So can surgery, but you wouldn't want to take that chance! It is important to go to someone who is trained and experienced in the field. One should thoroughly check the credentials and experience of the practitioner. The trust level and comfort of the client with his or her practitioner is very essential for one to be able to reach the deep levels to access the information contained in the subconscious mind.

8. "If we really had past lives,we would then remember them."

In reality there are many an occasion when we 'remember' our past lives. At times, these remembrances occur spontaneously. On many other occasions, certain external events or stimulus can act as a trigger and the memory of our past life/lives surfaces. This could happen for instance:

- a) When you meet someone for the first time but you get the uncanny feeling that you know that person extremely well.
- b) While visiting a foreign country for the first time and knowing where a building or road is.
- c) When you are in a situation and get a feeling that you have been in exactly the same situation in the past though you have no evidence of such a situation in this lifetime.
- d) When you meet a person for the first time and have an immediate feeling of lack of

trust for the person.

e) When you meet a person for the first time and you get the feeling of immense love for and emotional attachment to that person (this is commonly known as love at first sight).

f) When as child you used to have (you may still have them) memories of having lived in a different place in a different family and in different life circumstances. The narration of such experiences usually fell on deaf ears and you were gradually conditioned to believe that those past-life experiences and memories of those past-life experiences were not valid.

There are many other ways in which situations in this lifetime trigger our past-life memories. Most of us, however, are conditioned to ignore those subtle intuitive messages.

Future Life Progression

The basic human tendency is to repeat over and over again the same past experiences unconsciously. By exploring our own past lives we become aware of these repetitive, unconscious patterns and we erase our past by resolving those patterns. Only then, are we free from our past and the whole past is dropped.

Future progression is going forward in time, and experiencing the future events. It is only the probable future we see during this progression. We become aware of whatever blue print or life design we carry from inter-life states during this process. Future progression gives a direction, clarity of mind and even some healing.

We are creators of our own reality and we can always shape or re-frame or re-program or re-design our own lives.

Reincarnation & Regression

Reincarnation and Past-Life-Regression are not modern concepts. People have believed in reincarnation since ancient times. Since prehistoric times, there have been numerous techniques used to explore past lives. Every religion has an 'inner teaching', and within that inner teaching, reincarnation and its evolutionary implications have been accepted as the universal truth. There is sufficient evidence to show that the Hindus, Ancient Celts, the Egyptians, the Tibetans, and the Hebrew Cabalists etc. used past-life remembrance.

Sri Krishna and the Bhagawad Gita: Sri Krishna said in 'The Bhagawad Gita', "As a man, casting off worn-out garments, takes new ones, so the dweller in the body, casting off worn-out bodies, enters into others that are new". He has also said "The misdeeds of our past lives torment us in the form of illnesses or ailments". From this we understand how all our ailments have their root cause in past-life actions. This is the fundamental principle on which the entire concept of Past-Life-Regression is based. 'Past-Life-Regression' is based on the universal law of cause and effect, which is also known as the Law of Karma. A person's past actions affect his or her present conditions. The effect could be on physical health, emotional condition, mental state or spiritual well-being. A few examples of root causes are: unfulfilled desires, thoughts, feelings, emotions, vows, promises, decisions, evasions or traumatic experiences. The root causes are invariably in the past.

Patanjali Maharishi: The ancient Indian sage Patanjali Maharshi, has done extensive work

on Past-Life-Regression. In his yoga sutras Patanjali Maharishi called this process of past-life-regression as 'Prati-Prasav'. It is the process of reabsorbing back to the cause. This means bringing effect back to the cause or the process of involution. When a child is born it is Prasav. Prati-Prasav means you are born again in the memory; you go back to the very birth, the trauma when you were born, and you live it again. If there is something, some trouble, some problem, then we go back to the original source from where it started. Because we can go on trying to solve the problem, but unless we go to the roots it cannot be solved. Effects cannot be solved unless they are forced back to the cause. For example, if there is an unwanted weed and we go on cutting the branches and the leaves in an attempt to remove the weed, we find that more and more branches and leaves take the place of the ones we cut off. To remove the weed once and for all, we have to actually remove the weed from the roots.

Buddha: Buddha is said to have recounted thousands of his past-lives, of which around 550 have been narrated in the 'Jataka' Tales. Buddha asked his disciples to explore their own past lives to gain a complete understanding of the cycle of birth and death. According to the teachings of Buddha, one attains 'Nirvana' or Salvation when one becomes free from the cycle of birth and death.

Mahavira: Mahavira called 'Remembering past-lives' as 'Jati-Smaran'. Remembering of past lives is an integral part of ancient Jain Practices. Jain teachings call the attaining of freedom from rebirth as 'Kaivalya'.

Tibetan wisdom: Early Tibetan history contains a wealth of literature on the subject of reincarnation and afterlife states. One of the most important sources of ancient Tibetan wisdom about reincarnation and the afterlife states is the 'Tibetan Book of The Dead'. This book was read to those who were dying when their souls were about to vacate their bodies. Also read during funeral ceremonies, the wisdom imparted was supposed to prepare the dying person to make the transition from life to the after life state in a smooth manner. It also taught the near and dear of the deceased person that they should not hold back the dying person by mourning, but that they should graciously send them on their journey with positive thoughts and emotions. Compiled in the eighth century A.D., this book is a masterpiece that contains the wisdom gathered over a period spanning many centuries from different Tibetan Masters.

A lot of cases of Near Death Experiences are reported even in modern times where people are found to return to life after being pronounced dead. These experiences are very similar to early stages of death as described by the Tibetan sages. As the spirits move toward a realm of light, they slough off emotional attachments to their earlier earthly existence. In the process, they may face spiritual beings who guide them, and who present them with a kind of mirror reflecting their life and actions. Filled at last with peace and contentment, the deceased prepare either to abandon the world altogether or to reenter the cycle of birth and death with higher awareness of the illusory nature of life.

Christian Mystics: Many Christian mystics have stated that after death, the soul separates from the body and leaves. There are instances of people with Christian upbringing who had 'near death experiences'. They tell us that their spirits entered a 'realm of light' where they were received by 'beings of light'. They were then shown a complete review (somewhat like a movie except that it took no time) of their all the events of their life and their actions were weighed. This description is very similar to the description given by the Tibetans.

Egyptian Civilization: Ancient Egyptians believed in reincarnation. They believed that it

took 3000 years to complete all lives that one had to live. All this goes to prove that the ancient Egyptians strongly believed in life after death and reincarnation.

Ancient Greeks: Reincarnation was not an unknown concept to the ancient Greeks. Noted Greek philosophers like Pythagoras and Plato believed in reincarnation and they have also explained about it in their teachings. Pythagoras is believed to have remembered and described many of his past lives. Some of the lives that he recounted were as: a Trojan warrior, a prophet, a peasant, a prostitute, and a shopkeeper.

Evidence form prehistoric times: Though reincarnation has been studied scientifically only during recent times, the possibility that we live many lives has been accepted on faith since ancient times. If one studies the ancient indigenous cultures of Africa, Asia, North America, South America and Australia, one would find ample evidence that reincarnation was one of their core beliefs. It can be seen that evidence of the belief in reincarnation can be found in people of diverse cultures, from different parts of the world and even people from vastly different time periods (modern, medieval, ancient, prehistoric etc.).

Why do we reincarnate?

Having come to know that belief in reincarnation has existed from ancient and even prehistoric times, we now come to the important question:

Why do we reincarnate?

The reasons for reincarnation are:

- **To learn lessons:** Consider the whole earth as one training school. We cannot complete our training unless we study and graduate from one level, move on to the next level and continue this process till we attain mastery. This is the fundamental and most important reason for reincarnation. Most of the other reasons are offshoots of this reason. Take the example of a school. If we fail in one grade, we have to repeat the grade till we pass it. So also with our lives on earth. If we do not learn our lessons properly, we keep returning till we learn all the lessons. Learning the lessons properly is the key to our spiritual growth and eventual freedom from the cycle of birth and death. Our spiritual growth depends on how well we learn our lessons.
- **To have fun:** We incarnate to have fun. We incarnate to experience the beauty of creation, and that is fun. We incarnate to express our creativity, and that too is fun. There is no limit to the beauty of creation. Even our creative abilities are limitless. There are infinite ways of experiencing the beauty of creation. There are also infinite ways of expressing our creativity. Therefore, the experiences possible are far too many to go through in one incarnation and hence the longing for the soul to reincarnate again and again. Though the experiences of the soul are equally valid whether we are in incarnation or not, the joy of creation can be experienced only when we are on this physical plane of existence.
- **To teach:** After the soul has learnt all the lessons required to be learnt, it does not have to reincarnate. However, such a soul may choose to reincarnate to help in the evolution of the other souls who are still caught in the cycle of birth and death. The main work done by such souls when they reincarnate is teaching. They work for

creating a shift in the consciousness of the people on earth.

Research on Reincarnation

"If you don't believe in Karma or reincarnation, don't worry, probably you will in your next life." **-Dr. Bruce Goldberg**

There has been an enormous amount of research done during recent times in the field of Past-Life-Regression. Modern Medical Science has documented it meticulously and the in-depth studies have shown that 90% of illnesses, diseases and ailments that we suffer from in our present lives - all have past life connections. The therapeutic benefits of Past-Life-Regression can therefore be accepted as a universal fact. Let us take a look at some of the important researchers in this field.

Dr. Brian Weiss, M.D. : The contribution of Dr. Brian Weiss to the field of Past-Life-Regression is unparalleled in modern times and he can rightly be called as the 'Father of modern Past-Life-Regression'. A Columbia and Yale trained M.D. Psychiatrist Dr. Weiss, proved reincarnation with his excellent research on past-life regressions. In the process of treating one of his patients named Catherine using conventional psychotherapy, Dr. Weiss rediscovered past-life-regression. Though he was initially skeptical, he continued to use past-life-regression in her treatment and the results were miraculous. During one of the sessions, his patient reached a between lives state and communicated with the departed souls of Weiss's father and son and relayed secret information about Weiss's family. As a result, his skepticism turned into solid belief.

He published his experiences in great detail in his first and epoch making book 'Many Lives, Many Masters'. After the stupendous success of his first book, he wrote some more masterpieces like 'Messages from Masters', 'Through Time into Healing', 'Only Love is Real' and 'Same Soul, Many Bodies'.

Dr. Ian Stevenson, M.D.: Dr. Ian Stevenson, M.D., is one of the foremost researchers in the field of reincarnation research. Dr. Stevenson wrote several books on the subject, including 'Twenty Cases Suggestive of Reincarnation', 'Cases of the Reincarnation Type' (four volumes), 'Xenoglossy, and Telepathic Impressions - A Review and Report of Thirty-Five New Cases'. A professor in the Department of Psychiatry at the University of Virginia, his outstanding contribution to reincarnation research is his meticulous documentation of over 2,000 case histories of children with past-life memories.

Dr. Michael Newton: Dr. Michael Newton has done excellent work on the in-between-lives state. His books include 'Journey of Souls', 'Destiny of Souls' and 'Life Between Lives: Hypnotherapy for Spiritual Regression'.

Carol Bowman: Carol Bowman has done some wonderful work on the past life memories of children which is represented in her works 'Children's Past Lives: How Past Life Memories Affect Your Child' and 'Return From Heaven: Beloved Relatives Reincarnated Within Your Family'.

Dr. Bruce Goldberg: Another stalwart in the field of past-life regression, Dr. Goldberg's books include 'Past Lives – Future Lives' and 'Dream Your Problems Away'.

Roger J. Woolger, PhD: Roger Woolger, a psychoanalyst in the Jungian Tradition, has done a lot of research in past-life-regression and his works include 'Other Lives Other Selves' and 'Healing your Past Lives'.

Morris Netherton, PhD: One of the pioneers of past-life-regression, his book 'Past Lives Therapy' is one of the earliest books on the subject.

Edgar Cayce: Edgar Cayce was one of the best-known psychics of the twentieth century. He was one of the first to explore other dimensions of reality. From 1925 through 1944, he conducted some 2500 readings. He would go into a hypnotic trance state and describe the past lives of individuals as casually as if everybody understood and accepted that reincarnation was a fact. Mr. Cayce was brought up in a fundamentalist Christian family and initially, he himself had a hard time accepting what he was saying during these trance states. Later, as he came to trust in the accuracy of the readings, he gradually understood the basis of reincarnation and karma and how they help us comprehend the seemingly incomprehensible aspects of human life. The essence of this understanding gained by him can be found in his work entitled 'Scars of the Soul'. In 'Born Again and Again' Cayce deals with topics such as deep-seated fears, physical ailments, mental blocks, vocational talents, innate urges and abilities, marriage difficulties, child training, etc. These were examined in the light of what Cayce called the "karmic patterns" resulting from previous incarnations that an individual has had on the earth plane.

There are many other researchers/therapists in the field of Past-Life-Regression like Dick Sutphen, Hans Tendam etc. to name a few. There are innumerable documented cases of past life regressions and the experiences of those undergoing the regressions. The basis of these regressions and the validity of reincarnation have been viewed by many with skepticism and hence many people have tried to prove or disprove the validity of these experiences. The biggest doubt expressed by skeptics was whether the information was really coming from the past-life experiences of the individuals or from their present knowledge. They also felt that that there is every possibility of the person imagining or making it all up.

As far as we are concerned, these are immaterial concerns. What is important to us, as Medical Doctors, is that these regressions are capable of healing patients' emotional, mental and physical problems. In addition to this, the regressions bring about profound spiritual transformation in the individuals and improve the overall quality of their lives. We therefore make no judgments about the process of past life regression and we do not attempt to prove the accuracy or reality of these past life recollections. It is enough for us to know that this is a good, effective and extremely safe way to help and heal the patients. The proof of the pudding is in the eating and the results speak for themselves!

"A stone I died and rose again a plant
A plant I died and rose again an animal;
I died an animal and was born a man
Why should I fear? When was I less by dying?" *-Jalal-ud-din Rumi*

Law of Karma

".....Believing as I do in the theory of rebirth, I live in the hope that if not in this birth, in some other birth I shall be able to hug all humanity in friendly embrace." -**Mohandas K. Gandhi**

We have heard a lot about 'Karma'. 'Karma' is a Sanskrit word which means 'action'. Karma is the process of cause and effect, which is associated with our thoughts, emotions and behaviors. Jesus said, "As you sow, so shall you reap". This single statement contains the essence of what Karma is.

The Dynamics of Karma: We are all spiritual beings having a human experience and the dynamics of Karma help us to keep learning and progressing through the actions done by us in each lifetime. Therefore, Karma is neither good nor bad. Karma operates on universal laws, which create total justice. Karma is very impersonal and it applies to everyone without exception at all times. Karma makes us realize that we are all one irrespective of our nationality, religion, race, creed, caste, sex etc. and thereby teaches us oneness. Karma teaches us take self-responsibility as it makes us feel responsible for our actions in every situation. Karma makes us understand the cause and effect of our actions. Understanding Karma is a major step in our Spiritual Evolution.

Different types of Karma:

SANCHITA KARMA: This is the sum total of the Karma accumulated from all the lifetimes.

PRARABDHA KARMA: This is the Karma that is ripened. The effects of this type of Karma will be felt in this lifetime and in current situations.

AGAMI KARMA or KRIYAMANA KARMA: This is the recently added Karma resulting from present actions. This kind of Karma, which is added recently, affects the future.

Reincarnation and Karma: Most of us believe that our individual characters are formed from birth in this present life. We therefore assume that our psychological makeup is molded from parental and social conditioning as well as our genetic inheritance. Factors like complexes, patterning, personal myths, scripts and family of origin etc. are believed to influence our characters. These have been used to explain how our psyche has been affected by our childhood experiences and/or our genetic inheritance. Modern psychology is predominantly based on this model.

What this model fails to provide suitable explanations for are the instances wherein many people are found to possess special gifts and character traits that cannot be due to their family history or genetic inheritance. It also cannot explain why two people with identical family history and genetic inheritance often have vastly varying and sometimes diametrically opposite character traits and behavior. This model is therefore incomplete in its understanding of the human psyche. This is the reason why it has had an insignificant success rate when it comes to treating most psychological disorders and ailments.

Any search for a fully integrated model, which can provide the answers to all the questions that remain unanswered using the present model, leads us to the study of reincarnation. Reincarnation is the missing link, which helps us to complete our understanding. Once we

realize that we are eternal beings who have lived many lifetimes before this one, we can easily understand that our psyche represents the sum total of all experiences of all our lifetimes including the present one. This explains how our character, situations and conditions in the present life have their roots in our past lives. Past life activities, past life habits, past life patterns, traumatic experiences in the past lives, emotionally charged events from past lives and many more past life experiences all together make up our present self and character structure.

The main reason for reincarnating is to learn lessons. Reincarnation and Karma are thus interrelated. However, this does not apply to those who choose to reincarnate to teach others and help them to grow spiritually. Before we reincarnate, we choose the circumstances, parents, social conditions and situations into which we are born so as to give us the ideal conditions for learning the lessons that we have set out to learn in this lifetime. Hence current family genetics and psychological environments are not mainly responsible for our psychological makeup. They are only the vehicles for the expression of the soul and serve to bring about the interplay of factors required for the natural unfolding of the karmic drama.

Karma is not Punishment: It is very important for us to understand that Karma is not a system of punishment put in place by a higher authority. The common misconception is that the laws of Karma operate in such a manner as to punish us for our so-called 'wrong doings'. The punishment is always self-inflicted from the karmic point of view. Strong Identification with patterns of guilt leads to a need to punish oneself, and therefore the punishment is invariably self-inflicted punishment.

Conscious & Subconscious mind

Our conscious mind is like the proverbial 'tip of the iceberg' (see diagram).

The subconscious mind is where all the experiences of all our lifetimes are stored. The subconscious mind is not accessible in normal waking consciousness. It can be accessed during deep relaxation states or altered states of consciousness. During past-life-regression, subjects are taken to deep levels of relaxation where they enter into a trance state. In this deep state, one can access the subconscious mind where the information about the past lives is stored. Meditation produces deep levels of relaxation or altered states of consciousness. This is the reason why past life memories often open up spontaneously during meditation.

To understand what happens during trance states, it is important to know about the brain wave activity. The mind has four different levels or stages of activity (see diagram).

The **first level** is beta, during which most of the conscious mind is works on regulating the metabolism and only a small part deals with our conscious thoughts.

The **second level** is alpha, during which the subconscious mind is activated and our concentration is very high. Alpha stage is reached during: meditation, regression-induced trance etc. A trance-state is a natural state of mind. The common misconception is that the mind is asleep during this state. However, one is fully aware when in a trance state.

The **third level** is theta, which relates to the part of the mind that functions during light sleep.

The **fourth and last level** is delta and is the level we reach during deep sleep. At this level the mind gets the maximum amount of rest

Trance State: When we induce a trance during regression, we communicate directly with the subconscious mind. When we are functioning at full consciousness, both the subconscious and the conscious mind are functioning simultaneously. During the trance state, our concentration level is much higher compared to our normal conscious mind.

Levels of Trance States:

There are mainly three levels of trance states:

The first level is that of a light trance. In this level, the subject does not feel as if in trance state. They are fully aware of the noises etc. in their environment. Although regressions and progressions can be done at this level, the information obtained is not very clear. Ninety five percent of the people can achieve a light trance.

The second is a medium trance. In this state the subject is more relaxed. In a medium trance, the subject may be dimly aware of external noises but does not get distracted by it. About 70 percent of the people can achieve a medium trance.

The last level is called a deep trance or 'somnambulistic trance'. This is a very deep level of trance and the subject may not remember what was done in the trance state unless specifically told to remember upon coming out of the trance. Only about 5 percent of the people can go into a deep trance. Even in this deep state, the subject cannot be told to do or say anything that is against his or her moral or ethical code. The subject is always in control. This is the truth and not what is often depicted in Television and Movies where people in a deep trance state are shown as if totally under the control of the person giving them suggestions.

Who can enter into a Trance? Contrary to popular the misconception, intelligent people (those who can grasp concepts quickly and reapply them easily) make the best subjects for Past-Life-Regression as they can go into a trance easily. Intelligent people have excellent memory and concentration level making it easier for them to focus better and get totally involved in the process. If you are a person who; can express emotions with ease, can visualize imagery in detail or are capable of getting so engrossed in observing nature or your surroundings that you do not feel the passage of time, then you are a person who can go into a trance very easily. If you have a cynical or excessively critical nature, the chances of your going into a trance are lowered. Children can go into a trance very easily because of their good imagination, lack of cynical attitude and lack of skepticism.

On the other hand the people who experience difficulty going into a trance are those; who have very short attention spans, who are always dwelling in the past, who are constantly worrying about the future, who always use logic instead of emotions, who have very low IQs, who are cynical, who are very skeptical, who resist flowing with the process etc. Other factors that affect ones ability to enter into a trance are; severe alcoholism or drug abuse, inability to follow the language of the therapist, mental retardation, brain damage. However, it is possible to work with anyone and gradually improve his or her ability to enter into a trance though the progress will initially be slow.