



Practical Guide to Past-Life Memories: Twelve Proven Methods (Practical Guide Series)

By Richard Webster

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When the time is right, past-life memories can be beneficial. They can reveal our life's purpose and help heal current wounds. Conscious past-life recall can also help you clear karmic imbalances and discover latent skills and talents carried over from previous lifetimes.

Because one past-life regression method does not always work for everyone, Richard Webster presents twelve different techniques for investigating your past lives, including: dreaming of your past lives, scrying, hypnotic regressions you can do alone or with a partner, and exploring the Akashic records.

Whether you seek to release old traumatic experiences that may be affecting your health and happiness in this lifetime, or you're simply curious about who you have been throughout the ages, this practical guidebook has everything you need to explore your soul's past.

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Editorial Review

About the Author

Richard Webster was born and raised in New Zealand. He has been interested in the psychic world since he was nine years old. As a teenager, he became involved in hypnotism and later became a professional stage hypnotist. After school, he worked in the publishing business and purchased a bookstore. The concept of reincarnation played a significant role in his decision to become a past-life specialist. Richard has also taught psychic development classes, which are based on many of his books.

Richard's first book was published in 1972, fulfilling a childhood dream of becoming an author. Richard is now the author of over a hundred books, and is still writing today. His best-selling books include *Spirit Guides & Angel Guardians* and *Creative Visualization for Beginners*.

Richard has appeared on several radio and TV programs in the United States and abroad including guest spots on Hard Copy, WMAQ-TV (Chicago), KTLA-TV (Los Angeles), KSTW-TV (Seattle) and the Mike and Matty Show (ABC). He currently resides in New Zealand with his wife and three children. He regularly travels the world to give lectures, workshops and to continue his research.

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1

Your Many Past Lives

Birth is not a beginning; death is not an end.
Chuang Tzu (369?–286? b.c.e.)

My husband and I went on a camping trip last summer. We had never done anything like it before, and I found it hard to fall asleep outdoors under the stars. It was beautiful lying there in my husband's arms, but once he fell asleep I'd lie there for hours, half expecting an attack at any moment. Three days into the vacation I managed to fall asleep in the middle of the night and dreamt that I was a young American Indian boy lost in the same area we were camping in. I could feel the young boy's nervousness and fear as he struggled to find food and make his way home. He lay on the ground at night, just as I was doing, and he wasn't able to sleep either as he was aware of every sound and movement. He seemed to think he was being followed or pursued, and all day long he kept looking behind him. He did this day after day. Eventually, it all got to be too much for him and he began to run. He caught his foot in the root of a tree and fell, breaking a leg. He couldn't move, and he lay on the ground waiting for death. When I woke up, I was sweating and my heart was racing. I'm convinced that I was that boy. It was far too vivid and real to be a dream."

"All my life I've had this strange feeling of forboding, as if something bad is about to happen. Last year I visited Athens for the first time and when I went to the Parthenon the feeling totally overcame me. I collapsed onto the steps, tears rolling down my face. People came up and asked if they could help, but there was nothing I could tell them. All I know is that I had been there before. Not in this lifetime, but in another life. Something bad happened to me in the Parthenon and visiting it again released all of those feelings I've always had. Since that day I've been totally free of them. I'm not sure if I really want to find out what

happened in that past life."

"My brothers and sisters learned to swim easily, but I was always terrified of water. It made my father furious as we were a boating family and spent all our vacations either on or beside the ocean. When I was thirteen my parents took me to a hypnotist for nail-biting. While there, I spontaneously regressed to a past life on a small Pacific island. It was a good life, and we made our living catching fish. One day we were racing home ahead of a storm, but got caught up in it. I fell overboard, and even though I was a strong swimmer, I drowned. I had never given reincarnation a thought until then. The hypnotist explained it all to me, but I never told my parents about it as it seemed so strange. The weirdest part was that my wife in that past life is my mother in this life. That confused me for years."

Have you ever wondered about your past lives? Many people do. For some this interest is sparked by a vague, faint memory they have of something that happened in the past. For others it's a desire to know more about themselves?where they have been and where they are going. No matter what your reasons may be, you can successfully explore your own past lives.

People have believed in the concept of reincarnation for thousands of years. Belief in reincarnation is universal too. People in Asia, the Americas, Africa, Australasia, and Europe all believe that death is not the end, and that we will be reborn into another body.

In the East reincarnation has always been taken for granted. It is an essential part of Hinduism, Buddhism, Jainism, and Sikhism. It was not originally part of Shintoism, but once Buddhism reached Japan in the twelfth century it gradually became part of the belief system there. Reincarnation is not part of Islamic beliefs but the Sufi sect does accept the concept of rebirth.

The ancient Egyptians buried magic spells with the deceased to enable them to be reborn in whatever form they chose. In Greece in the sixth century b.c.e., the Orphic cult taught that we are all part evil and part divine. And as we progress through different incarnations we learn to eliminate the evil side of our natures and ultimately become divine. At this stage, of course, the cycle of rebirth is complete.¹

The ideas of the Orphics were later adopted by Pythagoras and became an integral part of his philosophy. Pythagoras was able to recall his previous lives. Iamblichus, in his *Life of Pythagoras*, wrote, "What Pythagoras wished to indicate by all these particulars was that he knew the former lives he had lived, which enabled him to bring providential attention to others and remind them of their former existences."² Pythagoras remembered lives as the Trojan warrior Euphorbus, as the prophet Hermodotus who was burned to death by his rivals, as the Cypriot fisherman Pyrrhus, as a prostitute in Phoenicia, a peasant in Thrace, and the wife of a shopkeeper in Thrace.³

Socrates, too, believed in reincarnation strongly. He is believed to have spent the last morning of his life thinking about how the soul existed before someone was born and will continue to live after the physical body has died. Socrates used philosophy to analyze human life, which is where his most famous saying?"Know thyself"?comes from. His original ideas about the soul are still being discussed today.

Socrates' most famous pupil, Plato, was a firm believer in reincarnation and wrote, "Know that if you become worse you will go to the worse souls, or if better to the better, and in every succession of life and death you will do and suffer what like may fitly suffer at the hands of like."⁴ Plato's ideas on reincarnation had a profound effect on Western philosophy that is still present today.

Later still, Greek Gnosticism adopted the concept of reincarnation. It played an important role in early

Christian beliefs. In the second century c.e., Clement of Alexandria wrote that we developed through a process of many incarnations. Origen, one of the most important theologians of the day, agreed with him.

A number of passages in the Bible appear to take the concept of reincarnation for granted. In Matthew 11:13–15 Jesus tells his disciples who John the Baptist had been in a previous life: "For all the prophets and the law prophesied until John. And if ye will receive it, this is Elias, which was for to come. He that hath ears to hear, let him hear." This statement is confirmed in Matthew 17:12 where Jesus says, "But I say unto you, that Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them." On another occasion Jesus asked his disciples, "Who do men say that I the Son of man am?" The reply was, "Some say that thou art John the Baptist; some Elias; and others Jeremias, or one of the prophets" (Matthew 16:13–14).

The disciples make another reference to reincarnation when they ask Jesus about a man who had been blind from birth: "And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind?" (John 9:2). Obviously, it would have been impossible for this man to have sinned before he was born, unless he had sinned in a previous life. Interestingly, Jesus does not rebuke his disciples for thinking in this way: "Jesus answered, 'Neither hath this man sinned, nor his parents, but that the works of God should be made manifest in him'" (John 9:3).

Unfortunately, in 553 c.e. the Council of Constantinople declared that reincarnation was a heretical doctrine. The Christian Church immediately renounced the concept of reincarnation and forced its believers underground. Reincarnation was again considered heretical by both the Council of Lyons in 1274 and the Council of Florence in 1493. Anyone believing in reincarnation risked being burned at the stake.

Despite this, belief in reincarnation did not disappear. Possibly the most famous of these underground sects were the Cathars who were destroyed by the Inquisition. Interestingly, the only references to reincarnation in the Bible are favorable ones.⁵

During the Renaissance in Europe there was an upsurge of interest in the ideas of Pythagoras, the Kabbalah, and Platonism. Leonardo da Vinci was one of many people who accepted the concept of reincarnation. His Notebooks include several passages expressing his belief that the soul was eternal. Also, when Giordano Bruno was found guilty of heresy and was to be put to death in 1600, he told the Inquisition, "I have held and hold souls to be immortal. . . . Since the soul is not found without body and yet is not body, it may be in one body or in another, and pass from body to body."⁶

The concept of reincarnation can be found in the Jewish Kabbalah⁷ and the Zohar.⁸ There are also numerous mentions of reincarnation in the Indian Bhagavad Gita and Upanishads, and the references to it in the Islamic Koran are favorable ones.⁹ In Buddhism the ultimate aim is to be freed from the endless cycle of rebirth and to achieve nirvana. In fact, the concept of reincarnation, or a variant of it, can be found in the traditions of most people throughout the world.

Interest in reincarnation grew steadily throughout the eighteenth and nineteenth centuries. Benjamin Franklin and Thomas Paine wrote on the subject in America. At the same time Voltaire, Victor Hugo, George Sand, and Gustave Flaubert in France, Johann von Goethe, Immanuel Kant, and Gotthold Lessing in Germany, and David Hume and Alexander Pope in England were educating the public about it in Europe.

The modern-day revival of interest in reincarnation began with the work of the Theosophical Society. The

Theosophical Society was intended to be a universal brotherhood that promoted the study of comparative religion, philosophy, and science, and investigated the unexplained laws in nature. Today, the society promotes no specific dogmas, but tends to accept the reality of reincarnation and karma. The Theosophical Society was founded in 1875 by Madame Helena Blavatsky, Henry Olcott, and William Judge. Madame Blavatsky claimed that she had been Pythagoras and Paracelsus in previous incarnations.

In more modern times, Edgar Cayce (1877–1945), a committed Christian, became a major advocate of reincarnation. Initially he was concerned when he mentioned reincarnation and karma while in a trance. He had not previously heard of karma and thought that reincarnation was something taught by heathens. Fortunately, Cayce's friends encouraged him to carry on with his work, and after some experimentation he came to the conclusion that there was nothing heathen or bad about what he was doing. In fact, his ability to look into people's past lives enabled him to be much more effective than ever before as he was able to treat both the bodies and minds of his patients. Between 1923 and 1945 Cayce gave some 2,500 life readings, all of which are preserved at the Association for Research and Enlightenment at Virginia Beach.¹⁰ These readings vividly show how people's attitudes and personalities change and develop as they progress from one life to another.

Interest in reincarnation grew steadily throughout the twentieth century. Alexander Cannon, a British psychiatrist, and Colonel Albert de Rochas, a French psychic pioneer, explored hypnotic regressions in the early years of the century. Even Aleister Crowley wrote a book on his method of recalling past lives. In the 1950s the famous Bridey Murphy case in the United States, followed by the past-life memories of Mrs. Naomi Henry in England, created enormous excitement and interest. These memories were uncovered by hypnosis.

A Welsh hypnotherapist named Arnall Bloxham had also been exploring past-life hypnotic regressions for many years, and recorded more than four hundred of his sessions. Jeffrey Iverson, the producer of a television show about the Bloxham tapes, later wrote a book called *More Lives than One* that became a bestseller in 1976.

In 1983 *Out on a Limb*, Shirley MacLaine's first book on reincarnation, was published. It was so popular that it became the subject of a TV miniseries. Her books are easy to read and have done more to introduce reincarnation to the general public than anything else.

In the 1970s Dr. Helen Wambach hypnotically regressed more than one thousand people and gathered a huge amount of data that vividly demonstrates the reality of reincarnation. With one exception, all of her volunteers were regular people in previous lifetimes who led normal, everyday lives. Most of them were peasants who led lives of incredible hardship. They worked hard and existed on a meager diet of dull food. Many of their children died as babies or infants. These are not the sort of lives that people would take themselves back to if they were simply fantasizing.

Dr. Wambach also found that although most of her volunteers were white and middle-class, they frequently became members of races and sexes other than their own when they were taken back to past lifetimes. Also, as there are an approximately equal number of men and women in the world at any given time, you would expect this proportion to remain constant when one thousand people are regressed. This, in fact, is the case. Of the 1,100 past lives Helen Wambach examined, 49.4 percent were women and 50.6 percent men.¹¹ It has been said that if these regressions were purely fantasies, most people would choose to be white males.¹² The fact that this is not the case further indicates that these are genuine memories of previous lives.

Dr. Wambach's research also answers another important question. Doesn't the fact that the world's population

is steadily increasing disprove the theory of reincarnation? Dr. Wambach found that her subjects went back to specific periods in history in exactly the same degree of frequency that would occur if reincarnation were an established fact. The population of the world doubled between the first and fifteenth centuries, doubled again by the nineteenth, and has quadrupled since then. Dr. Wambach's subjects returned to past lives at exactly the same rate.

More than half of the world's population takes the concept of reincarnation for granted. They accept that the human body, with its personality and other characteristics, will die, but that the soul itself is immortal, has lived many previous lifetimes, and will experience many more in the future.

This is perfectly natural as it is impossible to experience everything in just one lifetime. However over a series of lifetimes we can experience lives in many different ways: we can be both rich and poor, black and white, male and female, intellectually brilliant and mentally handicapped, radiantly healthy and crippled with illness. We can live in countries that are technologically advanced, and again in places where it is a struggle simply to survive. In effect, we are each other. If nothing else, knowledge of reincarnation is likely to make people more tolerant of others.

Over a period of many incarnations we gradually progress or regress, depending on our thoughts and actions in each lifetime. This is the law of cause and effect. We all reap exactly what we sow.

Why Do People Not Remember Their Past Lives?

The ancient Greeks believed that the gods dipped the souls who were about to be reborn in the River of Forgetfulness to ensure that all memories of past lives were lost. In fact, it is probably fortunate that most people have no recall of their past lives. All the painful and difficult memories of previous lives would make forward progress in this current life next to impossible.

Most people are born with no conscious memories of their past incarnations. However, many people recall glimpses of their past lives, sometimes in great detail. All my life I have had memories of being a small child sitting beside a huge bonfire with a full stomach watching large circles of red going around and around. As an adult I discovered that the circles of red were the inside linings of the black dresses that Russian peasant women wore. As they danced around the fire, all I could see were the circles of red. Obviously that was a past-life memory, but it was only a partial recall of a happy moment. I had to reach adulthood to uncover more of this past life.

Not surprisingly, people who remember their past lives are found more frequently in countries where reincarnation is accepted as a fact. A survey conducted in northern India in the 1970s showed "that about one person in five hundred claimed to remember a previous life."¹³ There have been no similar surveys in the West.

Dr. Ian Stevenson has spent the last forty years investigating cases "of the reincarnation type," and has written a series of well-documented books about his findings. Over the years he has recorded more than 2,500 cases, mainly involving the past-life memories of young children. Some eight hundred of these cases have been investigated and analyzed.

Dr. Stevenson believes that the evidence of young children is more convincing than that of adults. This is because they have not had time to read historical novels or see many films or television programs that they could unwittingly regurgitate as evidence of a past life. The act of remembering buried and forgotten memories lying just under the surface of our minds is known as cryptomnesia. Dr. Stevenson believes that

most hypnotic regressions bring back these forgotten memories, rather than genuine past lives.

One case that has been thoroughly investigated by Professor Stevenson and many others is the case of Parmod, the second son of a college professor in India. Parmod was born in 1944, and as soon as he was able to talk he said the words "Moradabad," "Saharanpur," and "Mohan Brothers." When he was two and a half years old he told his mother that she did not need to cook as he had a wife in Moradabad. When his relatives bought biscuits, he told them that he owned a large biscuit factory in Moradabad. He repeatedly asked to go to Moradabad and said that he was one of the Mohan Brothers. As time went on, more details emerged. He said his name was Paramanand, a businessman who had died just nine months and six days before his birth as Parmod.

When Parmod was five, a friend of the family discovered that there was a company known as Mohan Brothers in Moradabad. When Mohan Lal, the owner of this business, heard about Parmod, he paid a visit to the boy's home in Bissauli. Unfortunately, Parmod was away visiting relatives, but arrangements were made for him to visit Moradabad.

When the family arrived in Moradabad, Parmod immediately recognized his brother and embraced him warmly. He recognized the town hall and announced that they were close to the shop. The vehicle they were in deliberately drove past the shop to test Parmod, but he recognized the building and ordered the driver to stop. He went into the house that he had lived in in his previous life, and showed reverence in the room that he had previously reserved for his daily devotions. He recognized his wife, parents, brothers, and all of his children except for his oldest son. This son, however, was thirteen when Paramanand died, and had changed enormously during the six years since they had last seen each other. Parmod joyfully recalled incidents about the family and their life together.

During the two days he spent in Moradabad, Parmod effectively proved that he was the reincarnation of Paramanand by recognizing different places and people that he had known in his previous life. He was able to point out a building that had once been a branch office of Mohan Brothers. He was able to explain how to make aerated water, and knew why the machine would not work. It had been deliberately tampered with to test him.¹⁴

Small children often show a specific talent or aptitude at an extremely young age. This is most likely the result of past-life experiences. The rich imagination of small children can also indicate memories of previous incarnations.

One problem people have with hypnotic past-life regressions is that they can seldom be verified. Someone may tell a wonderful story full of incredible detail that can be confirmed about a previous life. However, doubt lingers that maybe he or she somehow learned the information in this lifetime, perhaps by reading a book or watching a film. This problem does not exist when small children recall memories of their past lives as there is no possibility that they learned the information in any other way.

In the West, children who recall past lives are told to stop making things up, or are considered to be playing an imaginary game. As these children mature their memories gradually fade until they are completely lost.

Is It Dangerous?

There is no danger whatsoever in undertaking a past-life regression using the techniques in this book. However, there are other methods that are potentially dangerous. In the 1970s many people explored their past lives with the help of various drugs. Not surprisingly, some of these people had unfortunate experiences.

There is no need for artificial stimulants to successfully explore your past lives.

There are also methods of returning to your past lives using body work. In this method, someone touches various parts of your body to see what responses are created. When the right spot is touched, you return to a past life. This is an effective method that I have used many times, but I have not included it here for two reasons. I have heard stories of people taking advantage of others during the process. Obviously, you need to trust the person who is doing the touching. The other disadvantage is that you cannot use this method on your own. None of the methods explained in this book require a partner.

There is something else to be considered. Becoming aware of our past lives also makes us aware of the karma created in those lifetimes. This knowledge can be difficult for some people to handle. Most of us are struggling with the karma created by our present life without having to worry about the karma created in previous lives. Consequently, it is better not to undertake a past-life regression unless you are certain that you will be able to handle whatever comes up.

In practice I have found that most people have no difficulties returning to their previous lifetimes. However, a few people try every method and still fail to unlock the door to their past incarnations. I feel that this is deliberate; that they are being prevented from recalling their past lives until they are ready to receive the information.

Why Explore Your Past Lives?

People frequently ask me why anyone would want to explore their past lives. My usual reply is that a past-life regression can provide valuable clues as to why a person acts and behaves in certain ways in this present lifetime. A past-life regression can often provide information as to what the person's purpose in this life is. It can explain the reasons behind difficulties and problems he or she has in this life and clue one in to what karma needs to be repaid. When people know why they act and react in certain ways they gain much more control over their lives.

Past-life therapy is also an extremely valuable form of healing. It allows you to deal with the underlying causes of a problem rather than try to deal with the symptoms. The memories of our past lives are imprinted in the DNA of every one of the more than ten trillion cells that make up our bodies.¹⁵ When we utilize past-life healing techniques we can heal "dis-ease" that may have existed for many previous lifetimes.

Guilt plays a major role in many people's lives. Suppressed fear, anger, and grief all create feelings of guilt. Past-life therapy can help these people let go of guilt that was created in previous incarnations.

Many people choose to have a past-life regression when they are at a moment of crisis. When everything seems to be going wrong in their lives, many people search for a solution in previous lifetimes. Regardless of what is uncovered, these regressions always appear to be beneficial.

One lady came to me shortly after her partner had left her. "I've always been jealous," she told me. "I don't know why. It's so crazy because I always end up losing the people I love the most."

She went back to a life in nineteenth-century Jamaica. She was the spoiled elder daughter of rich plantation owners and always received whatever she wanted. She fell in love with a young man, but unfortunately he was in love with someone else. She tried everything she could to woo him away from the girl he loved, but nothing worked. In a fit of jealousy she paid someone to poison her rival. When he heard that the girl he loved was dead, the young man hanged himself.

After this regression my client went for further counseling. Although her partner did not return to her, she is getting on with her life and tells me that her feelings of jealousy occur only occasionally.

Possibly the most important thing that can be gained from a past-life regression is forgiveness, both for yourself and others. You can forgive the people who harmed you in previous lifetimes, and you can also forgive yourself for the things that you did to others. This creates an unconditional acceptance of yourself and others. When this state is reached, your progress will be a joy to behold.

Greater peace of mind is also a main benefit of learning about your previous lives. Many people fear death, and this fear vanishes once they realize that death is not the end.

Another advantage to past-life regression is discovering talents that you did not know you had. The skills and talents that you used in previous lifetimes have not been lost. They are still part of you and can be developed further in this lifetime once you become aware of them.

Most people, however, who choose to have a past-life regression do so to find out if they are fulfilling their true purpose in this lifetime. Many people feel unfulfilled and want to find out what they should be doing with their lives. A past-life regression can be extremely helpful in this regard. If nothing else, it proves that our potential is unlimited.

Most of my clients have expressed a belief in reincarnation, but some remain skeptical even after experiencing a regression. However, regardless of their views on the subject, they have all been helped in some way by becoming exposed to one of their many past lives. Whether your interest is serious or casual, you will find the experiments in the following chapters interesting and beneficial to you in this lifetime.

Does Everyone Have a Past Life?

I have yet to experience a situation in which someone came to me for a past-life regression and failed to have any past lives at all. In fact, most people appear to have a limitless number to choose from.

One of my regular clients is a carpenter. Over a period of almost twenty years we have explored scores of his past lives. Sometimes when he comes to visit me he will want to explore a particular past life we have already uncovered in greater detail. At other times he might want to look at a past life he is not already familiar with. Sometimes he leaves it to chance.

One common factor in his many past lives is that he has always been good with his hands. He seems to have had at least as many lives as a female as he has experienced as a male, but in all of them his dexterity has been utilized. In his male incarnations he has been a builder, cabinet maker, road builder, farmer, mechanic, and so on. In his female incarnations he has been a cowherd, cook, nurse, and cleaner.

I find the thread of practicality running through all of his lives fascinating as my own past lives have been the complete opposite. I am basically impractical, and in most of my past lives I have been a monk, preacher, musician, writer, or teacher.

Unfortunately, many of my clients come to me out of curiosity and do not carry on to explore multiple lifetimes, as my carpenter client has, once this curiosity has been satisfied. Consequently, I do not know if most people have a common thread running through their different incarnations. It is an interesting field of inquiry.

I do know, however, that you have experienced many past lives. You have been here many times before, and will return here again many times in the future.

What About Déjà Vu?

Virtually everyone has experienced déjà vu at some time or another. This French expression means "already seen." It is the feeling that one has been to a place or experienced a certain sensation or sequence of events before when you know that you have not. Reincarnation is just one of many possible explanations for this. Other explanations include having seen the scene on television before, seeing a scene that is similar but not identical, or even dreaming of the event before it happened.

Sometimes, however, déjà vu leads to a spontaneous recall of a past life. This can be surprising for people who have not previously given the subject any thought.

A lady I know experienced this one evening at home. She had cut up some lemon to put in the drinks she prepared for her husband and herself, and then sat down on the veranda in front of their house to watch the sun set. As she raised her glass to her lips she smelled the lemon on her fingers and was instantly transported back to a past life in Renaissance Italy where she was posing for a painting in a large garden.

"I am sure it was lemon balm in the garden," she told me. "But the smell of lemon suddenly took me back. I have no idea why it happened at that particular moment, as I've known the scent of lemon all my life. Anyway, I was blissfully happy. I was in love with Aroldo, who I was posing for, and I felt a surge of joy so great that I felt my heart would burst." She smiled ruefully. "I've never experienced anything like that in this lifetime."

Dr. Frederick Lenz is a psychologist who has studied spontaneous past-life recall. He describes his findings in his book titled *Lifetimes*. Dr. Lenz found that most spontaneous past-life memories came back as dreams, or while the person was meditating, as a waking vision, or from experiences with déjà vu. Dr. Lenz found that immediately before a spontaneous past-life recall these people would feel that they were becoming lighter and bright colors would flicker in front of their eyes. They would experience a euphoric feeling of well-being and the room would appear to vibrate. Then they would suddenly be transported back to a past life for a few moments. Often they appeared slightly dazed once the experience was over.

Can I Prove That a Past Life Really Happened?

Unfortunately, this is not possible in most cases. Most people lived average lives in the time period that they lived in. Few had the opportunity to receive an education or to travel. Consequently, their lives were spent in a small area close to their home. They may not have known the name of the nearest town or village. It is unlikely that they would have known the year they were born in, or the name of the country they lived in. They may not even have known their own last name. Naturally, it is impossible to prove or disprove these stories.

Just recently I regressed a young woman back to medieval Europe. She was a man in that lifetime and worked as a baker. He was ambitious, worked hard, and ultimately owned his own business. The amount of detail that came through about baking bread was incredible. However, he was illiterate and had no idea of the date or even the name of the town he lived in. Obviously, it would be extremely hard to find out more about him, as he knew so little himself.

At other times a wealth of detail may emerge but cannot be proved because of the absence of historical

records. Jess Stearn explored one of these cases in his book *The Search for the Girl with the Blue Eyes*. The girl with blue eyes lived in rural Canada in the late nineteenth century. She never went far from her home, knew few of her neighbors, and lived in a time when records of births, deaths, and marriages were scant or nonexistent. Although the story is extremely convincing and contains a wealth of detail, it still fails to prove the reality of reincarnation.

Another example that was exhaustively researched concerns George Field, a fifteen-year-old high-school boy who regressed back to a lifetime as a farmer during the Civil War. When he refused to sell his potatoes to Yankee soldiers for a few cents a bushel, he was shot in the stomach and died. The regression was conducted by Loring G. Williams who later wrote an account of it for *Fate* magazine. Further information came to light after the article was published and was included in Brad Steiger's fascinating book *You Will Live Again*.¹⁶ Williams traveled to Jefferson, North Carolina, with George Field in search of verification. George Field, or Jonathan Powell, which was his name in this earlier life, was able to provide a great deal of information about people living in the area at the time. Yet, although a large amount of information was able to be verified, it still failed to conclusively prove the reality of past-life regressions.

Every now and again one of my clients will return to a lifetime as a person we can research further in history books. I regressed someone back to a lifetime in which he was a bookkeeper for Oliver Cromwell. Upon checking history books we learned that someone of the same name was indeed Oliver Cromwell's bookkeeper. He remembered this lifetime in great detail and even used terms that are not familiar today. Consequently, it is possible, even highly likely, that my client was this person in a previous lifetime.

Unfortunately, it is impossible to prove that this is the case. Skeptics rightly say that my client may have picked up the information from a long-forgotten book that he read. He may have heard a radio program or seen a film or television drama in which this person was featured. Therefore, it is impossible to prove that he was this person in a previous life. My client, however, believes that he was, and has been helped by this knowledge. And in the final analysis that is all that matters.

Do I Have a Soul Mate?

A soul mate is someone with whom you have had a powerful bond through many incarnations. Most people consider a soul mate relationship to be a strong love relationship between two people that has lasted for hundreds, maybe even thousands, of years. This frequently does occur, and it is always exciting for people to find that the person they adore in this lifetime was also their lover in previous incarnations.

Soul mate relationships can also include important relationships between two people that have nothing to do with love and romance. Someone who is your mentor in this lifetime, for example, may have been your teacher or student in a number of previous lifetimes. This can also be considered a soul mate relationship because it is strong, important, and vital to your progress even though it is platonic. Therefore, another benefit of returning to your past lives is that it enables you to determine exactly who your soul mates are.

Users Review

From reader reviews:

Margaret Chambers:

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