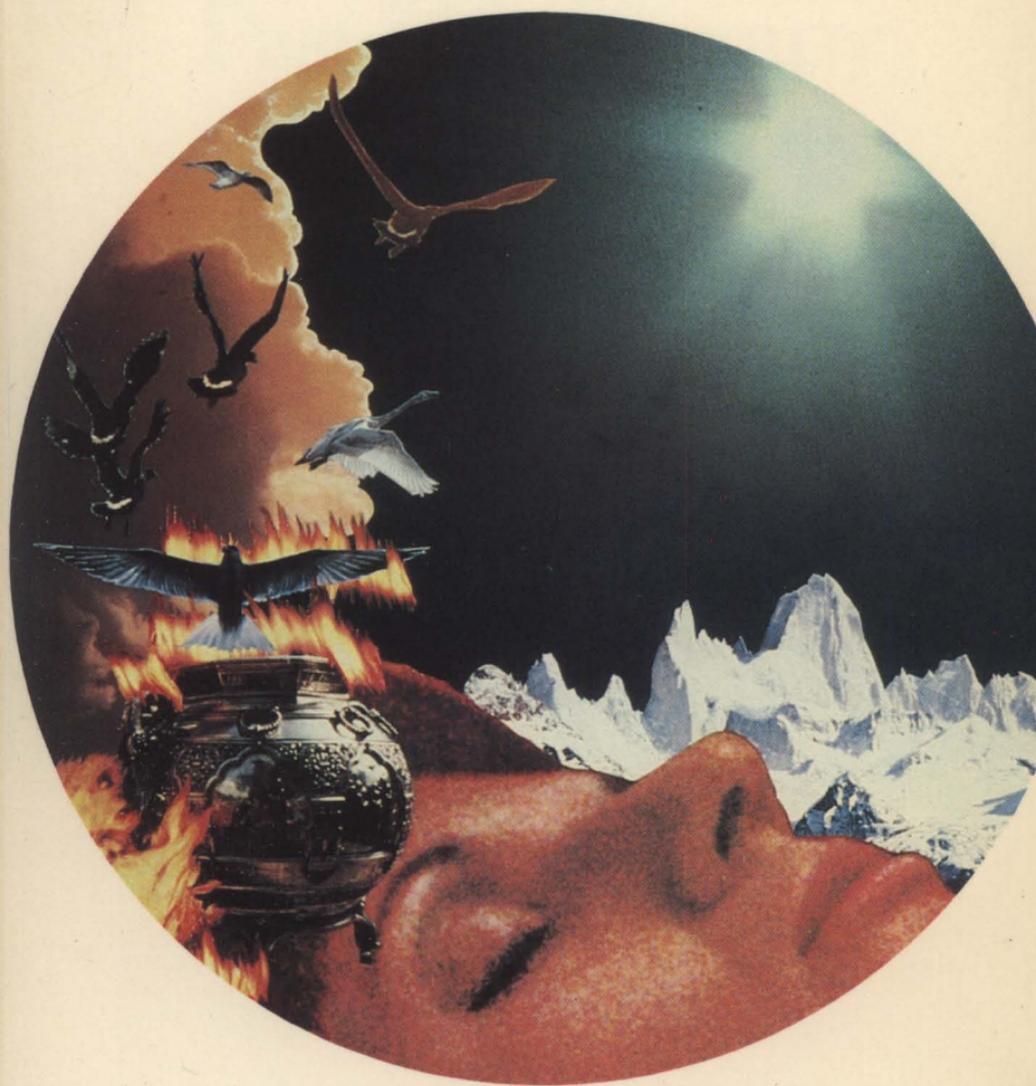


Past-Life Therapy In Action



DICK SUTPHEN
LAUREN LEIGH TAYLOR

Past-Life Therapy In Action

DEK SUTPHIN
LAUREN LEIGH TAYLOR



Valley of the Sun Publishing, Box 38, Malibu, CA 90265



Past-Life Therapy In Action

DICK SUTPHEN
LAUREN LEIGH TAYLOR

PBHL 204



1988.2277
(b 2706)

**Other Metaphysical Books
By Dick Sutphen**

Know Thy Higher Self
You Were Born Again To Be Together
Past Lives, Future Loves
Unseen Influences
The Master of Life Manual
Lighting The Light Within
Enlightenment Transcripts
Sedona: Psychic Energy Vortexes

For complete information about
Sutphen Seminars
or for a catalog of books
and over 300 self-help and
self-exploration tapes,
write:

**Valley of the Sun
Box 38, Malibu, CA 90265**

Cover Credits: Front cover, "Detachment" © 1986 by Ruth Terrill, 9700 Alpine Road, Box 120, Star Route 2, La Honda, California 94020. Back cover, © 1987 by Wayne Hassell, 443 E-5, N. Vancouver, B.C., V7L1M3 Canada.

First Printing: June 1983
Second Printing: August 1987

Additional copies of **Past-Life Therapy In Action** are available directly from the publisher for \$7.95 each plus \$2.00 postage and handling.

Published by Valley of the Sun Publishing Company, Box 38, Malibu, California 90265. Copyright © 1983, additional material copyright © 1987 by Valley of the Sun Publishing. All rights reserved. No part of this book may be reproduced in any form without written permission from the publisher, except for brief passages included in a review in a newspaper or magazine. Printed in the United States of America.

ISBN: 911842-32-2

Chapter 1:	Introduction	1
Chapter 2:	The Five Hindrances	15
Chapter 3:	The Four Noble Truths	25
Chapter 4:	The Eightfold Path	35
Chapter 5:	The Three Jewels	45
Chapter 6:	The Three Trainings	55
Chapter 7:	The Three Gates	65
Chapter 8:	The Three Vehicles	75

Transformation
*does not have
to take
years of study
or a lifetime
of meditation.
It can happen
in an instant.*

Chapter One
REINCARNATION/KARMA
The Basis of Reality

Contents

Chapter 1:	
Reincarnation/Karma—The Basis of Reality ..	9
Chapter 2:	
The Five Kinds of Karma	19
Chapter 3:	
27 Case Histories	21
Chapter 4:	
Eva: A Detailed False Guilt Regression	81
Chapter 5:	
Trainer Conclusions	93
Chapter 6:	
“I Wish You A Terrible Regression”.....	101
Chapter 7:	
Regressive Hypnosis Scripts	109
Chapter 8:	
An Alternate View of Reincarnation	128

Contents

Chapter 1	Reconstruction, Kansas—The Basis of Reality	9
Chapter 2	The Five Kinds of Kansas	19
Chapter 3	17 Case Histories	21
Chapter 4	Evil & U-Boats: Fritz Coffin Revisited	31
Chapter 5	Travels in Conclusions	37
Chapter 6	"I Wish You a Terrible Regret"	101
Chapter 7	Regressive Hypnosis: Insights	107
Chapter 8	An Alternative View of Reconstruction	123

Chapter One

REINCARNATION/KARMA

The Basis of Reality

When I first began conducting reincarnation seminars in 1976, I would walk on stage, raise my hand and ask the audience, "How many of you believe in reincarnation?" Every hand in the room would go up. Then I'd ask, "How many of you are thought of as a little weird because of it?" Almost every hand went up again and everybody laughed.

Today, when I conduct past-life therapy seminars, often with audiences of 400-1,200, very few people raise their hands in response to the second question. But they still laugh. According to a 1982 Gallup Poll, one out of four people in the United States now believes in reincarnation. That's nearly 55 million people.

My audience has changed, too. Today, I teach past-life regressive hypnosis to many psychologists, psychiatrists and medical practitioners. Most of them are still considered strange by their peers for incorporating past-life therapy into their practices, but these people are interested in results. Through their own experience or those of others in their field, they've learned that past-life therapy techniques can relieve anxiety, resolve problems, or at least reveal the hidden cause. An awareness of the cause is the first step toward eliminating the undesirable effect.

At one time, the acceptance of reincarnation appeared to be relegated to groups in California, New York City and other trend-setting cities. Although most of my seminar activities continue to center in the major cities, my mail and the company computer tell me this, too, is rapidly changing.

When we booked a motel in Missoula, Montana, for a Past-Life Therapy Seminar, I didn't have high hopes for a large attendance. My 12-year-old daughter lives on a ranch

in the area and I wanted to be with her on her birthday. So I decided to combine a personal and business trip. I was also interested in seeing, firsthand, the interest in reincarnation in a small, rural area.

The seminar wasn't announced in our magazines, but a mailing was made to local people on our mailing list. Since the Bitterroot Valley was badly depressed economically, an attendance of 40 to 50 people would be high. Our computer projected 100 people—if there was phenomenal interest and the economic times were good.

There was more than phenomenal interest, for exactly 100 people showed up. Although subdued by Los Angeles standards, they were as aware a group as I'd find anywhere ... and I loved conducting the seminar. Most of the participants wanted a list of the names of the other participants so they could get together later. "I thought I was the only woman in town who believed in reincarnation," said one lady who was delighted to find a room full of kindred spirits. Another gentleman felt he was "coming out of the closet" by attending.

It is becoming increasingly obvious to me that there is phenomenal interest in reincarnation everywhere; it is just that "reincarnationists" maintain a low profile about their belief—even in metropolitan centers. In rural areas, there is less acceptance and fewer opportunities to meet others with similar interests.

If 25 percent of the country believes in reincarnation, then that means there are approximately 55 million believers. Why is the acceptance of reincarnation growing while most conventional religions are losing members? In my opinion, when people begin to seriously search for philosophical/religious answers, they find that only reincarnation and karma offer an explanation of total justice. If there is more to life than evolving from a cell in the sea to our present status, if there is a higher reason for our existence, justice must be part of it.

And, unlike religions, you don't have to accept reincarnation on faith alone. You can examine abundant contemporary evidence to support the reality of reincarnation. Although two-thirds of the world have always accepted reincarnation, the '60s and '70s produced a new breed of young North American seeker—individuals unwilling to accept the fear-based dogma of religions. They examined the Bible and found some wisdom—and contradiction and superstition as well. In their search to fill a spiritual void, many of these young people turned to Eastern thought . . . and discovered reincarnation.

When people ask me if I really believe in reincarnation, I respond by saying, "NO! I accept reincarnation as my philosophical basis of reality as a result of my **experience**. After fifteen years of verifying past-life regressions and valid pieces of supportive psychic information, I have no doubts that past lives are influencing our present life. A belief is something you don't know that you accept on faith. Your experience is your reality."

Yet I think it is important for me to state that after years of research, I don't know if I have ever lived before . . . or if anyone has ever lived before. What I do know, as a fact, is that every one of us has the memories of other incarnations locked away in the memory banks of our subconscious mind and that these memories appear to be affecting us. These are not genetic memories, for you may be white now and black in your last life. Perhaps it is a sort of "spiritual genetics" that we don't yet understand. Or maybe we're not tapping in on past lives. It could be that when we die, we pass on our "cumulative essence" to a new soul, who attempts to clean up the essence before passing it on again.

Through awareness of my own past-life memories, I understand myself better today. I've worked with hundreds of people who have also resolved major problems by understanding their own past lives.

1. You are a workaholic, although you consciously know it is harming your health and your relationships. In past-life regression, you experience burying your children because they starved to death during a famine in Europe in A.D. 1500. The pain of the loss and your guilt about being unable to provide food for survival resulted in an obsessive drive in your current life. You never want to experience that kind of pain again.

2. You are terribly overweight and your doctor tells you to lose weight since your feet cannot support your body and your arches are breaking down. You try everything, but whenever you start to lose weight, you go on an eating binge and bring it right back up. In past-life regression, you experience being a beautiful teenage girl who lives a happy life with her brother and parents in revolutionary France. One day, the soldiers come and take you and your family away. You are raped, mistreated and eventually executed. From a Higher-Self level of consciousness, you scream, "I was so pretty and they killed me—if you want to be safe, you're better off being ugly."

Both of these cases are real. Both were resolved through past-life therapy. In each case, the conscious and subconscious were out of alignment. It doesn't matter whether the subconscious programming is valid today. The subconscious mind doesn't reason. It remembers pain, and will go to great lengths to prevent repeating it.

Were these experiences truly memories of other incarnations? I don't know. Perhaps someday, scientists will "prove" reincarnation. They have already proven that energy cannot die. And we are energy. When a small molecule of energy is isolated in a sealed cloud chamber and photographed on ultra-sensitive film, the molecule has a particular size, weight, pattern, and speed. It continues to move in the cloud chamber until it finally falls to the bottom, apparently dead. Yet soon the molecule is back—but it now exhibits a new size, weight, pattern, and speed. This process

continues endlessly.

We, too, are energy and we cannot die. Yet absolute knowledge of the logistics remains elusive. The value of past-life therapy lies in its results, in its ability to assist us in creating our own reality.

The primarily accepted metaphysical belief is that we reincarnate because, in so doing, we can more rapidly evolve back to the God level on the other side. You are born with a level of awareness (vibration) earned in past lives, and how you live this life will determine if you raise or lower your vibration. Negative thoughts, emotions and deeds will lower it. Positive thoughts, emotions and deeds will raise it. Now that is absolutely true . . . unless it isn't. But supposedly this is how it works. For a long time I assumed that our earthly goal was to learn "unconditional love."

And, as a result of working with people individually and in seminars over the last seven years, I have changed my opinion. I think Buddha covered it when he said, "It is our resistance to life that causes our pain." If we could learn to embrace our lives without resistance, we might be able to experience unconditional love and a whole lot more. I feel the cases in this book will demonstrate this clearly.

Nonresistance is the willingness to accept what is, to look at the changing circumstances of your life as valuable information rather than as catastrophe. It is easy to become complacent in a comfortable position and resist change, yet change will always come . . . often when you least expect it.

We need to remember that if everything remained constant and never changed, stagnation would occur, just as it occurs in a standing pool of water. From a karmic perspective, what happens is not important—how we react to what happens is the basis of whether or not we have increased our level of awareness.

What you would call a negative situation in your life is only a problem if you look upon it as a problem. We all have the ability to transform the way we experience our lives, or

in other words, change our perspective. As difficult as it may be to accept, our problems actually contribute satisfaction to our lives. If there were no problems to challenge you, there could be no growth. There would be no way for you to learn how to handle things and become aware of your capability for making your life work.

In fact, if you didn't have problems, you'd have to invent some to give yourself the opportunity to grow and learn to make your life work. And, obviously, that is often what we do. We manifest problems—not consciously, but subconsciously we create these challenges.

The real secret to growth through problems is to look upon problems as opportunities. The bigger the problem, the bigger the opportunity. And the problem usually stays with us just as long as we need it to achieve an understanding of ourselves and others. Once we have that understanding, we can let go of the effect.

In many problem situations, nothing about the situation will change but our viewpoint. And yet, by changing our reaction to the situation, we eliminate the problem: we cease to resist it. Things may be at their worst and we remain happy. Each time we rise above a painful situation, we have attained soul growth, which I perceive as intuitive strength and awareness. Hopefully, this awareness will make future problem situations of the same kind unnecessary.

I feel everyone has a subconscious desire to evolve to the level of a master: a fully self-actualized individual who has risen above the need of earthly incarnations. Yet people with a reincarnation orientation often get sidetracked by concentrating on the esoteric aspects of their spiritual quest and forgetting about the basics. This tends to retard their spiritual advancement. The following are what I consider to be the basics:

* * *

A Master detaches from his illusions about reality and recognizes that it exists only as that which he experiences. It

can be experienced as a hostile separateness or a tranquil oneness.

* * *

A Master accepts others as they are without attempting to change them to be what he wants them to be.

* * *

A Master is a living example of "detached mind." His state of mind fluctuates only from positive to neutral as outside conditions change. He accepts all the warmth and joy in life while detaching from the negativity by allowing it to flow past him without affecting him.

* * *

A Master doesn't complain to others about anyone or anything. He accepts "what is." He accepts unalterable realities as they are without wasting mental or physical energy attempting to change what cannot be changed.

* * *

A Master does not judge other human beings. He knows that everyone is doing the best they can, although maybe not the best they know how.

* * *

A Master doesn't blame anyone for anything. Blame is incompatible with the acceptance of karma. You and you alone are responsible for absolutely everything that has ever happened to you. You set it up to experience as an opportunity to learn.

* * *

A Master doesn't take anything personally, for he knows someone else's reaction to him, good or bad, comes out of their memory banks. It is their viewpoint and has nothing to do with him. The way they relate to him they would relate to anyone who represented to them what he represents.

* * *

A Master knows that there is nothing to seek and nothing

to find. You are already enlightened, and all the words in the world will not give you what you already have. The wise seeker, therefore, is concerned with one thing only: to become aware of what he already is, of the True Self within.

* * *

The cases in this book come primarily from seminars I've conducted in 1982-83. These are Past-Life Therapy Seminars, the Professional Hypnotists Training, the Trainer Techniques Seminar, and the Bushido SST. In each training, the participants are hypnotically conditioned, and they experience group hypnotic regressions. They are given strong post-hypnotic suggestions that "Today, while we are together in this room, if I touch you on the forehead and say the word 'sleep,' you will instantly go into the deepest possible hypnotic sleep." This programming allows me to do many instant regressions with the subject standing up. On other occasions, I conduct involved one-to-one regressions for demonstration purposes.

The names and some of the circumstances have been changed in some of the case histories to protect the privacy of the individuals. In a few cases, the regression information has been restructured to fit the format of the book. However, these are true experiences of the participants.

I never assume, when working with participants, that I have uncovered the full cause behind the effect. Nor do I assume that the karmic lesson interpreted from the experience is the only, or even the most important, lesson to be learned. I do feel, however, that the individuals who chose to participate gained considerable insight and awareness from the experience. I define awareness as "how much you let yourself know of your own truth."

Participants in any Sutphen Seminar may ask for the microphone and interact with the trainers if they desire, but they are never forced or asked individually to share. The majority who attend participate in the regressions and self-

exploration sessions, and observe without interacting.

Out of the context of the seminar, the trainer's techniques often appear cold and unfeeling to a reader. In reality, they are a form of "hard love," for the trainer has one goal in mind: to create the space for the participant to help himself by finding his own truths. The Trainer/Participant association is a modern-day version of the Zen Master/Student association. The Seminar Training is (as is Zen) a process of seeking to find in one's self, as opposed to ceremony or doctrine, the path to wisdom.

Zen is neither a religion nor a philosophy, but a way of liberation. It is a game of discovering who you are beneath your fear programming. The Zen Master often used a stick to hit a student who wasn't "getting it." In the seminars, I purposely use attitudes and words as my stick. One participant might react best to shock, another to gentle support, another to regression awareness, etc. The trainer must make it all right with himself to be hated, if that is what it takes, to get results.

As in Zen, the participant is encouraged to leap into the unknown and find the True Self within. The True Self is found when the false self is renounced. To accomplish the goal, the trainer must jolt participants out of their intellectual ruts, passé notions, views, and convictions that are restricting their lives.

Dick Sutphen
June 1983
Malibu, California

Chapter Two

The Five Kinds of Karma

I am assuming that the reader has a good understanding of karma as a prerequisite for this book. I've written about it in great detail in other books, as has almost every author in the field.

As a result of my experience, I break karma down into the following categories:

1. Balancing Karma: This is the most simplistic, mechanical kind of cause and effect. A man is born blind because, as a soldier, he purposely blinded others in a past life. A woman can't have children because she abandoned her child in a past life. A man has migraine headaches because, in a fit of jealousy, he hit someone on the head and killed them in a past life.

2. Physical Karma: The misuse of the body in one life results in an appropriate affliction in a later life. A woman is born with lung problems resulting from excessive smoking and death from lung cancer in a past life. A man is born with a large birthmark on his leg that is a carry-over from a terrible burn in a past life. A strong pattern: The faster the entity chooses to be reborn, the more likely the physical carry-over.

3. False Fear Karma: A traumatic past-life incident generates a fear that is not valid in the context of the current life. A woman is extremely overweight in this life. In a past life, she was pretty and they executed her. "If you want to be safe, you'll be ugly," she cries out in regression.

4. False Guilt Karma: An individual takes on the responsibility or accepts the blame for a traumatic past-life incident for which he is blameless from any perspective. A man who contracted polio and was left with one leg paralyzed perceived as the past-life cause his being the driver of a car which was involved in an accident that

crippled a child. Although it wasn't his fault, he blames himself and seeks self-forgiveness through this karmic methodology.

5. Developed Ability/Awareness Karma: Abilities and awareness are developed over a period of many lifetimes. A man in Rome became interested in music and began to develop his ability. Today, after six additional lifetimes in which he became a little better with each life, he is a successful professional musician. A woman who has been happily married for 35 years has worked hard to refine her awareness of human relationships over many lifetimes.

Although all forms of karma may be responsive to past-life therapy/human-potential processing and reprogramming techniques, it is within category three, False Fear Karma, and category four, False Guilt Karma, that I am most likely to attain immediate, dramatic results. Category one, Balancing Karma, is next in line, and this depends upon the situation as to how fast and effective the results will be. Category two, Physical Karma, is the hardest to overcome with past-life therapy, yet I've witnessed many successful resolutions.

Chapter Three

27 Case Histories

1.

The following is a portion of the opening mini-lecture for an experimental past-life hypnotic regression session in a Phoenix, Arizona, Bushido SST.

“Every thought and action you’ve ever experienced is recorded in the memory banks of your subconscious mind. The result is your current *viewpoint*. That means your viewpoint on everything, from your self-image, your career, to sex, relationships, money . . . everything. I also contend that you are already a Master of Life. Some things you’ve mastered, you’ve handled. Those you haven’t yet mastered or handled are your fears. And yet, under those layers of fear programming, lies your True Self—a Master, a beautiful, self-actualized, nonresistant individual capable of unconditional love.

“In this hypnosis session, we are going to examine one of your viewpoints. It can be in regard to any life area, and I’d prefer it to be a viewpoint that you don’t know how you developed.”

(Hypnosis is induced and a back-to-the-viewpoint regression conducted.)

Note: In a group of 265 people from 17 states, 53 percent found the source of their viewpoint in their current life while 42 percent found the source in a past life. Five percent claimed not to receive any information. The following samples are representative of the past-life situations shared by the participants:

1. Sondra's viewpoint: "Even though I am financially set for life and am told by everyone that I am a very beautiful woman, I'm still very insecure."

Past-life source: She never received praise or acceptance from her peers until she earned it by becoming an authority in her profession.

Conclusion: Because she has no strong interests or career goals in this life, Sondra is afraid of receiving false acceptance on the basis of her money and beauty.

2. Sharon's viewpoint: "Kids are a hassle and I never want to have any."

Past-life source: As a nanny in 19th-Century England, Sharon looked after the seven-year-old daughter of a wealthy family. When the child died, the mother had a nervous breakdown and never fully recovered. The father became sullen and withdrawn.

3. John's viewpoint: "East Asian people make me feel uneasy and insecure."

Past-life source: He was an English soldier assigned to keep the peace in East Asia. He was wounded twice and suffered many negative experiences with these people.

4. Howard's viewpoint: "I'm destined to become a major name in the motion picture industry."

Past-life source: He spent his life seeking money and notoriety as a writer. Just before the publication of his first book, he died.

Conclusion: Once again, he is working in the communications field to achieve the acclaim he felt he was cheated out of by death.

5. Albert's viewpoint: "My wife can't be trusted."

Past-life source: In another life, he was a woman whose husband left her with three children when he fell in love with someone else.

Followup mini-lecture: "The only problem that exists is fear, so if we want to eliminate our problems, we need to rise above the effects of fear. We need to remove the layers of

fear that keep us from being a Master of Life. Knowing the cause is an ideal first step. It may even eliminate the fear. Programming is another answer, but I contend the ultimate answer is awareness, wisdom. The ultimate wisdom is to know your True Self. Wisdom can erase karma, and karma is nothing but our past subconscious programming. Let's explore the two kinds of fear:

"1. Physical/Emotional Fears: These are the fears that keep you from acting when it would be in your best interest, or to your advantage to act. It could be anything from a fear of flying to a fear of success or failure. Programming can be useful in overcoming these fears, but to rise above it you will have to confront it. Although afraid, you act anyway. This way, you dominate the fear by going through it and coming out the other side, finding the fear wasn't valid.

"2. Resistance to What Is: This would be anger, anxiety, guilt, frustration, hate, possessiveness, tension, self-doubt, and all other negative emotions. You can rise above the effects of these fears by transforming the way you experience the resistance (fear). In other words, by altering your viewpoint. You can't change most outside conditions but you can change the way you react to those outside conditions by ceasing to resist what you cannot change. In your acceptance of that which you cannot change (what is), you are dealing with reality instead of with your brainwashed conception of reality."

A participant raised his hand.

"Yes, Robert?"

"Do you feel that beliefs are also fears?"

"Of course. You only believe what you don't know. If it's a negative belief, it's obviously fear. But positive beliefs can be fear, too. You believe your wife is faithful—to believe otherwise is fearful. You believe in reincarnation, because the thought of hell or no afterlife is fearful. To be without a philosophy is fearful. You might even believe in reincarnation

to be different from your family, because to be like everyone is fearful. I could go on and on.”

“What about a belief in God?” he asked with a cocky smile.

“How would you feel if you believed there was no God?” I asked in return.

“Probably scared shitless. Got it!” he said, and sat down.

2.

“Wow! That was fantastic!” said Gina, obviously excited about her regression experience. “Now I know why my husband and I didn’t make it in this life. I cheated on him in Elizabethan England and he left me. This time around, he had a whole series of affairs and I divorced him. Now it’s balanced and I won’t have to get back together with him in a future life.”

“Maybe, maybe not,” I replied from the stage. “Have you let go of all the negative emotions you felt toward him—all the anger, resentments and hostilities?”

“Yes, I really have. It’s been a year and I know I’ve risen above all the negativity.”

“Good. And do you accept and respect him exactly the way he is, as opposed to how you would like him to be?”

“Accept and respect him? No, there’s no way I could ever do that.”

I laughed in response. “I don’t agree. In some future life with him, you’ll finally learn to accept and respect him. You’ve chosen to learn a lesson together and obviously it’s not learned.”

“The hell! I’ve already risen above the negativity,” she said in a loud voice, glaring at me.

“Gina, you came back together to learn, not necessarily to reexperience emotional love. What we think of as emotional

love is usually lust, needs, dependency, possessiveness, or comfort. One of those are real love, nonresistant love. Nonresistant love would be caring without resistance, loving the person for the way they are, not the way you want them to be. What they said or did could not diminish nonresistant love. You're still resisting the way your husband is. If you weren't resisting the way he is, you would accept and respect him for what he is. Resistance is always based on fear—the opposite of love.

“I hope you have a happy future life together.”

“He's an asshole! How can I respect an asshole?!”

“He's doing the best he can, Gina. Maybe not the best he knows how, but at least the best he can. He's here to learn, and like everyone else, he'll learn through pain. Actually, each mistake he makes is a small success, leading toward gaining enough wisdom to achieve the ultimate success: rising above resistance.”

“You're asking me to do something so idealistic, it's impossible.”

“Gina, after all these sessions, do you get that it's impossible to change someone else?”

“Yeah, I get that. And obviously no one's ever going to change my husband. I'm not trying to. . . .”

“Okay, now follow me closely. The way I see it, you have two choices. You can mentally accept the way he is. Or you can mentally resist the way he is. Aren't you still mentally resisting the way he is?”

“I guess.”

“So you're resisting what is. That's fear. It's also wasted energy and negative programming, which adds up to an unlearned lesson, which adds up to negative karma.”

“But, Dick, he could be so much more. He's screwing up his entire life. Even if I accepted him, how could I respect someone who does that?”

“To not respect him is to continue to resist him. That would be false acceptance.”

"This is getting very complicated and confusing."

"Gina, you're willing to respect your ex-husband only if he achieves what you think he should. You're judging him on your scale of human values, and everyone in this room has a different scale. From your other sharings, I know you've been involved in metaphysics for a long time. You know judgment doesn't work."

"You've gotten me very upset."

"Good. That's what you came here for. Now let me carry this to a last and crucial point: Your ex-husband is a mirror for you. Whatever it is that upsets you about him is something you subconsciously or consciously recognize within yourself. So the only cause for you to refuse to accept and respect him lies within you. Once you've cut through to your True Self and forgive, accept and respect yourself—then, and only then, can you transform the way you experience your ex-husband and complete, for all time, your relationship with him. The lesson will be learned. It's simple—not necessarily easy—and not impossible!"

"Maybe you're right. I'm not accepting that yet. But one thing I can guarantee you. My ex-husband is no mirror for me. He drinks too much as an escape, he is defensive about everything, he refuses to communicate, and ..."

"Wait, Gina! Let's start with the first three items. What do you do to escape your current reality?"

"Nothing!"

"How involved are you in metaphysical activities? This morning you mentioned several metaphysical organizations you belong to and you told us how much time you spend in daily meditation. That sounds like it could be an effective way of escaping from the reality of here and now."

"Maybe there's a little escape in that, but if he's off drinking, I'm not going to sit home waiting for him."

"In what areas are you defensive, Gina?"

"I'm not defensive!"

"Not with your mother or mother-in-law, not with people

who don't accept your metaphysical concepts of reality, not with service people who don't provide the service you've paid for? The list could go on. Well, Gina?"

"Well, everybody is going to be a little defensive about some things."

"Maybe, but 'everybody' is a broad generalization. The fact is, you would not be bothered by someone being defensive if you didn't recognize the quality in yourself. Now, let's explore the third item—communication. When are you unwilling to communicate?"

"I'm very open to communication at all times. I love it."

"GINA! What subject, what situation causes you to shut down and be unwilling to communicate?"

"The only thing I can think of is when Born-Again Christians at the office get on me about my beliefs. I've learned that communication is worthless."

"Okay. What else causes you to be unwilling to communicate?"

"If someone gets mad, the communication is over for me."

"What else?"

"What good does it do to try to communicate with you? You don't care what I have to say. You've got slick techniques and ways to destroy everything I believe. I don't think anyone in this room could say anything you couldn't tear apart." (She began to cry.)

"Gina, I am asking you questions that are causing your beliefs to come face-to-face with what is. I can't destroy your beliefs; only you can do that if they don't coincide with the answers you came up with in here."

3.

As Gina sat down sobbing, John stood up and asked a question without waiting for a microphone.

"I got what you just said and it's a lot of food for thought, but I have to know something. Are you saying Gina shouldn't have left her husband?"

"Of course not. I've already said it over and over in this room. Sometimes, the only way to be responsible to yourself is to remove yourself from the environment you find yourself within. They both obviously needed to experience exactly what happened. Otherwise, it wouldn't have happened. From a karmic perspective, it isn't what happens that's important, it's how we respond to what happens that demonstrates whether or not we've passed our own test."

"Our own test?"

"If there's anything I've learned from working with over 30,000 people in regression, it's that nobody punishes us but ourselves. And nobody rewards us but ourselves.

"Now, in Gina's case, let's assume that she and her ex-husband have been together in numerous lifetimes, and each time they hurt each other, they came closer to learning that hurting others doesn't work. This time around, Gina figured she had *intuitively* learned the lesson she so desired. She even got involved with metaphysical concepts to increase her awareness. Then, the only way to test her knowledge was to put herself in her present position. Does she pass or fail? Only she can judge that from what I'll call a Higher-Self perspective."

"Whew!" John responded, sitting down.

4.

In response to the two previous encounters, Barbara began waving her hand and scowling.

"Yes, Barbara?"

"This is all getting very slippery, my dear Dick!" she said

sarcastically. "We've been talking a great deal about the ultimate goal of transcending resistance as the way to eliminate negative karma. But if Gina can't resolve her resistance with her husband until she achieves an awareness of her True Self, then getting in touch with your True Self is the ultimate goal."

"It appears that way, doesn't it? How do you do that?"

"Oh, by ceasing to resist yourself first, I suppose."

"Sure. We've completed the full Zen circle: 'There's nothing to seek and nothing to find, externally.' That's why most people searching for spirituality don't find it. They seek answers from organizations, gurus or methodologies. They look for spirituality everywhere except where it is. And, although they accept dogma and techniques in an effort to escape, to make their lives safe and secure, they continue to live in conflict, anxiety and pain."

"Are you saying you've achieved this goal?"

"Certainly not! I have clarity about the goal. The fun is in working toward the goal. Once achieved, I doubt anyone would stick around."

5.

"All right, Dick," David said. "All this communication that started with Gina has already made this the most valuable seminar I've ever attended. I simply can't argue with you and it makes me sick to think that I've been spinning my wheels in the wrong direction for so long."

"Everything I've said in this room in the last half hour is absolutely true . . . unless, of course, it isn't. It's my truth, my goal. And don't accept it as yours unless it works for you."

"Okay. What I need from you, though, is clarification about the appropriateness of leaving a situation. How do

you avoid making a karmic relationship mistake?"

"I don't know if you can make a mistake. If you end a relationship before the learning is completed, then the ending may be part of the learning. If you need more learning, you'll create another learning experience. Each time, you do the best you can, based on your level of awareness.

"Why don't you get specific about your situation?"

"Well," David began slowly. "I was married before, and got involved with someone else. I ended up leaving my wife to be with the other woman. Now, after a year and a half, that isn't working out very well. We have all kinds of problems and I just don't want to be there any more. I have a problem with the way she gossips and deals with money and other people, with her negativity and the fact that she drinks too much. I know this is all resistance, and I'd like to complete the relationship with a minimum of negativity."

"When it comes to releasing mental resistance, I don't think it makes any difference whether or not you're still in a primary relationship with that person. And everything you mentioned about your lady has to do with her basic way of being. How long has she been this way?"

"Probably since we met, but I didn't let myself face that fact. I was too taken by her beauty and the great sex life we shared."

"Do you think she'll ever change?"

"Of course not. I know better than to expect that."

"All right, then. The next question is, how long are you willing to remain in the environment if things remain the way they are? Two years?"

"God, NO!" he responded immediately.

"One year?"

"NO!"

"Six months?"

"I don't think so."

"Okay. So the bottom line is, your relationship is terminal. If she doesn't change, which you know she won't,

your relationship will be over within the year. Are you clear on that?"

"Yes!"

"So why are you still there?"

"Well, I guess I just don't want the pain of it. I don't want to hurt her and I don't want to go through everything it will mean with our friends and all."

"What about waiting around in hopes of an easy answer? Maybe the cavalry will arrive in time to save you from the Indians, like a John Wayne movie. Maybe an angel will appear with instructions from God. Maybe she'll decide she wants out and save you from feeling guilty."

"Yeah," he said. "I guess I'm looking for more reasons—justifications to avoid feeling guilty."

"People always act emotionally. We only create reasons and justifications as rationales for doing what we emotionally want to do.

"Suppose God walked in that door over there and gave you the reasons for your current relationship conflicts. Would that help?"

"Sure! Then maybe I could accept it."

"Okay. Hopefully, God won't mind me standing in for Him. Let's go back to the cause." (Regression instructions are given and two lifetimes are covered within a 15-minute period.)

1. As a frontier trapper, David loved the same woman, but she died shortly after they married. The unfulfilled love probably explains why he was so attracted to her in the first place.

2. As comrades-in-arms in Rhodes (305 B.C.), they fought off Demetrius the First's legions, who were attempting to sack the city. Their friendship deteriorated when they both fell in love with the same woman. David lost out. This could explain his desire to leave her now.

Upon awakening David, I asked, "There, does that help you to understand?"

"OH, yes. Wow! Thanks. It probably explains it all."

"Does it change anything?"

"Sure ... ah, well, I don't know."

"It may help you transform the way you experience your lady, and it won't change the way she is. It's still up to you to deal with the resistance, with or without her. If you handle the resistance, the relationship still may not be appropriate for you. You may want more out of life than this relationship can offer. I get that you are very clear about what you want. You just haven't made it okay with yourself to act."

"Why does life have to be so complicated?" He looked at me. "I know, I know. I created it to give myself this wonderful opportunity, right? Shit!"

6.

I had just completed a dialogue with another participant about "materialism" versus "spirituality," when a small, round man nearly jumped out of his chair.

"The one thing I hate about coming to these seminars is all the crap about 'spirituality.' It makes me sick. I mean, I have worked myself to the bone all these years to earn what I have. I struggled just as hard as any of you people did, and just because my goals were financial instead of airy-fairy is no reason to look down on them."

"Whoa, hold on a second, Frank. You obviously have a tremendous amount of energy on the subject. What's behind all that?"

"I'll tell you what's behind it," he began aggressively. "What's behind it is, I've devoted my life to achieving my goals. I'm proud of it, and I'm not going to let anyone tell me it's meaningless."

"Of course not. It's obviously very meaningful for you. That's your truth about it. It doesn't matter if Sam, over

there, thinks material goals are irrelevant. That's his truth.

"So what I'd like to know, Frank, is whether that works for you? Does working hard, struggling to achieve your goals, does that work for you?" I asked.

He looked puzzled, belligerent. "Shit, I don't know. I've never done anything else."

"Would you like to find out why you are compelled to fight so hard for what you want?"

"Yeah," he replied cautiously. "If you promise not to turn me into one of those spiritual idiots who never do anything but sit around and contemplate their navels."

I couldn't conceal a smile. "You've got a deal." (Instructions given for a back-to-the-cause regression.)

"Shhh. There's someone coming," he whispered. (His body crouched and tensed.) "Back here . . . quick!" (Sweat began to trickle down his forehead.)

Several seconds passed before he said, "Thank God, they've gone."

"Speak up now and tell me what's happening," I requested.

"I'm a resistance fighter in France. My job is to try to break German codes, but it's so hard when we have to keep moving, hiding."

"All right. Let's move ahead to the next significant event in this lifetime we're exploring." (Instructions given.)

"Oh, Jesus, they're coming up the stairs, through the window . . . they're everywhere, all around the building!" (Frank became very agitated, his closed eyes twitching.)

"There's no way out. God, why did we choose this attic? Steady, steady now. We'll have to fight," he muttered, mostly to himself.

There was a long pause. The only sounds were small groans as Frank fought in his private world. Suddenly, his hands flew to his throat, his body convulsed, then relaxed.

I interjected, "Tell me what's happening now."

"Nothing much," he casually replied. "The attic is torn to pieces, bodies everywhere, mine, too. It's almost peaceful."

“From this perspective, look back on the life you just experienced and tell me what the lesson was.”

“It was all about resistance. I spent my whole life, short as it was, resisting the Nazis, or the government, or something. Coming into this life, I decided I was going to do this one for me . . . just for me.”

“So how does resistance relate to your current life?”

“Oh, I’m beginning to see it now. Even though I’m living this life pursuing my own goals, I still feel a lot of resistance to everything. I get pissed about the amount of taxes I pay. I always check prices to make sure I’m not getting screwed. Even that guy who was talking about spiritualism, I really resented that.” (He paused, with a puzzled frown.)

“The question, Frank, is not whether resistance is good or bad—it’s whether it works. In your past life, you chose to resist the Nazis because you thought you could do something about it. And maybe you did. In this life, though, you’re resisting taxes and other people, things you can’t change. You’d make your life far easier if you resisted only what you could change, and for the rest, accept that what is, is.”

“You’ve given me something to think about.”

7.

“In the regression we just did, you asked us to go back to the primary past life influencing us today. Mine was a lifetime as a shrewish old man who was interested in nothing but money. I got the lesson that money can’t buy happiness, only love can. And I’ve even seen that in my life now, because I’m really not materialistic; I’m more interested in spirituality and love.

“That’s where I’m having problems. I know the most spiritual love is unconditional, but I just can’t seem to

achieve it . . . especially with my husband. Every time I think I've learned to accept him the way he is, he'll do something I just can't stand. And then I feel like *I* failed, because I should be able to love him no matter what. Right?" She looked perplexed.

"Wrong. Don't 'should' on yourself. You either love your husband no matter what because that's what you *want* to do, or you don't love your husband no matter what, and that's what is.

"The problem isn't you, Christine, or even your husband. The problem is your belief. You believe you should feel unconditional love toward your husband. Right?"

"Right."

"Have you ever *experienced* unconditional love?"

She shook her head.

"Know anyone else who has?"

She shook her head again. "But I've read about it," she insisted.

"No, you've read about beliefs."

"Yeah, that's true," she replied reluctantly.

"Unconditional love is a belief, Christine. You can't experience a belief. In fact, belief destroys experience.

"Tell me, how would you feel about your husband if you gave up your beliefs about unconditional love?"

After a pause, "Probably a lot better. I really do love him, it's just that I don't always like him."

"It's possible that if you give up your beliefs about unconditional love, you might actually *experience* it. At the very least, you'll stop resisting what is."

8.

Martin attended the seminar to gain awareness about two

problems: an extreme fear of failure, manifested by overpreparation; and an extreme fear of public speaking, manifested by avoiding speaking engagements at all costs, regardless of the fact that he was good at it and it was important to his career.

The following are Martin's explanations of his regressions:

Fear of failure: "I had two vivid impressions. In the first, I saw myself going into the Coliseum in ancient Rome. I was a gladiator. I needed to fight. I heard the crowds shout, 'Gloria Vitae! Gloria Vitae!' I had to excel in my fighting, for to fail meant death.

"In the second experience, I saw myself as a cliff diver on a South Sea island. I meticulously prepared to dive from the cliffs because, again, failure meant death."

Fear of public speaking: "I experienced myself as a male politician in Austria, afflicted with a very high voice. The problem was caused by an impairment of the vocal cords. I wanted badly to be successful in politics, but whenever I spoke, people made fun of me. I was nicknamed 'The Weasel.'"

"What can you do about the fears?" I asked.

"Confront them," he replied. "And probably use some hypnosis and sleep programming to support my goals."

9.

Shirley lives in Anchorage, Alaska. Since her arrival there a year earlier, she had been experiencing a series of annoying illnesses: tension headaches, abdominal pain and severe menstrual cramps. Doctors could discover no medical reasons for the problems and Shirley had rarely been sick before, so she was anxious to explore any methodology that might provide explanation or relief.

After a past-life session, she stood and took the microphone: "I received a vivid impression of being a girl named

Jennifer. I was three years old and it was my birthday party, but I was sad because my mother wasn't there. She had died a few days before. My father was there, but he hated me. He blamed me for my mother's death, and often beat me with little or no cause. I thought this was because of my willful, outspoken attitude, so I associated punishment with these traits.

"When you moved us forward to the next significant event, I found that my father had arranged my marriage to a 'fire-and-brimstone' preacher named Stephen Bell. Stephen beat me whenever I opposed him in anything, which was pretty often. While reliving one of these beatings, I remember thinking it might be better to try to please him and thus avoid the pain.

"This seems to be the key, for in this life I want to please more than anything. Yet when I moved to Alaska, I took a job that requires me to be aggressive. Now I realize that I only seem to experience the physical problem when I'm assertive and stand up to people. Maybe most people wouldn't find my job so taxing, but my body certainly responds to the stress."

"Maybe understanding the cause will release the effect," I said. "I hope so. But, if not, I'd surely ask myself the most important question: 'Does what I do work for me?' If not, would you consider finding a position that doesn't require you to be aggressive?"

"Does anyone here have a copy of the Sunday paper? I want to look at the help wanted section!" she laughed.

10.

I flew to Anchorage a few days prior to the Past-Life Therapy Seminar to do publicity and spend some time with

friends. They had set it up to spend a day at a cabin on a glacier lake about 100 miles south of the city. The cabin belonged to a successful eye surgeon who practiced in Anchorage.

"I've read your books and wish I could attend your seminar this weekend, but I'm taking my wife and kids to Africa on safari. We're leaving Sunday morning," Boyd explained.

We spent all day relaxing, climbing in the mountains and eating pounds of barbecued King Salmon Boyd had caught a few days before. "We live entirely on the meat from my hunts and the fish we catch," he explained proudly. "We even have our own cannery in the basement."

Most of the conversation centered on tales of Boyd's hunts and his obsession with attaining trophies of every game animal on the face of the earth. He had hunted everywhere and had just about achieved his goal.

"You've got to see my house when we return tonight, Dick," he told me. "You probably won't believe it."

He was right. It wasn't a house, it was a natural history museum, filled with hundreds of trophies. All were beautifully mounted and covered the walls of a huge, two-story living room. In fact, every room in the house contained stuffed and mounted animals and fish. Although I'm not into hunting or the idea of living with the glassy-eyed gaze of dead animals, I make no judgments about those who are.

Boyd was very happy with his life. He had obviously created a monetarily successful career situation that enabled him to indulge his real life interest: hunting.

"Even when we're not hunting," he told me, "we spend every weekend camping or staying in one of the many cabins I own around the world. In fact, we never stay home in the city for any weekend of the year."

Boyd had asked earlier if I would regress him and I'd agreed. In the quiet of his study, I hypnotized him and suggested that he go back to the primary lifetime that was affecting his current life.

He was soon relating details of a lifetime as an Arapaho Indian boy. When given instructions to move forward in time to a very important event, he experienced being a teenager riding at full gallop in pursuit of a buffalo. He made the kill with bow and arrow, and was a hero to his father and the tribe. "I am now a man," he said proudly.

As we explored the lifetime further, it became obvious that his self-esteem was closely linked with his success, not only as a hunter of game, but also through stealing the horses of an enemy tribe, the Cheyenne.

Today, Boyd still experiences his aliveness by being outdoors hunting. His self-esteem is evidenced on the walls of his home. "See that empty place up there above the fireplace?" he asked as we were leaving. "That's for the giant bull elephant I'm going to get in Africa this month."

11.

"I care about my husband, and I love my children."

"Okay, Debbie," I said with a brief smile. "I got that."

"The thing is, I've been told that my lessons in this life are to be a better mother to my children, and to get money handled. I can't do that unless I stay with my husband."

"Who told you what your lessons are?"

With a stubborn expression, she said, "Look, I don't want to name names. Let's just say it was someone in the know."

"Okay." I paused. "Explain exactly what they told you."

"What I was told was that the soul's progression was based on a square. You have to travel around the square, and at each corner, there's an intersection that represents a lesson. You have to learn the lesson before you can go on."

"I see. And you're basing your life choices on the assumption that this is what is?"

“Let me ask you a question. How would you feel if, after spending years pursuing this idea of reality, one day you woke up on the other side and found out that spiritual evolution isn’t a square at all? Maybe it’s a circle, or a straight line, or maybe spiritual evolution doesn’t even exist. . . .”

“Don’t say that!” she shouted. Then, more quietly, “If I let myself consider what you’re saying, I may end up thinking my whole life has been a lie.”

“When has this happened to you before, Debbie?” I asked as I walked slowly toward her. “Where does this fear come from? Are you willing to find out?”

She nodded.

I stopped within arm’s length, then reached out to touch her forehead, using the SST technique for instant hypnosis.

“All right. We’re going to go back to the cause of your overwhelming desire to believe.” (Instructions given.)

“Speak up now and tell me what’s happening.”

“I am an initiate in the Catholic Church. I’m sixteen now, but I’ve been with the Sisters since my parents died when I was four. I’m going to become a nun.”

“Let’s move ahead in time to the next significant event.” (Instructions given.)

“I’m older now, in my thirties, I think. For some reason, I feel uncomfortable, as if something were missing. Oh, I understand now. It’s my life that’s missing. I mean, I seem to have missed a lot of life—husband, babies, a home, things like that. I’m sad about that, but I can’t tell anyone because it’s a sin to yearn after that. I’ve given my life to God. It seems a small price to pay for everlasting life with Him.”

After awakening, Debbie was obviously shaken by the regression.

“You’ve been programmed to believe,” I said. “Programming is brainwashing. We’re brainwashed by our parents, peers, mates, and everything that has ever happened to us. The first step in rising above it is to become fully aware that there is no such thing as truth. Truth exists only as it relates

to you. The acceptance of objective truth is the acceptance of a restriction, a trap. When you accept without challenging, you remain enslaved by your belief."

"It's daylight outside, Dick. That's the truth," Debbie said smugly.

"That's a fact. It has nothing to do with the truth."

"I still think the soul's progression is based on a square," she insisted.

"Great, Debbie. Maybe you're right. And if it works for you, by all means continue to think it. That's your truth, your belief. Obviously, you're not willing to challenge your belief, nor is most of the rest of the world."

"If I did want to challenge it," she began in a small voice, "how would I go about it?"

"By examining the evidence. You've absorbed one piece of metaphysical dogma. Why not examine the rest? Read up on the truth as it's presented by the Rosicrucians, the Theosophical Society, the Association for Research and Enlightenment, Eckankar, Uranchia . . . they don't agree on much except reincarnation. Then you might study Harold Sherman's work and writings; he doesn't even accept reincarnation. When you really get into it, you'll find that metaphysical groups aren't much different from the Catholic Church or any other religious denomination. They want you to join, to fund their operations; in return, they offer their own brand of dogma. When you accept it, you give them your power."

"You should talk, you give reincarnation seminars," she said gleefully.

"I accept reincarnation as the philosophical basis of my reality as a result of my experience. I'm coming from my experience, not my belief. Neither I nor my staff are out to convert you to accept reincarnation or any other cause. We have no desire to enlist your aid in destroying any evil. I have nothing for you to join. And I'm certainly not interested in selling you any brand of spirituality. This seminar is about

self-examination.”

“I really don’t like you. You’d like to take away everybody’s beliefs and leave them out in the cold.”

“You’re damned right I would. Beliefs destroy your experience. When your beliefs conflict with ‘what is,’ you’re going to resist. Resistance is fear, and what you resist in life, you draw to you.”

“That’s just a lot of fancy words,” she replied, scowling.

“Oh, really? Then let’s forget about philosophy for a moment and just talk about your life. From your words a few minutes ago, I assume you’d like to leave your husband?”

“So what?”

“He isn’t the way you believe he should be, is he?”

“No, he isn’t! He doesn’t have any ambition. He just turned down a promotion that would have given us a lot more money.”

“Okay, Debbie. Your belief is that your husband should be ambitious. But what is, is that he isn’t ambitious, thus you resist ... and the fear is obviously that you’re not going to have enough money. Your resistance in the area of money almost assures money problems. It’s a one, two, three formula that works right across the board in every area of your life. When your ‘should be’ belief clashes with ‘what is,’ you’re going to react negatively. And negativity subconsciously programs future negativity. It’s a loser’s game.”

“Okay, I can see that, but I don’t think it relates to my philosophical belief.”

“Debbie!” I just stared at her, realizing that she still wasn’t getting it. “All right, let’s look at it with the same formula: 1) You believe that your soul’s progression is based on a metaphysical formula—a square; 2) Your experience is that you have no idea how progress is determined on the other side; 3) Thus, you continue to live the life you are now living, which obviously isn’t working for you.”

“Okay, okay. But how do I find out ‘what is?’”

“The only way I’m aware of is to look inside instead of

outside. There appears to be many paths, offered by many organizations and individuals, and yet I contend that **you are the only path there is**. Sit down and think about it for a while, Debbie.”

12.

Nancy was an assertive lady in her late thirties. She'd called me the day before to tell me an “events” listing in the local paper had listed the wrong seminar price. The seminar had barely started when she raised her hand to tell me the room was too cold. Immediately after the introductory session, she raised her hand to tell me she'd never been successfully hypnotized in the past and doubted she'd be able to go under this time. I assured her she'd not only go under, but that she'd receive vivid impressions.

She then asked, “Well, what should I look for in going back to the cause if I don't have any problems?”

“No problems at all?” I asked. “No conflicts or anxieties in your life?”

“Well, the only thing that really bothers me is that I'm married to a man who won't call me by my name.”

“Tell me about that.”

“For instance, when the phone is for me, he'll walk into the room where I am and announce, ‘The phone is for you,’ instead of calling from another room, ‘Nancy, the phone is for you.’”

“Every once in a while, this really gets to me and I call his attention to it. He tries real hard, but his efforts sound stiff and uncomfortable. I sense his strain and know he'll soon drift back into the old mode. So I try to resign myself to the thought that this is his neurosis. The pattern has been repeating itself for over 20 years.”

When the back-to-the-cause regression was completed, I asked her to relate what she'd received. Here's her story:

"The year was 1663; I was in China. I was an old peasant woman pulling a wooden cart filled with a grass-like plant, probably rice. I was following my husband, who was an old peasant farmer riding a bicycle-like structure and pulling a smaller load. He keeps turning back, calling, 'Woman, hurry!' or 'Woman, come!' in a harsh voice. Many small children were running around us on the dirt road. They seemed to heed his orders and ignore me. I felt like a thing, a tool. I sensed no love between us. I was subservient, and he was hostile.

"At this point, you suggested we move to the event responsible for the problem. I saw the two of us, much younger, in his home. I was sitting with my parents in the front room of a grass hut. He was in an adjoining room with his parents, arguing about me. Both sets of parents had made an arrangement for us to marry. He didn't want me. He wanted a younger, prettier woman who was above his financial station. His father said he couldn't meet the dowry demands of her parents. She was lovely and desired by most of the marriageable men in the village, while I was a misfit in the culture ... I was an albino. He found me repulsive because my eyebrows were white and my hair was much lighter than the other women. I was the brunt of many jokes in the village. As a result, I didn't do well on the marriage market and was older than the marriageable men. Because I was cheap and a good worker, his parents were willing to enter a marriage arrangement with my parents. His father told him he must take me and give me his name.

"I won't give her my name. I won't give her my name," he said.

"His father asked, 'What will you call her?'"

"He replied, angrily, 'Woman.'"

"His mother tried to comfort him by saying Zee Chang Shai [*phonetic spelling*] works hard, is healthy and would

give him many sons and daughters.

“His parents brought him to the front door, smiling and accepting the offer. They placed my hand in his. I felt his coldness, but we all smiled except him.

“In the final vision, I was very old and tired, lying in straw on the floor. My head rested on the lap of one of my daughters. My husband came over and looked down on me. He saw that I was weak and near death, unable to work. He kicked at the straw and said, ‘Bury her,’ then walked unfeelingly to the barn door. I saw him standing in the doorway, smoking an oriental pipe. I perceived in his mind a feeling of guilt which he refused to show the others. His thought was, ‘I’ll make it up to her in another life.’

“Today, my husband is a very dear, loving person, but he still can’t say my name.”

13.

Judy attended the seminar with her husband, Dave. She was seeking the answers to two questions: 1. Why was she unable to cope with stress and tension, which manifested as very bad headaches and pains in the neck and shoulders? This had been going on for the past seven years. And, 2. Why was she so drawn to the man who is her husband, and why were they together in this lifetime as man and wife?

After exploring the cause in regression, Judy shared her story with the other participants. That night she went home, thought about it some more, and typed out the following interpretation of her experience.

“The first impression I had was of a beautiful ballroom full of light and music. I was a young woman. I was asked to dance, and I did. My partner was a handsome but reserved man whom I knew. (My husband in this lifetime.) We

danced around and round, out on the terrace and back into the ballroom. I tried to pick up details of this scene, such as colors, people, decor, but couldn't. My only impressions were of fast music, hundreds of lights and gaiety. When given the suggestion by Dick, I knew the year to be 1536 and the place to be France—Loussac, or something like that. My name was Julienne. I couldn't receive any other names.

"The second impression was of my mother forcing me to marry my dance partner because he wanted me and was quite rich. I was very unhappy.

"Then, at another suggestion from Dick, I visualized a very traumatic scene. Sometime, not long after getting married, I was standing in the entrance hall of our home with my husband. It was very cold and white. The floor and walls were white marble, and the light coming through the door was cold and white also. We stood face to face. I felt very guilty, as if I deserved what was coming. I knew it was the end and accepted it. He put his hands around my throat and neck and his forearms rested heavily on my shoulders. He looked at me with a cold fury and never said a word. His hands were like a steel vise, and as he strangled the life out of me, he pushed me to the floor with the weight of his arms against my shoulders. Suddenly, I was out of my body, looking down at myself crumpled on the floor at his feet. At that instant, my feeling was not of hate for the man, but of hate for my mother in that life, who had forced me into this hopeless situation.

"Subconsciously I (Judy) asked myself (Julienne) why this horrible thing had happened. I visualized myself happy and playing in the garden of my house with a man who was not my husband. (I don't believe I have met this man in my present life.) We were playing hide-and-seek in the shrubbery and laughing and running. I loved him. Then, after I pictured myself and the man quite passionately in bed together, I knew that my husband had discovered the affair, triggering the jealous murder.

"This past-life memory has great importance to my present life. Not only do I think it explains the tension headaches and shoulder pains that began when Dave and I met, but it also explains at least part of the reason we're together in this lifetime. In addition, it sheds light on another aspect of my life. When Dave and I decided to get married, my mother in this life (and the past life, as well), warned me not to marry him because he was *too* successful and ambitious, and we would not be happy!

"Incidentally, the only relief I receive from my headaches is the daily neck and shoulder massages Dave gives me. He claims the 'black cloud' over my head goes away when he does it.

"We know this all sounds wild, and frightens us just a little, for it comes as quite a surprise."

14.

"I've done 12 past-life regressions in the past two years to try to find out why I can't seem to weigh less than 200 pounds," Delores complained. "I found out I was raped because I was pretty in one lifetime. I was a pastry chef in another lifetime. I starved in a couple of lifetimes and gorged myself to death in another. I can't remember the rest right off the top of my head, but what I want to know is, why do I still weigh 215 pounds?" Delores looked frustrated and close to tears.

"Sometimes looking at past lives can be a way to avoid handling this life. So instead of exploring your past, let's examine the present. What do you get out of being overweight?"

"Get? I get a pain in the ass, that's what! Who could get anything good out of being fat?" she asked.

"Payoffs don't have to be positive to be worthwhile," I said. "Everything we do serves us on some level, or we wouldn't do it. For example, it could be a way to avoid relationships, or to give you something to talk about. What's the payoff for you, Delores?"

Several seconds passed as she looked everywhere but at me. "I do a lot of psychic work. Sometimes I think I need this extra weight to protect me from being too drained by my clients. . . ."

"Come on, Delores. Be straight. Tell me what the real payoff is."

She looked up at me slyly. "You now, Dick, you're a man, so you're used to being bigger and stronger than most people you deal with. But I'm a woman. And I like to throw my weight around, too. I like being bigger than my clients. If I were some scrawny little thing, who'd pay any attention to me? I'd be just like everyone else; just as vulnerable, too."

"Just as vulnerable, you say. What does your extra weight protect you from?"

"From me!" she said, and promptly burst into tears.

"From you? How so?" I asked.

"I was raised to believe if you were a good girl, and pretty, you could catch yourself a husband and be set for life." Her sobs grew louder.

"And . . ." I prodded her.

"And I couldn't imagine anything worse than being locked up in a house with a boring husband and bratty kids. I love my work, I don't want to be dependent on a man." Her sobs trailed off.

"So you decided to make sure you weren't pretty enough to catch a man, is that it?"

"Well, who'd want to marry a fat old broad like me?" she asked, smiling in spite of herself.

"As long as you hold such a clear intention not to get married, I'm sure nobody would. What you're facing, Delores, is a conflict of beliefs. Your beliefs about marriage

versus your beliefs about what you want from your life.

"That fact is, beliefs are just programming. You're only stuck with them as long as they remain in your subconscious. Tell me, if you believed you could have a highly successful, satisfying career *and* a warm, fulfilling relationship, would you want that?"

"You bet I would!" was her instant reply.

"Then, rather than exploring more past lives for reasons to remain overweight, why not spend some time reprogramming your beliefs about yourself and relationships?"

15.

Lily attended the Portland Past-Life Therapy Seminar to find out why she experienced devastating migraine headaches. Medical explorations had provided no explanations.

After a back-to-the-cause regression, Lily requested the microphone.

"I saw myself as a young oriental girl, working in the rice fields. The time and place I got was 1947, and the place either Vietnam or Cambodia. As I watched, the girl went with some others to a storage shed where guns were stashed.

"In the next scene, I saw the same girl floating, face down, in the water. She had been strangled, quickly and quietly, during one of the subversive activities. That's all I got. I don't know quite what to make of it."

"It's a classic pattern in regression for a severe or fatal injury to the head or neck to result in a negative physical carryover," I said. "Especially when you reincarnate quickly, as you obviously did.

"Yet we seem to choose these physical carryovers as reminders of some kind. If there were a lesson in it for you, what do you think it might be?"

She paused for several seconds before responding. "Maybe not to try to change the system through violence. I tend to think violently sometimes, but I never act on it."

"It's possible that just knowing the cause will eliminate the effect," I said. "At least, it's a beginning. The hypnosis reprogramming techniques you'll learn in here will be useful. Also, I suggest that you look for patterns. Do any particular thoughts or emotions tend to trigger the migraines? This is another classic cause-and-effect pattern."

16.

The back-to-the-cause regression was complete and I asked the participants if anyone was willing to share their new-found awareness. Katie, a woman about five-foot-two and weighing at least 225 pounds, was quick to raise her hand.

"I wanted to find out what caused my strange attitude about my weight," she began. "I've always been overweight and have tried many, many diets. I've never been successful with any of them, and to tell you the truth, I've never really minded being heavy. I'm athletic, I play catcher on a women's softball team. I hike many miles and camp with my husband and son in the summer. And I snowshoe and downhill ski in the winter, as well as cut, chop and haul wood to heat our house.

"I've always thought I *should* feel bad about being big, but I don't. Anyway, in the regression, I found myself in a beautiful tropical jungle setting, an island. I was a member of a race of people who were very large in stature and weight. They were strong, and prestige and power came with size. I was a healer and wise woman in this matriarchal society. People came to me for decisions, and to heal wounds and advise remedies. I was paid in foods and services, for we lived by the barter system.

"My name was Unita. When you asked for a year, 234 B.C. came through loud and clear, but I'm sure that was coming from my Higher Self, as I doubt my people related to the calendar system. The feeling of power and satisfaction I got from helping people was tremendous. No wonder I enjoy being big. I'm not going to feel bad about it any more."

17.

The following is a word-for-word explanation of cause-and-effect from a woman who wrote it out and handed it to me at the end of a seminar.

"My first marriage was an experience I found best to forget except for the beautiful daughter that was born of it. The relationship was doomed from the beginning, being an interracial marriage in the South during the turbulent anti-war and Black Power demonstrations. My husband was very active in both and we were constantly harrassed.

"At the time, I was very much in love but in a constant state of confusion, as I didn't feel I belonged in either world. But I knew I was in the situation for a definite purpose.

"After the birth of our daughter, the relationship deteriorated to the point of separation, and finally, divorce.

"I attempted to raise our daughter by myself but soon realized that our survival in that horribly racist part of the country was impossible. I therefore relinquished custody of my daughter to my ex-husband, who felt that was the best for all of us. He wanted his daughter with him very badly.

"Needless to say, this was the beginning of many long years of guilt for me.

"This was the situation I chose to examine for cause and effect.

"The regression took me back to Georgia in 1894. My

name was Amy and my husband was Ben. We didn't have our own last name as we were slaves or sharecroppers. Washington came to mind but I rejected it for some reason.

"My husband was a very hard worker, but very unhappy with his life situation. I was very young and couldn't accept my life at all. We lived in a miserable little shack. I cared little for the comforts of my husband and lived only for our child. My husband was terribly jealous and resentful of the baby, but I didn't care.

"I took this to my Higher Self and learned the effect of that past life: I had to face my karma of caring only for my child and not my mate by giving up that child to him in this life. This allowed him to repay his karma of resentment and jealousy by raising her himself.

"By the way, he has done a wonderful job and they are very happy and secure in their Moslem faith, and both are very loving people. And I no longer live with my terrible guilt, and am thankful to have balanced this karmic tie."

18.

"I don't want to talk about that now," Marianne whispered. Her voice sounded young, almost childish. Yet the woman standing next to me in the Florida Past-Life Therapy Seminar was 37 years old. We were exploring her fear of getting married.

"It's very important for us to discover what's causing your fear. You will do this as an observer, without any pain or emotion. Speak up now and tell me what's happening."

"I don't want to go with him! Don't make me! Please don't make me!" she screamed in terror.

I interrupted her, my voice firm: "You will now explore this experience only as an observer. On the count of three,

you will let go of all emotions.”

(Instructions given.)

“All right. Let’s examine this situation from a detached perspective. How old are you?”

“Seven.”

“What kind of situation do you find yourself in?”

She began to narrate in a sing-song voice. “My family is one of the highest in China. My father is a merchant, I think. Anyway, he’s gone a lot, but he brings me presents.

“But now I’m being sent away from my mother and father.” Marianne frowned, tears forming beneath her closed eyelids. “I’ve been sold to a man who owns many lands in this district. I hate him! He’s old and fat and mean; I’m afraid he’ll hurt me.”

“All right. Let’s move forward to the next significant event in this lifetime.” (Instructions given.)

“What are you doing now?” I asked.

“I’m watching,” she replied in a faraway voice. “I’m tied to this chair and I’m watching a little boy. He’s touching my master’s . . . thing.” she jerks her head sideways, trying to avoid the pictures in her mind.

“All right. Let go of these images and move to the next significant event.” (Instructions given.)

“There’s nothing else to see,” she said.

I perceived that her subconscious mind was blocking her from reexperiencing painful memories, so I decided to use another approach.

“Let’s move up to your Higher Self to get an overview of this lifetime.” (Instructions given.)

“Now, from this Higher-Self perspective, tell me what happened in the lifetime we just explored.”

“That was a very sad life. I was sold to the landowner while still quite young. He raped me shortly after that, and forced me to watch him defile other children. I was married to him, of course, so after I outgrew his lust, I was banished to a far room where I spent most of my life alone.”

“What was the primary influence of this past lifetime on your current life?”

“Unfortunately, rage and fear of losing control. I came into this lifetime determined never to let anyone control me again. That’s why I never married.”

“All right, Marianne, I’m going to bring you back now.”
(Instructions given.)

“Let’s assume, for a moment,” I began, “that you set this all up before you were born to give yourself the opportunity to react, to learn from the situation. If that were the case, what do you suppose the lesson might be?”

“I think you’re looking for me to say something about my subconscious and conscious mind being out of alignment. If I could forgive what happened in the past, I would be able to release myself from the fear of marriage in the present?”

“I’m sure that’s accurate. Hopefully, you also have the awareness to know that there is no such thing as a victim. There is no one to blame. In fact, the entire concept of blame is incompatible with karma. You and you alone are responsible for absolutely everything that has ever happened to you. You did something to someone else to cause yourself to experience the miserable lifetime in China. The resistance and negativity you felt for your husband in China has resulted in more negativity in this life. It’s simple cause and effect. You have a clear choice: you can break the chain of negativity now and begin to release yourself or you can continue the negativity. If you were to choose release, what do you suppose you would do?”

“Oh, boy. Obviously, stop resisting the idea of being controlled. Now that I know why I feel that way, maybe it won’t come up for me so intensely. I guess I’d take a chance with Robert. He really wants to marry me, and he’s a good man.”

19.

A slender, dark-haired young woman stood up in a Past-Life Therapy Seminar. "I'd like to talk about why I need to leave my husband, even though I don't want to," she began. Her aggressive stance told me she took herself very seriously.

"Okay, I'll bite," I said. "Why do you need to leave your husband, especially if you don't want to?"

"I'm just sick of supporting him. He's constantly borrowing money and credit cards from me. And it isn't like we don't work—we're both actuaries for a large insurance firm."

"So your husband spends his own money, and he also spends yours. Is that it?"

"No, not exactly. See, he spends the money in our joint account, which I consider *our* money. And he also spends all the money in his account, which I also consider *our* money. Sometimes he even spends *my* money."

I laughed. "Let me make sure I understand this correctly. You consider both your joint account and his personal account to be *your* money?"

She looks sheepish. "Yeah, I do. And he just throws it away. It drives me crazy."

I pause, waiting for the participants to stop laughing. "Melinda, tell me about your husband's family. What's their socioeconomic class?"

"Oh, they're quite well off," she replied. "That's one of the many things that irritates me about my husband. Whenever he spends more money than we have, he can just run to his family for more money."

"What about your family? What's their financial situation?"

"My parents have plenty of money, too. But I don't just go spending it on anything like he does. I know how important it is to save money."

"Is the money issue the primary reason you feel you have to leave your husband?" I asked.

"Yeah. I'm afraid I'll go crazy, watching him throw away money year after year."

"Would you say you have more energy on money than most people you know?"

She nods.

"Are you willing to take responsibility for the fact that you create your response to your husband's spending habits?"

She nods again, a little more reluctantly this time.

"Any programmed response like this, Melinda, comes from an event or series of events that took place in your past. Sometimes going back to the cause can help eliminate the effect in your current life. Would you like to delve into your own past?"

"Okay . . . yeah, I would."

(Instructions given for a back-to-the-cause regression.)

"I'm cold. It's dark in here," she began in a halting voice.

"Is anyone there with you?" I asked.

"No, just rats and smelly old furniture."

"How old are you?"

"I'm seven, I think. My mama just died and I'm hiding here so I don't get sent to no orphanage."

"Where's your father?"

"I dunno. Don't think I ever had one."

"How do you find food, clothes?"

"Clothes? I ain't never had no new clothes, far as I know. My shoes are worn clear through. 'Spect I'll have to steal some. That's how I get food, too," she added proudly.

"All right. Let's move ahead in time now, to the next significant event in this lifetime we're exploring." (Instructions given.)

"Holy shit!" she screamed, all but falling backwards over the support team assistant.

"Hey, mister, I didn't mean it! Honest, it's just I ain't eaten in three days . . . I ain't never done nothing like this afore, I

swear!" Her panic turned into violent trembling; several seconds passed in silence.

"Speak up now and tell me what's happening," I requested.

"He's tied me to a post in front of the building and gone to get a cop. Shit! Once they throw you in there for stealing, you never come out again."

"All right. Let's move ahead to the next significant event."
(Instructions given.)

"I'm hungry . . . so hungry. You gotta pay the guards to get anything to eat in here. I'd sell my soul for a plate o' grits."

"It's time to let go of these emotions now. I'm going to bring you back." (Instructions given.)

"Well, Melinda, how do you feel about money in relation to what we've just explored?"

"Jesus, just thinking about it makes me more determined than ever to never be without money again."

"Do you have a savings account?"

She nodded.

"May I ask how much you have in it?"

"\$33,642.37," she replied instantly, then blushed with embarrassment.

"So you're not likely to starve tomorrow."

"No, of course not."

"Do you feel that your concern about money is as valid today as it was when you were starving in the streets?"

"No. . . ."

"When you look at the resources you have available today, your ability to earn money, your parent's financial situation, what do you think you would do if your husband stole all your money and split?"

She stopped for a moment and thought about the question. Then, "I'd be just fine. There might be a few rough spots, but in a few months, I'd be about where I am today."

"How does that information make you feel about your husband's habits?"

"God, it's really me, isn't it? I mean, I'm the one with a

problem about money, not him. Hah!" she laughed.

"Do you still feel you need to leave?"

"Leave? Me?" She giggled. "I'm lucky he hasn't already left me, as much as I've been bugging him about money."

20.

William was afraid to raise his public profile.

"What exactly do you do?" I asked.

"I teach metaphysical healing arts," replied the graying, fortyish man standing before me. He was wearing a large crystal suspended from a silver chain around his neck.

"I work with groups of 10 to 15 people. I'm very good at what I do, but every time I think about working with larger groups, advertising or promoting my career, I get uneasy. And I usually find some excuse not to do it."

I glanced at Sylvia, William's wife. She was nodding her head vehemently in agreement.

"What's the fear?" I asked.

William looked away from me for a moment, then replied slowly, "I don't know. I'm certainly not afraid of failing. I've done that before and have always survived. It seems like what I fear is success, because when I imagine myself speaking to large groups or reading my own ads, I feel panicky.

"Yet that seems even more ridiculous, because it's what I most want on a conscious level. Why should I feel anxious about getting what I want?" he asked in a puzzled tone.

"I don't know. Only you have your own answers. Realize, though, that the mind is perfectly logical from a programming point of view. Every feeling, every attitude you have relates back to an event or series of events in your past. Those experiences resulted in the programming that is guid-

ing your subconscious. You should also be aware that, in a conflict between conscious and subconscious viewpoint, the subconscious always wins.

“Are you willing to take a look at the source of your anxiety about being a successful and well-known metaphysical teacher?”

“Yes. Absolutely.”

“Great.” (Hypnotic instructions given.)

“All right. Speak up now and describe what you are experiencing.”

“I’m chained to a wall in a dungeon.” His voice became agitated.

“Why are you here? Tell me what caused you to be imprisoned.”

“I spoke the truth about my religion. We taught a group of those who seek the truth, and we were all captured ... tortured ... I pray for death.”

“All right. Let go of those images now. I’m going to count from one to three. On the count of three, you will have crossed over into spirit. You will not experience any pain or emotion.” (Instructions given.)

“What was your purpose in the lifetime we’ve just explored?”

“To speak the truth,” he replied calmly. “To scatter seeds of knowledge that would grow after my death.”

“Why did you choose to die in such a painful way?”

“Actually, my death served me almost as much as my life. By surrendering to persecution, and eventually execution, I became a martyr to many people. They spread my message to many more people than I could ever have reached.”

“How does that information relate to this life?” I asked.

“Well, my purpose is the same: to communicate metaphysical ideas. The lesson is the same, too. My pain in my last life was caused by my refusal to accept that what is, is. If I could just learn to accept that, I think it would dissolve my fear of being a well-known metaphysician.”

"I'm sure that's true, William. And realize that, for most of us, completely eliminating fear is unlikely. But I do know that we have the ability to rise above the effects of fear. This usually is accomplished by acknowledging the fear and acting anyway. That's true courage. You go through the fear and come out the other side. Good luck."

21.

"After 12 years of being happily married, I seem to be doing everything I can to screw it up."

"What do you mean by 'doing everything I can to screw it up'?" I asked, stepping off the stage to move closer to the participant, Darrell.

"Well, up until last year, I had been faithful to my wife. Now I've had an affair. Two affairs, actually. And my wife found out about both of them." Darrell hung his head.

"When your wife found out about the affairs, how did you two resolve the situation?"

"The first time she threatened to kill our children and commit suicide. Then the second time, she said she didn't care if I had 100 affairs, just please not to leave. She said she needed me, and the children needed me, and her parents, who live with us, needed me. ..."

"Now you've told us what your wife wanted. What did you want?"

He replied, "I wanted to leave. But my wife just wouldn't let me go."

"Why do you suppose you had those two affairs?" I asked.

"I really have no idea."

"Come on, Darrell. You and I both realize that 'I don't know' is just a way to hide. What did you secretly hope to gain from having the affairs?"

"I guess I hoped my wife would throw me out," he admitted.

“And why do you need to be thrown out?” I asked. “Why not take the responsibility for leaving?”

“Leaving is not an option,” Darrell frowned, giving me a look that clearly warned against prying.

Which told me, of course, this was the area we needed to explore further. “So leaving isn’t an option, hmmm? Why not?” I asked, matter-of-factly.

“Look!” Darrell yelled. “Responsible people just do not abandon their wives and children.”

“You obviously have a lot of energy on this. Would you be willing to explore it further in a hypnosis session?”

“Yeah. I really would like to find a way out of this.”

Darrell remained standing while I touched him on the forehead and gave him suggestions for a deep hypnotic trance that would take him back to the source of his unwillingness to leave his relationship.

Within a few minutes, Darrell began visualizing himself as a teenager in a small Midwestern town. The year was 1921.

“I’m walking out the local grocery store; my arms are full of groceries. I see a car careening down the street with four boys in it. The car is a beauty, uncommon in these parts.

“Wait! What’s this?” he cried in panic. “They’ve run over someone . . . Oh, god, it’s rolling over and over. . . .” Darrell frowned fiercely behind his closed eyelids, which were rapidly twitching. He didn’t speak for several seconds.

“All right,” I said softly, “I want you to be an observer of your own experience. Detached, without any emotion or pain. Speak up now and tell me what you’re experiencing.”

“It was a local woman they hit. I’ve seen her around town once or twice. I ran to her as soon as I could move. She looked awful, so limp and soft, blood everywhere.

“I’m picking her up and carrying her to our hospital, only a few blocks away.”

“All right,” I interjected, “I now want you to move to the next important event in this lifetime.” (Instructions given.)

Darrell described himself as a man in his early thirties, in

the same lifetime. He was married to the woman he'd rescued. She was paralyzed from the waist down, but they had managed to create a daughter. I asked Darrell to move to the last day of this lifetime, just before dying. He said he was 56 years old.

"What are you dying from?" I asked.

"I'm just so tired," was the weak reply.

I gave him instructions to cross over into spirit without experiencing pain or emotion. As I watched, his face relaxed its grim grip of pain and weariness. A smile tugged at the corners of his mouth.

"Speak up now and tell me what's happening."

"I'm floating over the body. My wife and daughter are crying and asking why God took me when they needed me so much. I feel so relieved."

I then gave Darrell suggestions to go to his Higher-Self Control Center for some information about this lifetime.

Once there, I asked, "Was the woman in this past lifetime anyone you know today?"

"Yes. My wife," he replied.

"What was your primary lesson in that lifetime?"

He frowned. "From this perspective, it seems so simple, but I didn't learn it. It was to remind myself that I always act in my own self-interest, even when I appear to be helping others. Damn. If I had known that then, I wouldn't have resented my wife for being crippled."

"And what was your wife's lesson in that lifetime?"

A furrow creased his brow as he considered his reply. "Her lesson was to realize that no one else could be her source. That no one else could live her life for her. I get that she never learned that, either."

"What brings you two together in this lifetime?"

"God, it's really just the same. She's utterly dependent upon me. I'm pretending to put her self-interest before mine. No wonder we're so miserable."

"What would it take for you and your wife to achieve this

awareness on a conscious level?"

"For myself, I guess being willing to follow my inner self, to do what I most want to do."

"And that is?"

"I really want to leave."

"What about your wife? What could you do that might assist her in getting it?"

He pauses, reluctant. "I really don't think I can help her. Only she can do that. Maybe I could help just by getting out of her way."

"Could be, Darrell. I don't have your answers. You're going to have to decide what you want and what you're willing to pay for it. There's always a price in money, effort or sacrifice. And if you want to be yourself—to be who you really are without repressing—you're going to have to sacrifice along the way. But repression carries a higher price in the long run. It's like trying to hold a rubber life raft under the water. The repressed self will eventually surface when you get tired of holding it down. The end result is the same. You've just wasted time and energy.

"And I want to give you something else to think about. I hope in some of the sessions we'll be conducting the rest of the day that you'll also explore ways to be true to yourself and retain your relationship. We often falsely assume there's only one answer. In reality, there are usually many answers if you can only ask the right questions."

22.

As the lights came up after the hypnosis session, sniffing could be heard from different parts of the room. A woman tentatively raised her hand.

"Dick, you asked us to go back to the cause of a primary fear. I chose sexual fear because I'm almost ... well ...

frigid. I haven't always been," she hurried to explain. "It's just with my current boyfriend.

"Anyway, I think I did uncover the cause, but I feel like I'm worse off than before."

I noticed her name tag. "Myra, why don't you tell us what came up in the regression?"

"Well, on the one hand, it seems like a pretty simple case of cause and effect. I went back to a lifetime when I was married to the only son of some English nobleman. He'd married me late in life in order to produce sons to carry on the family name. In the first three years of our marriage, I had two daughters. My husband was furious. He raped me nearly every night, assuring me that if I didn't produce a son with my next pregnancy, he would kill me and marry someone who would. I was terrified of him, and of pregnancy. I did get pregnant, though. Those were the longest nine months of my life, like waiting on death row.

"When I finally delivered, it was another girl. I prayed to die. I didn't see or speak to my husband for two weeks.

"One night, very late, he stormed into my room. He yanked the covers from me. I jumped out of the bed in a panic. He grabbed me by the collar of my nightdress, nearly choking me, and swore he would have a son or my life. I kicked at him as hard as I could and he cursed, letting me go to rub his shins. I ran for my life toward the stairs, grabbing the handrail to steady myself. The next instant, I felt a tremendous yank, a sensation of falling, and then I found myself floating, looking down at a crumpled body and torn nightdress. Apparently, my dress had caught on the banister. I was dead ... or at least my body was. It was weird.

"I know my husband then is my boyfriend now. And I know that understanding the cause should release the effect. But I'll tell you, I'd like to kill him! It was his fault I died. That life was a total waste, nothing but fear and pain, and it's all his fault!"

"Do you like being frigid?"

"Why are you changing the subject? Of course not!"

"Well, since one of the basic assumptions of this training is that you create your own reality, I'm just curious about why you would create being frigid?"

"What do you mean, 'why I would create being frigid'? I just told you why I'm frigid."

"No, you told me about something that happened in the past. What I want to know is, what are you getting out of being frigid now? What's the payoff?"

"Are you kidding? I'd die before I'd ever let him touch me again!"

"Yes, we know, Myra," I remarked wryly. "You've already proven that. Now what else are you trying to prove?"

"That what he did was wrong, damn it! That he did a terrible thing."

"Okay, so now you've proven he's wrong and you're right. You get to be right and you get to lose the game. You get to be frigid. Seems like a pretty high price to me."

"Jesus. When you put it that way, it seems like I'm punishing myself."

"You're the only one who can. So what would you rather do—punish yourself and your boyfriend for the past, or accept that the past is the past and get on with it?"

"I think I'd like to get on with it," she smiled.

23.

"I have to tell you I'm just disgusted with the way you're responding to these people, Dick. I mean, I've never heard such sick stories, and you act like it's dinner table conversation. I thought you were supposed to be a spiritual leader!" Evelyn burst out in righteous condemnation.

"I am whatever you think I am, Evelyn," I said, then continued, "How is it you want me to be? How would you like me to respond to these stories?"

"You're the one we've paid to tell us what's right and wrong, good and bad. You should be telling us how to lead better lives, how to evolve spiritually."

"Who, me? I should have your answers?" I chuckled. "If I have your answers, where does that leave you?"

She just glared at me.

"Seriously, Evelyn, I get the impression you're talking to yourself, not to me. Is that what you do? Tell people what's right and wrong, and how to evolve spiritually?"

"Well, we are all obligated to help others find the Path."

"What makes you so sure you know where the Path lies for others?" I asked quietly.

"There's only one Path, Dick. And I know exactly where it is. I'm walking on it."

"Whew. That must be a heavy burden to bear. Have you ever wandered off the Path?"

"Not in this lifetime. My guides tell me I'm here to teach, not learn. This is my last lifetime in a physical body."

I suppressed a desire to roll my eyes heavenward.

"If this is your last lifetime, then you must be a master. Not being one yet myself, I have tremendous respect for anyone willing to tackle that title. I mean, your life has to work on every level. It seems to me that a master is one who is completely detached from any illusions about reality. A master always accepts what is, without any resistance. I can't claim complete consistency on that one. How about you, Evelyn? A master is someone who has moved past blame and judgment. I've been making good progress on that one. How about you? And then there's the real kicker. A master is able to accept others as they are, without trying to change them. How're you doing on that one, Evelyn?"

"Well, I don't know about all that," she said with a stony face.

"What I'm getting from you is tremendous resistance. You're resisting me and the other participants. What else do you resist in your life?"

"Nothing. I know it's all just karma."

"Bullshit. Tell me about your relationships. Have you ever been married?"

"Yes. Once. For 15 years."

"And what did you resist about your husband?"

"Nothing. I accepted everything. The affairs, the alcoholism, the lying. Finally, I just realized it was his karma, and left."

"How do you view your husband now?"

"Well, now I realize he has a weak character; he was just looking for another mother."

"And what did you want out of the relationship?"

"Just to help him overcome his faults and become a better person."

I turned to the audience. "How many of you buy what Evelyn's saying?" I raised my hand to invite participation. Not one hand was raised.

"Nobody's buying your bullshit, so why don't we just boil this down to a few home truths. What do you get out of surrounding yourself with people whose lives don't work?"

"I get to do my work, which is to teach," she replied slowly.

"So to continue teaching, where do you have to keep your students?"

"Keep? Around me, I guess."

"Try the word 'stuck.'"

"'Stuck'? You mean I have to keep them stuck so I can still be the teacher?"

"You got it."

She looked confused. "So what do I do?"

"A master once said, 'He teaches best what he most needs to learn.' Why don't we start by finding out what *you* need to learn in this lifetime? Are you willing?"

She nodded.

(Instructions given for a Higher-Self hypnosis session.)

"All right, Evelyn. From this higher perspective, what is your primary mission in this life?"

"To teach others to accept and love themselves, as well as others."

"What's your primary lesson in this lifetime?"

"Oh. It's the same thing. I need to learn to accept and love myself before I can really love or help anyone else."

"What's the primary past-life situation influencing you today?"

With a grimace, "I'm getting flashes of several lifetimes, but the primary one seems to be as a Catholic priest. Through my need to control, I ended up being exiled to a remote parish. I took my anger out on my parishioners. I get the impression I drove a young girl to suicide because she became pregnant out of wedlock. How hateful I was!" she exclaimed in dismay.

"What's the result of that influence in your current life?"

"There's a very similar pattern. I started out as a much more loving person, but after being rejected so many times that I seemed to curdle inside, I became very condemning and intolerant."

"What could you do right now that would assist you in accomplishing your purpose?"

"I need to work on myself, not others. Until I experience humility and tolerance and love, how can I teach it? There's so much to do."

"All right, I'm going to bring you back now." (Instructions given.)

"Well, Evelyn, how do you feel right now?" I asked.

"Like I owe everyone a big apology. I hope you'll all try to forget what a self-righteous asshole I've been, and let me start over."

The participants applauded loudly.

24.

"I'm only thirty years old," Evan began, "but I feel like I'm having a mid-life crisis.

"Right after I graduated from college, I got married and took a job as a management trainee for Western Electric. I've been promoted and transferred and everything, and now I'm vice president in charge of Midwestern sales. Still have the same wife.

"Oh, yeah. I also have a house, a dog, but no children. We can't have any.

"Dick, I just feel like something real important is missing from my life. I wake up in the morning and can barely drag myself out of bed. I never hear my wife any more when she talks to me. I sit in my office and just stare at the walls.

"So, I've been thinking some crazy things. Like just picking up my briefcase, walking out of my office and never coming back. I've thought about telling my wife I want out, but if she asked me why, I wouldn't know what to say. I've even thought about swallowing a bottle of pills, but my life insurance policy doesn't cover that." His voice trailed off.

"First of all, Evan," I said, "there's nothing crazy about what you're thinking. It's just your mind's way of trying to save you from the suffocating boredom of your life. Let me ask you a question. When was the last time you felt heart-pounding, blood-rushing aliveness?"

He stared off into the distance for several seconds before responding. "It must have been in college," he began, then lit up with a smile. "It was when I played the lead role in *Hamlet*." He shook his head, grinning. "I'll never forget opening night. Everything was pure chaos. In the last hour before curtain call, we were still building sets, hemming costumes. The curtain went up and we *became* the characters we'd been acting for weeks. It was magical."

"Any other moments since then?"

With a sad shake of his head, "Not that I can remember."

"What's the fear that's keeping you stuck?" I asked.

"The fear. Hmmmm, I don't think it's necessarily a fear, just a desire for continuity, security. ..."

"Where's the security in your life?"

"Well, there's my job. I've had it for nine years. My wife, our house. ..."

"Is there any possibility Western Electric would ever fire you or lay you off?"

"Well, sure. It's not likely, but there are always layoffs."

"What about your wife? Sure she's always going to be around?"

"Reasonably sure," he said, then continued in a hostile voice. "Look, I don't see why you're attacking me."

"I'm not attacking you. I'm just pointing out that the notion of security is an illusion. It doesn't exist out there. The only real security is within you, in knowing who you are and what you want. What do you want?"

"There's lots of things I might want," he began defensively, "but you can't live on dreams. You have to eat and pay the bills."

"Why should they be mutually exclusive?"

"I don't know. They just are, that's all. I've seen it over and over."

"Are you willing to explore that conflict in a regression right now?"

"Well, okay. I don't think there's any deep, dark secret about it, but if you want to, go ahead."

(Instructions given for a back-to-the-cause regression.)

"I'm sitting on a wooden stool in front of a half-painted canvas. I'm trying to mix some colors, but it's so cold I can't feel my hands. I'm wearing a heavy shawl and boots. I want to get up, stretch, move around, but I have to hurry. The light's going. ..." (Several seconds pass.)

"It's too dark to paint now. Jesus, I'm starving. I didn't

notice it before, but my stomach's so empty I feel sick." He paused for several more seconds.

"What's happening now?" I prompted.

"I came downstairs to find something to eat. Yuck. My wife's cooking this awful stew, nothing but a few measly carrots and potatoes and bacon fat." He looked disgusted.

"This place is a fucking pigsty!" he exploded. "How do you expect me to paint with all this dust and clutter, no heat, no food?" he demanded of an unseen listener. "Why do you think I got you that job at the Averill's? You're the pantry maid, for God's sake. Can't you steal some food?"

"Oh, Christ. Forget I asked. You just don't understand how important this work is."

"All right. I want you to let go of these images now. I'm going to bring you back." (Instructions given.)

Evan and I just looked at each other for a long moment.

"Disgusting character, wasn't I?" he asked with a rueful grin.

"Colorful," I agreed. "How do you relate to what you just experienced?"

"He's everything I never want to be. Selfish. Self-absorbed. Irresponsible."

"Obviously, several things are going on that need some clarification, Evan," I said, motioning for him to sit back down as I returned to the stage. "Please be aware that whenever I'm talking to one person in this room, I'm talking to everyone. First, a few facts. If you allow your life to become boring and mundane for very long, your mind won't take it. Your mind will cause something to happen that will make your life interesting once again. Your mind might cause you to become sick, and have an accident, maybe even a heart attack that will kill you! Why? Because your mind cannot handle 'nothing'! Look how many people die shortly after retiring—because they no longer have any reason for living.

"We need strength-producing activity in our lives or the inevitable result is depression. And yet so often we're too

lazy or afraid to create new games, new things to do; we're afraid to take risks, and so we opt for the illusion of security. Whenever I'm tempted to opt for security, I remind myself of Helen Keller's words: 'Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing!'

"Now, I want to get back to you, Evan. As a trainer, there are six directions I could take in response to your sharing. Some of these areas have already been well covered in this seminar, so, I'm going to focus on the area of 'faulty assumption.' Obviously, your subconscious and conscious mind are out of alignment. The faulty assumption (programming) is that if you follow the creative desires that will generate aliveness, you'll experience all sorts of negativity: pain and hunger and selfishness. As you are consciously aware, that is not necessarily the case."

Evan raised his hand and was handed a microphone. "I can certainly see that if I'm going to generate positive change in my life, I have to do something."

"You'll have to risk, Evan. Wise risking is a matter of giving something up without a guarantee that the results will be better. Yet you can't improve your life without taking chances."

"And this all goes back to belief, doesn't it? My subconscious faulty assumption is simply a belief. I guess I'm finally getting why you push so hard for people to get rid of their beliefs and relate from their experiences."

"You've got it, Evan. And it only takes an instant. You can make your life work better in an instant."

25.

"I realize you are purposely saying things and doing things in this seminar to frustrate us and make us mad," said Frank, his voice quivering as he attempted to repress the emotions that were just about to break through his mask of self-control.

"Why would I do that, Frank?" I asked, smiling.

"To push our buttons! To demonstrate that we are robots. You swore four times in three sentences when you encountered Martha. You could see that every time you did, she practically fainted. You were purposely pushing her four-letter-word button, and as a result, I guess you were pushing my 'ass-saver' button. I got all that, but I'm so frustrated with you right now I can't concentrate on anything else. Maybe this works in Los Angeles, but Portland isn't L.A. ... thank God! Sometimes, you're so damned detached, I don't think you exist."

"I don't exist, Frank! You simply created me to assist you to find your own path." I am now laughing as I cross the stage to sip on a cup of hot tea.

"You're an asshole," Frank yells, putting down the microphone and gathering up his belongings to leave.

"I have no problem with you thinking I'm an asshole, Frank. I do have a problem with you breaking your agreement and not completing this seminar. You came here to learn about yourself, didn't you?"

"Yes, but I expected it to be a lot more spiritual."

"FRANK! Haven't we covered beliefs and expectations?"

"Yes."

"And you haven't gotten it yet. That's fine, Frank; I don't care if you get it today. And one day—and next week, next month, next year, or in your next life—you'll get it, and all of a sudden, your life will start to work better. And for now,

you are expressing your frustration at me and you want me to react. You want me to be what *you* want me to be instead of what I am. This training is a perfect mirror of what you do in your day-to-day life; a great example of resistance for the group. Thanks for demonstrating."

"I'd just like to see a little caring. A little love," Frank yells back without the microphone.

"You've had a lot of people and organizations who gave you that in the past, haven't you, Frank?" I respond, stepping off the stage and slowly walking up to within a foot of him. "They gave you a lot of white-light bullshit and airy-fairy mumbo jumbo that momentarily made you feel better, but nothing changed. Your life didn't work one bit better than it did before."

Frank now glared at me without responding.

"Frank, after a day and a half of sitting in that chair, you already have the tools for self-processing. So I'm not going to process you on your issues; you can do that when it's appropriate for you. I do, however, want to share something with you. I couldn't care less what you say or what you think. That would also be the case if you were standing up here praising me. In fact, if you were praising me, I'd probably be encountering you about why you needed to be an 'approval suck.' The bottom line is, I don't take what people say personally, whether good or bad. What they say is a statement of their viewpoint. It is a result of their past programming ... their brainwashing in this life and their past lives. **They would react to anyone who represented to them what I represent, in exactly the same way.** So, to take it personally is foolish! If someone else who looked totally different were conducting this training, and if they purposely pushed you as I have, you'd be standing here feeling exactly the same frustrations. So it certainly isn't me personally. For me to take it personally would be foolish. I'd be allowing your resistance to create resistance within me, thus I'd be purposely choosing to harm myself. **FOOLISH!**"

Frank takes back the microphone. "Okay, okay, I can see that. But why can't you communicate these ideas in a more loving way?"

"I don't answer 'why' questions, Frank!"

"I can accept what you're saying and doing intellectually, but emotionally, I'm furious inside. How can I deal with that?"

"How do you deal with that, Frank!" I asked, smiling at him.

"I guess you'd tell me to totally experience my emotions and to look for the mirror, to begin. Maybe I could cease to resist the resistance and give these concepts a while to sink in," Frank said, sitting down and handing the microphone to the support-team member kneeling beside his chair.

26.

"I found two answers in that regression," Arlene happily shared. "A few months ago, my boyfriend and I almost broke up when he arrived an hour late to take me out for dinner. He came in the door and I just screamed at him. Afterwards, the damage was done and I felt very foolish. It was so irrational that I considered being tested for hypoglycemia—low blood sugar. I know that can cause irrational behavior.

"But in a past life, I saw myself waiting and waiting for my fiancé to arrive. When someone finally did come, it was his friend, who informed me that my lover had been killed in an accident with a horse. I tend to give it validity because I only experience extreme anxiety when someone I care about is late."

"What was the second answer?" I asked.

"I've always been afraid of water, and in the second part of this session, I relived a situation of slipping under the

water when I wasn't more than two years of age, in this life. My mother was in the next room and she didn't realize it had happened for several seconds."

"Thanks for sharing, Arlene. These are two perfect examples of your buttons being pushed by events from your past. In each case, you were being a **robot**. A robot has no choice in the way it performs. It has wiring and circuits that were set up so that when its buttons are pushed, it reacts according to its programming. And people are robots. As I've said in here several times, your mind isn't necessarily your friend. Your subconscious mind often works against your conscious desires.

"When someone is late, it pushes Arlene's past-life fear button. Water pushes her present-life fear button. We all have buttons that are not serving us. When they are pushed, we go on 'tilt,' and cease to function rationally. All it takes is a four-letter word to put some of you on tilt. Others have possessiveness buttons, insecurity buttons . . . the list goes on and on and on. Other people in our life recognize your buttons even if you don't, and they use them to manipulate you. That's why one of the goals of this seminar is to assist you in becoming aware of your buttons and to share ways to detach from those that are undesirable."

27.

Mary was an attractive woman in her late thirties, dressed in trendy casual clothes and wearing a metaphysical necklace. She had raised her hand to ask a question, and when I recognized her, she stood up and said, "You talk about detachment as one of the ways to end suffering and it makes sense. I know you say to detach only from the negativity, not from the warmth and joy in life. But I am a very sensitive

person and I think my sensitivity is a block to detachment.”

“Sensitivity doesn’t block detachment, Mary,” I replied. “A sensitive person is blessed with heightened awareness, while unaware people are incapable of sensitivity. Unawareness is the cause of ‘attached mind.’ You need to be very aware to detach.”

“Well, I’ve gotten a lot better at detaching from the reactions of most people, but if my husband is disapproving, I always cry. I become very upset!” she said.

“That’s understandable. We first develop the general ability to detach, and then we must begin to work on the more difficult specific areas. One way to approach this is to find the cause of the attachment. You are upset when you don’t attain your husband’s approval because of something that has happened in this life or a past life. Do you want to explore the cause?”

“Oh, yes,” she said.

I touched Mary on the forehead, activating the programming suggestion, counted her down into the altered state and gave her suggestions:

“All right, Mary, you react with excessive emotion to disapproval from your husband, and I want you to go back into your own past to find the cause of this. Everything you feel strongly about relates back to an event or series of events that transpired in the past . . . the past in this life, or in a previous incarnation. And now, I’m going to count backward from five to one, and on the count of one, very strong impressions will come in that relate to your reactions to your husband. You are going back to the cause of this. Number five, number four, number three, number two, number one. You are now there, and the impressions are beginning to form. Please speak up and tell me what you perceive. What is happening?”

“We’re in a wagon, my husband and I and our daughter. She’s asleep in the back. It’s a funny wagon; it only has two wheels and is being pulled by an old horse.” Mary’s voice

was soft and hesitant. She appeared to be reliving the situation while remaining detached enough to also view it as an interested observer.

"Let's move forward in time until something important happens," I said. "On the count of three, you'll be there. One, two, three."

"We're setting up camp. The sun is almost down, but my husband is going off to hunt. I'm tending the fire, getting ready to cook dinner. It's heavily wooded here, and now, I seem to be going after water. I can hear a creek in that direction and I'm carrying a bucket." Mary fell silent for about twenty seconds, then began to tremble, becoming extremely agitated.

"What is happening?" I asked.

"Oh, no, no, no! I'm running . . . running back toward the camp . . . my daughter's screaming . . . a bear . . . a huge bear . . . aaaghhh!"

"Let go of this. On the count of three, you'll be back in the present, calm and relaxed and at peace with yourself, the world and everyone in it. One, two, three."

Mary stopped trembling, exhaled with a big sigh and slumped, the tears running down her cheeks. I then continued calming her and directed her to move up into her Higher Self where she would have total awareness of this past life. "All right, Mary, now from this detached, all-knowing level of awareness, I want you to tell me about what happened in this past life and exactly how it relates to you now."

"My daughter was killed by the bear," she said slowly. "There was nothing I could do to save her. She had been asleep in the back of the wagon, and I left her there to go for the water. When my husband returned, he blamed me. He said I should never have left her, that if I had stayed with her, I might have saved her."

"Was your husband in that life your husband in your current incarnation?" I asked.

She nodded affirmatively.

"Okay, Mary, can you understand that your husband's disapproval triggers guilt from the past life? You aren't really responding to him, but to the terrible pain of past programming. Now that you fully understand the cause, you will be able to let go of the effect."

She taught me not to be satisfied with a "crisis" that does not include pain. In six years of work with past-life therapy, I have become convinced that work with the lessons of past-lives can be helpful. It is also through the experience of many people that I have felt that I have convinced that there is no programming in this life. I do not see any "pre-arranged" or "fated" patterns, but certainly wouldn't deny that there are many "pre-arranged" patterns that we are born with. I believe that if we are able to let go of our past-life programming, although we think we did.

The following explanation was given in "All You Are Capable of Doing" sessions by John Maxwell. The group members just listened and then tried to write each other personal and general statements of their own histories in their lives that would be a great resource.

Eva Johnson, 31, of West Grove, Maryland, has given me full permission to use the content of her session and to use the work for the transcription of the past-life program on this program. She was born in a very difficult being budget, but never being in a position to act.

As one of three children in the family, she had a very father who was described as the "big" father and not write before other children. Whether she would not comply with his wishes, he would punish her by withholding food. Although she was attempting to do work beyond her mental development, she was never allowed to do so. She was not after World War II earned, and it when it could, it her work, she explains, "We were going through a great financial starvation, and I had to be out of a job."

Chapter Four

Eva: A Detailed False Guilt Regression

If my subject has a severe physical problem which is also associated with depression or emotional troubles, experience has taught me not to be satisfied with a "cause" that does not include **guilt**. In my years of working with past-life therapy, it has become obvious that guilt carries with it the harshest of punishments in a future life. It is also through the exploration of many cases of **false guilt** that I became convinced that there is no judgmental entity on high who doles out an "eye for an eye"! If God punishes, he certainly wouldn't punish without reason. Yet we obviously punish ourselves when we need to atone for a past misdeed . . . even if we are mistaken. Even if we didn't do anything wrong, although we think we did.

The following exploration took place in an "All You Are Capable of Being" seminar in Maui, Hawaii. The group numbered just 22, allowing ample time to get to know each other personally and to explore some exciting case histories in more detail than possible in most seminars.

Eva Johnson, 51, of Glen Arm, Maryland, has given me full permission to relate the details of her situation and to use the word-for-word transcription of the past-life regression. Eva's problem can be summarized as, **all her life being hungry, but never being in a position to eat.**

As one of three children in Germany, Eva had a strict father who was determined that his daughter read and write before other children. Whenever she could not comply with his wishes, he would punish her by withholding food. Although she was attempting to do work beyond her mental development, she was starved most of the time. Eva was five when World War II started, and 13 when it ended. In her words, she explains, "We were going through progressive starvation, until finally our food was cut off altogether.

Survival became our reality and it never ended. It got worse rather than better. And even after the war, it didn't end. It continued on for two more years. I had to beg from American soldiers or steal in order to stay alive."

○ As an adult, Eva emigrated to the United States, where she started her own very successful business. But, once more, instead of being able to eat in an environment of plenty, she found that if she ate in excess of 1,000 calories a day, her weight ballooned. She explained, "If all you can eat is 1,000 calories, you are always hungry. So, what I've been doing is eat normally for 60 days and gain an immense amount of weight. Then I fast for 30 days and lose it again. Even this isn't working anymore. I think I'll have to eat for 30 days and fast for 30 days."

○ For the regression, Eva laid comfortably in a recliner with the rest of the seminar participants in a semicircle around her. I sat beside her, and after the hypnotic induction, instructed, "I want you to go back to the cause of your overweight and hunger problem. It may lie in your current life or in a past life, but together, we are now going to go back to the cause and allow forgotten awareness to flow down out of your subconscious and into your conscious mind..." (Instructions given.)

○ **Dick:** "Speak up and tell me what you perceive ... what's happening?"

○ **Eva:** "I am afraid." (She begins to tremble.)

○ **Dick:** "What are you afraid of?"

○ **Eva:** "Of a trap, in the snow. All of us. We didn't get out before it snowed."

○ **Dick:** "Are you there with others? How many?"

○ **Eva:** "Oh, maybe 30 or 40 others."

○ **Dick:** "Okay, tell me everything you can about the situation."

○ **Eva:** "We were trying to get through before the snow came. We didn't make it. Now we're stuck. We can't get out."

○ **Dick:** "What was your mode of transportation?"

Eva: "Wagon and walking."

Dick: "How old are you?"

Eva: "I am 10."

Dick: "What's your name?"

Eva: "Mary."

Dick: "All right, Mary. You're 10 years of age, you're trapped with 30 or 40 others. Were you part of a wagon train? Is that it?"

Eva: "Yes."

Dick: "Okay, tell me about what's happening now. Tell me more about it."

Eva: "Well, we ... it's very cold, and we have nothing to eat."

Dick: "Okay, what was the name of your group?"

Eva: "Uh, Donner?"

Dick: "Yes. Okay, I want you to move forward to something very important on the count of three: one, two, three."

Eva: "My grandfather died. He just died."

Dick: "Is your mother there? Your father, are they there?"

Eva: "My father is not here."

Dick: "Your father, where's your father?"

Eva: "I think he was waiting for us on the other side. ... I don't know."

Dick: "All right, you were traveling with your mother and your grandfather, is this correct?"

Eva: "Yeah, and my sister, and my brothers, and Grandfather died."

Dick: "What is your mother telling you? Will you bury your grandfather?"

Eva: "Well, we don't say, we don't say that. They're feeding us now, they're feeding us now."

Dick: "They're feeding you."

Eva: "And they don't want us to know that it's Grandfather. I just know it is. I just know it is, and I shouldn't be eating this." (Eva is shaking and tears are rolling down her cheeks.)

Dick: "Are you hungry, Mary?"

Eva: "Yeah."

Dick: "Very, very hungry? I want you to experience the hunger. How does it feel to be that hungry?"

Eva: "It doesn't matter, nothing matters."

Dick: "Yes, it does matter. You're eating. You're hungry, and it hurts. Tell me about it. I want you to totally experience this. You're going to experience it and you're going to come out the other side." (Additional time taken to experience the hunger.)
"Now tell me, what's it feel like to be this hungry?"

Eva: "It's awful! Your own sister and brother become your enemies, that's all it is, is hunger. Nothing else, there's nothing else."

Dick: "All right, we're going to move forward now. Mary, you're moving deeper into the winter. Tell me what is happening now."

Eva: "More of the older people are disappearing."

Dick: "They're disappearing, or they're dying? What's happening to the older people?"

Eva: "I don't think they're just dying any more. I think, I think the others are killing them."

Dick: "You think they're killing the old people to eat them?"

Eva: "I think . . . I really think so, yes."

Dick: "All right. Time . . . how is your time spent? What do you do with your day? I want to know everything that's happening."

Eva: "Inside of a hole, inside of a snow hole."

Dick: "A snow hole, okay."

Eva: "We just huddle together because it is very cold."

Dick: "So this is how you spend your entire day? Huddling together to keep warm?"

Eva: "Children, their mothers and others."

Dick: "How? Do you live individually, or are you in one encampment? How is it set up? How many of you are left now, and how is it set up?"

Eva: "Well, there are just two families left. But it's not all one

family in the whole. It's mostly just children and the women left. And I think everybody knows now, everybody knows now, except the very little ones. I shouldn't be eating this."

Dick: "And you are eating. What do you feel about eating these people, Mary?"

Eva: "They all do, everybody knows. . . ."

Dick: "What do you feel about it, Mary? What do you feel about eating the people?"

Eva: "I think it's awful."

Dick: "And you're doing it. What do you feel about doing it when you think it's awful?" (I purposely push her to cause her to release repressed emotions.)

Eva: "Part of me thinks it's all right, and part of me thinks it's not. And mother says it's all right."

Dick: "Okay, I want you to move forward in time a little further, a little further, Mary. More time is passing, deeper and deeper into the winter. What's happening now?"

Eva: "There aren't too many left. Just the women and children. Two men."

Dick: "Two men?"

Eva: "And they're afraid of the women. They have a hole by themselves."

Dick: "The men have their own hole, because they're afraid of the women?"

Eva: "Yeah."

Dick: "Why are they afraid of the women?"

Eva: "I guess they want to keep their children alive."

Dick: "The women want to keep their children alive, what does that mean?"

Eva: "They will want the men . . . to eat them." (She begins to cry and shudder.)

Dick: "Let go of this now, and without pain or emotion, on the count of three, I want you to move now to the very last day of your life in this past life we're now examining. You will not have died, you will not have crossed over into spirit. But it's now the last day of your life, and I want you to tell me what's

happening.”

Eva: “I am now a grandmother and I’m old.”

Dick: “Well, Mary, I want you to look back on your life and tell me about what happened. You were trapped as part of the Donner party in the snow. So you escaped, is this correct?”

Eva: “Yeah. Spring . . . spring came.”

Dick: “Spring came and you survived. How many survived?”

Eva: Not many, not too many. Fifteen? Twenty?”

Dick: “And you went on and lived. Where did you live your life, Mary?”

Eva: We moved far away and changed our name.”

Dick: Why did you change your name?”

Eva: “People. People knew.”

Dick: “People knew that the survivors of the Donner party ate other people?”

Eva: “Yes.”

Dick: “And condemned them for it.”

Eva: “Yes.”

Dick: “And what did you feel about that? What did you feel in being one of the survivors of that wagon train, and having eaten the people? Is this something you dealt with all your life?”

Eva: “I felt I never wanted to eat meat again, never. That I always knew it was wrong.”

Dick: “It was wrong to eat the people.”

Eva: “Yeah, I shouldn’t have eaten any of them.”

Dick: “You were a 10-year-old child, and your momma told you it was all right. Did that not make any difference? You still felt it was really wrong?”

Eva: “My grandfather, especially. Especially him. Yeah. It was wrong.”

Dick: “Did your brothers and sisters survive, Mary?”

Eva: “Yeah. But they all moved away. We never wanted to talk to each other after that.”

Dick: “You never wanted to talk to each other?”

Eva: "No. We all moved different ways, and lost contact. We just didn't want anybody to know us, we didn't even want to know each other."

Dick: "Did anyone ever know again? Your husband?"

Eva: "No."

Dick: "You never told him?"

Eva: "No. I never told anybody."

Dick: "So, this is something you've repressed your entire life. Was this not a terrible burden, Mary?"

Eva: "It still is. I still feel it. I'm afraid to die."

Dick: "Why are you afraid to die?"

Eva: "I'm afraid to see my grandfather."

Dick: "Tell me about that."

Eva: "If there is a . . . you know . . . heaven and hell and . . . he might come."

Dick: "Do you think he is going to blame a little 10-year-old girl? He might have felt good about the fact that he was able to help keep you alive. Don't you think that is possible?"

Eva: "I'm just afraid to find out. I don't know. My mother always told me that, what you say."

Dick: "She told you what?"

Eva: "That it didn't matter. That he had died anyway."

Dick: "After you were grown, did you also lose contact with your mother?"

Eva: "No. She died after that. She never got well again."

Dick: "She never got well after the winter?"

Eva: "No. She didn't. I don't think she wanted to live any more after that."

Dick: "What about your father? Was he waiting for you on the other side of the mountain or not?"

Eva: "No. I think he disowned us when he found out. I don't know."

Dick: "All right. What I want you to do now, I'm going to count from one to three, and on the count of three, you're going to be in spirit. You will have left the physical body in

this incarnation, and you'll be in spirit. There will be no pain, and no emotion." (Instructions given.) "You've left the physical body. Look around, Mary. Can you see your physical body?"

Eva: "I'm floating over it."

Dick: "Yeah, okay. All right, now you are in spirit, and I want you to move forward in time a little way until you're contacted by someone else. So move forward in time, and tell me when someone else is there—if they're communicating anything to you."

Eva: "Yeah."

Dick: "Who's there?"

Eva: "My mother."

Dick: "Your mother. All right, what is she saying, or what is she impressing on your mind?"

Eva: "To come with her."

Dick: "So go with her. And I want you to continue to communicate with me. I want you to tell me what you experience."

Eva: "Well, for a while I don't want to go with her because I am afraid to see my grandfather. But she says that I can see for myself that he is there, I should, you know, it will be all right. So, after a while, I go with her. I don't know how long, and I meet my grandfather again. But he doesn't look like he did before."

Dick: "Does he look younger?"

Eva: "Yeah! And I can't believe it's my grandfather. Maybe he changed his body because we ate his."

Dick: "Okay, are you communicating with your grandfather?"

Eva: "He says that's okay, that he did die for us so we could eat."

Dick: "He died for you to keep you alive, knowing on a superconscious level exactly what he was doing."

Eva: "Right."

Dick: "Okay, does that help, Mary?"

Eva: "It helps a lot. But all the others. I don't think we always had their permission, you know? I think our mothers just decided for them."

Dick: "All right. Now listen to me carefully. I want you to move forward in time to the time shortly before you were reborn as Eva. The time when you were planning this incarnation. Now, considerable time passed on the other side before you were reborn. Many years. So let's move now to the time when you were planning this life. I want to perceive the necessity of planning a life in which you needed to be always hungry, symbolically and literally." (Instructions given.)

Eva: "I was going to be stronger, and I was going to be able to control what I do and I always knew I should not have done that. It's just something that I knew, I still do know that. I should not have done that. So I needed to be hungry."

Dick: "To condemn yourself to an entire lifetime of hunger?"

Eva: "You're right . . . that's stupid. Everybody's trying to tell me this, you know. Everybody's trying to tell me this."

Dick: "Everybody's trying to tell you what? Everybody on the other side is trying to tell you that this is stupid?"

Eva: "Yes."

Dick: "And you're not listening Why aren't you listening?"

Eva: "I don't know. Why do I feel guilty? Why?"

Dick: "Well, as a very young child, you were obviously impressed that it was wrong. Was your party religious? Did you have any strong religious feeling?"

Eva: "Yeah, we were very religious. But the whole world condemned us, too. Maybe I thought it was important what they thought, I don't know. We had to hide, and we had to change our names, and everybody thought we were inhuman."

Dick: "And so, even in spirit, they're telling you that it's ridiculous. You do not need to experience this."

Eva: "That's true."

Dick: "Yet you condemned yourself to that. All right. Now that's obvious, and that's what you're experiencing at this point in time. What I want you to do now, Eva, is to rise above all this." (Instructions given for Higher-Self level transfer.)

"Eva, you condemned yourself to the life that you're now living, and you have more knowledge about that now. Eva, how do you let go of this? Isn't it time that you let go? A 10-year-old child did what her mother told her to do. Even if your mother had had nothing to do with it, it would not have been wrong for you to have eaten what was served to you to survive. Now you understand this intellectually . . . you don't seem able to understand it emotionally. You have no reason to feel guilt, and if you do feel the guilt, you've certainly paid the price. Look what you've put yourself through, Eva. Fifty years of starvation. Have you not paid the price? I want you to speak up now and I want you to tell me. . . ."

Eva: "I have been a victim of false reality."

Dick: "Eva, you have the power and ability to let go of this self-punishment. Your subconscious mind is probably programmed to control your glands, which is a standard way of enacting karma. You can now cause this condition to return to normal so that you can eat the same diet that anyone else can eat without gaining weight. Obviously, you need to drop the weight; that's the first priority. And this will be much easier now. You can release yourself, Eva. You no longer need to punish yourself for something you had no reason to feel guilty about in the first place. In your own words, you were a victim of your own false reality. Are you fully aware of all this, Eva?"

Eva: "Yes, I am aware of this. I am free!"

Followup

Eva came to the United States in 1953 and never studied our history. She has no conscious memory of ever having heard of

the Donner Party. Yet history tends to support the details of her regression:

There were a total of 87 people in the wagon train that crossed the Rockies. They crossed in three sections; the third section was the Donner Party. On the night of October 31, 1846, the first and second section arrived at a cabin on what is now known as Donner Lake. There they were trapped by early snowstorms and built two more crude cabins.

The third section, led by George Donner, wasn't as fortunate. They were caught by the storms five miles east at Alder Creek. They pitched tents, reinforcing them with ox skins. (The wagons had been previously abandoned.) The snowstorms piled 12-foot drifts on top of them, forcing the occupants to dig holes to the top, just as Eva described. They covered the tops of these holes with rags to keep out the snow and cold air.

From the three wagon train sections, 47 survived, mostly women and children. Eva was obviously among those at Alder Creek, of which eight survived, including two men.

Chapter Five

Trainer Conclusions

*Reprinted from a Self-Help Update magazine article
By Dick Sutphen*

Hypnotically induced regressions are much more powerful in a group/seminar situation than they are on tapes, and they are often even more powerful than in a one-to-one directed individual regression. Something happens with the group energy—a synergy seems to result, meaning the combination of group energy focused upon a single goal results in the total effect being greater than the sum of the technique when used independently. Another reason group regressions are so effective is that an individual doesn't feel as much anxiety when exploring subjectively in a group environment.

In most of my seminars, I conduct a "Back To The Cause Regression." The participants are asked to choose a situation or problem they desire to better understand. Hypnosis is then induced and they are directed to **go back to the cause of their problem**. Nothing is mentioned about past lives, just "go back to the cause." Approximately half the participants will go back to a forgotten childhood incident from their current lifetime. Or they will perceive a remembered situation that created the problem, although the individual didn't realize it.

At the end of each seminar, I ask the participant to write out their story and mail it to me if they are willing to share their experiences. Thus I receive hundreds of fascinating "cause and effect" case histories which serve to assist me in developing a broader understanding of karma and the working of the subconscious mind.

The following are a few case histories from the last **Past-Life Therapy Seminar** I conducted in Los Angeles (September 1983). The questions and the regression experiences are in the participants' own words. The "trainer conclusions" at

the end of each case are my own. The conclusions are certainly not the full story and yet, based upon my experience, they offer my best evaluation without a more in-depth investigation.

1.

Question:

"Why aren't I open to long-term relationships with men?"

Hypnotic Regression Experience: "I found myself in England during the early 1700s. My name was Lydia Polkham and I perceived myself as quite beautiful and quite popular with men. I had my pick of men, and with my wealthy father's influence, I chose a man whose surname was Hardstone. Right from the start, we didn't get along and I was happy when he died. Then, on my own, I chose a man named Sam. We got married and my circumstances declined rapidly. I have a vivid picture of Lydia standing in the doorway of her ramshackle house, surrounded by eight children. She and the children are dressed in rags. Their faces are dirty. Lydia's beauty is gone, and her spirit has vanished. This picture is so clear. The sky is dark and it's raining . . . the streets are swollen with rainwater and sewage.

"Then, as Lydia continues to stand in the doorway, her vacant stare is awakened. Through the ugliness of the scene in front of her, a man on horseback appears in the street. He seems oblivious to the weather and is dressed magnificently. Not one hair is out of place. Lydia is mesmerized by the man and how handsome he is. A sense of hopelessness assails her. He represents all that she feels she should have had. If only she hadn't rushed to marry Sam. If only she'd been patient and waited for a man like this, she would still be beautiful, desirable and her life would be full of happiness. But it is too late. She has made her choice and is stuck with it. The man in the street never even glanced at Lydia, but as he disappears, so does her last shred of hope.

"So that's the story. You are free to use it in whatever

manner you may care to. Please consider it a partial repayment for the Past-Life Seminar. I really enjoyed that day. But, more than that, I gained some insight. Thank you.”

Valery Garrett
Los Angeles, CA

Trainer’s conclusion: The lifetime is probably valid, but regardless of whether it is or not, the regression experience is representative of Valery’s deep fear that if she fully commits to one man, she may miss out on someone better in the future. As a trainer, I’m always alert to 13 factors that indicate the need of further processing.

Factor 9 is FEAR. And it covers all the fears, large and small. The problem is that the fear keeps you from acting when you need to act. It can stop you from making a growth choice when it would be in your best interest. In accepting a fear and living with it, you are imprisoned within it.

Finding the cause of the fear is the first step in rising above it. Valery knows the cause. Now, if she really desires to change, she will have to confront the fear—probably by acting in spite of it. If she can totally experience the fear, she will rise above the effects.

Valery is also dealing with **Factor 11: Expectations.** These expectations may be based upon past-life programming that she is “superior” in beauty and social position, thus she **should** have a relationship with a **superior** man—a man who represents her fondest dreams: “with not one hair out of place.” The result of such unrealistic expectations may be a lonely life unless she transforms her perspective.

2.

Question:

“Why do I experience asthma in this life?”

Hypnotic Regression Experience: “I received three different experiences in the regression. In the first situation, I was an Indian and my young daughter had just accidentally drowned, but I didn’t really care. The daughter was my hus-

band's favorite child, and I blamed him for all of my problems in that life. Thus the child's death hurt him and I rejoiced seeing him in pain. Yet the others in the tribe made me feel guilty because I had been neglectful in watching over my daughter. I think I accepted the guilt and was even more miserable.

"In the next situation, I was a man working in an English coal and steam pit. My lungs were affected and I coughed a lot. I had the very strong impression that I blamed my wife and children for having to work in the place, thus my health problems. If I hadn't had to take care of them I could have done something less destructive to my body. I didn't live very long in this life.

"The last situation was one in which I saw myself as a fat French authority in 1838. I was somehow responsible for overseeing workers, and I sentenced a young man to the dungeon for a minor offense. He had a leather-like strap around his neck that had a chain hooked to the wall. He was very uncomfortable, but I was indifferent. I think this was representative of many similar situations for which I was responsible."

**Shirlee Jenkins
Corcoran, CA**

Trainer's Conclusion: Shirlee is most likely experiencing **Balancing Karma** in the form of the English life's lung affliction carrying forward to this life. But I would suspect the primary force behind her present day asthma affliction is **guilt**.

On a soul level, Shirlee still carries guilt energy for neglecting to protect her daughter, who subsequently drowned, and for her uncaring attitude toward those she punished as the French authority. She has chosen asthma as a way to punish herself, thus hoping to balance the karma. Wisdom erases karma and Shirlee now knows the cause of her affliction, which is the first step to wisdom. Now she must forgive

herself. If this awareness isn't enough to let go of the effect, she can use reprogramming techniques or symbolic retribution.

Reprogramming can be accomplished with daily use of meditation, hypnosis, dream programming or other techniques.

An example of symbolic retribution would be to become actively involved in helping others who have a problem similar to what you experienced in the past life. Maybe Shirlee could help prisoners in some way, or work with parents who have lost a child, so she would come to fully understand, on a soul level, the pain of such a loss. This would free her karmically so the guilt energy is eliminated.

3.

Question:

"Why do I feel I have to be alone? I evidently chose to be born with a Scorpio ascendant, which is an astrological factor that tends to cause people to want to be alone."

Hypnotic Regression Experience: "I saw two women in France, during the Napoleonic Wars, I believe. They were dressed in ball gowns. Both were wearing diamonds and the younger girl was about 19 or 20, with ash-blond hair that was piled upon her head with soft curls dropping to her shoulders. The older woman was holding the younger girl, who was sobbing. She was heartbroken about a man. The older woman was her mother, and my wife. I had just come into the room and I could see my daughter sobbing; I had the feeling that she somehow blamed me for what had happened. I believe her love had died in battle, and she thought that I had either sent him off to war, or could somehow have saved him. I was evidently in a position to have stopped him from going and she felt I **should** have saved him.

"I was a large man in a dark black uniform heavily decorated with medals. We were in a beautiful manor. From this time on, I had the feeling my wife and daughter both

rejected me and I accepted the guilt for her lover's death.

"The next thing I perceived was my own death—in battle, I believe. I was lying down and blood was coming out of my mouth. My face was white. I remember thinking, 'I'm so glad I'm leaving. I'm so glad to be alone. I'm so glad to be alone.' I was happy to leave the pain of being with my wife and daughter."

Susan C. Boyle
Glendale, CA

Trainer's Conclusion: Again, we are talking about the acceptance of false guilt—a destructive kind of karma that will usually affect the next lifetime or following lifetimes. Susan is dealing primarily with **Factor 2: Assumed Limitations/ Faulty Assumptions**. Susan's faulty assumption is that if she opens herself up to being with other people, experiencing love and having relationships, that it will result in the kind of pain she experienced in France. Until she is willing to confront the fear by allowing others into her life, she will carry this psychic energy forward, obviously not living life to its fullest. She won't be hurt but she'll also never experience her full potential for joy.

My best advice would be Stewart Emery's words, "Courage is the willingness to be afraid and act anyway." Until she confronts the fear, she cannot move through it and out the other side.

Another important factor worth mentioning: Again and again, I have found that an individual's feelings/emotions/anger at death carry forward with an extra-powerful programming effect. If the dying man is especially resentful or hateful at death, he will often find himself earthbound in the lower astral planes for a considerable period after death. The negative emotions must then be dealt with in the next incarnation. To die forgiving and blessing everyone appears to be the best karmic goodbye.

4.

Question:

“Why do I have such a strong aversion to writing—putting my ideas down on paper? I prefer to communicate verbally. This has included not only writing related to my professional responsibilities, but creative expression as well. It is important for me to put things on paper, but I just can’t do it.”

Hypnotic Regression Experience: “I saw myself in a dungeon. It was 1482 and the country was Rumania. My imprisonment was for my writings against the church. I was questioning church doctrine, suggesting other ideas. My purpose was to assist the poor peasants of the time to move beyond their dismal poverty and psychological deprivation.

“The name which came to me, one letter at a time, was Karl Bluissect. My impression was that I did demonstrate a certain arrogance in my refusal to recant.”

**Patricia Gomavity
Northridge, CA**

Trainer’s Conclusions: Patricia is obviously experiencing what I call **False Fear Karma**. Your subconscious mind will often function in direct contradiction to your conscious desires as a result of past programming. In this case, a traumatic past-life incident has generated a fear that is not valid in the context of the current life. She will not be imprisoned for her writings today, but her subconscious mind doesn’t know that and will continue to block her efforts until she overrides the old programming or confronts the fear and rises above it.

This is also another **Faulty Assumption** situation, which might be alleviated by simply knowing the cause of the fear. If needed, I would suggest new programming with self-hypnosis or tapes. Also, ideally, Patricia will force herself to write, which might resolve the situation very quickly.

Chapter Six

“I Wish You A Terrible Regression”

Reprinted from a Self-Help Update magazine article

By Dick Sutphen

To make sure every seminar participant has a successful past-life regression, I condition the group with exercises and let them ask questions. Invariably, someone will ask, “What if I experience something that really upsets me? How do you guard against that?”

“I hope you do get upset,” I reply. “In fact, I wish you a miserable past-life regression!”

Not knowing if I’m kidding or serious, the participants usually sit frozen, awaiting an explanation.

“Generally, people experience even traumatic past-life incidents quite calmly, but it is not at all unusual for someone to get upset,” I’ll explain. “If your regression experience is vivid and real enough for you to get upset, then I guarantee you this past-life incident is still affecting you in your present life. It is programming that is still under the surface, festering and manifesting as problems. By getting in touch with the cause in regression, you can totally experience it, possibly resolving your problem. At least you’ll know the source of the problem and can begin to use reprogramming techniques to let it go.

“Everything you feel, every attitude, hang-up, fear, and phobia is rooted in your past. There is a past event or a series of events that is causing you to experience the present undesirable effect. The cause will be found in one of three areas: **1.** A consciously forgotten incident in your current life. **2.** A current-life incident you didn’t realize affected you so powerfully. **3.** A past-life incident.”

Some Terrible Regressions

The Sutphen Corporation works very closely with the media, and the highly rated Los Angeles TV show, **Two On**

The Town, wanted to produce a reincarnation show to run during the May rating period. They felt it would generate a large audience.

The only seminar I was conducting at the time was the professional **Past-Life Therapy Trainer Seminar**, so the CBS crew flew into Scottsdale for the last day of the seminar. After on-camera interviews with me and many of the participants, they wanted to film a group session.

“Do you want it very dramatic with crying and carrying on, or just a normal regression in which I’m directing and the participants are in a quiet altered state?” I asked.

“Let’s make it very dramatic,” they decided.

The Victim/Bad Guy Past-Life Regression is a session I usually conduct only in a **Bushido®** Training, but since my audience consisted of 75 people learning to be regressive hypnotists and seminar trainers, it was quite appropriate to demonstrate how to direct this intense exploration. The idea is to regress the entire group back to the lifetime in which each was the ultimate victim—to a situation where other people were doing something unpleasant or terrible to them. They are instructed to feel no physical pain, but to be fully aware of what is happening. I tell them to release their repressed emotions about the situation.

Within two or three minutes after the regression started, the quiet seminar room became a madhouse of crying and screaming. Out of the corner of my eye, I caught the looks on the faces of the TV crew. The two women were holding their hands to their chests and the two men with camera and sound pack stood frozen, unable to react, as the participants cried hysterically, screamed out in anger and pounded the tables and floor. When the camera finally started rolling, they certainly captured some human anguish.

Next, the participants were directed to “let go of the extreme emotion,” and asked to explore how this past life as a victim is still affecting their current life. After allowing several minutes for this awareness to be perceived, I directed

them to move to another lifetime . . . a life in which they were the perpetrators of human suffering, in which they were the bad guys. And again, many of the participants became upset, but not to the degree they had during the victim session. The past-life/current-life connection was sought, and then before awakening the group, I recited the following:

"All right . . . let go of the extreme emotions and take a very deep breath. That's it. Let go and relax, and listen closely to my words: We are all different as to intelligence, health and talents, and yet we are one. We are all saints and sinners and no one is anyone else's superior or judge. We have all experienced suffering and we have all caused suffering. And it is time to let go of the past. Can you understand now that you create everything . . . that you are totally responsible for everything that happens to you? (pause) Can you accept that wisdom erases karma? These past lives no longer need to affect you. They do so only because you allow it . . . because you have not forgiven yourself! (pause) Can you make it all right with yourself to release and rise above the past . . . the past of being a victim and the past of being the bad guy? Can you let go of all the past situations you've lived and suffered? If you are ready to truly forgive yourself, you can release all the undesirable effects right now. You can wipe the slate clean and move forward into your present life, clear, focused, in balance and harmony. The choice is yours, and I want you to meditate upon your decision."

The participants are then awakened, the room remains dim, and I play Neil Diamond's reincarnation song, "I've Been Here Before." My instructions continue:

"All right, I want everyone to sit up quietly and listen to my words. I want you to look around the room . . . slowly . . . allowing your eyes to meet someone else's eyes for a few moments, and then drift on to another's eyes. Look around now, and continue to look around . . . into each other's eyes

and see the pain . . . and see the love in their eyes.

"Their eyes speak volumes and date back centuries. Look closely and see the eyes of those who hurt you . . . those who caused you so much pain. They are no longer nameless faces. They are here, all around you again. Look at the love in their eyes. Can you forgive them? They love you. You created them to help you learn and they created you.

*"Look closely now and see the eyes of those you hurt. They are all one and the same. These are people you caused to suffer human misery. Yet look in their eyes. They love you. Can you forgive yourself? Can you love them? Don't look away or look down. These are the people you have interacted with before. Release them! Release yourself! Let go and be free! Be aware that there is no separateness. We are all one. As you look in their eyes, you see yourself. And now listen to the words of the song as you continue to look around and into the eyes that surround you. Live this moment through the eyes of us all. **Be one!**"*

"Would You Do An Individual Regression?"

"Would you do an individual regression, please?" asked the show producer, now recovered from the shock of the previous session.

I picked a young woman from the audience, Karen Holm. In a deep hypnotic sleep, she was instructed to go back to a past life that was affecting her current life. When asked, "What do you see and what are you doing?", she began to speak in a definite accent, describing the farm in France where she lived with her husband. When directed to move to something very important in the future, she experienced giving birth to a baby. The joy, however, quickly turned to agitation when she related that the baby had died. She didn't know why, it just died.

As I moved her forward in time, she experienced two more babies dying for unexplained reasons. Her husband then left her to marry a woman "who could have babies that

lived." She spent the rest of her life on the farm, taking in a young couple to run it for her.

After awakening Karen, I asked her how the past life reflected in her current life. "Neither my husband nor I have ever wanted to have children," she explained. "I don't even like to be around children. It's as if something will happen to them if they're left in my care!"

We talked a great deal about how her subconscious programming was out of alignment with conscious reality. In knowing the cause of her attitude, it might now change.

The Woman Who Hated Her Mother

A woman in her early thirties whom I'll call Darlene, stood up in the seminar in response to my request for people to talk about their problems. I was teaching participants to recognize "The Critical 13" and how to process and use an instant hypnosis/regression technique to find answers.

Darlene explained how much she hated her mother, who had mentally abused and manipulated her all her life. They hadn't talked to each other for over two years and the hostility showed no signs of lessening. Darlene viewed her mother as a villain, unjustified in relentless persecution of her daughter.

Although accepting of the concept of karma, Darlene could not accept that this was obviously a case of cause and effect. "Before you were born, you and mother worked it out so you'd be in this exact position as an opportunity to learn and resolve the negativity between you," I explained.

Darlene was closed to the idea.

After she was in deep hypnosis, I asked Darlene to go back to the cause of the problem between herself and mother. "Oh-h-h-h" she screams. "Blood everywhere . . . and just pieces of a body . . . oh-h-h-h-h."

"Did you do this?" I asked.

"I don't know, I think so," she moaned in agitation.

"Then look at what you did and tell me about it," I de-

manded.

"Aguck-k-k." (Darlene starts to throw up and I instantly direct her to go back to the day before this happened.)

"Tell me what you see and what you are doing," I direct.

Darlene now responds to me with a drawl, and her face is strangely contorted. She is an uneducated man who lives alone in a cabin in the mountains and manages to survive by hunting and trapping. I move her forward in time until "something important happens," and a stranger has arrived at the cabin.

"What does he want?" I ask.

"He ain't gonna git it," is the extremely agitated response.

"What are you going to do?"

With additional, difficult questioning, it became apparent that in a fit of rage, he went after the stranger with an ax and didn't stop until the victim was "in many small pieces on the cabin floor!" Higher-self questioning proved the chopped-up victim to be Darlene's mother in her current life. For the first time, Darlene began to understand her mother's subconscious hostility. Before awakening, Darlene tearfully forgave her mother and cried out for her mother's forgiveness.

The Reluctant Doctor

John was subconsciously blocking his success. He explained that he had studied to be a doctor, but dropped out during his last year of medical school. He was a medic in the Vietnam War, but asked to be transferred to combat duty rather than endure the anxiety he experienced in working with the wounded. For two years, he had been studying holistic medical alternatives and was interested in hypnosis as another approach of assisting people.

"Do you want to start your own practice?" I asked.

"I'll say I do," he replied, "but I seem to be avoiding it by staying in schools or training."

In deep hypnosis, John was directed back to the cause of the medical avoidance. "On the count of three, you'll begin

to receive vivid impressions. One, two, three.”

On the count of three, John began to tremble and show signs of agitation. It took considerable questioning to understand the situation.

He was an old Chinese healer who had moved several of his patients into the hills to protect them from an invading force. They were discovered and his patients were killed. The invaders forced John to go with them as their doctor. He hated himself, because to remain alive, he did as they directed.

Eventually, he was killed in a battle between the invaders and his own people.

Subconsciously, John feels that he let himself and his patients down in his medical career in China. Although drawn to medicine by a karmic lineage, the fear that it will happen again is blocking him from taking a chance. Balancing karma is in effect and John must now forgive himself and overcome his fear by embracing it in the form of a service career.

She Was Overweight and Wanting A Relationship

Irene, an extremely overweight woman in her late twenties, explained that she wanted to find a relationship, but men weren't interested because of her weight. In hypnosis, when I directed her back to the cause of the excess weight, she became very frightened and described the situation. Her village had been raided and many children had been kidnapped. She was one of the children being directed into a large cave, to await some form of ransom. Evidently, it was never received and the captors decided to kill the children. Somehow my subject managed to hide, but she listened as all her friends were killed. She later managed to make her way back to her own people but lived with terrible guilt for the rest of her life.

Today, Irene is still hiding in fear, only this time instead of hiding behind a boulder in a cave, she is hiding behind her weight, punishing herself for deserting her friends. Guilt is

the most powerful force of all when it comes to karmic carryover.

* * *

Your subconscious mind doesn't care if you get what you want out of life. It doesn't care if your past-life programming and present desires are out of alignment—resulting in a fear, phobia, block, or problem. The subconscious just wants to survive and it has survived just fine up until now without you consciously knowing the cause of your conflicts. But, if you want to resolve what isn't working in your life, the fastest way is to find the cause.

Chapter Seven

Regressive Hypnosis Scripts

This chapter is not meant to instruct the reader in how to hypnotize others. That subject is worthy of an entire book. For those who are already hypnotists, or plan to be, we include the following scripts.

Dick Sutphen's Basic Hypnotic Induction

First, provide suggestions to breathe deeply, relax completely and allow the quietness of spirit to come in. Keep your full attention on the sound of my voice and communicate with your body. Feel the blood flow. Communicate with your body and feel the blood flowing through your arms and legs, your entire body and mind. If any outside thoughts should come into your mind, I want you to simply brush them aside and return your concentration to the sound of my voice, breathing deeply and relaxing completely, and keeping your full attention on the sound of my voice while communicating with your own body.

Now, use your imagination as you have never done before and feel your body relaxing, one part at a time, as I ask you to do so. Play the role, play the part, and feel your body relax. And the relaxing power is now coming into the toes of your feet. It is moving down into the ball, into the arches and heels, on up to the ankle. Completely relaxed, completely relaxed ... and the relaxing power is now moving on up your legs to the knees, relaxing all the muscles as it goes, and on up your legs to the thighs, and to the hips. Just completely relaxing, and your full attention is on the sound of my voice as the relaxing power comes into the fingers of both your hands at the same time, relaxing your hands. And it is now moving on up into your forearms, relaxing your forearms, and into the your upper arms, relaxing your upper arms. And your fingers and hands and forearms and upper arms are just completely relaxed as the

relaxing power now moves into the base of your spine. **Feel** a warmth at the base; of the spine as the relaxing power comes in and begins to move slowly ... up ... the ... spine ... and into the back of the neck and shoulder muscles. And the back of your neck and shoulder muscles are now loose and limp, loose and limp, and the relaxing power is now moving up the back of your neck and into your scalp, relaxing your scalp. **Feel** your scalp relaxing, and feel the relaxing power now draining down into your facial muscles, relaxing your facial muscles, and if your eyes are still open, they are now so tired and heavy ... so tired and heavy ... that you need to close them. So close your eyes now and leave them closed until I ask you to open them. And your facial muscles are just completely relaxed, and your jaw is relaxed. Allow a little space between your teeth. And your throat is relaxed. Your entire body is now relaxed all over in every way. All tension is gone from your body and mind ... all tension is gone from your body and mind. ...

And I now want you to imagine a beam of shimmering, iridescent white light coming down from above and entering the Crown Chakra on the top of your head. This is the Universal light of life energy, the God light. See it with your inner eyes, create it with the unlimited power of your mind. Feel the light begin to flow through your body and mind. ... (pause) And the light now begins to concentrate around your heart area. And the light is now emerging from your heart area as a bright white light, a protective magnetic aura of bright white God light that is now totally surrounding your body and mind. Create it in your mind, and thus you make it real. And you are now totally protected, totally protected ... only your own guides and Masters, and highly evolved and loving entities who mean you well will be able to influence you in any way during this hypnotic session.

(Begin speaking in a 45-beat-per-minute voice roll.) And now, as you listen to the sound of my voice and the soothing

beat of the metronome, you are beginning to go into a deep hypnotic sleep . . . deep hypnotic sleep. . . Each beat of the metronome is saying 'sleep, sleep, sleep' . . . I want you to say 'sleep' in your mind. I want you to say 'sleep' with each beat of the metronome. (Let the metronome tick for a short time while you say nothing.) You are going into a very deep, relaxing and peaceful hypnotic sleep. Deeper and deeper . . . sleep, sleep, sleep . . . and now I want you to imagine yourself going down. In your mind, you will see yourself in a situation in which you are going down, down, down . . . deeper and deeper with each and every count. I will count backward from seven to one. On the count of one, you will be in a very deep, peaceful, relaxing hypnotic sleep. Number seven—deeper, deeper, deeper, down, down, down. Number six—deeper, deeper, deeper, down, down, down. (And so on, to number one.) Number one . . . you are now in a very deep, hypnotic sleep. And you feel deep. You feel relaxed and at ease, relaxed and at ease.

And you are now very deep and you feel deep. We are putting your body to sleep, but your mind is alert on all levels. Your conscious mind is fully aware of your surroundings and the process you are experiencing, but we are now removing the filters which normally block awareness of your subconscious and superconscious. You are relaxed and at ease . . . and very, very deep, but let's go down even deeper.

Number one. You are now in the deepest possible hypnotic sleep—deeper than you have ever been before—but as you listen to my voice, you will continue to go even deeper into this peaceful, relaxing hypnotic sleep. And I am now going to give you a couple of suggestions. The first suggestion is, "Each and every time you are hypnotized, that you consciously desire to be hypnotized, you will go down deeper and faster than the time before. Each time, you go far deeper, far faster, than the time before. The next suggestion is, if at any time, you feel uncomfortable in any way, you have the power and ability to remove yourself from any situation you

might encounter. For you have a self-release mechanism, and that is to simply raise your right arm just a little. This will cause you to immediately remove yourself from any undesirable situation. You will immediately be calm and peaceful, and I would ask that you simply remain with your eyes closed and allow me to count you up with positive suggestion, but you are in control. You can remove yourself from any situation you desire.

(Insert regression programming here.)

All right. Now, in a moment, I am going to wake you up. You're going to awaken feeling as if you've had a nice, refreshing nap. You'll feel rested and refreshed, your head will be clear, and you'll be thinking with calm self-assurance, acting with calm self-assurance, feeling glad to be alive . . . at peace with yourself, the world and everyone in it. All right, on the count of five, you will open your eyes and be wide awake, remembering everything you just experienced. Number one, feel the life blood returning to your arms and legs . . . you're beginning to come up a little. Number two, feel yourself coming up and you feel good all over, glad to be alive. Number three, you're coming on up and you feel a sense of joy and well-being filling your body and mind. Number four, recall the situation and the room, and on the next count, you will open your eyes and be wide awake. Number five, wide awake. **WIDE AWAKE!** Open your eyes and feel good. Wide awake . . . wide awake!

A First-Time Group Past-Life Regression Script To Get The Impressions Started

(Note: If the regression were conducted one-to-one, the hypnotist would ask his subject to speak up and explain his perceptions instead of allowing time for subjective input.)

In the memory banks of the subconscious mind, there is a memory of everything that has ever happened to you in this life, or in any of your past lives. Every thought, every action, every deed from every lifetime you have ever lived is re-

corded in these memory banks and we are now going to begin to work together to allow some of these subconscious memories to filter down out of the subconscious and into the conscious mind where you can look at them once again. And we are now going to begin to move backward in time, backward in time to one of your previous lifetimes. Your own subconscious mind will choose a lifetime that will be of value for you to re-examine at this time. (If you are conducting a group hypnosis, you may insert: "As an absolute command, you will re-experience only positive, neutral or happy prior life experiences.")

And I want you to step into a tunnel to your own past. Create a vivid mental impression of a tunnel. I will soon begin to count backward from five to one—you will see yourself moving through your tunnel into your own past. On the count of one, you will see yourself at the age of 15 in a previous lifetime. All right now, you're letting go and beginning to move backward in time, and you're stepping into the tunnel. Number five, you're moving backward now. Feel yourself moving through the tunnel to your own past ... and way down, at the end of the tunnel, you see a light. You're moving toward that light, and on the count of one, you'll be there. On the count of one, you will move out of the tunnel and into the light, and you'll see yourself at the age of 15 in another time and another place. Number four, you're moving backward now, allowing it to happen. Feel it happening ... moving backward and picking up speed, moving toward the light at the end of the tunnel. Number three, you actually feel the sensation of speed now as you rapidly move backward in time, moving closer and closer and closer to the light at the end of the tunnel, closer to seeing yourself in your own past life at the age of 15. Number two, you're getting very close now, you're almost there. Allow it to happen, feel it happening. On the next count, you will see, or feel, or sense yourself at the age of 15 in a previous lifetime. Number one, you are now there, you

are 15 years of age.

Are you indoors or outside? Your mind knows. If you are outside, perceive the environment. Are you on the prairie, in the mountains, a forest, the desert, by the sea, or in a city or town? Perceive everything about the environment. And if you are indoors, how large is the room? What is the floor made of? Are there any furnishings, doors, windows? Perceive everything about the environment. (Pause to allow impressions to form.)

Is it night or day? (Pause) If it is day, what time of day is it? Look at the light. Is it daybreak, midday, afternoon, or the golden glow of late afternoon? (Pause) Now bring your five senses into it. Can you smell the air? Can you feel the temperature on your skin? Is it hot or cold or just right? Can you capture the environment with your physical senses?

All right, the impressions are coming in more and more vividly now. Trust your mind. Are you male or female? Your mind knows. (Pause)

On the count of three, look down at your feet and see what you are wearing on your feet (quickly count one, two, three). What are you wearing on your feet? Boots, shoes, moccasins, sandals, or are you barefoot? (Pause)

On the count of three, if you haven't already done so, you will step outside yourself and perceive what you look like. One, two, three. There you are. You know if you're male or female, and what you're wearing on your feet. What about the rest of your attire? What is your clothing made of? The fabric or material? The color? The style? (Pause)

And now look at yourself. You're 15 years of age. What about your haircolor? Is it brown, brunette, blond, or are you a redhead? And how is it cut and styled? (Pause)

Okay, now look around. Is there anyone else there with you or are you alone? If others are with you, what are you doing? (Pause)

All right, you are 15 years of age, so you have considerable knowledge. And I'm interested in the year. If the year relates

to our present calendar system, the numbers will now come into your mind, one at a time. The first number of the year you are experiencing is . . . the second number . . . the third number . . . and if there is a fourth number, perceive it now. (Pause) And you now have the year.

I am now interested in the country or geographical location. Trust your mind and allow the letters of the name of the country to come into your mind, one at a time. Don't question or intellectualize. There are many countries you have never heard of, so just trust the letters to appear. The first letter of the name of the country or location is . . . second letter . . . third letter . . . fourth letter . . . fifth letter . . . and if there are additional letters, perceive them now. (Pause) And you should now have the name of the country.

And it is time to move forward to a very important situation that will transpire in your future in this lifetime we are now exploring. As I count from one to three, time will be passing and you are growing older. A few months, years, or many, many years will have passed, and it will be the time of something important in your life. One, two, three. (Several minute pause)

All right, I want you to remember everything you are perceiving, but it is time to let go of this now and move on to another situation. I want you to perceive a situation in which you are working at your trade, your occupation or the primary way you spend your time in this incarnation. On the count of three, vivid impressions will come into your mind. One, two, three. (Several minute pause)

All right, let go of this now, and I want you to move in time to a situation in which you are with the one person in this lifetime who is more important to you than any other. There is one person who is most important to you in this life. On the count of three, vivid impressions will come into your mind and you will see yourselves together. One, two, three. (Several minute pause)

And you will remember absolutely everything you are

perceiving, but on the count of three, I want you to explore this lifetime from other perspectives and I want you to attain a karmic overview of all that was important about the incarnation. One, two, three. (Several minute pause)

All right now, on the count of three, **and not before the count of three**, you are going to move forward to the very last day of your life in this incarnation we are now examining. You will not have died, you will not have crossed over into spirit, but on the count of three, it will indeed be the last day of your life in this past lifetime that you are examining. Now, as an absolute command, you will feel no pain and no emotion. You will experience this situation objectively and only as an observer. One, two, three.

On the count of three, without pain and without emotion, you will cross over into spirit. You will leave your physical body and you will find yourself in spirit just a few moments after experiencing the physical in this incarnation that you are now examining. One, two, three. You are now there, you are now in spirit and I want you to perceive the environment you find yourself within. Look around, or allow feeling impressions to come in. Can you see your physical body, the one you just left? If so, where are you in relationship to your physical body? (75 percent will be floating above it.) Do you sense any color or sounds? Open yourself to any impressions. Do you feel or see or sense anyone else there with you? Another entity? (If yes, ask if anything is being communicated.) All right, let us now move forward until there is contact of some form, or until something happens. Letting go of this now and moving forward, on the count of three, you will be there. One, two, three. (Note: 99 percent of the time, you will be unable to follow much further into spirit than this last command.)

Return To The Present Script

All right, we are now going to let go of all this and I want you to return to the present time on the count of three.

You'll remain in a very deep, peaceful, hypnotic sleep, but on the count of three, you will be back in the present time in 1987 in Los Angeles, California. As an absolute command, you will remember every single detail of everything you perceived while examining this prior incarnation, but on the count of three, you will be back in the present . . . feeling good. (Awaken instructions)

General Notes

Note: In conducting a past-life regression, if you move your subject forward—for example, five years in one jump—the subject could have died in the five-year time span, thus he will stop receiving, often becoming confused. If this is the case, immediately tell him something to this effect: "I want you now to move backward in time once again, move backward to a positive, neutral, or happy event—the last one you can remember. I will count backward from three to one. On the count of one, you'll be there. Three, two, one."

In conducting a group past-life regression, you must avoid one of the group running into such an event and panicking, so you qualify your initial instructions like this: "Your subconscious mind will choose a lifetime that will be of value for you to explore at this time. It will be a lifetime in which you lived at least 30 years. As an absolute command, you will choose a lifetime in which you lived at least 30 years." (Now simply maneuver within the 30-year-time period.)

Back To The Cause Regression (Karmic Cleansing)

(Induction and self-release suggestion)

And you are relaxed and at ease and open to awareness that will assist you to rise above your karma and evolve spiritually. You are now ready to explore the cause of something in your life that you desire to know more about. In the memory banks of your subconscious mind there is a memory of everything that has ever happened to you. Every thought,

every spoken word, every deed is recorded in the memory banks of your mind and we are now going to begin to work together to bring forgotten awarenesses to the surface so that you may better understand that which influences, restricts or motivates you in the present.

All right, I now want you to concentrate on the situation you desire to investigate through regression. Dwell upon it. See the situation in your mind. Live it once again as a fantasy so that you communicate to your subconscious that which you desire to investigate. Do this now. (30 second pause)

And now, in just a moment, I am going to direct you back into your past. You may go back to an earlier time in your present life, or you may return to an event that transpired in a previous incarnation.

(Direct subject[s] back through the tunnel as in the initial regression script, and after allowing at least a couple of minutes silence, continue with the following.)

All right, let go of this and let's continue to explore this situation in more detail, from other perspectives. I want you to attain a karmic overview of the situation. On the count of three, you will perceive new impressions that will assist you to fully understand all of importance that relates to your situation. One, two, three. (Two minutes or more of silence.)

(The hypnotist can now ask for additional information, such as their names, the date, country, etc., if desired.)

All right, on the count of three, I want you to perceive very vivid impressions about how to rise above this karma. Is it already nearly balanced? Have you almost learned so that you can let go of the effect? What can you do to rise above this karma? It will amount to self-forgiveness, but to truly forgive yourself, you must know on every level of your body and mind that you will never, ever forget the lesson again. Now, if you are not yet able to forgive yourself to that degree, what can you do to cleanse yourself and achieve self-forgiveness? Can you do something symbolic to show that

you have learned? Can you assist others as a form of restitution? Let the impressions come in now. One, two, three. (Pause for two minutes or more of silence.)

(Return your subject[s] to the present and awaken them as described in the initial regression.)

Meeting With Your Guides And Masters Hypnosis Session

(Insert induction)

In your superconscious mind lies an awareness of ultimate truth. In the 90 percent of your mind you don't normally use, you have complete knowledge of your totality—you are aware of everything that has ever happened to you in this life you are now living or any of your past lives. On a superconscious level, you know how all of the people in your life relate to your past and you are aware of the involved karmic interaction that you have set up for yourself to learn and to fulfill your purpose in reincarnating at this time. You are also fully aware of time spent on the other side between lifetimes and of your guides and Masters—those unseen individuals on the other side who are even now assisting you in accomplishing the growth you so desire.

Your primary guide has been with you since birth and will remain with you throughout your life, always doing everything within his or her power to assist you in accomplishing your mission or fulfilling your purpose. Those intuitive feelings about what you should or should not do are often being sent to you by your guide. Love is the power behind the guidance, and you must realize that it is you who has asked your guide for this inner direction to assist you in remaining on your chosen path of learning. Your guide has probably experienced earth incarnations in the past, but this is not necessarily the case. He or she will have a "call" name and will be capable of mentally manifesting in what appears to be an earthly, physical form.

Masters are the wise souls who often assist you in special learning. You have probably heard the old adage, "When the student is ready, the Master will appear." You probably have an unseen Master who is often in your presence and assists you in opening spiritually and perceiving metaphysically. You may be interacting with several different Masters who are specialists in various subjects. Masters will sometimes mentally manifest in a physical form, and it is not unusual for them to appear to you as an intense blue or purple light or presence.

All right, we are now going to begin to work together to assist you in opening a line of direct communication between yourself and your own guides and Masters.

So, to begin, I want you to deepen your level by rising up into the very highest level of mind to Higher Self. I want you to perceive yourself ascending up in the air, higher and higher, as I count from one to five. Mentally fantasize yourself rising up . . . see yourself ascending in your mind and feel yourself becoming lighter and lighter. I want you to detach from the physical and rise up into the superconscious mind—that all-knowing level of mind in which you have all knowledge and awareness at your mental fingertips. So let go now and begin to rise up.

Number one, rising up, letting go of the physical and moving into the mental . . . and you are beginning to ascend, rising up into the highest levels of superconscious mind. Number two, you are rising up, higher and higher and higher . . . up, up, up . . . beginning to transcend levels of consciousness now, ascending, ascending, ascending. Number three, higher and higher and higher, up, up, up, transcending levels of consciousness into the superconscious level of awareness now. Number four, ascending, ascending, ascending, higher and higher and higher, up, up, up. Almost there . . . and you are now detached from the physical and you are crossing over into higher mind. Almost there, almost there. On the next count, you will have transcended

levels of consciousness and will open to the awareness of higher mind. Number five, you are now there and I want you to take a moment to breathe deeply and perceive your mental environment.

And it is now time to perceive your guide's call name if you are not already aware of it. There are many names in many languages you have never heard of, so please do not prejudge what you will receive. I simply want you to be open to the letters of your guide's call name as the letters now come into your mind. The first letter of your guide's name is ... second letter ... third letter ... fourth letter ... and if there are any additional letters, perceive them now.

And you should now have your guide's call name, and if it is unusual, you may find with a little research that the name is common in another language or culture from the past.

And I now want you to perceive exactly what your guide looks like, so on the count of three, he or she will mentally appear before you. I want you to trust your impressions as you have never trusted before.

Number one, allow your guide to mentally appear before you. Number two, allow it to happen ... trust your mind and be open to the impressions that begin to come in. Number three, perceive your guide before you. Is your guide male or female? Your mind knows, and if the impressions are not yet fully focused, I want you to choose that which seems most correct, and together, we will build the features. So, is your guide male or female? How old does he or she appear to you? What about hair color—blond, brown, brunette or redhead? And what about hair style? Perceive your guides clothing or attire. What is it like? And what is your guide wearing for footwear?

All right, I am now going to be quiet for a while, and I want you to ask your guide questions—simply think the questions one at a time. Your guide will respond to the question by sending you mental impressions. You must simply listen and be receptive to the thoughts that come in response

to the question. Ask your guide about anything in the world that you desire to know.

(Three minutes of silence)

All right, I want you to remember everything that is being communicated to you, but now it is time to become aware of any Masters that are now working with you. So, on the count of three, your Master or Masters will appear before you if it is appropriate for them to do so. Be open and trusting, aware and receptive. Number one ... number two ... number three. And again I am going to remain quiet, allowing time for you to perceive and interact with these wise souls who can be of so much value to you if you are only open to receiving.

(Two minutes of silence)

And it is now time to let go of this. You can return on your own or with this tape at any time that you desire to do so, but for now, it is time to awaken to full beta consciousness, remembering absolutely everything that you have learned during this session.

(Awaken instructions)

Pre-Birth Planning Session—A Hypnotic Regression

(Induction)

All right. In the memory banks of your subconscious mind, there is a memory of everything that has ever happened to you—in this life, your past lives, or the time you spent on the other side between lifetimes. Every thought, every action, every deed is recorded in the memory banks of your subconscious mind and you absolutely have the power and ability to bring these memories to the surface once again. We are going to work together to bring consciously forgotten memories out of the subconscious and into your awareness. In a moment, you will actually move backward in time, prior to being born into your current life. There was a time while you were still in spirit that you made decisions about

the life journey you were about to embark upon. This may have been a session with your guides and Masters assisting you in the plan, or you may have spent time in meditation arriving upon your own decisions.

You see, you have a reason for being here. You have a primary purpose or mission to accomplish in experiencing your current life. I contend that an awareness of that purpose or mission will assist you in fulfilling your life plan, and help you to attain a unique sense of peace and balance.

In a moment, you are going to begin to move backward to a time in spirit prior to being born into your present. It will be a time when you are making decisions about the new physical incarnation. So, begin now to perceive a tunnel to your own past. Create this tunnel in your mind, and as I count backward, you will perceive yourself moving through the tunnel toward a light at the end. All right, step into the tunnel and I will count backward from five to one.

Number five, letting go and moving backward now, flowing backward through the tunnel, feel it happening, allow it to happen. Feel the sensation of movement as you let go of the physical and flow backward in time. Number four, moving backward in time to a situation in spirit on the other side, to a time you were making decisions about this lifetime you are now experiencing. As you are moving through the tunnel, you see a light way down at the end. That light is the end of the tunnel. See it, and when you get to it, you will step out of the tunnel and perceive yourself in a situation in spirit on the other side. Number three, you are moving backward in time even faster now. Feel the sensation of speed as you move through the tunnel, moving backward to a planning time in spirit, a time you meditated on what you needed to experience in this life . . . or a time when you conferred with wiser beings about your karmic needs. Letting go and moving backward now, feel it happening . . . feel how quickly you are moving backward. Number two, you're getting very close now, very close. See how close you are. See the light at

the end of the tunnel. On the next count, you'll be there. On the next count, you will see yourself in a situation from another time and another place. Number one, you are now there. Let the impressions come in. Don't rush them, for they begin to focus and flow now. Trust your mind and begin to sense and feel, and see with your own inner eyes.

What is happening? This is a time in spirit when you are making decisions about reincarnation. Perceive every detail and listen to what is being communicated while I am quiet for a while.

(Two minutes of silence)

What are the primary unlearned lessons that you have to learn in your current lifetime? From this detached, spiritual perspective, you are fully aware of the most important unlearned lessons.

(Two minutes of silence)

What is your purpose or your mission? You have a primary purpose or mission to accomplish in this lifetime. What is it? Trust your own mind and listen now.

(Two minutes of silence)

And your guides and Masters are now with you and I want you to become fully aware of how you are proceeding in accomplishing your purpose or mission. Allow them to communicate this awareness to you now.

(One minute of silence)

And is there anything that you can do to accelerate the process, to accomplish your purpose or mission more quickly? Listen to your own guides and Masters now as they communicate this awareness to you.

(One minute of silence)

All right, you are now going to let go of all this and return to the present. You will remember everything you perceived, but on the count of three, you'll be back in the present time, remaining in a relaxing hypnotic sleep but back in the present. You will remember everything that has transpired, but on the count of three, you'll be back in the present. One,

two, three. You are now in the present and I am going to wake you up.

(Awaken instructions)

Talents And Abilities From Past Lives

(Induction)

And you are now relaxed and at ease, ready to discover forgotten knowledge from your previous lifetimes. In other incarnations, you developed many abilities and experienced many talents, and though you have forgotten them consciously, your subconscious mind contains a record of everything that has ever happened to you—every thought, every action, every deed—in the memory banks of your mind. We are now going to begin to work together to bring forgotten awareness to the surface.

All right, in just a moment, I am going to guide you back to a previous lifetime, a lifetime in which you had a particular talent or developed an ability that might be valuable for you to rediscover at this time. Now your subconscious mind is fully aware of all past lifetimes. We are going to explore three different lives in this session, so I want your superconscious to choose the first life we will explore.

(Twenty second pause)

I am now going to count backward from five to one. As I do, I want you to feel yourself flowing back in time, letting go of the physical and moving back into your memories of another time and another place.

Number five, you're beginning to let go of the present and move backward in time, letting go and moving backward into your own past. Allow it to happen, feel it happening. You're moving backward to a lifetime in which you had a talent or developed an ability that would be valuable for you to become aware of at this time. Number four, letting go and moving backward into your past, moving backward to a lifetime in which you developed an ability or career, or possessed a talent. You are letting go of the physical and

moving back into your forgotten memories. Number three, moving backward to a situation in a previous lifetime in which you were using your talent or ability. Letting go now, letting go and moving backward into your past, detaching from the present and moving backward in time, into your memories. Number two, almost there now. On the next count, vivid impressions will begin to come into your mind, impressions in the form of thoughts or feelings or visualizations from your past in which you are using your talent or ability. You're almost there, almost there. Number one ... you are now there. Let the impressions begin to form. What do you perceive and what are you doing at this time?

(Two minutes of silence)

All right, let's find out a little more about this life you are now exploring. What is the year? Allow the awareness to come into your mind. (Pause) And what is the name of the country? (Pause) All right, I want you to let go of this now, and transfer to another lifetime in which you are using your talents and abilities. (Pause)

I will count backward from three to one, and on the count of one, you will once again have transferred in time and you will begin to receive impressions from another lifetime.

Number three, letting go and beginning to transfer in time. Number two, moving through time—allow it to happen, feel it happening. Number one, you are now there. What do you perceive? What are you doing at this time?

(Two minutes of silence, then repeat the above paragraph)

All right, I want you to let go of this and come back to the present time. On the count of three, you will be back in the present, remembering everything that you observed in your past lifetimes, but back in your present life ... at peace with yourself, the world and everyone in it. Number one, you are letting go of the past and returning to the present. Number two, you will remain with your eyes closed in a restful and meditative level of consciousness, back in the present. Number three, you are now back in the present. In a few

moments, I am going to wake you up, but before I do, I am going to give you a suggestion. That suggestion is, you have the power and ability to easily develop any of the previous life talents or abilities that you have observed during this session. All knowledge remains forever in the memory banks of the subconscious mind and you can draw upon these latent abilities if you desire to do so. This is your reality. You have the power and ability to easily develop any of the previous life talents or abilities once again.

And in just a moment, I am going to wake you up.

(Awaken instructions)

Chapter Eight

An Alternate View of Reincarnation

*Adapted from Know Thy Higher Self, a four-tape
Valley of the Sun album by Dick Sutphen*

There are many ways to view the concept of reincarnation. This isn't the way you've heard it before, yet please keep an open mind and be aware that it doesn't negate the classical concepts. It simply expands them. Actually, it explains the many inconsistencies I've encountered in my years of exploring the subject. I have channeled this information directly from the other side in deep meditation and automatic writing.

Let's go back to the beginning of life on earth ... and please be aware that I am being symbolic. There was a time when there were no intelligent human inhabitants on the earth but there existed in the nonphysical realms a great energy gestalt. We'll call the gestalt God, but any name would do as well.

Now we know from basic science that energy can't stand still ... it must expand or contract. So, as an expansion of the energy gestalt called God, the cells within the great body of God divide and subdivide, always creating new energy, just as the cells in your physical body are always dividing and subdividing. This is a good analogy, for human beings are in reality **structures of energy!**

Let's call the new God cells "oversouls" ... each a part of the whole, but each an individual. And each oversoul would continue to expand the God energy by continuing to divide and subdivide. This is accomplished in many ways and much is beyond our limited ability to comprehend. But let's just explore one of the ways the oversouls expand their energy—the area that relates directly to you.

As man evolved from ape to human, he developed to the point where he could support intelligence, thus providing

oversouls with another channel to expand their energy. Symbolically, this was accomplished by the oversoul implanting what we'll call a "soul atom" within the human being. And other experiments were originally conducted with physical life . . . such as direct manifestation from the nonphysical to the physical planes.

As human history progressed and man became the dominant species, more and more bodies became available. Even oversouls who initially related to other planetary systems now explored the earth, implanting their soul atoms in humans, as a potential for physical experience which would result in the procreation and expansion of energy. In this case, although these humans would always relate to the race of man on the planet earth, all who would follow in their lineage would retain a deep subconscious memory of other star systems.

Eventually, as mankind physically procreated and more bodies became available, the oversouls began to implant their soul atoms into more than one body at a time. Now, in the 20th Century, many oversouls are experiencing two or three physical incarnations at one time.

Stated another way, you may presently share a direct lineage with one, two or three physical projections of your oversoul. This is the concept of "simultaneous multiple incarnations," which I call "parallel selves." Unless parallel lives are a reality, **logically** reincarnation doesn't work. For there are presently more people living on the earth than the sum total of all who have ever lived, so there are not enough past lives to go around. Now, I know those who are doing the historical counting are not taking into consideration lost civilizations such as Lemuria and Atlantis, but that isn't really important. The many thousands of people I've regressed have experienced numerous past lives within recorded history as we know it. If they are representative of the rest of humanity, which I feel they are, then numerically, reincarnation doesn't work.

So, considering the concept of parallels, there are only a fraction of the number of people on earth that there appears to be. Take yourself as an example. You are yourself, but you may have parallel selves—maybe a young boy in Viet Nam, an old woman in Mexico, as well as a middle-aged doctor in London, England. You all share the same lineage of your oversoul. You and your parallel selves are connected superconsciously, and may be influencing each other although you don't realize this on a conscious level.

Let's explore this from a slightly different angle. Your oversoul exists on a nonphysical level and the physical lifetimes are explored as a form of procreation and expansion of the energy gestalt. In other words, what really transpired is the cell we are calling your oversoul divided and you are that new "cell." You are one more cell in a long lineage of cells in the body of God. The part and whole at the same time. As an example: Any cell in your own present, physical body contains your complete DNA—your pattern or make-up. If human cloning abilities were developed, as is the case with some reptiles, you could be duplicated from that cell.

In this situation, although your clone would only be part of your totality, from another perspective, **it would be your totality.** Your oversoul was from a direct lineage of cells or souls that lead directly back to the energy gestalt we called God. Thus, you are part of God . . . thus you **are** God. **The part and the whole at the same time!**

You Are God!

YOU ARE GOD. Every living and discarnate individual is God. Together we are an energy gestalt called God. An energy gestalt that continues to expand and procreate more energy. God doesn't exist on a throne in heaven. He is you, and right now he is reading this article.

If it sounds complicated, make a few notes and it will quickly become clear. If you are hypnotically regressed to your most recent past life, you are experiencing the life of

your oversoul. If you were then regressed back to the life before that one, you would be following your direct lineage. Or you would be experiencing the life of your oversoul's oversoul.

What happens to you at death? Do you simply once more become part of the memory banks of your oversoul? **NO! Absolutely not! When you die, your knowledge and energy will remain throughout eternity as you.** And you are the sum total of all of the live and karmic heritage of your direct lineage or frequency.

Once anything is created, it is freed! You are an extension or creation of your oversoul and your oversoul gained great awareness through your earth experience. You can call that awareness "karma" if you want, for that is actually what it is. It is karma that you and your oversoul will continue to balance in the future.

Now here is how the energy continues to create and expand. After you experience physical death, you will cross over to the other side and find that **you now have oversoul status.** The way you will resolve your karma and procreate additional energy is to continue the dividing process. In other words, you will implant your **soul atom** into a new baby with a karmic configuration that supports your learning needs. Maybe you decide the best way to resolve your karma is to explore the potential of a Japanese businessman and a poor peasant in India. So, with the assistance of higher understanding, you implant your soul atom or essence into these lives. And these two new human beings are extensions of yourself. Once again, **when anything is created, it is freed,** so the two identities will be extensions of you, but also free individuals. They are on your **frequency** and you will **feel and experience through them!** You will have to totally experience all their joys and misery, their successes and failures, their **learning**—which is **your learning!** Thus you will continue to evolve through this experience.

Both of your extensions will share the same past-life

lineage. In other words, if they were both to be hypnotically regressed in the future, they would experience a past life as you ... **or** as one of your present parallel selves ... **or** they could tap in on the earth life of your oversoul or your oversoul's oversoul, etc. ... **or** to any of the parallel branches of your direct oversoul lineage, all of whom would exist **on the same frequency**. Obviously, this offers the potential of far more past lives than would be possible through traditional reincarnation thinking.

The karma of your Japanese businessman and the poor peasant in India will be to resolve the things you hadn't learned in the physical. Of course, they will also be the karmic beneficiaries of all the positive or good karma you created during your physical life.

When these two extensions of you die, they will create new channels of exploration of their potential. Both the Japanese and Indian will, of course, attain oversoul status upon their own crossover to the nonphysical realms. Thus the energy continues to procreate and expand.

If you examine the concepts I've related thus far, you'll find that they really negate little in the area of traditional reincarnation awareness from the viewpoint of how reincarnation and karma affect your life. There is certainly no way to get away from your karmic responsibilities. Actually, this explanation of how reincarnation **really** works explains all the fallacies I have encountered over my years of conducting past-life regressions. Fallacies in the basic and generally accepted ideas of reincarnation. As an example, the numerical conflict I've already mentioned. In reality, there are only a fraction of the number of people living on the earth that there appears to be. And, another explanation: Often, in working with extremely good regression subjects, I've found them living two lives within the same or overlapping historical time periods. Research sometimes verified both existences ... and both lives appeared to be influencing the current lifetime.

As another example: A friend of mine who is a regressive hypnotist once decided to explore the life of Christ through the observations of those who were actually there if enough good subjects could be found. Through some large group regressions, he soon discovered several people who were able to relate vivid details about Jesus. None were key figures in the Passion Play, but they lived during this period and provided numerous details and opinions about the Master. I felt that such odds were beyond probability and that my friend was not being objective enough in his research work. Yet, from the perspective I've discussed, it could be quite possible for someone to tap in on a lifetime of any of those on the branches of their lineage. The probability of a "Jesus-link" might now be within acceptable odds.

This concept of continually dividing cells of energy could also explain the Biblical idea that man was created in the image of God.

Now, to set the record straight: The information on this tape appears to almost be a combination of all the concepts I related in my book, **Past Lives, Future Loves**, which I channeled and wrote several years ago.

In deep meditation, I've asked why I didn't receive this information for that book and I was told that neither I nor my audience would have been as likely to accept the awareness at the time.

Questions and Answers

The following are some of the primary questions I've been asked regarding this viewpoint of reincarnation:

Q: "It sounds to me like what you're saying is, 'I've never actually been anyone else in a past life and I'll never be anyone else in a future life.'"

A: "This appears to be true, but the reality is, you experience the effects almost exactly as in traditional reincarnational thinking. I just feel that, until now, those on the other side have preferred to keep the thinking simple. That way,

more people could easily accept it.”

Q: “But, it’s not really re-incarnation the way you’ve explained.”

A: “Oh, but it is. You are still the living result of all your past lives. Of course, the lives perceived by a psychic or explored in past-life hypnotic regression are actually those of your oversoul lineage. But the lives are certainly affecting you today, just as if you yourself had actually lived them . . . which, in a way, you actually did.”

Q: “Okay, but you tell people they were born with a package of karma they desired to experience. Obviously, I didn’t choose the karma—my oversoul did.”

A: “No. When the oversoul cell divides, it creates a new cell—a clone or duplicate of the original. You began your life as an exact duplicate of your oversoul. Your soul atom or cell was born with a background, a history. And with karma to experience. Your oversoul’s desires **was** your desire . . . **literally your desire.** But once you were created, you were free. Thus, at the beginning of this life, you began to write your own script and to create your own future. You initially draw upon the awareness and intuitive background of your oversoul creator, but with earthly experience comes **true** free choice.”

Q: “Okay, I can see that. But in the future, as an oversoul myself, if I pass on my soul atom to others, it will be the others who experience the future life. I’m really **off** the wheel of reincarnation.”

A: “Not really. What is the difference if you feel and experience through them? If you totally experience all their joys and miseries, their successes and failures . . . **if you feel and experience all their learning.** What’s the difference whether it’s you or them. It amounts to a larger, maybe multidimensional **you.** Those you create to directly follow you will continue to work on your unfinished karma. The way you will evolve spiritually and raise your vibrational rate is to resolve **disharmonious** karma. Your goal remains

to rise above fear and learn unconditional love. You continue to strive to fully accept 'what is' and develop detached mind.

"Nothing—absolutely nothing—changes except your own awareness as to how the mechanics of reincarnation work. And in understanding the mechanics, you resolve the fallacies that always existed in the concept."

Q: "I guess you're right, but I'd prefer to continue to think of reincarnation as I always have in the past."

A: "If that works better for you, that is exactly what you should do. Ideally, you certainly wouldn't change anything in regard to how you walk a spiritual path."



About The Authors

Dick Sutphen is a bestselling author, seminar trainer and innovative hypnotist who specializes in regressive techniques and reprogramming. He developed the group exploration techniques now being used internationally. In addition to his spiritual potential seminars, Dick conducts a professional teaching seminar for psychologists, psychiatrists, and medical practitioners as well as New Age individuals who desire to learn hypnosis and the trainer techniques described in this book.

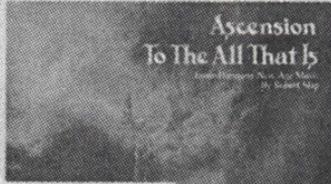
Dick's bestselling books include **You Were Born Again To Be Together**, **Unseen Influences** and **Past Lives, Future Loves** (Simon Schuster Pocket Books). He has produced hundreds of hypnosis tapes, and has appeared on most of the national TV talk shows and more than 350 local radio/TV shows. Sutphen Seminars are conducted in 24 major cities every year.

Lauren Leigh Taylor has written for many international magazines, and has several years experience in human-potential trainings. She is currently working on a screenplay while on location with her husband, producer/director Nicholas Meyer.

Master of Life

\$3.00

TOOLS & TEACHINGS TO CREATE YOUR OWN REALITY / Issue 35



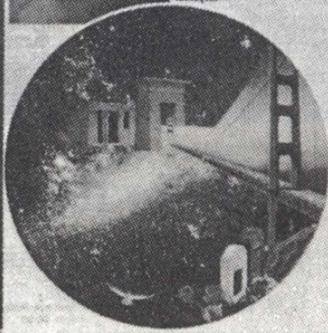
Ascension To The All That Is

with Hypnosis Tapes, Audio Music
By Michael Meyer



Dick Sutphen's Lighting The Light Within

An introduction to
the Master of Life
teachings and
techniques for
a change of
life.



20 Primary Universal Laws

All Music & Self-Help Tapes
Buy 2 Get 1 FREE ... Plus
Dick's New Book FREE.

New Concept:
VIDEO HYPNOSIS

Seminars in 21 Cities:

Atlanta	Chattanooga
Birmingham	Cincinnati
Charlotte	Cleveland
Chicago	Dayton
Dallas	Denver
Dayton	Detroit
Denver	Indianapolis
Des Moines	Los Angeles
Detroit	Memphis
Houston	Minneapolis
Los Angeles	Nashville
Memphis	Phoenix
Minneapolis	Portland
Nashville	San Francisco
Phoenix	Seattle
Portland	Washington
San Francisco	Wichita
Seattle	Wichita

Write for a free copy of *Master of Life* magazine. It contains news and articles on the subjects of reincarnation, psychic exploration and self-help, in addition to complete information on all Sutphen Seminars and over 300 self-help and self-exploration tapes from Valley of the Sun Publishing: hypnosis, meditation, sleep programming, subliminal programming, childrens' tapes, and New Age music.

Valley of the Sun Publishing

Box 38

Malibu, California 90265

818/889-1575



VALLEY OF THE SUN SELF-HELP TAPES

The following pages offer a partial selection of our line of over 300 self-help tape programs which include Hypnosis, Sleep Programming, Deep-Level Meditation, Subliminal Programming and New Age Music Tapes. To order any tape, send the price of the tape plus \$2.00 per total order for priority postage. Send to Valley of the Sun, Box 38, Malibu, CA 90265. For additional order information, you may call 818/889-1575.

SELF-HYPNOSIS TAPES AND ALBUMS

General Information 100 Times As Effective

Each tape is a cassette of the highest quality. Unless otherwise specified, the tape is by author/hypnotist Dick Sutphen. Each tape order is accompanied by a 100-page instruction book which will assist you in achieving maximum benefits in using the hypnosis tapes. The tapes relax you and use the most effective known techniques to induce hypnosis. The individual tape programming then begins. Anyone can become a highly effective self-hypnosis subject within a few weeks, but the positive results begin immediately. The conscious and subconscious portions of your mind are often in conflict. Consciously you want something, but subconsciously you create mediocrity or failure. Hypnosis is the ultimate way to reprogram the subconscious.

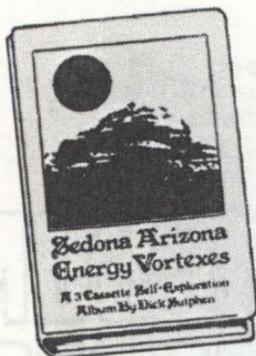
Self Release

All tapes incorporate a "self-release" as part of the induction so you can awaken on your own at any time.

These cassette tapes are specially created to program or reprogram your subconscious mind in a specific area through self-hypnosis, or to guide you into experiencing subjective awareness. Hypnosis is a setting aside of the conscious mind; a narrowing of the attention span to one thing. It is an altered state of consciousness and a state of hypersuggestibility. Suggestions given from the hypnotic level are 100 times more effective than conscious suggestion.

"Trigger Words"

Many of the tapes use "trigger word conditioning." This means that you are given a suggestion in hypnosis that when you say a particular programmed word or series of words, you will respond in a predetermined way. As an example, on the Controlling Your Temper tape you are conditioned to respond to the words "total control" when spoken quietly to yourself. You'll feel a surge of inner peace and will calm down and retain total control of your temper.



SEDONA, ARIZONA ENERGY VORTEXES

By Dick Sutphen (Item No. RA202) \$45.00
4 Cassette Tapes (8 Programs) & Vortex Location Map

Everything you need to explore the vortex energy on your own in Sedona, or at home using the enclosed red rock we were given permission in meditation to take from the Boynton Canyon Vortex. While doing the meditation experiments, place the rock on your third eye, or psychic center acupuncture point at the base of your chest bone. Sedona is probably the world's greatest "power spot," with more positive energy vortexes than any place on earth. The detailed map and Dick's instructions guide you to the exact location of the four primary vortexes.

Tapes 1 & 2: SEDONA ENERGY VORTEXES—Dick provides critically important warnings and information you need to know before you begin your journey. He also explains how to test the energy and activate and expand it to maximize the psychic potentials of your experience.

Tape 3: MEDITATION—FOCUSING THE VORTEX ENERGY FOR PHYSICAL HEALING—Go to one of the vortex areas and use the tape to go into a deep meditation—the rest will be taken care of. (Dick's most powerful healing tape!)

Tape 4: MEDITATION—FOCUSING CRYSTAL ENERGY IN THE VORTEX—Take a crystal with you into the vortex and use this altered-state tape to expand the energy.

Tape 5: MEDITATION—CALLING IN THE VORTEX SPIRITS—Use in the vortex to open the door to the other side and the spirits that remain there.

Tape 6: MEDITATION—TESTING UNSEEN ENERGY—An altered-state test to check the positive/negative aspects of energy in the vortex, Indian spiritual areas, caves, etc.

Tape 7: PAST-LIFE THERAPY MEDITATION—Combine your energy with that of the vortex and experience the ultimate past-life regression.

Tape 8: THE LEMURIA/SEDONA CONNECTION MEDITATION—Use any of the various methods to explore this fascinating past-present connection.



ASTRAL PROJECTION HYPNOSIS ALBUM

By Dick Sutphen
2 Cassette Tapes (4 Programs)
And a Complete Instruction Book
In a Vinyl Album
\$24.95 (Item No. C814)

Hypnosis is the ultimate technique to expand and alter consciousness, so it is the ideal methodology to explore the astral realms. Another conclusion is that different people respond to different techniques and experience the results in different ways. Thus the album is made up of an introduction/preparation tape, followed by a controlled lift-out experiment and two lift-out techniques tapes.

Tape 1A: INTRODUCTION AND PREPARATION—Necessary understanding before you begin your astral projection work. Dick conducts an exercise to ensure successful results. He then goes into the various blocks people may experience when attempting to project and offers some unique techniques to rise above them.

Tape 1B: STANDARD LIFT-OUT—A highly refined version of the hypnotic technique that has proven to be the most successful for the largest number of people. It is this exercise that has convinced many that they have actually projected, for Dick will have participants project outside the seminar room to the parking lot and make notes. When they are awakened, he sends them out to check their accuracy.

Tape 2A: SOUND ACCOMPANIED LIFT-OUT—Dick directs you to relax and allow the electronic sound to deepen your trance. You are instructed to project to any place in the world you desire. At the end of the tape you are called back and awakened with the suggestion to feel relaxed and calm... and to remember everything that transpired.

Tape 2B: VIBRATIONAL LIFT-OUT—Deep hypnosis induction, then you are directed to bring up your vibrations and lift out.



VIEWING PAST LIVES: The Ascension Technique

By Dick Sutphen (Item No. C833) \$39.95
4 Cassette Tapes (8 Programs) & Instruction Book

A unique meditation technique of past-life regression that always works, this album uses a gentle meditative body relaxation, followed by "Ascension Technique" instructions. You don't regress; you go directly back to the past life. You'll experience your past lives before your inner eyes, and the sessions in this album offer a wide new range of explorations.

Tape 1: SPECIAL INSTRUCTIONS—Dick explains how the regressions work and provides information to assure successful results.

Tape 2: GENERAL PAST-LIFE REGRESSION—Each time you use it, you are instructed to back go back to a different lifetime, unless you want to insert overriding instructions and experience a specific past life. Dick will direct you through important aspects of the lifetime—year, place, career, relationships, events, etc., and then, without pain or emotion, you will observe how you experienced death and your crossover into spirit.

Tape 3: PRE-BIRTH DECISIONS ABOUT YOUR CURRENT LIFE—You are directed back to a time in spirit, on the other side, before you were born into your present life, when you made decisions about your rebirth. Find out why you chose your particular parents, your astrological path and much more.

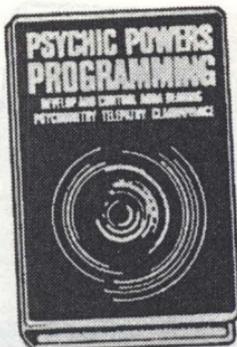
Tape 4: PAST-LIFE KARMA—What patterns continue to come up for you, lifetime after lifetime, due to a karmic or soul trait? Relationship or health problems? Interest in art, music? Fears, phobias? Wealth, poverty? Through awareness, you can rise above undesirable patterns and become accomplished in talented areas.

Tape 5: PAST-LIFE EXPLORATION WITH A PERSON OF YOUR CHOICE—Find out if you have a past-life tie with your mate, lover, child, new friend, whoever. Dick tells you how to "lock in" on that person in regression. Learn about your relationship today and in the future as joint karma unfolds, and how to rise above any negative aspects.

Tape 6: PAST-LIFE EXPLORATION TO A TIME OR CIVILIZATION OF YOUR CHOICE—Have you always been interested in Egypt? The Civil War? Atlantis? Find out if you ever lived in a particular civilization and how this affinity or aversion affects your present "soul awareness."

Tape 7: PAST-LIFE KARMA AFFECTING YOUR PRESENT LIFE—Maybe it is positive: a talent or ability, personality trait or beautiful relationship. Maybe it's negative: health or monetary problems, relationship conflicts, fears or phobias. Wisdom erases karma and the first step is awareness.

Tape 8: INTENSIFYING DEJA VU POTENTIAL—This tape programs you to experience a physical/mental reaction whenever you touch on the subject or timing of one of your past lives. This could be while reading a book, watching TV or a movie, or visiting a new environment. If you've experienced a past life that relates, you'll sense an internal alarm that will make you aware.



PSYCHIC POWERS PROGRAMMING

By Dick Sutphen (Item C832) \$32.95
2 Cassette Tapes (4 Programs) Plus 235-Page Book
& Instruction Book

This fantastic album includes a 235-page book: "How to Read the Aura, Practice Psychometry, Telepathy and Clairvoyance" by W. E. Butler, explaining step-by-step exactly what you need to know to develop the ability to use these awareness-expanding parapsychology techniques. The author, W. E. Butler, renowned British parapsychologist, details the four psychic powers that lie within each of us and teaches you how to develop them.

On the cassette tapes, Dick uses his most effective techniques to program you to open and develop in each of the four areas. Each tape can be used either as hypnosis or sleep programming.

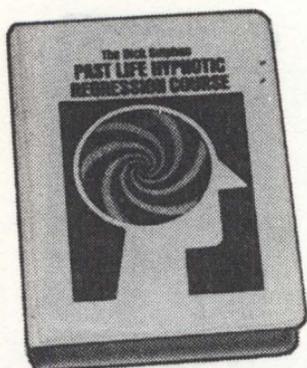
Tape 1: AURA READING—Perceive aura emanations that surround every human being and learn to understand their meanings, thus enhancing your awareness of others.

Tape 2: DEVELOPING THE ABILITY OF PSYCHOMETRY—Hold an object in your hand and psychically "know" about the owner or the history of the object.

Tape 3: DEVELOPING TELEPATHIC ABILITY—Telepathy means "feeling at a distance" or "thought transference." Learn to transfer your thoughts, consciousness and will to anyone or any place on earth. Mentally "be there" and perceive what is happening.

Tape 4: DEVELOPING CLAIRVOYANCE—Genuine clairvoyance is a spiritual faculty meaning "clear seeing." It includes the ability to "see" the past, present and future. Dick programs you to open spiritually and make contact with "highly evolved and loving entities of the light" to assist you.

Note: We believe that everyone has the internal power to develop these abilities. Dick has often proven this in his seminars. Yet we want to point out that it takes time and effort. If you want to become a tennis player, you know you're going to have to learn the ground rules and then spend time practicing. If you do, you can become at least a fairly good tennis player. The same is true of the psychic powers described above. If you're willing to read the books, perform the exercises regularly and do your tape programming daily, YOU WILL DEVELOP YOUR SIXTH SENSE! It may take a few weeks or few months, but you'll be amazed at what you can do.



THE PAST-LIFE HYPNOTIC REGRESSION COURSE

By Dick Sutphen (Item No. C801) \$29.95
2 Cassette Tapes (4 Programs)/Regression Manual

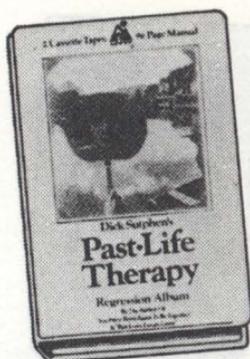
This is our best-selling album. It has been used safely and successfully by thousands of people over the years to discover and explore their own past lives. The album includes a lengthy Instruction Manual which, when used with the tapes, ensures effective results. This course is carefully structured to properly condition you, step by step. If the instructions are followed, anyone will be able to draw upon subconscious memories of other lives. Most people will perceive numerous past lives by continuing to use the tapes. You can also use them to bring forth more and more details about any incarnation you desire to explore in more depth. There is nothing mystical about the process. We all have the ability to expand our awareness of the true nature of reality.

Tape 1: PAST-LIFE CONDITIONING—You are hypnotized and carefully conditioned to perceive past-life memories from your own subconscious mind. This is accomplished with strong suggestions: "In the memory banks of your subconscious mind there is a memory of everything that has ever happened to you: every thought, every action, ever deed... from this life you are now living or from any of your past lives!"

Tape 2: PAST-LIFE REGRESSION TAPE—In deep hypnosis your subconscious mind is instructed to choose a lifetime that would be of value for you to explore at this time. You will be instructed to re-experience only positive happenings and occurrences from that life, which you will witness as an observer without pain or emotion. You'll move through a tunnel to your past life and will then be guided through several different important positive events. Dick uses "no-fail" techniques to establish your name, the year and country you lived in.

Tape 3: PAST-LIFE INVOLVEMENT WITH YOUR PRESENT MATE OR LOVER—or any one else you'd like to know about. After the induction, you are instructed to think about the person in your current life that you would like to know about. The tape takes you back into your past to see if, indeed, you have shared a previous incarnation and if so, how it relates to your present relationship.

Tape 4: SELF-HYPNOSIS WITH OPEN CENTER—This tape is included for other hypnotic programming and exploratory uses. There is a quiet time of several minutes between the induction and awakening at which you are directed to "think-in" your own suggestions. You can program yourself to accomplish goals, overcome problems or develop new abilities with this tape if you use it creatively.



PAST-LIFE THERAPY REGRESSION TAPE ALBUM

By Dick Sutphen (Item No. AX901) \$29.95
2 Cassette Tapes (4 Programs) & Instruction Book

Past-life Therapy has become widely recognized as an extremely valuable technique to eliminate problems. All of your feelings, hang-ups, fears and phobias come from some definite event or series of events in your past. It is our experience that the past includes prior incarnations. Even marriage and sexual problems often relate to previous lives.

If you have a problem or if you're not as happy or successful as you want to be, there is subconscious programming that must be overcome. Your conscious and subconscious minds are in conflict—consciously you want something, yet you continue to retain the problem subconsciously, creating mediocrity or failure.

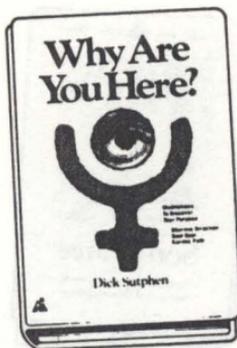
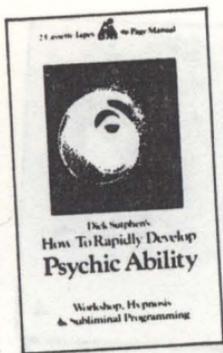
We offer you four past-life sessions and a complete manual—you can use the sessions over and over again to explore for yourself, your family or friends the past lives that are causing present-day difficulties.

Tape 1: BACK TO THE CAUSE REGRESSION—This is structured for you to decide what you desire to investigate (e.g., a fear, talent, relationship, affliction, unusual situation). You are directed to focus upon it as you are guided back in time to the origin of the situation in your past—your current life or a past life. You are instructed to perceive the cause without pain or emotion, only as an observer. You are awakened with the strong suggestion to release the past if it is negative.

Tape 2: WISDOM ERASES KARMA—Once you know the cause, this expanded-state-of-consciousness session guides you into your Higher-Self to achieve a karmic overview of the situation so you can fully understand the fear behind the problem and what you need to accept to completely eliminate negativity from your life once and for all.

Tape 3: OVERSOUL AWARENESS OF YOUR LIFE PLAN—A Higher-Self expanded-state-of-consciousness session to explore your life from a multi-life perspective. The session goal is to explore your primary purpose and present level of awareness. You will become aware how you can accelerate the evolutive process.

Tape 4: PAST-LIFE TALENTS AND ABILITIES—A multi-life regression to seek out forgotten valuable knowledge from your former lives. This session has launched many people on new careers or opened the door to latent abilities. If you developed a particular talent or ability in your past, it should be exceptionally natural and easy to do it again.



HOW TO RAPIDLY DEVELOP PSYCHIC ABILITY

By Dick Sutphen (Item No. C837) \$24.95
2 Tapes (4 Programs) & Instruction Book

Everyone has a psychic sixth sense they can develop if they know how and are willing to program and practice! If you seriously want to be psychic, this two-tape album will open the door to an entirely new reality.

Tape 1: THE 10 PRIMARY EXERCISES TO DEVELOP PSYCHIC ABILITY—This is a talk and workshop in which Dick covers psychic reception techniques, how to recognize psychic input while fully conscious and he relates the 10 most effective ways to develop your psychic powers. These are techniques you will begin to use on a daily basis.

Tape 2: EXPANSION OF PSYCHIC ABILITIES HYPNOSIS—After a safe, hypnotic induction (from which you are given a self-release technique) your guides and Masters are called in, and you are instructed to open your mind to your psychic abilities. When the programming suggestions are completed, you are instructed to ask any questions you would like to have answered. Next, trust the impressions or thoughts that come into your mind as an answer. You'll discover a very high degree of accuracy that will increase the more you use the tape, which also programs your general development of psychic abilities. Your subconscious mind will always manipulate circumstances of your outer reality to align with your inner programming. Thus, when you are hypnotically programmed to become psychic, it works if you use your tapes every day.

Tape 3: SUBLIMINAL PSYCHIC ABILITIES PROGRAMMING—Use as background music while you drive, work or play. The powerful phrases are hidden behind beautiful relaxing music. You consciously hear only the music while your subconscious mind hears and acts on the suggestions. **The Suggestions:** The psychic power you desire is within you and is your divine right. ■ Infinite spirit gives you the wisdom to increase your psychic powers. You trust the intuitive process. ■ You have extrasensory and precognitive abilities. ■ You now open these channels so the powers of your mind work for you. ■ You follow the magical path of intuition and your psychic powers increase tenfold. ■ Every day you become more and more psychic.

Tape 4: SUBLIMINAL PROGRAMMING WITH BODY RELAXATION—This is the same music and suggestions as on Tape 3, but at the beginning of the tape Dick also directs a body relaxation for your conscious mind over the music and is then quiet until the end of the tape, when he instructs you to awaken or drift off into a natural sleep if you desire.

WHY ARE YOU HERE?

By Dick Sutphen (Item No. C836) \$29.95
2 Cassette Tapes (4 Programs) & Instruction Book in a Vinyl Album

Meditations to discover your purpose: Dharmic Direction, Soul Goal and Karmic Path.

If your life isn't working, it may be because you don't really know why you are here, living in these turbulent times on the earth plane of existence. This album can change that. It can provide you with the direction to create a brand-new reality. By discovering your true purpose, you can attain mental and spiritual fulfillment.

Tape 1A: DHARMIC DIRECTION MEDITATION—You were born with a "dharmic direction" and a "soul goal." In other words, you have a purpose or mission to accomplish during your lifetime... **It is the reason you are here!**

According to classic metaphysics, dharma is man's duty to himself and society. Through your karma, your experiences create the "character" required to carry out your dharma... your destiny. There are seven general dharmic directions and your purpose is to explore one of these paths in conjunction with a particular soul goal that you chose prior to your birth.

In an altered-state-of-consciousness session, Dick will direct you to discover, for yourself, your dharmic direction and to seek Higher guidance in regard to fulfilling your destiny.

Tape 1B: SOUL GOAL MEDITATION—In addition to having chosen one of seven dharmic directions prior to your birth, you also chose one of seven basic soul goals. You can have more than one goal, but one will be most important. Everyone has definite karmic life priorities. While you are in an altered state, Dick will direct you to discover your soul goals and the order of your priorities.

Tape 2A: KARMIC PATH MEDITATION—There are seven basic karmic paths—seven routes to fulfilling your destiny once you are clear as to your purpose. This beautiful guided session will assist you to make conscious decisions which will surely not only change your current life, but maybe the direction of your future lifetimes as well.

Tape 2B: "WHY AREN'T I HAPPY AND FULFILLED?" MEDITATION—This session uses several techniques including human-potential processing and past-life regression to uncover hidden blocks that are keeping you from enjoying the life you know is possible. Just one new bit of awareness as a result of this session could change your life.



SOULMATES

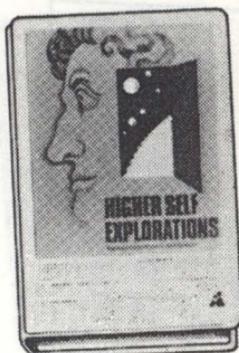
By Dick Sutphen (Item No. C835) \$29.95
2 Cassette Tapes (4 Programs) & Instruction Book

If you want to really do something to bring about the meeting with your soulmate, this album uses the most powerful techniques in existence to assist you to create your desired reality. It appears that there are three kinds of soulmates: **Karmic Soulmate:** Someone you are drawn to, to learn important unlearned lessons from the past. This may be a temporary relationship. **Companion Soulmate:** Someone with whom you are destined to share love and the accomplishment of a project or specific mission. This may not be a lifelong relationship. **Twin Soul:** A perfect partner for you. You share the same vibrational level and a lineage of past lives. Usually a lifelong relationship which will allow you both to more easily fulfill your "dharma directions" and accomplish your "soul goals."

Tape 1A: FINDING YOUR SOULMATE—A Higher-Self Deep-Level Meditation Session in which you are directed to create the space to meet your soulmate. This involves questions which you must be clear about before this can transpire. You are then guided to superconsciously explore potentials to manifest the meeting with your soulmate and the bonding that will follow.

Tape 1B: SOULMATE VERIFICATION—A deep meditation session designed to check out an individual you feel might be a soulmate. You'll perceive previous lifetimes you shared plus an overview of your karmic relationship. You'll then explore the proper action to take in regard to the relationship.

Tapes 2A & 2B: SUBLIMINAL SOULMATE PROGRAMMING—Suggestions are hidden behind beautiful New-Age music. You consciously hear only the relaxing music while your subconscious mind hears the suggestions and acts to assist you to bring them into reality. **The Suggestions:** ■ You now create the space to meet your soulmate. ■ You are now open and ready for a twin-soul relationship. ■ You call down the Power of Powers and draw your soulmate to you. ■ An expanding spiritual light within prepares you for your unconditional love. ■ All your relationship desires now become manifest.



HIGHER-SELF EXPLORATIONS

By Dick Sutphen
2 Cassette Tapes (4 Programs)
And a Complete Instruction Book
In a Vinyl Album
\$24.95 (Item No. C811)

Explore areas previously beyond the reach of the material world. Dick opens channels that will support your consciousness expansion. All hypnosis inductions on this album are "up, up, higher, higher," instead of "down, down, deeper, deeper." Suggestions for white light and self-release are given.

Tape 1: TRANSCENDENCE: ACHIEVING THE ULTIMATE LEVEL—A beautiful tape produced with music. It offers the ultimate induction for transcending the physical and entering the mental, Higher-Self realms. Contact is established with Guides or Masters.

Tape 2: VERBAL CHANNELING—Establish contact with a highly-evolved and friendly entity and channel their wisdom through your vocal cords. Time is allowed for the channeling experience.

Tape 3: DIRECT WRITING—The tape provides protection, then induces an ultra-expansion of consciousness. Dick directs you to place your fingers on the typewriter keys or hold a pen to paper, and to be open to receiving what comes through from a highly evolved and friendly entity, or from another aspect of your own consciousness.

Tape 4: TELEPATHIC CONTACT ON A SUPERCONSCIOUS LEVEL—Tap in on the superconscious of others now living on Earth, and communicate directly through thought-to-thought transmission. Those who believe in and develop this ability will find it extremely effective.

NOTE: The tapes in this album are for well-conditioned subjects. If you are not hypnosis-conditioned, plan to use Tape 1 once a day for four weeks prior to using the other three programs.



If your life isn't the way you want it to be, there is subconscious programming that must be overcome. Your conscious and subconscious are in conflict as a result of past programming in this life or a previous lifetime.

28

Exciting case histories
which show the problem
and the cause . . .
and, most importantly,
the lessons
from a human-potential
trainer's perspective!

This new expanded edition of the book includes a breakdown of the five types of karma, and which are most responsive to the fabulous techniques of past-life therapy. Also, five complete regressive hypnosis scripts.

