

Past Life Regression

By Nic Hume

I was fortunate enough to attend a workshop by Dr Brian Weiss in 2011. If you've not heard of Dr Weiss I recommend you check him out. He would have to be one of the kindest peaceful souls I've ever come across. Very calm and softly spoken he discussed what has become his life's passion – Past Life Regression (PLR). During the workshop we underwent a number of meditations to build up our understanding of the lives we lived before this one. In his book 'Many lives, Many masters' he tells of how astonished and skeptical he was when one of his patients recalled past-life traumas that were the key in her current life's nightmares and anxiety attacks. Dr Weiss became intrigued when his patient began to channel messages in between lives that contained revelations for Dr Weiss and his family that involved his deceased son. In learning all this from his patient he embarked on a journey of research into reincarnation, PLR, future life progression and survival of the human soul after death.

So for one to believe in PLR, surely one would have to believe in reincarnation. Many religions acknowledge that the soul reincarnates many times in order to learn a number of things, resolve issues, purify itself and find its way back to God. Upon death does the soul return home and await the next birth? What came first death or birth? How many lives have I had? Do I get frequent flyers? How could I have been Hannibal in one life and Mother Teresa in the next? This is a pseudoscience that can do ones head in for sure.

Psychiatrist Ian Stevenson conducted over 2,500 case studies in reported reincarnation over a 40 year period. His main line of study was in the reporting of young children who claim to remember a past life. According to Stevenson, these childhood memories of reincarnation occur between the ages of 3 and 7 then fade. During the study Stevenson would investigate and compare the reported memories with people known to the deceased (the child's previous life) and attempt to make a connection. Stevenson found that a vast majority of these cases involved violent and untimely deaths. Remarkably 35% of the subjects had corresponding birthmarks or birth defects that related to the death in the previous life. These ranged from small discolorations to major defects that reflected the nature of death in the child's previous life. Stevenson went on to write twelve books on the subject.

Ever had that feeling like you've been here before? Those who are pro-PLR believe that entering a state of hypnosis or meditation to recover memories of previous incarnations can lead to a better understanding of phobias and the like as well as finding meaning in their current life. PLR is said to be a key to unlocking your oldest memories to help you heal and understand your soul. PLR can also help you recognize why you are drawn to the people you currently have in your life. All of us are drawn to the people with whom we have past karma. This could be a lucky feat and we are drawn to our twin flame over and over or sometimes not so lucky and we are rebounded from one hurtful relationship to another. In a sense is it thought that

we have to learn the karmic lesson or are required to pay a karmic debt. PLR is something that can help with understanding why you are in constant struggle and grow from it and move on.

Those who are non-PLR believers agree that such memories are just fantasy and delusion, repressed memories or cryptomnesia. The use of suggestive questioning whilst in a hypnotized state to reveal the identity of events is similar to the method used in recovered memory therapy, this can lead to a misrepresentation of memory and constructed recollections. Researchers have investigated the 'memories' from PLR studies and it was found that such memories hold historical inaccuracies or were vague and hold no true detail that can be traced. Repressed memory is a memory that has been dissociated from awareness or oppressed due to their traumatic nature. Studies by the American Psychological Association have found that it is not currently possible to distinguish a true repressed memory from a false one without bonafide evidence. Cryptomnesia is the return of a forgotten memory that the subject believes is a new memory. So the subject may have received distinction in their thesis on Joan of Arc but had a bout of cryptomnesia and recalled her life as Joan as a past life memory in amazing detail.

I have completed a few PLR meditations myself with the most detailed one led by Dr Weiss. As with everything, I sit on the fence of belief and disbelief, as there is always good argument for and against. My memories felt real and I could recognize people in my current life in my past lives even though our relationships were somewhat different. The emotion of experiencing PLR first hand is real and raw. Depending on if you are recalling a good life or one full of pain and sorrow it is an amazing experience to say the least. Enter with an open mind.

http://en.wikipedia.org/wiki/Reincarnation_research

<http://www.brianweiss.com/>

<http://www.nightingalehealing.com/phobias/>