

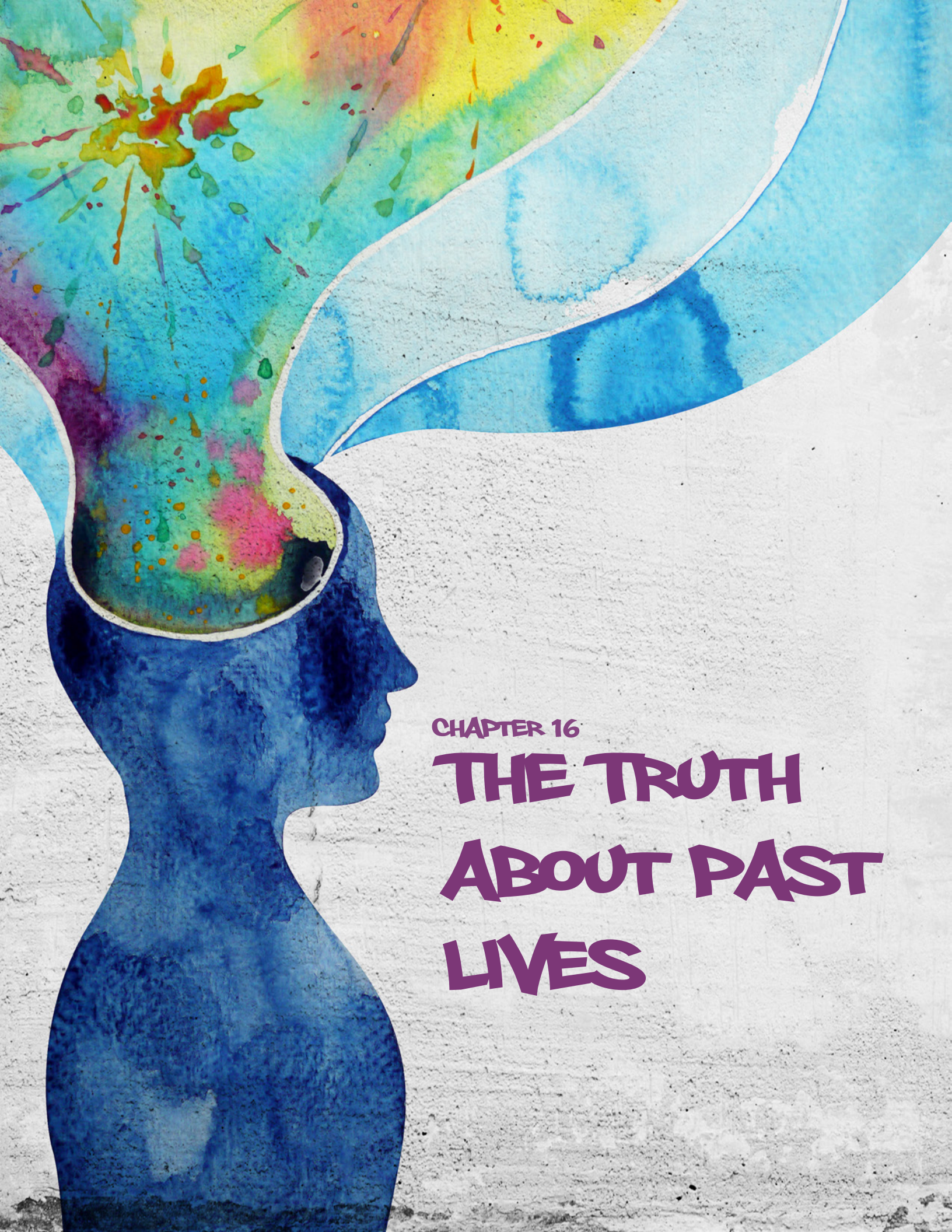
Learn secrets of the mind and forever solve the problems of negative emotions, bad behaviors, disempowering thoughts and dysfunctional relationships.

PUNK PSYCHOLOGY

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CHAPTER 16

THE TRUTH ABOUT PAST LIVES

Belief in reincarnation allows you to experience history as yours. It gives you a different sense of what it means to be human.—Dr. Paul DeBell, Cornell-trained psychiatrist

In our quest for rationality, truth and Being, there is one important question to be examined and discussed: the matter of reincarnation.

Like it or not; believe in reincarnation or not; you will come up against this phenomenon in Hypnoetics™. Religious people have been indoctrinated that there is no such thing. Dr. Ian Stevenson MD collected two whole volumes of cases, documenting their details and in many cases following up to check they were “real” (see below).

Even Freud did not accept this idea, though his mentor Janet clearly describes it. In his book *The Interpretation of Dreams*, Freud gives a clear description of a past life memory—related below—but he dismisses it as just a dream.

Personally, to me the weird idea is that you only live once and then “die”. If consciousness is a non-material phenomenon, that means it has no time and space; in other words it’s timeless; in other words, it’s never ending. Consciousness cannot die. Therefore it must move on.

Wherever you stand, you must not let your own prejudices enter. People are entitled to believe their own memories and think what they like about life and death.

The truth is: if you don’t want to encounter past lives, keep clear of Punk Psychology™! Sooner or later in piloting, memories will surface, indistinguishable in quality from recalling your breakfast yesterday, which are clearly from other incarnations.

NOT SURE?

Let me tell you about the work of Arnall Bloxham. He was a hypnotist working on past lives in the 60s and 70s. He did a series of cases that were shown on BBC2. The most outstanding story was about a woman who remembered a life as a young Jewess in York around 1194. She remembered so much detail they had to have a professor of medieval history verify that what she was describing was true for the time, which it was. There was a pogrom and she remembered being murdered in a crypt in St Mary’s Church, with her two children. I know the very church, I’m very fond of York.

It was a moving story but the problem was there was nothing to back it up. Unfortunately, there was no such crypt. That is, there wasn't at the time of the broadcast... When this got really electric was, in fact some 10 years later, when the very crypt she described came to light. It has been buried for over 700 years. There was no way she could have known of the existence of that crypt in this life; *nobody knew* it was there.

The question is, how could she know about this crypt? What explanation is there for this memory? As I see it, you have two choices. It was either a weird, weird, weird coincidence—the kind scientists invoke to escape threats to their dogmas and theories. Or it was a true memory. I think it is much simpler to say, there are past lives. Now if one case isn't enough for you, there are now hundreds of these stories with this sort of circumstantial back up.

THE DOGON PEOPLE

Here is some more interesting detail, this time from an African tribe, the Dogon people from Mali. Their religion is all about the fact that they worship a minor companion to the star called Sirius, also known as the Dog Star. It's the brightest star in the northern sky, near the constellation of Orion (the one with 3 stars forming a belt).

This African tribe, and I'm talking about black people who live in mud huts, have a whole system of worship based on the companion to this star, called Sirius-B. They've been doing that for centuries. The only trouble is that science didn't discover the existence of this second star till a few decades ago. How did these simple people know that companion star was there? It's been christened the *Sirius Mystery*. Actually, it's very simple – the Dogons had some past lives there. They are just remembering it. Either there is some very very weird hum-bug or coincidence explanation, typical of the doubters and narrow-minded naysayers, or these people have actually been there and they are today congregating in Africa, just remembering the old times!

Discoveries like these make it seem impossible NOT to believe that people are remembering some earlier incarnation.

I come to the key question I want to challenge you all with. It's this: if we have lived before, we live over and over, we're immortal! If past lives are true and we keep on living, where the hell have we been until now? There are huge, huge acres of time we need to fill. Where were we?

SILVER SPACE SHIPS

It turns out that people have incredibly clear memories of other worlds, other creatures, other realities, other times. Some of these alien societies are truly what have been christened “extra-terrestrial”, which means capable of travel between worlds. Memories of silver space ships and the like are far from rare.

In fact I have long speculated that so-called science fiction works (like Jules Verne, Arthur C. Clark and Frank Herbert) are really just memory-derived stories from authors with a particular kind of bent for remembering other, alien planets. In other words, it's not really fiction!

Science readily admits that there are plenty of habitable worlds out there. Mathematical probability puts the numbers into the billions. We have been cruising the highways of the Cosmos for a very long time. It's not just about Earth and its environs. Some beings even have memories of what you could call “other universes”, especially using theta brainwave devices. These machines can deliver an experience equivalent to decades of Buddhist meditation techniques.

We also meet people in life sometimes who are very “other worldly”. Just be aware that he or she may truly be from another world and not quite fitting into ours. Children, for example, very dreamy and not quite “with it” are often stuck in earlier incarnations, in a different time and place.

Some people (I'm one) can remember thousands of past lives, just as clearly and with the same *quality* of memory that I can remember my childhood days.

Thing is, if you question dates (“How long ago was this?”) you get some amazing answers, from millions or billions, trillions to quadrillions of years ago. Yes, all this is supposed to be before the start of the physical universe (the Big Bang). It's important to understand that science has not the faintest idea when this universe began. Their theories have fallen apart on all sides and I would quietly forget the off-the-wall estimate of 13 billion years, if I were you.

I trust the metered response from one of our psychonauts on the track of truth more readily than I trust some silly science speculations that have been advanced to the status of a theory. Three reasons:

1. Science is notoriously bad on this and not to be trusted

2. People get well and recover remarkable psychic abilities (remote viewing, telekinesis, telepathy, etc.) by accepting their own truth, as superior to “science”.
3. The presence of other beings in the overwhelming vastness of space and the deeps of time seems more natural and obvious than just us being here.

WANT SOME MORE SCIENCE?

Remember a young child may have just died. He or she may be very upset. Dr. Ian Stevenson (1918 – 2007) from The Division of Perceptual Studies (DOPS) at the University of Virginia’s School of Medicine collected two volumes of fully-authenticated cases of childhood remembrances of previous incarnations. They really stack up.

A colleague of Stevenson’s at DOPS, Dr. Jim Tucker, a Bonner-Lowry Associate Professor of Psychiatry and Neurobehavioral Sciences, with a bachelor’s degree from the University of North Carolina at Chapel Hill, and an M.D. from the University of North Carolina School of Medicine, describes the case of a two year old boy, James Leininger, from Louisiana, who reported memories of flying a fighter in World War II.

At around age 2, James Leininger experienced terrible nightmares, almost nightly, of violent plane crashes. During the day, he relayed extremely vivid memories of this supposed Air Force career. He recalled the name of a real aircraft carrier stationed in the Pacific during World War II (“Natoma”). He claimed to have a friend on the ship named Jack Larsen. James had memory of being shot down by the Japanese and dying near Iwo Jima.

The USS *Natoma Bay* lost only one pilot at Iwo Jima, a man named James Huston, and he died in a crash that matched Leininger’s description almost exactly.

It’s hard to say how Leininger or his parents might have known anything about James Huston before the nightmares began. How could a two-year old have gained or manufactured such knowledge, other than the simple and obvious explanation: he was remembering?

I no longer feel any drive to authenticate past life memories. It’s not necessary. If just one is true, they could all be. There are even idiots who reason that if you can discredit one story, you have discredited them all. Logically, it’s the

other way round. Just one documented and proven story has to have a full explanation. It can't be shrugged off.

Of course there are card-carrying skeptics. There always will be. As Ian Stevenson has said: "The wish not to believe can influence as strongly as the wish to believe." It's just that skeptics are not usually honest enough to admit their own prejudices.

"I'm happy to say [Stevenson's work is] all complete and utter nonsense," wrote psychologist Jesse Bering in *Scientific American*. Actually, he was being ironic! He tended towards the opposite view: "The trouble is, it's not entirely apparent to me that it is [nonsense]. So why aren't scientists taking Stevenson's data more seriously?"

The information being collected at DOPS is certainly unusual. But overall, the organization functions no differently than any other scientific research outfit. Under Dr. Jim Tucker, strict adherence to scientific method laid down by the late Dr. Stevenson is still firmly in place. And according to Tucker, the essential motivation of scientists at DOPS is the same as that at NASA, WHO, and other institutions devoted to scientific inquiry: "We're just trying to find the truth."

FREUD AND PAST LIVES

Freud never mentioned or wrote about past lives. He called death "the aim of all life".

However I found a patient's account of what was clearly a past life in his book *The Interpretation of Dreams*, but unacknowledged as such by Freud:

On account of something or other that is happening in Rome it is necessary for the children to flee, and this they do. The scene is then laid before a gate, a double gate in the ancient style (the *Porta Romana* in Siena). I am sitting on the edge of a well, and I am greatly depressed; I am almost weeping. A woman—a nurse, a nun—brings out the two boys and hands them over to their father, who is not myself. The elder is distinctly my eldest son, but I do not see the face of the other boy. The woman asks the eldest boy for a parting kiss...

The "dream" apparently was triggered by watching a play *The New Ghetto*. In Hypnoetics™ we would say that play reconsolidated the past life memory, which came vividly into consciousness that night. Calling it a dream, of course, corrupts the memory because it is a false evaluation. That makes it stick.

In modern times, an American hypnotherapist called Morey Bernstein brought the therapy back to life in 1960's when he published *The Search For Bridie Murphy*, an account of one of his clients who went back over two hundred years, to when she was an Irishwoman called Bridie Murphy.

Dr. Brian Weiss published *Many Lives, Many Masters* in 1988. In that book he details his work with a patient he calls Catherine, who, under hypnosis, remembered multiple past lives, relieving her of paralyzing phobias. It has sold more than a million copies.

At the time he was heavily censured by colleagues but today, says Weiss, "Doctors are e-mailing me. They're not so concerned with their reputations and careers. We can talk about this openly. And it's not just psychiatrists, but surgeons and architects."

IT'S COMMONER THAN YOU THINK

The reason most people are not directly in contact with their own memories of earlier incarnations is that they believe they will live only once. It's doctrinaire and forced on people by the priest classes, who don't want anyone to have any mode of escape from their thralldom. You can see why the rulers don't like the reincarnation concept and edited it out of *The Bible*: if people really do live over and over, you can't enslave them. More importantly, you can't even scare them with your bully tactics and false stories about "eternal torment" in the after life.

The Essenes knew all about re-incarnation. I'm not a Christian scholar but since we are powerfully influenced by Christian principles in the West, it's worth pointing out that in *The Gospel Of The Holy Twelve*, Jesus is said to have taught that souls reincarnate in order to gain experience in their quest for perfection. "The soul is purified through many births and experiences," says the deleted scripture.

The famous Cathars, a Christian sect which flourished in parts of southern France and northern Italy in the 12th and 13th Centuries, also believed in re-incarnation. That was unacceptable to the then-Pope (Innocent III), who had every last one of them... men, women and children, slaughtered without mercy. It was one of the most ghastly massacres of all time, running to the tens of thousands of innocent victims—all killed with malice-aforethought by the official Church. That's how much religious authorities dread the truth about past lives.

Not all religions, of course. Gadadhara Pandit Dasa, Columbia University's first Hindu chaplain, calls reincarnation "a re-do," like a test you get to take over. After an unspecified number of tries, the eternal soul finally achieves some version of perfection. Only then, in what Hindus call *moksha* (or release), does the soul go to live with God.

Buddhists, it is well-known, steadfastly believe in reincarnation and also see it as a means of growth, learning and purification. There are some stupid notions abounding in this venerable religion, such as the idea we start as a beetle or worm and work our way up through the animal kingdom. In truth we all start as part of the God Structure and it's downhill from there!

The thing is, Buddhists make little or no attempt to remember earlier incarnations.

In Supernoetics® (and hence Hypnoetics™) we consider it essential to get to these earlier pivotal incarnations. They are there, fore sure, and sooner or later will rise, unprompted, to the surface.

NEW AGE FOLLIES

Modern bunglesome exponents, who plunge people into unnecessary and distressing memories, are mostly showing off. The worst proponent of all is the smarty-pants New Age therapist who claims the right and the ability to tell people what lives they have lived before.

This is not only a gross infringement; it's stupid, rude and likely to lead to harm. Most often it's the "therapist" dumping their own stuff on the client. I consider it a demonic practice to do this.

We, on the other hand, never tell people what to think in Hypnoetics™. We want the client to work it out for him- or her self. That way is empowering. Having some goosy woman crank telling you what she thinks happened to you is to disempower you and diminish your Beingness.

Bad.

Marooning someone in a past life is another folly I have seen on occasion. People who are less than capable hypnotists and other psychotherapists will oftentimes take a person back into an earlier incarnation memory, get excited,

drool and cluck over it, then come back to present time. “There, you see?” he or she says, triumphantly.

But the incident is left un-discharged (not flattened properly) and so can lead to a bad re-load of a heavy memoneme which contains violence, brutality and very unpleasant physical sensations. There may be nightmares and sickness to follow, like Freud’s case, described above, as a direct result of triggering something which is then left “live”.

In Hypnoetics™ procedure, as in all Supernoetics™ piloting, we flatten what we find as we go, discharging all MIMPs of their force. That way the person is released from the clutches of past events, not anchored to them.

FLATTENING AS WE GO

This concept of reducing or “flattening” what we find is crucial. It requires the pilot or exponent to rise above timidity. It can be very repetitious and somewhat counter-intuitive. The secret is to keep going, past all negative emotions, beyond boredom and into a cheerful re-evaluation of the past.

Finding and unburdening “earlier related” memories, Freud style, is part of this flattening process. If the memory you are running is dull and lifeless, the chances are there is something earlier to address.

It’s a major skill to spot when to go earlier, without abandoning the current episode while it is still worth working on. If in doubt, give a few more passes to the one you are on. All of us pilots know moments when something appeared to be going on too long, when suddenly—like turning on a light switch—the client burst into laughter and sudden new insights, entering what we call a process of *cognosis*.

As you read in chapter 14, further unburdening comes about when we run the points of view of other people involved in the episode in question.

Now remember, just because an episode goes flat for one day, doesn’t mean it could not be alive again, in the right circumstances. If there is no further change after several passes through, the episode is flattened *for that day*. But you could check it tomorrow, find it is still charged and run it some more.

Chapter 13 gives more details on the right choices for the moment to quit.

Always check that, unless it is very clear that this episode is GONE... gales of laughter, new abilities surfaced, couldn't find anything negative, even by trying, and it's vanished from view.

PUNK POINTS:

- Whether you accept such a phenomenon or not, past life memories will come up. It's not your place to cast doubt on the meaning of such memories. To do so would be an act of pure psychic malevolence towards anyone you are supposedly trying to help.
- In fact there is abundant evidence for re-incarnation. The weird view is that we only live once. If we truly are non-material consciousness, our core being is timeless as well as without substance. It cannot die. Consciousness persists forever. The interesting question then arises: where have we been for all eternity, till now?
- All you need to concern yourself about in piloting is that these memories process exactly the same as this-lifetime memories. Past life events are, typically, more violent and therefore more likely to persist as memonemes.
- Getting the charge off such powerful and violent memories (often scenes of death) is very good for a case.