

Past Life Tourism
Gateway to Bridging your Past and Future



Barbara Ford-Hammond

Copyright 2009 Barbara Ford-Hammond
This version 2012

www.barbaraford-hammond.com

Cover Fairy – Pela by Inge Randma

www.ingerndma.com

Contents

Introduction

Chapter 1. I wasn't Cleopatra

Chapter 2. Lives Lies or Metaphor

Chapter 3. The Regressions

Chapter 4. Memories R Us

Chapter 5. Research pointers

Chapter 6. Be your own Regressionist

Chapter 7. Future Lives

Chapter 8. Scripts

Chapter 9. Bits and Bobs

Chapter 10. Final Thoughts. Maybe

Chapter 11. Journey Past

Chapter 12. The Quiz

Chapter 13. Research Sites

Acknowledgments

Introduction

I'm in a saloon. There are cowboys sitting about drinking and playing cards. It is noisy and the warm air smells of beer, horses and sweat. There is a mirror across the wall, behind the shot bottles, and spittoons are in the corners. To the right of the bar is a wooden staircase leading up to the bedrooms. No secrets here.

I am thinking of the word 'doxy' although I'm not sure what that means (I do now!).

As my story unfolds it becomes clear that I am a working girl and these men are my customers.

This was my first experience of being regressed to a past-life and certainly not something I expected. My fellow student therapist, RS, was the book editor for a well-known Sunday tabloid; I was his first 'client' when I found myself recalling a past life as a prostitute in Louisville, Kentucky.

No matter how hard I tried, the ground refused to open up and engulf me, but when he realized what was happening he whipped out his pen and notepad and proceeded to interview me in true journalistic style. Equally fascinating was his own experience of being a soldier in WWI.

Nearly one hundred and fifty years have passed since my time in Louisville but it seems like only yesterday. We are all the sum total of our experiences and lessons in life regardless of whether they are from this one, the last or the next - as you will discover, if you haven't already.

That first regression opened up a whole other world for me that I have since been able to share with many clients over the years for their healing or for pleasure. The lessons I have received from my clients cannot go unmentioned; the most valuable of which is to never assume anything.

I have learnt how we just 'have knowledge' without learning it from early childhood. Some people are able to speak a different language in their mother tongue or understand another without ever having taken a class. Others can compose brilliant music or have creativity that can never be taught. It is 'in' them waiting for the catalyst to trigger their moment of glory.

You can probably recall times in your childhood: happy thoughts of a birthday party, falling over and grazing your knee, getting into trouble, having a crush on someone totally inappropriate and many other moments. Sometimes you get a snapshot of a memory and at other times something may set you off on a trip down memory lane and you lose yourself in a daydream of reminiscence. All of these memories belong to you and are yours to retrieve and ponder on.

Finding out about our past lives is a very attractive thought. Many people visit psychics to be told whom they were or what might happen, when actually it is very possible to retrieve our own memories and I believe that the answer is for everyone with an interest or reason to learn the techniques to regress themselves easily and safely. The interest in past life regression has surged over recent years with more enquiries than ever before.

My own experiences started me thinking about sharing my knowledge in a book several years ago - maybe even in another life, but I didn't pay attention to the signs. As the seed began to

germinate in my mind it took on a life of its own and the title Past Life Tourism burst forth. As with most brilliant moments it was that feeling of 'knowing'.

I wondered, though, if it said enough. We can just travel and explore anywhere that we choose for no other reason than we want to, but the title alone doesn't let you know that you can also go forward. Hence the subtitle, Gateway to Bridging Your Past and Future, which I believe says it all.

In this book you will discover the facts about past life regression and future life progression: by the end of which you will be able to self-regress and, if you wish, research your findings. You may use any of the techniques in this book alone or with a friend or get together with a group of travelling companions.

I have not written this book in an attempt to prove or disprove the reality of past life memories: I am sharing my stories, findings, methods and the amazing accounts that those included have been generous enough to share.

Are you living your best life? Can you imagine it? Would you know if you were?

If you are struggling or suffering, the solutions to heal are within you and with guidance from this book many answers can be found. Another rather cool thing is that you don't need to have a problem or any issues to be able to retrieve your memories from the past or to explore your possible futures. Desire is more than enough of a reason.

However, things can change; your wellbeing, aspirations and general outlook on life can be altered, quite dramatically, after a regression and often issues are resolved before you even know you have them.

Life can only be understood backwards; but it must be lived forwards

Soren Kierkegaard (1813 - 1855)

1. I wasn't Cleopatra

Let's set the scene. It was the first evening at the beginning of the course. The teachers were going to show me the ways of becoming a hypnotherapist by being completely submerged in all things hypnotic.

I'll quickly share with you why I was there as it all connects very neatly together. In 1985 I severely hurt my back in an accident at work, which led to some major surgery to prop my spine with screws and bolts, followed by several hospital stays. For anyone interested, I started with a laminectomy and spinal fusion, which didn't quite do the job. I was then unraveled and redone with a transpedicular fixation of the spine.

During this time I studied all sorts of subjects, mainly psychology and counseling, but none of these really tickled my fancy. My interest was and still is in being able to help people to help themselves by supplying them with tools and resources. I hate the thought of anyone being dependent on another person for weeks/months or even years of therapy or talking about their problems. As this wasn't for me, I found myself learning about hypnosis. I truly believe that if we work in the 'now' we can release debris from our past and create the futures we desire. We really can coach ourselves to freedom and success.

All these years later after taking classes, testing out and learning many ideas from my ever-obliging clients, I know it was right for me. Without self-hypnosis I am not sure how I would have coped with the years of back pain. OK, violins away because now it is time for your journey of discovery to begin while you make use of the techniques and tools that have been developed just for you.

Returning to that first night of my training course. We had all popped out for a 'get to know each other' drink and had just ordered. Valerie, who is now a good friend and work colleague, asked for a sparkling water. When a large bottle arrived she giggled and said, 'I can't drink all that or I'll be on the floor'.

'Madam,' replied the hotel owner somewhat bemused, perhaps thinking she was drunk already or a little unhinged, 'it is only water.'

'Yes,' said Valerie patiently, 'but it has the same effect on me as champagne.' And, do you know what? It did, but she stopped drinking before slipping under the table.

Sparkling water caused that reaction in her because of a hypnotic suggestion given to her when she had decided she wanted to experience the effects of booze without actually drinking alcohol. It made me think I was either about to learn about the most marvelous secret, or I was being set up and a secret film crew would appear any minute and say something like, 'You've Been Framed'.

This was the first but not the last time that I wondered if I should just make my excuses and return home. Luckily I decided to stay, and turned from a bewildered skeptic into a hypnotic diva.

The lessons we studied ranged from how to help people stop smoking to releasing phobias,

eating problems to insomnia. My own phobia of flying was sorted, which I must stress was so severe that I would hurt all over just being in an airport. Each time I flew it was a white knuckle ride because I had to hold the plane up and level, which is no mean task, and resulted in me being a stressed out hysterical wreck and not the best of travelling companions. My smoking habit also disappeared in a puff of smoke.

We were then introduced to the fascinating phenomenon of past lives. This introduction into Past Life regression training was included to prepare us for clients who requested it and for those moments when clients spontaneously regressed to what they believed to be a past life.

At that time I 'knew' it would never happen. Good job then that I knew what to do when I had a client do just that in a smoking cessation session. He had continued smoking and in his follow-up session told me he felt afraid to stop. I regressed him back to the time when his smoking habit had importance; unlike the usual reports of wanting to look older, peer group pressure or rebelling against parents, he told me he was a soldier on guard duty and was so tired that the only way to stay awake was to smoke. Needless to say, he'd never been a soldier in this life and when he released the connection he stopped smoking immediately.

As with all good lessons, in order to get the most from them it is best to experience them firsthand. So, I watched somewhat nervously as a couple of other students and guests were regressed and, without any shadow of doubt, I knew my first regression would reveal that I was Boudica or Cleopatra or another powerful woman of note. Can you therefore imagine my astonishment at discovering I was working as a prostitute in a Texan bar?

I could see in my mind's eye the layout of the bar and knew it was in Louisville. Under the instructor's guidance, RS questioned me excitedly while I talked about the cowboys, who it seemed I did not like at all, sitting around being raucous, spitting chewed tobacco and drinking. I was in the business to support my little sister as we had no parents and although I didn't know what happened to them it wasn't an issue. To my horror I discovered I was pregnant. Not good when you have to make your money with your body.

RS took me forward to the time of the birth and asked me who was president. Fool, I thought!

My reply was, 'I'm about to give birth to a bastard child and you're asking me that!' As I gave birth, I told him the president was Lincoln.

It was quite upsetting to the 'me' in the now that anyone, let alone myself, would call a baby something so awful. This was a powerful indication to me about how different we can be in other lives.

I recalled that the baby turned out to be a girl, who I loved immediately, and soon after I was living happily with a wonderful man, my daughter and my sister.

At the time I was pretty sure that none of that would have been in my life script, but after I'd recovered it made complete sense. It was like a little bit of my own life's jigsaw had slipped into place. I'm whispering this bit - deep down I've always thought I'd make a rather good Madam!

Since then I have been regressed and recalled a couple of other lives that answered questions I didn't even know I had.

When I completed the hypnotherapy training, another thing I 'knew' was how to get clients swarming to me. We had been taught that adverts alone tend not to be cost effective. Mine would be. Into the local paper it went. My perfectly worded advert informed people how fabulous hypnotherapy was and that I was the one they should visit. I was pretty much the only one back in those days so I was even more convinced I would be swamped with

enquiries.

In four days I had four calls. Three were from other newspapers offering to sell me advertising. The last one was a man who wanted to know if I provided extras with the massage?! I never really worked out how he got that from a hypnosis advert: maybe he picked up on something other than his own wishful thinking. Perhaps he knew about my previous life's work? I should have asked if he wore checked shirts and chaps over his trousers. Amusing really, so many threads that continue and, as you will discover when finding out about regression work, coincidences abound.

Theory

After my experience with the advert fiasco, I called a more upmarket newspaper and they sent a journalist and photographer. Philip was a charming man who wrote a lovely feature on me that really started my career rolling. He mentioned his fascination with past lives and, although very skeptical and convinced that nothing would happen, he wanted to be regressed.

During his session he slipped beautifully into another life and described being an army officer in India at the time of the Raj. He was staying in a beautiful hotel preparing for something important to do with Queen Victoria. He was so engrossed with his plans that he couldn't really be bothered with my questions. When he did deign to respond, he seemed to grow taller as he spoke. He was a small built man but in his past life he had an important role and was tall in stature. I asked his name but he wasn't sure. I asked what those around called him. His reply was, 'They call me Sir.'

He spoke in a somewhat condescending way, as if I was silly to be asking so many questions of someone so important. I had thought he wasn't able to get much information, but actually it was because he really couldn't be bothered with me; he even yawned at one or two of my questions, while I resisted the urge to slap him.

Afterwards, Philip felt invigorated and proud. He was also shocked at his ease in being rude and how normal that felt. The remainder of the session was spent with him apologizing.

I immediately had a theory. Philip's past life experience was the complete opposite of what was happening in this life. That was what karma was all about. I had everything sussed. Why hadn't anyone else thought of it?

To confirm my rather brilliant hypothesis, my next regressee was Stella. Stella was very calm and feminine, but also doubtful about whether she could or would be regressed. The skeptics do make it more fun.

She immediately began to describe a boating accident and talked of the greyness washing over her as she sank under the water, far from a rowing boat. Stella went on to talk about drowning. She had gone straight to the end of the life, as the impact had been so powerful. I took her back to an earlier stage in the life. With a little investigation it became apparent that it wasn't an accident at all. It was a suicide, planned in such a way that it looked accidental in order to protect the family name. In her mind a suicide would be the same as a confession of guilt.

Stella sighed deeply throughout the regression with her legs flopped open in a very ungainly manner while scratching and rubbing her chin. She described her life as an MP and her partner who had talked her into a fraudulent episode. I wracked my brain, trying to remember when women were first allowed to stand for parliament, but was distracted because the further she went into the regression the more she seemed to change. Her mannerisms, her voice and even her looks subtly altered.

I wondered whether the partner was her husband, but when I asked I got an emphatic, 'No'!

Taking her back even earlier in the life, she described school. I thought it strange that, for a girl, she knew far too much about Winchester Boys School. I slipped into a slow motion world: you know that pause, moments before a realization when you get 'it'. She was a man in her past life. It was so obvious! Legs apart, scratching at whisker growth on her/his chin - lots of very masculine behavior.

This was all brilliant. It meant that my theory stood: a gentle woman regressing to a brusque man.

Jean was a client struggling through life as a single parent. I visited her at home to help with her confidence, which had diminished after a troubled relationship. At the end of the treatment she asked if we could do a past life regression.

The previous life that we then visited was practically the same as her present one. Life for her was hard. She talked about a relationship gone bad and being so hungry that while walking through a market she stole fruit for her and her daughter. Although she got away with it, she was wracked with guilt and worried about getting caught and separated from her child.

Afterwards, she admitted to me that she had considered stealing a couple of times when the pennies were very low, but her morals meant she couldn't and wouldn't. Her regression shocked her into changing things so there was no chance of repeating the 'same old'.

However, my theory was dashed and has continued to be so over the years. There isn't necessarily any obvious correlation between this life and others. They can be the same, opposite, similar, merging, bits that match, bits that clash. You can change sex, color and belief, or not. One thing that does seem to be apparent is that unfinished business does need to be sorted. That might mean releasing, forgiving, accepting or just noticing. Remembering allows us to have closure and from that we can be free and move on.

Anyway, there I was doing my best to help people heal themselves, change habits or release something negative, when along came Jill and Sam.

Sam asked for a regression to a particular time and, much to my surprise, I discovered this was possible. She had a reoccurring dream and felt it was past life debris intruding on her life now. She was right.

Jill was an even bigger surprise. About to buy a bar in Spain, she wanted to go forwards in time to check its success before uprooting her family. I suggested a psychic might be best to advise her of a future event.

'Well', she replied. 'I figured if you can go back in time, why can't you go forward?'

Why not indeed? So we did. It all looked very good in her future and happened exactly as she predicted, or saw, depending on your perspective. I did wonder whether she had ordered it with the clarity of her thoughts and intentions, but when you are looking at something that has already happened, even though it is in your future (has your brain burnt out yet?) it feels different, as you will discover.

I'm not quite sure what I would have done at that time if her future had looked awful without the knowledge I have today. I now know that with our free will we can change and steer our lives. I am sharing all this to demonstrate that moving through, in and out of time can be done with ease.

Think how easy it is to transport yourself back to childhood if your nose hairs detect the briefest whiff of school dinners. Or, remember a time from years ago: a party, a holiday or trip or perhaps a visit from a nice friend or relative. Are you remembering extra bits? Perhaps

conversations, news, or receiving a present?

Have you ever spent time looking through old photos and immediately felt you were elsewhere?

Perhaps you can play the memory game with someone else and compare your thoughts. You might discover that even though you were in the same place at the same time, your stories will be different.

We remember and store everything that we see, feel or sense, but it is our own version of events that could possibly be very different from someone else's memory. Put yourself at King Arthur's Round Table with eleven others. On it is a huge globe of the world. It is so big that you can only see the people on either side, not those opposite.

As you look at the globe someone describes it. 'It is mostly water.'

Another joins in, 'It is mostly desert.'

Another, 'It is water and islands.'

Another, 'It is mountainous.'

What do you see on your bit? You see the bit only you can see. And it is the same in every situation. Nice as your bit of the globe is, it might be beneficial for you to walk around the table and look at another's viewpoint.

It is good to hear stories that others have and are willing to share from their experiences in this and previous lifetimes. Sometimes it helps us to learn and other times it is just fun. Often we discover things we hadn't even considered.

Peeping into other people's memories can in itself be the beginning of one's own journey, and is as intriguing in a similar way to reality TV shows. We all like to see what might be over the hill.

If you live to be one hundred, you've got it made. Very few people die past that age
George Burns (1896 - 1996)

2. Lives Lies or Metaphor

Phobias

When I'm working with clients who have a phobia it is often necessary to return to the cause of the problem for them to be able to release it. Phobic reactions seem to fall into various categories: someone else's, late onset, developed in childhood or no apparent cause.

Someone else's fear - of spiders, for example, usually forms in childhood from seeing another person, most often a parent, screaming or reacting in terror when an eight-legged beastie is in the vicinity. I've never met anyone who has been assaulted by a spider but the fear that spider phobics have can be very debilitating, and over the years can spread to other bugs and things that fly or creep. I can remember my mother standing on a chair, armed with a broom, because she thought she saw a mouse. Luckily, I thought that was very cool and secretly wished that I could catch one and keep it for a pet. That was probably one of my first delusions.

Another example of someone else's fear is thinking about how awful a reaction is in a particular situation and then replicating it. Some years ago, I worked with two male students. They were unrelated but their problems were identical.

One day, John was in a class preparing to give a talk to his fellow students. Everyone was nervous and rehearsing inwardly while trying to appear interested in all the others. One of the girls was so worried she had trouble breathing and had a full on panic attack. John felt sorry for her and imagined how awful it was. He stood to give his talk, still thinking about her, and had an attack himself. It was the first time in his life that anything like that had happened, but each time he tried to speak in class to the group he felt it coming on.

Peter's scenario was the same. He watched someone else hyperventilating and worried that it might happen to him - it did. Our imaginations are so powerful we must be aware of what we create.

Late onset is the sudden development of a fear: like flying. I have worked with people who travel constantly, yet seemingly without warning they get frightened. I say seemingly, but it is usually that there has been an incident or a particularly bumpy flight while they have been emotionally charged. Emotions get fired up when we are very stressed or tired, so what under normal circumstances wouldn't have any effect, at these times it can become too much to cope with. The mind then does a fine job of trying to prevent us from repeating the experience and the best way it can do this is to make us so anxious and worried that we don't do what the mind perceives as dangerous.

Developed in childhood is pretty much what it says on the tin. When I was about seven my parents took me and a friend swimming. I thought I'd look rather marvelous if I did the best dive in the world. In I went without checking the depth and smacked my head on the bottom. Seeing stars and the sun filtering through water when you can't work out which way up you are meant to be is rather scary: particularly when no one had noticed. That was that for me for many years. I forgot how to dive and worried for anyone else I saw planning a head first entry.

The thing with fear is that it feeds on itself. Instead of it just being about me and the actual depth of water, I was convinced that anyone diving anywhere would not only hit the bottom allowing their brains to spill, but also they might easily catch a body part on the side of the pool or the board. I had also grown a fear of flying when I was about two. I saw a boy fall from a rope attached to a log and, although he didn't fall far, he was covered in mud. My inner filing system decided to associate that with everything above the ground. I had no recall of the incident consciously and actually thought I'd made it up until my father verified that it had really happened.

The no apparent cause category is interesting. Early in my career I would come across people who had fears and phobias without a cause. Sometimes this wouldn't and doesn't matter, as the mind will make a change and heal. Other times, however, that wouldn't or doesn't happen and in these cases past life regression is the answer to completely sort out their difficulties.

When I work with clients I don't start in the past in order to heal or change behavior. I begin in the now and go to where the subconscious mind of the client takes us. A few times when their mind couldn't or wouldn't make a change in the 'now', I regressed them and they would slip back into the memory of a past life and describe the birth of a trauma that led to the phobia. Sometimes this would be a death scene. If your mind holds on to something potentially traumatic it will take you to the cause when it is time to heal or release. Even if a death wasn't trauma filled, the time just before and after the moment of passing may have been charged with emotions - yours or others.

Déjà vu

Jim came to see me after his holiday to Devon. He described fun and pleasure with his family as they relaxed, played and saw many different places. Although he had never been there before there was an air of familiarity - so much that he had commented on it to his wife. Jim had even contacted his mother to ask if they had visited the place on holiday when he was a child. They hadn't.

All was well until they stopped for a pub lunch, when he had what he believed to be a panic attack; he referred to it as an 'episode'. However, the 'attack' went as soon as he left the pub, but returned as he re-entered. He had decided to test it because of the very strange feelings he experienced and as far as he was concerned everything had a rational explanation. For several days afterwards he dreamt he was hiding in a cellar feeling terrified and would wake up sweating with his heart racing and a powerful need to check that his family were all ok.

There wasn't any content to the dream that he could grab hold of or recall and he began to worry before he fell asleep. His wife suggested that perhaps it was a past life issue and, although that notion seemed ridiculous, he gave it some thought.

Eventually, for a quiet life he decided to explore the possibility. I'm not sure which of us was more surprised as he described in detail an experience surrounding an incident prior to the repeal of the Corn Laws. As the regression continued, he developed a deep West Country accent. He was hiding in a cellar from soldiers and, although he wasn't found, there was an accident that killed him. The trauma of leaving his wife widowed with two small children was awoken by the visit to the pub.

Does this suggest a place or building might hold on to energies or memories, or do particular combinations set off memories? Like, for example, the smell of school dinners or particular perfumes?

Often people have told me that they 'knew' the layout of towns or buildings even though they had never been there before, and had no prior knowledge. It tends to happen when they arrive

at a place and they think they are having a *déjà vu* moment, but then it develops into knowledge. Sometimes they share with others what is happening, but their accounts are usually dismissed as perhaps something they had read previously or seen pictures.

Can you remember having a *déjà vu* about a place? Think about what was happening, if you can. Take your mind back to the place and notice what happens now. Think also about places you would like to visit and why you think you might. What do you feel when you think about various locations? Excitement? Fear? Other people?

I have an obsession with Greece and everything Greek. The first time I travelled there it was as if I'd gone home. It is very hard to explain as I have a lovely home already and I have no desire to leave. The feeling in Greece was way down deep in my soul and I would have happily just stayed there. It was not the same as that romantic feeling we often have when we want a holiday to last forever so we don't have to return to normality - this almost hurt.

Children

What then of children? They are particularly good at describing places they haven't visited. You may have heard stories of children describing previous lives that have been researched and shown to hold up to the investigation. They begin by recognizing someone and often talk about another family or how they 'died'. This can be very disconcerting for the parents and many stories are dismissed as child fantasy.

Jane remembered a time when her daughter was poorly and she said, 'It'll be OK, the last time I died it wasn't too bad at all.' She recovered and didn't remember the conversation. Jane put it down to a delusion from a high temperature, but decided to try out a regression for herself and recognized her daughter in another life.

Whatever anyone does or doesn't believe, hearing a child say such a thing would probably make you think for a while.

How often do we hear the term, 'He/she is an old soul', sometimes even after a person has gazed into the eyes of a newborn baby? It is as if their soul gazes back out in a way that shows they are not first-timers. These children often demonstrate amazing talents from a very young age.

My youngest son said to me, just before he was three, 'You're not the mummy who threw me off the cliff are you?' Not a lot I could say to that except, 'No.' Even after a little questioning, it was clear that he hadn't had a dream or heard a story, and there seemed to be no other obvious reason for asking the question. He just wondered and thought he'd ask.

Past Life researchers tend to agree that children's memories of past lives are present while they are young but diminish as they get older. They are still there but get buried under the life clutter until a trigger awakens them or they grow up and read this? Do you have thoughts about other lives from when you were a child?

Beliefs

Reincarnation for many is completely normal because it is as it is according to their religious belief. I don't think that those who believe are more likely to remember their other lives. I think it is because they are happy to discuss the subject and have been brought up to have an open attitude about the whole thing.

A fantastic example is Buddhism. Upon the death of each Dalai Lama, the monks search for the next reincarnation. When the child is found, he is taken away, to be trained in his role as Spiritual Leader. There's no debate - it just is.

Depending on the type of people you mix with and know, there are probably many things you

would or wouldn't want to talk about. Past life information is the same. It's unlikely that you'd say to a stranger at the bus stop, 'I used to be a Pharaoh you know'. Unless, of course, you recognize the person as one of your eunuchs!

Talking of Pharaohs, according to a psychic, Tina Turner was Hatschepsut in a past life, and if you had to place her anywhere in history that would make sense, wouldn't it?

The Ancient Greeks and Egyptians embraced completely the notion of living several lives and the Greeks spent a great deal of time obtaining information on their past and future from the Oracle. Pythagoras claimed to have memories of his previous lives and Plato, who was a student of Socrates, believed we choose our incarnations in order to learn and progress toward perfection. Towards the end of his life, Socrates said, 'I am confident that there truly is such a thing as living again and that the living spring from the dead.'

The Egyptians believed that souls migrated and the preservation of bodies through mummification allowed the journey to the next life.

Soul Mates

Have you ever met someone who you felt you already knew? Or had an immense attraction to another person in an almost obsessive way after a brief meeting. Have you ever had a friend or partner where shifts or changes occurred in the dynamics of the relationship that seemed strangely familiar? You were probably unable to put your finger on what was happening but you knew there was a connection between you both.

Some people think that when you meet your soul mate he or she is the 'one'. Meaning the one and only. From my research it seems that soul mates come and go in our lives. Sometimes they stay a while and you have a good time. Other times might not be so good. In fact, they can verge on being hideously destructive and take much healing in order to recover. Some of my clients and friends have been in and out of relationships that follow a specific pattern of devastation and they know that each subsequent experience will be the same. They even say, 'I only ever attract bad men/women,' or 'All my relationships end badly,' or 'Everyone I have ever been out with has been unfaithful!'

It does seem as if we have to keep repeating a lesson or life experience until we 'get it'. Whatever the 'it' might be. Perhaps to learn not to be a victim or to grow more confident. Maybe to be ourselves and not the person someone else would like us to be.

Life lessons

We learn through experience. On a simple level, we can break that down to the practice it takes to drive, or how to cook. Having many lives gives us the opportunity to learn several lessons: poor to rich, happy to sad, success to failure and anything in-between.

Being reborn or having several lives is often bandied about in a very light-hearted way, usually referring to karma. We have all heard or said comments such as, 'I/He/She must have been good/bad in a past life.'

One of my clients said, 'At least next time round I'll know what to expect!' I expect he will. But I also expect he'll forget.

The solution to everything we ever want to know is generally right in front of us, if only we notice the clues. We do, however, like to be in a comfort zone. Many of us are, or have friends who are, stuck at a point in their lives but are complacent, believing they can't change things so therefore have to put up with them. Many suffer from lack of money, love, freedom or choice, but then something happens or they get a metaphoric kick up the backside and their lives change.

This frequently happens when exploring past and future lives. There is no need to keep on repeating the same old patterns - whether that is by the day or life and realising we can easily swap from same old different day to same old different life really does bring it home. How many times should we hit our head on the wall? Answers, please, on a postcard.

Coincidence, synchronicity or self-fulfilling prophecy?

Valerie was preparing to visit Langkawi in the early Nineties and carried out a therapy session swap with a newly qualified hypnotherapist, Elizabeth. Valerie wanted her session to be on feeling comfortable near dragonflies and Elizabeth wanted some help with a weight problem, which she thought might be a past life issue.

In Elizabeth's regression she described a very traumatic scene of being led to her execution. She was very thin from being imprisoned and was to be killed for what seemed like infidelity. She was totally enraged and professed her innocence and unfairness regarding the whole situation. Also, she was distressed, as it seemed her father was in agreement. Her final statement was, 'People will always remember this wrongness,' referring to the unjust way in which she had been treated.

Everything was sorted out beautifully, and the association of being very skinny just before dying was released. Her safety net was to seek comfort and she got a feeling of security by carrying extra weight.

Valerie then left for Langkawi with a girlfriend. They happened to go before the islands became the thriving tourist venues they are now and there wasn't much to do. On this particular day they went to the tomb of Mahsuri Binti Pandak Mayah. Her story goes something like this: Mahsuri was married to Wan Darus, whose father was the Chief of the island. When her husband was at war fighting the invading Siamese army she was accused of adultery. As it happened her husband had probably snuck home for some loving but that definitely wasn't allowed so she couldn't tell anyone.

Her father-in-law ordered her to be sentenced to death, and as she was led to be executed she repeatedly proclaimed her innocence and laid a curse on the island, 'There shall be no peace and prosperity on this island for a period of seven generations.' This was in 1819.

On her way to the tomb Valerie calmly walked through a cloud of dragonflies. There were so many similarities to Elizabeth's story it was almost laughable. As for Valerie, she felt completely at home with the island and had fabulous business opportunities given to her. She believed that if the island likes you then good luck happens. Woe betide if it doesn't!

Now for one of my own stories. About 10 years ago I was invited to talk to the ladies at a very exclusive golf club. I parked my car and while I was walking to the venue I saw many women that I would later talk to. My stomach lurched so much I felt sick, and for a brief moment thought I might pass out. To say I felt terror would be an understatement. I couldn't work out what was happening. Each time I'd thought about this opportunity, which without a doubt it was, it had been exciting. But, here I was sweating, feeling faint, convinced they would think I was a fraud who knew nothing and with many other unpleasant doubts trundling through my mind. As it happens, public speaking is the number one fear, beating even death! Except I didn't have that fear, or at least I didn't think I had.

What could I do? Turn and go home and make up a tale of woe? Perhaps I could swoon, pass out in a drama queen way and get saved by the medics? The time taken to moot these solutions took the same amount of time as walking to the door, and the organizer spotted me. I then heard my inner voice saying, 'Just do it. What's the worse that can happen?'

In I went, gripped the microphone so tightly I thought my arm might fall off. I had an

absolute ball. It was brilliant. I loved it. Phew, all was well. They quite liked it too as I was invited back to talk to another group.

At this point I must emphasize the importance of being careful what you wish for! The Universe will, without fail, deliver your desires.

In the very late Nineties I was featured in the Sunday Times' Style magazine, in which I talked about breast enhancement with hypnosis (not now but maybe another book!). All hell or heaven, depending which way up you are, broke loose. I was flavor of the month with radio, newspaper and magazine interviews. Two TV offers floated my way after I agreed to the first.

It was an invitation to Nottingham to film at the Carlton Studios in a program that was about Liz Earle. What a lucky bunny. Off I went to Nottingham and ensconced myself in the rather splendid hotel that Carlton had paid for. A delicious supper was delivered to my room and I lolled on the bed watching TV. All I could think was 'this is the life'

It then all went pear-shaped. I tripped over an imaginary step on my way into the bathroom and felt a twinge in my back. I laughed and thought 'That was lucky, I might have hurt myself.' About an hour later I tried to get up from the bed and found I couldn't move. My whole lower back was in spasm and the pain was excruciating.

Oh, not good. I lay there in tears, hours from home, all alone in a miserable hotel room that up until then had been bliss.

Being a hypnotist meant I could reduce the pain but I think we shouldn't remove all symptoms in case we cause more damage. As for the spasm, it was there to stay. I had the most miserable night and at about 6 in the morning I could bear it no more. Have you guessed the ending? I was carted off in an ambulance to be put into the care of the Nottingham General. It may well have taken a few years but I got my wish from those thoughts at the golf club!

After all these dramatics, I then developed an intermittent stage fright. Intermittent I hear you cry? Yes. A 'now and then' type fear. It was more stressful than having a full-on phobia. I didn't think that experience had given me the problem, it just reminded me it was in my psyche somewhere.

I tried various things on myself when, in a flash of inspiration, wondered if it was a past life issue intruding. I used the process that you will learn about a little later and recalled a memory of being a dancer. They weren't any specific dates but I could smell sweat and makeup. I had David Bowie's 'Diamond Dogs' playing in my head, and as I'm writing this it has just come on in iTunes. It all seemed overtly sexual and I could sense lots of red velvet, and I knew I was wearing frilly knickers. My name was Rose and the name Charles Sidle (or similar) was in my mind.

In my memory I was given the chance to be a front performer, but stumbled and severely hurt my back. Useless, then, as a dancer. I was back selling my body; same old me again! I know now the name I was sensing was Zidler and it was the Moulin Rouge. The music playing was a clue from this life - presented to me as a metaphor.

Diamond Dogs was the name given to the prostitutes. And, after all, diamonds are a girl's best friend - it's not a dog, touch Èclat or GHDs. Imagine if David Bowie was one of my customers in a past life. Excuse me a minute while I have a quick fantasy.

Who knows whether all of this was my creative imagination or I really did Can Can and land in the splits with my drawers on show. All I can say is that now I help people get over their

stage fright and occasionally have the urge to lift up the front of my skirt.

The soul of man is immortal and imperishable.

Plato (427 BC - 347 BC)

3. The Regressions

Kayt and Penny

Those included here kindly agreed to be 'done' purely for you, the reader.

These regressions were carried out by me using hypnotic meditation. The regressee is in a cozy, relaxed state to allow the subconscious mind to be accessible in order for the memories to be retrieved. It is like being in a gently guided daydream.

As you will see, I have mixed and matched in that some have all my questions included and some are a précis of the experience.

This will help you decide which way works best for you: if you are looking for answers to particular questions or if you prefer to go with the flow and allow whatever will be to be. It will also depend on whether you are seeking answers or healing, closure or release. I did ask the regresses if they had anything in particular they wanted to find out before their journeys began.

I have used the same induction throughout to allow for continuity. The exact scripts are included later in the book. The recordings begin just over the bridge of time as they have 'arrived' in one of their memories.

Some of the regresses shared their thoughts afterwards. For all the grammarians reading this, it is written in the way they spoke.

Kayt

Let me introduce Kayt. A 'K' precedes her responses.

My bit begins, 'You are over the bridge now, and as you step off the bridge you step directly now into a memory of a past life, and just stand a moment, just wait a moment... just be... and as that mist clears you begin to get a sense of Self, a sense of your bearings. In a moment I am going to ask you to speak, and when you speak the sound of your own voice will help you to relax even more deeply' (you won't necessarily have the last instruction - that will depend on your preferred way of memory retrieval).

B: Are you indoors or outdoors?

K: Outside.

B: Are you on your own or are there other people around?

K: On my own.

B: And how are you feeling?

K: Calm.

B: If you look around what do you see, what do you sense or feel?

K: Just in an open space, with trees all around me and in front of me there is a big open space that I can walk through, it's just like walking through a forest, but I am not actually in the

forest it is either side of me.

B: And do you get a sense of where you are going or where you have been?

K: I've just come off of a bridge and I don't know where I am going.

B: Look down at your feet, get a sense of what you are wearing, describe what you are wearing.

K: Brown pointed shoes.

B: Do you have a rough idea of your age?

K: No.

B: Just go forwards a little in time, forwards a little in this life so we can see what is happening. What's happening now?

K: Nothing.

B: Are you still alone?

K: I don't know.

B: Can you hear anything or see anyone?

K: No.

B: Do you still get the sense of being outdoors or has that changed?

K: I am not in the same place.

B: OK, where do you think you are now?

K: It's night time.

B: Are you in or outside?

K: Outside.

B: Can you see a building?

K: I think there is one behind me.

B: Can you have a look?

K: I think it's a castle.

B: Which castle is it?

K: I don't know.

B: Can you explore the castle? Is it all closed?

K: It's night time there is no one there, there are lights all over it.

B: Do you know where the castle is?

K: Near a river.

B: Do you know the name of the river?

K: No, but there are trees either side of it, and stars in the sky.

B: Have you been in the castle?

K: I know it, but I don't know if I have been in it.

B: Do you live near the castle?

K: No, I don't think I know where I am.

B: Do you know your name?

K: No.

B: Go forwards in time now to an event, drift forwards in time now, and again get a sense of Yourself, a sense of You bearings and just describe to me what's happening now.

K: I think it's festival, it's like, it could be in the castle, it's like outside, but it's also like one of these films where you can see the castle walls and stuff. There are lots of market stalls.

B: So you are inside the castle grounds?

K: If it's the same castle.

B: What are you doing there?

K: Standing there in the crowd.

B: Do you know anybody there?

K: No.

B: Are you selling or buying anything or just being there?

K: Just being there. I think I have a purpose, like not meant to be there, like no one knows me. I am not friends with anyone. I am on the other side; I have just got in there.

B: What do you think you might be doing?

K: Gathering information, I think there is a king, and we want to get rid of him.

B: Do you know the name of the king?

K: No, it might be...no, I don't know.

B: OK don't worry, you will probably know later - remember later. Do you know who you work with then?

K: I might be with a couple of people in there as well, but at the moment I am just in there on my own. I am just on the other side. I am not with any of the other people I am in there with the people that don't like these people, but they're not all there with me. I am just collecting information finding out where everything is.

B: Do the other people there have a name? Are they English, French, do you know who they are?

K: They might be English, I can't hear anything.

B: Do you know who you are trying to get information from? Or are you trying to get into the castle?

K: I am just walking around the festival to know where the king is, but we don't, I think we want to kill him, so we are just walking around and maybe something is going to happen during it, but there is a lady with pink, you know those people with a scarf and she is waving it around, and there are lots of people. We are just working out where everything is, so we know how to, so we can do something later.

B: Do you know what your role is, are you going to be responsible for killing the king, or are you part of a team?

K: I don't know whether I have got to do it, I am just with them, I have just got to help them.

B: OK, let's just go forwards in time. Just drift forwards in time until this happening, just gather some more information. What is happening now?

K: Sitting by a river, I think, I don't think there are any buildings around, but it's the same scene, and there is a bridge and there are trees on the other side. I don't think I am alone, if there are people they are behind me.

B: Do you know if you got the information?

K: I don't know, it might be happening now. But I have gone away from all the noise, and I am not in the centre of it, I don't want to be involved I just want to get away once I get the information.

B: So you have passed the information to others so they can get on with it?

K: Yes.

B: And do you know the name of the king now?

K: Arthur.

B: OK, do you know your name?

K: No, I don't need a name.

B: So where do you think you are going now, are you heading home?

K: I don't know, I think I have a family, but I don't want to go back to them. I just need to go on my own.

B: Are you in hiding?

K: No, I don't feel scared, people are not going to find me, it doesn't matter where I go I don't care, I just need to go away, people won't know who I am.

B: Go forwards in time now, until you have gone somewhere else and got away. There is some distance from that event. Where are you, what's happening?

K: I think I am in another country now, there are lots of different gold and yellow colours, I have got more money, I could be like a king, I have a lady, and she does things for me, but she is not my family from my other place because we don't have any money. So, I could be somewhere else, because I don't miss my family. I look the way I thought the king might look in the other one, but he had more reds and purples and I have yellows and golds. I have a wife, my wife does everything for me, I just tell her what to do and I don't really care, I don't feel for her, I just know that she belongs to me and she will do it. So I am separated from her emotionally. I cared for my other family but I had to go away from them, I had to get away from everything. The colours are different from the other place. I have got curly shoes on, and they are pointy at the end, and a hat with fluff on it, kind of purple, with kind of sheepy froth round the edges, and a gold stick, and grey curly hair and a beard. And a big bed.

B: Are you happy here with your wife?

K: I don't care, I have just got it all, it doesn't matter; I am not sad, or happy, I have just got it all.

B: And the woman who does everything does she have a name?

K: Marie or Maria, I think it's Marie, she has long black hair, she has tanned skin, and she wears plain simple clothing, and she reminds me of the woman with the pink scarf at the festival.

B: What does she call you?

K: She doesn't call me anything.

B: Does she talk to you?

K: She talks but we don't have conversations.

B: And do you have an idea, or a sensation or thought of where you live?

K: I think it's, not in a rich country, but there are lots of rich people and I am high up in my room and I can look out and see all my grounds, and I don't know what's beyond that.

B: OK. Go forwards in time, go towards the end of that life, near the end of that life and describe what is happening.

K: I am in bed and there's a light beside me and there's a man that sits by my bed.

B: Who is the man?

K: Someone who is loyal to me, but, I don't think it's my son. I think my son and my wife have gone away and this man is the only person who always stayed with me. He has stayed with me because I can't get up again, I just stay in bed, he gives me drinks from a gold cup, he talks to me and holds my hand.

B: Are you ill or just old, what's happening to you?

K: I am just dying.

B: OK.

K: And he is the only one who cares.

B: I would like for you to go forwards in time, beyond the point of passing. Leave that life behind until you feel comfortable and safe, and you have a message, or a thought, or a learning message. It might be in the form of a symbol or an idea but it's something you can use now from that memory. It is now uppermost in your mind. What is that thought or learning?

K: I need to think about it... You don't know who cares, no one really does.

B: Now you are just resting in between lives, would it be appropriate to explore the memory of another life now, yes or no?

K: Can do.

B: I would like for you to allow your mind to take you to another life, another life with something of relevance. Allow your mind to take you to another life in another time. 1, 2, 3 you are there, wait a moment, gather your thoughts, get your bearings, get a sense of Self. Are you indoors or outdoors?

K: Outdoors, but not in an open place, just somewhere we belong.

B: You say we, who is 'we'?

K: Me and my daughter.

B: Where is your daughter?

K: Beside me.

B: Can you describe her to me?

K: She's young. We are Indian but fair, not really dark, we wear jewellery on our foreheads and carry baskets.

B: What is your daughter's name?

K: I don't know.

B: Do you know where you are going now?

K: Back to where we live, we have just been out together collecting things.

B: What have you been collecting?

K: Things in a basket, food: possibly berries, things to make things with.

B: Is there a man around? Do you have a husband?

K: I think I do but he is not part of us.

B: OK, go forwards in time now until you have got to your home - where you live, describe that to me.

K: My daughter is not with us, and he is on his bed, we have a big bed, but I don't know, he doesn't want to sleep in it, so he just stays in his bed. I talk to my daughter and fall asleep with her. He doesn't care about us, we just need him. We just live with him, we have to, it's the way it works, we wouldn't be safe if we didn't so we just act like it's all OK, it's like we are his.

B: What do you need to be safe from?

K: From being, it's the way we have to live, if we don't then we are not women any more we are not right we are just things if we don't have a man, so we don't, we are not whole, just not part of anything any more.

B: Do you live with other people in a group or tribe?

K: We live in a town, or a village, it's all the way around where we live, it's the way you have to live, there are other women we can talk to, they have to stay in their family and we have to stay with ours. And my daughter is all I have, we just have to live this life, and we can't escape from it, we have to be here, there is no way out. We are not poor, he has money and we are not his slaves, but he does own us, I have never cared for him, but I had to marry him, the other women had to marry their husbands and that's the way it works. But I have got my daughter, so it can't be too bad, until she grows up. I don't want her to grow up.

B: Go forwards a little in time, forwards in time, until there is an event or a happening that is significant; get a sense of Self and bearings, what is happening?

K: We are in a courtroom. My husband is quite important and he has got to give a speech. I just have to hold on to his arm, and then fade into the background.

B: Is your daughter around?

K: No, she is not here.

B: Where is she?

K: She, she is just not here.

B: OK, do you get a sense of how old you are?

K: Not old, or young, I still look nice and my skin is good, I still look good, and that's what matters. I have to look good because he is important and people have to think I love him, he can't have a wife that makes him look bad.

B: Can you hear his speech, what is he talking about?

K: I can hear him talking, but I have gone somewhere else, because I am sad. I don't want to listen to him because I don't care.

B: Why are you sad?

K: I don't like him, he is not what I want, I don't want him, I know he is important but I don't care to listen to him or about him. I just go somewhere where it's dark and there is no noise, I

just don't care about any of it, is not my values it doesn't match up, it doesn't mean anything to me, it's just all bollocks really.

B: Go forwards in time; go forwards until near the end of that life. What's happening?

K: He is in bed, I bring him food, he is dying and I'm glad. I care for him, I look after him, while he is dying, I think he has got a disease or something, I know he is going to die soon. I am not sad about it, I am happy but I don't show it, I just look after him.

B: Go beyond the point where he has passed and then go forwards a bit more in time beyond that. What is happening with you?

K: I think I have gone away now.

B: Are you happier now?

K: Hmm, kind of but I can't do anything. I had to escape from everything; because once he was gone they would have done things to me, so I had to escape without them knowing. Now I am worried they will find me. I feel freer, and I think things will get better. I will be able to live a simple life, I don't have much money, I could be free, but I have no one to talk to, I don't really know what to do. If they find me they will hurt me, I don't even know if they are looking for me, I don't know if they care. I don't know if I am running away from anything. There's not much to do.

B: Is your daughter nearby?

K: No, she is gone, she married and is not allowed to talk to me.

B: Is that sad, or is it just the way it is?

K: It has to happen like that, that's how it works, I couldn't do anything, I just hope she is not hurt, I don't think they will hurt her, I think she is OK. I think she is happy enough, but I am on my own now.

B: Go forwards in time now, forwards towards the end of your life now, near the end of that life, what is happening?

K: I don't know, it's not there.

B: Have you already left that life?

K: There isn't an ending, it's all just possibilities.

B: I want you to just leave that life now, float away from that life now, it's in the past as a memory, but you have a learning that you can remember from that, something that will be useful now.

Find yourself on the bridge, bathed in that blue hazy mist, wait for a moment, and let all the memories float back to where they belong. You'll remember all you need to remember and may remember other little bits. Snippets of information will float into your mind through the day and in dreams of the night.

And now cross back over the bridge...

Thoughts - Post Regression

It seems as though Kayt took a while to get going but she was actually only bothering to share what she felt like sharing. A lot of what is happening is never spoken about, in much the same way as you would describe an event but you wouldn't talk about every tiny detail. In Kayt's descriptions she was very accepting of the way things were - in this life she is single-minded and wouldn't tolerate anything if it wasn't to her liking.

Penny

Next up is Penny, who in this life is Kayt's Mum.

B: As before over the bridge, etc... Are you indoors or outdoors?

P: Outdoors.

B: Do you get a sense of being alone, are there other people around?

P: Don't know.

B: And how are you feeling?

P: Nervous.

B: Do you have any idea why?

P: I can't really see where I am. My skin feels very tingly, I am expecting something to happen.

B: Are you aware of any noises?

P: No, it's very quiet.

B: Are you aware of your surroundings at all, do you get a sense of being near buildings or open land?

P: Trees I think, feels like I'm in a wood, but I can't really see.

B: Are you able to feel the ground underfoot?

P: No it's almost like being suspended.

B: Do you have any awareness of what you are wearing if anything?

P: No not really, my skin feels really strange, there is a tingling going through my feet, then all over my skin. It sort of goes through my bones, it's very strange. I feel like I am not standing upright; I'm lying on something.

B: Do you have a feeling that you waiting, on your way to something, on your way from something?

P: I feel like I am in the middle of something.

B: Allow yourself to just travel a little bit in time, you will become aware of what has happened or is about to happen. You are very safe and detached. It is as if a story unfolds to you. Are you aware of anything happening now?

P: I am in a large room lying on a raised bed of some kind. It's like I am quite alone, but people are watching me, I am wearing some kind of robe, it is very loose and doesn't cover my feet or arms.

B: Are you aware of why you are lying here?

P: It's something to do with a ritual.

B: Are you part of the ritual?

P: Yes I am, I think I am lying on the stone, it's as if there is an energy coming up, all on the back of my body, coming up and going through me.

B: Are you able to describe the ritual, do you know what is going to happen or be done?

P: No I don't see any movement, I'm just there.

B: Are you aware of any symbols anywhere at all around you or in the room, in the form of image, fixed objects, ornaments?

P: There are lights; they are not in the room. It's kind of tunnels, coming out of the room that I'm in, there is light shining out of them, they are all round the room, although the room is quite dark, and I know that there are people waiting in these tunnels. It's like everyone is waiting for something to happen but I can't move, I just lie there, I don't think I am tied. Maybe drugged or something because I do feel very strange.

B: Do you have any idea of self, a name a title of yourself or of anyone there waiting?

P: I have the feeling that I have no name. I just keep thinking 'she'.

B: Do you think you are someone important or someone of nothing?

P: I think I am someone of value.

B: Let's just wait a while, let's just wait, and notice what is happening. Just describe to me anything at all that begins to happen.

P: Somewhere above me there is a light coming through and it shines directly on my body, it's almost as if the sky is opening, the roof. And now I am outside, surrounded by sunlight. I am still lying; I think I am being carried. I feel there are people below me, and I am being carried on some kind of litter. I am being taken somewhere. We are going up towards the top of somewhere. I have the feeling that I am going to just be left.

B: Left forever?

P: I think it is like an ending, maybe I am dying, I don't know, it's as if everyone has gone and I am just there in the outside. It's a very blue sky, there are clouds and things, the sun is shining, I can hear birds, but there are no people.

B: Allow a little more time to pass, and then you will get a feeling that you will die, or something else will happen, what do you feel?

P: I feel like I am sinking just going down and down. It's almost like, not falling, just sliding through the earth.

B: Do you feel you are passing from a life?

P: It's almost like passing through something, it's like a sort of limbo.

B: Are you between lives?

P: Maybe, I don't seem to be in one place or another.

B: Are you aware of any color or light around you?

P: I feel as if there is light on me, but everything else is, not black, but sort of like nothing, it's like being suspended in nowhere.

B: And do you feel as if you are a person or a spirit, energy or a light?

P: I feel energy.

B: Do you feel a male or female energy?

P: Female.

B: Are you aware of any sounds or noises whilst in this form of female energy?

P: There is absolute silence.

B: How has this formed? Do you have any memory prior to being an energy form?

P: It is difficult to describe - there is a feeling of people running away from something and to something at the same time and there was some kind of panic. I think maybe I was a sacrifice, maybe an offering. I don't feel as if I was killed but something had to be given, the people don't weigh very much, mostly skin, mostly young people, it is a kind of agitation something had happen, something had to stop and it was an offering, I was an offering of some kind. And it's almost like, I think, I was just made into a deep sleep and then I was lifted and everybody went away but I don't know why. I can't get the feeling of why it was me; it is very vague it is more feelings.

B: More will come throughout the day. Is there a message that you are aware of now, a message, a learning, anything at all that would be of use now, that might be good to know?

P: All I keep hearing in my head is just 'be still'.

B: OK, you just rest for a moment now, allow yourself to just be bathed in blueness, feel secure safe and comfortable. Would you like to explore another memory? Yes or no?

P: Yes.

B: From the blue mist from that form of being, an energy form from that in between area, of that complete feeling of nothingness, you can go directly from there to another life. Another life before or since, or from, or forwards, your higher Self will take you to another memory either past or future that would be useful for you to explore now. I am just going to count to three and click my fingers and you will find yourself in another place. One, two, three, 'click'.

Just take a moment. Now get a sense of where you are - thoughts, feelings. Are you indoors or outdoors?

P: I'm outdoors.

B: Are you aware of being alone or are there other people?

P: There are many other people.

B: What are they doing? What's going on? Can you describe what is happening?

P: It's night time, there are many people. There is a big fire, many people around it. A feast or celebration I think, I think we are getting ready to fight someone.

B: To fight someone?

P: They are walking backwards and forward with spears or weapons of some kind. There are men with beards, women. Women are going to fight too, all young people. They've made camp away from somewhere else. It's very, very dark.

B: What are the weapons made of?

P: From wood.

B: What are people wearing?

P: The men are just wearing kind of jacket things, heavy, men have beards and trousers but the women are not wearing so much. I think we may be black.

B: And how are you feeling?

P: I feel very strong and tall, shiny, kind of shiny, the light from the fire is shining on the skin, and I have straps of leather around my clothes, thin straps kind of criss-crossed around my body, and I have straps on my arms, but I am standing back and watching everybody. They seem like they are smaller than me, I think maybe I am watching them. I don't think I am with them; maybe we are going to attack them.

B: Do you know who they are?

P: They are just kind of wild people. They are just not important people.

B: Who are you?

P: I'm very strong, quite proud; I am just, they are just in the way.

B: What is your name, do you have a title, what do people call you?

P: It's something, it's like Ena but it's not.

B: OK.

P: I have very short hair, and it has gold in it.

B: Gold woven into your hair?

P: Yes, like tiny threads.

B: Are you important?

P: Yes, I'm really important. I am at the front. I go first.

B: So, going first, are you a leader of people?

P: Where I go they follow.

B: In your role as, as maybe queen, is it that type of role?

P: It's kind of like that, but we don't have that.

B: Right. You don't have that term?

P: No.

B: Do you have any type of term for yourself?

P: The person who walks first.

B: OK, let's just wait a while, let's just see what's going to happen - if you are actually on the attack here, just allow time to unfold in front of you so we can watch.

P: I have come out from the trees, I don't pay them much attention, they run to the fire, but there is no real fight because all these 'nothing' people just kind of run away and they do nothing, they have nothing. Why are they there, what was the point? There was no fun, no pleasure. I think, I think we come from a different land, we have crossed somewhere, and we were looking for something more than we had behind us, but there is nothing of real value to take here. The people have no spirit, they have nothing really. I don't know if we'll stay, and it's colder here.

B: What's happening now?

P: I feel really cold, I can feel the shivers in my body, it is not a good place to be. Even though the fire was there you can see they have to have fire and heavy coats because it's cold, it's a cold dark place and not a good place to stay. There is a bad feeling here, it's not good place to be.

B: You had best head away, are you going somewhere new or will you head back?

P: I think we will head back. I think we will return, we have boats.

B: Do you know where you are returning to?

P: It's west, just west.

B: What are your boats made from?

P: They are wooden boats, they are thin and tall, they go fast, but they are very long, we can get many people, but when you are on the boat it's hard to see over the sides, because the sides are high, but we don't have to travel very far. There are big rivers - these boats are very good for rivers.

B: Are you on the boat now, are you rowing away?

P: I don't row!

B: Do people row you?

P: Yes, there are people that row.

B: Just go forwards in time now, forwards in time to a time of significance, an event, a happening of importance.

At this point Penny popped to another life. This can happen and the memories often run in a random order. Sometimes there can be a tendril of similarity, but not necessarily. This shows Penny is very much a free spirit and her mind took her to where it might be useful.

B: What's happening?

P: We are out in the plains. I am riding a horse. I am a man, I'm an Indian man and I have one feather, which I feel isn't very many. I'm quite a young man. I am just riding out in the sunshine. I think I am riding by myself. I have a feeling of space, huge spaces. I am carrying some kind of short spear, a thin light thing, maybe I am hunting or something, it's just a feeling of space and there are trees, grass everywhere as far as you can see, I don't have any sense of purpose I am just riding.

B: Are you aware at all of where you have come from or where you are going towards?

P: I have the feeling I have been alone for some time. I think I may be on a quest - a quest. I don't know what it is I am looking for. I am looking for something. There's no real urgency. It seems to be important that I am alone; I have to do something while I am by myself and when it's done I can go back. There is a bird of some significance, maybe some kind of hawk or falcon, it's a small bird of prey, and I know it has some connection with me; it's just me and the bird.

B: Go forwards a little in time in this life, forwards a little bit. What is happening?

P: There are mountains in front of me. I have to find a cave in these mountains and I must spend some time in this cave and I can't return until a certain amount of time has passed. It's some kind of right of passage, I think I am to be some kind of holy man but I have to pass this test and until I have done this I will not have crossed the chasm or something like this. I have to cross something in mind, while I am in this cave. And it's years, it's lots of time but I will know when this time is finished and when this is finished and I have crossed this thing, I can return. Yes, that's it.

B: Let's go forwards in time until when you know it is time that you can return, to an event or a happening or experience that you are waiting for. What is happening?

P: I don't have any answers.

B: For yourself or for the people?

P: I feel I have failed, I don't have any answers, and nothing changes.

B: What is happening now? Are you going back to the people or are you staying?

P: No, I can't go back.

B: What will happen, what is happening? Let these feelings flow from you, let these feeling

go, what is happening with you.

P: There are no answers (crying) endings cannot be stopped.

B: Is that not an answer in itself?

P: The way it has finished.

B: What will you do?

P: I just have to find new meaning in a different place. I cannot take this message back.

B: Will the people want to know what happened to you?

P: They will just think I have failed or been killed, it's not important, it's only one life.

B: Where are you going now?

P: Just away. I will go maybe to the mountains, different mountains. I will just go where my feet lead.

B: OK, go forwards to the end of that life, near the end of that life now, where are you, what's happening?

P: I am an old man now. I am by a stream, it's simple.

B: Are you by yourself?

P: No, no, family, children, grandchildren. Now I am more at peace. There was nothing that could be done. Sometimes things must pass, things must change. Change will always happen - just live our lives and hope to grow a little wiser.

B: Allow Yourself now to just pass from that life, just pass from that life now. Beyond the moment of passing - leave that life behind and have that immense feeling of calm and peace and all the information that you have gathered is yours to keep. And you will find more pieces of your life - more and more pieces of the life's jigsaws will now fit for you and you will be given more and more pieces in your dreams.

Find yourself back on the bridge now, very safe now, surrounding in the blue mist, very safe, leaving behind the past, keeping a hold of all memories that are helpful and useful, and beneficial. Come back from the bridge now, back to your door to your special place. The door can go now; it is only there when you want it to be there. It is the door of time.

Penny very kindly sent me her thoughts after the regression. Here they are, in her own words.

'Before my regression, Barbara asked if there was anything in particular I was looking for, and my reply was to see if there was some kind of theme, something that would help me with my current life.'

'I experienced three very different lives and, having had time to think about them more deeply, I have the following observations:

'All three involved some kind of quest, or journey into the unknown, with no guaranteed outcome.'

'All were to do with a perceived benefit to my people, rather than just myself.'

'All involved a feeling of personal pride, or recognition.'

Life 1

'As a highborn maiden I had offered my life as a sacrifice. This did not involve me being 'killed' as such. I was proud to be chosen. The sensation was of being heavily sedated. I was taken from an underground location and left high on a mountain top. It subsequently felt as though I was being absorbed into the earth in some way. At no time was I aware of the identities of anyone around me.'

Life 2

'I was a female warrior, a leader. (I have since felt strongly that we were a tribe of powerful women where men were subservient.) Again, I was unaware of the identities of those around me, there was a strong sense that personalities were unimportant to me, neither those of my people nor my targets. I sense that I was extremely arrogant!'

'I had left my own land in order to gain something for my people that was not available in our homeland. However, these people had nothing of value to us, not even any honor in taking their lives. I had to return humiliated.'

Life 3

'I was a young Native American travelling on a spiritual quest, or test, to find answers for my people who were threatened and despairing.

'I was very proud to go as I was sure that I'd return with strong messages from the spirits and our ancestors and receive a lot of recognition as a powerful medicine man. However, I received nothing positive to take back to them, our time was over and there were no answers for them. I felt a great sense of failure and despair, such that I couldn't face returning home. So I moved on to a different journey with no idea where I was going but quite unconcerned on a personal level. I ended up as no great medicine man, just an ordinary grandfather, but contented all the same.'

'I thought about the themes, or messages, in these lives quite a lot for the next few days, to see what I could learn from them and these are my thoughts:

'I have a tendency to be self-sacrificing, to put the well-being of others above that of myself and this is not necessarily a good thing as it means I am not valuing myself enough. It need not be an automatic response to put myself last and doesn't always serve others effectively. And it's a form of arrogance. It's important to have the courage of my convictions and act on them but I need to let go of the outcome.'

'I have been a very strong woman in the past and the memory of this life has made me braver, more prepared to stand up for myself and to take risks.'

'Life is primarily a spiritual journey, part of which is experienced on earth. There are no answers because just living life is the answer. The whole point is live, experience and learn. It's all temporary anyway so keep a sense of perspective and just get on with it!'

A short while after her regression, Penny told me that this knowledge had given her courage. There is nothing for me to add as Penny has shared the meaning to her of those lives and how they relate to her now.

Lizzie, Andrea and Kristian

Lizzie

Let us now find out about Lizzie's regression. My questions are not included but you will know what I've asked by the things she is saying. When Lizzie moves through time I have preceded the line with my instructions.

L: I'm outside on my horse walking through the street, a market place. There's a younger man on another horse. I'm wearing white. My horse is grey.

We've come back home. I see houses on either side and people in the market place, it's very busy. I've got a suit of armor, chains - oh, it's so heavy. I'm wearing a suit of chains. My horse has got a flag on it. King's men: King Richard. I'm the Commander. It's so heavy. We've been at war fighting the French. We lost many men. I'm so thirsty, I need water. There's a well - I must get to the well, my horse needs water too.

My name is Richard. The other man is Arthur. They call me The Brave. We're at the well feeling a little better now. We are going to the castle, Leeds Castle. We're just going home to the castle. They've opened the drawbridge. I'm so tired: exhausted. Some people have come to get my horse - we've come straight from the battle. Others are on their way back.

I'm in the courtyard. People are welcoming me back. 'Welcome back, Sire,' they are saying.

I need to find Mary, my betrothed. She's waiting for me. She's with child. I'm going up the stairs in the turret. There is talk about Chichester - a great fire. I'm with Mary, she is kissing my ring. She's looking well. She's crying with happiness. I've got a dog. There's trouble in the West but for now I can rest.

B: Drift forwards in time...

L: I have a son. He is called Harold. Mary is well. She is a beautiful mother. I have to go away soon to the coast to fight the French. We will prevail. There is no word from the King of Scotland. I have sent one of my men to the border. We shall see if I get a response. He will follow me down with the reply.

I am on the way now. There are six hundred of us. We are travelling through the wood with some on foot. We must set up a camp and wait until daylight. We eat venison, mushrooms from the wood and chickens that we brought. My men cook the food.

Some of the men are not well; they are coughing. I am well though just a little tired and have an injured arm. I was struck with an arrow. It is healing.

B: Drift forwards in time...

L: (Utter despair in her voice) Bodies everywhere, my men and some French. My horse is down. I'm surrounded by men moaning - it's been a bloody battle. Hard to tell if we won over the French but I believe so.

I'm exhausted. I've lost many men. I've hurt my arm again and I have pains in my chest. I was hit with a sword. I'm badly injured. I'm cold. And there's still no word from Scotland. It's a mess but we have a few men left. I have survived but I'm wracked with pain. There is nothing I can have - I must go home. I must find a horse?

I've found a horse. It's exhausting but almost coming up to my horse. It's very difficult, I only have the use of one arm. There are bodies everywhere.

B: Drift forwards a little...

L: Going home. I am slumped on my horse, I must travel many nights and many days. I'll survive, just. There are a few men with me.

I'm back home in bed. My injuries are OK. Mary and my son are here. I can rest and recover for now.

B: Forwards in time...

L: I don't know where I am. I'm just floating, it's all white. I must have passed from that life.

Scurvy! It was scurvy. I'm just floating in white. I'm in a beautiful garden. I've been here before. I'm a spirit between lives - just left that life.

B: Message, learning...

L: That no one should fight and take each other's lives for the sake of war.

A short while after the regression I asked Lizzie what she thought the relevance of recalling that memory might be in connection to her personal life, and her reply was, 'I can conquer all and get over something horrific.'

Again, there is nothing for me to add.

Andrea

Please now welcome Andrea. This regression is presented to you as an essay. As before you will know what I have asked by the things she says.

Andrea experienced a bit of a block to begin with so we used the disassociated TV screen method. Again, this is included for your delectation.

A: I can see a girl playing hopscotch. A little girl. She's wearing a blue dress with an underskirt. She's got red hair tied back: age 6 and happy. She's on the pavement outside houses. The houses are red brick terraced. Now, she's running down the street to her older brother who is calling her. He's picked her up and is spinning her around. She's happy. I can't hear them.

B: You can turn up the volume on the remote control.

A: I can hear them now. Her name is Sarah and he's getting her in for tea. She seems very happy and settled. Her brother is called Michael. Their house is on the same Street. They've gone in the house. The Mum is there wearing a green jumper, brown pants and an apron.

They're sat at the table. Mum is in kitchen and it's all brightly lit. They are having chips for tea and there's chicken in the oven. No Dad. Mum's humming a song. The kids playing at the table. It's a happy house although quite small.

Having their tea now - told to sit down properly. They are eating it quickly. I think it's a weekend. No TV.

I'm in the house with them now. The furniture is plain and there is a kitchen and front dining room. Table, chairs, bookshelf. There is red sauce on the table. It all seems quite old-fashioned - early Sixties.

There are two beds in the brother and sister's room that they share: not tidy, clothes and toys everywhere. It's very small. Just two bedrooms upstairs - I'm going back down. There's a toilet outside at the back. No bathroom but there is a tub in the yard and bucket. It's a small dark yard. It's getting dark now. The house very cramped. They read a lot in the evenings and there are children's annuals.

The Mum reads, sews and knits. I can see Charles Dickens' books and a knitting basket in the corner with needles sticking out and balls of red wool. There's a red jumper half finished for the daughter. Not sure if there's a dad. They don't seem to be expecting anyone as there isn't an extra plate.

B: Forward in time...

A: There's a carnival in the street. There is lots of bunting on the houses. Everyone's out, all the kitchen tables lining the street. Bottles of beer. Celebrating - it's something to do with the

Queen. Blue, white and red. The name Crowther comes into my head. Party now and it's busy. The women are running about bringing out food. Lots of chatting. Children laughing and crying because they don't like getting nudged about. The food is bread, cheese, cakes and stew.

B: Forward in time...

A: There's a clearing of trees. It looks tropical. There's a waterfall. I've got my bikini on and I'm jumping in the water. It's like a deep canyon. I'm about 25. I'm alone at the minute, think I'm on holiday. It might be a jungle. Why am I in a jungle in a bikini?

I'm drying myself down. It's really warm. I'm walking though to some huts. Holiday huts. Definitely on holiday. There's a cocktail for me made by the waiter. It's a very private place. I must have a lot of money. I can see five huts here that belong to different people. There's a man in my bedroom - my lover. I should know his name. He's lying in a towel on the bed just had a swim as well. He's reading a blokey magazine. He's good looking. We're both quite glamorous and wealthy. He's wearing gold. He's rich. Probably there's a lot of stuff I don't need to know about. He doesn't tell me a lot about it. Up to no good. I'm brushing my hair, it's brown and I'm tanned. He's got champagne and mine's a Martini made with fruit. I like it here. We're here for a month. We get away a lot.

Then we go back to London but I'm a bit bored in London. Do you know I don't really think I like him that much. He doesn't like me to do stuff. He just wants me to be glamorous. He's older than me. I lunch a lot in places like the Savoy and posh hotels in London; the Meridian and private clubs. It's boring sometimes though.

B: Forward in time...

A: I'm in Piccadilly Circus, it's all very, very busy. I'm stood in the middle with everything spinning around me - like a whirlwind. I just need to slow it down. I'm sat down now with my head in my hands trying to stop things from going so fast. People are looking at me funny. I think I'm panicking; I'm not sure where I'm going. I've had to stop. There's a man coming over now, an old man. I think he's a newspaper seller. He's grabbing my hand and leading me to where he's got his papers and sitting me on a pile of papers. His hands are on my shoulders. He's saying it's OK. I'm crying. He's looking around for someone to help me.

I'm about 25 to 30, out on my own. I'm feeling better now and drying my eyes. The man's kind he has just got his hand on my shoulder but he's selling a paper. He's acting like it's OK, quite normal, like it's not really any trouble but not really any big deal: like he sees it all the time. I feel a lot better now.

B: Drift forwards a little...

A: I can't get out of Piccadilly. I'm still there; I can see the buildings tall in front. It's dark now, though the lights are on the car seems really fast. They're not really fast it just seems fast. I feel like I'm stuck here: like I'll never get out of here. I think it's the same day. I'm just going to walk across the road. I'm walking down the street, past Starbucks. I still don't know where I'm going. I'll go into Starbucks. I've had enough of not knowing where I'm going. I'll just go and have a coffee. I've been in Starbucks before. I'm getting a newspaper. Don't know which paper but there's been a plane crash. I've just had a horrible thought - thinking that maybe my husband would have been on the plane but I'm not that bothered. Is that awful?

I don't think he was a very good person. He did a lot of travelling. Well, I'll do what I like now. Don't have to lunch with all those silly cows that were his friends. Or the wives of his friends. I feel really happy. I feel terrible. I only feel terrible because I feel really happy.

My phone's going in my bag (she had a 'silent' conversation). He was on the plane. It was my mum on the phone. I wonder how she's got to know before me? I think the police have called her, but they could have called me, they've got my number. Oh well.

I don't know now but I can do anything really can't I? I'm going to be very rich as he'll have left his money to me. I'm a bit worried as well though - who knows where some of it was and what was going on. I just don't know. I think I'll go away for a year - we had no children so I can do what I like.

B: Forwards to near end of life...

A: I'm writing letters, sat at my desk with paper and pens. My hair is tied back long and grey. The room is dark. I'm writing goodbye letters, I'm on my own. Writing to friends.

I think I know I've got an illness but I don't know what. Writing, sorry I have to go, I don't want to leave everybody. I'm a bit muddled. I'd quite like to live a bit longer really. I'm only young still, in my fifties. I've got a nurse and she's younger than me. I'm just in this one room like a study. I can still get about.

I'm just thinking of a song - can't remember who it's by but it's the one about the person that's dying and he says, 'Goodbye my friends it's hard to die when all the birds are singing in the sky'. I feel like writing it in the letter but feel like it's a bit, almost like a joke. My friends would think it was a joke, a bit naff but I still want there to be a bit of humor in there. But, I can't. I'm not sure how I feel. I never did have children; I think I wish I had. I think it's friends I've got more than family. I don't really want to wait though now. There's probably not much for me to do here now. I think I'll end my letters now and then lie down and go to sleep. Not even sure if I'll wake up tomorrow. I'm not in pain.

I've not got long. I think I've got cancer. Whispers - probably because I was glad when my husband died. I don't really feel frightened. The nurse has come in to pull the curtains like any other day. She doesn't stay over. She's going now. I'll just have a drink of water. I feel like I should have a last drink of vodka or something. I've not had anything for ages while I've been ill. But why not now? I wonder if the nurse has got some. I'll have a look in the cupboard. There's some whisky there, a nice one. I think I'll have some and savour it - mmmhhh. Feel a bit woozy now, I've not had a drink for ages. It's quite pleasant. I think I'll just go to sleep.

Then passed away.

B: In peace - knowledge, learning or message?

A: Lots of things: it's important for me to be a free person. I felt guilty because my husband had died but he wasn't a very good person and he didn't really treat me very well and then I was glad to be free of him. But, it would probably have been better if I'd never got in that situation in the first place. I need to trust myself. Trust my own instincts. I don't need to be lost I just need to spend some time thinking about it.

Andrea also kindly shared her thoughts, as follows:

'I think I was a little surprised at my regression, once it had unfolded. The first part, watching the girl and her brother, seeing the street decorated in bunting for the royal celebration (whichever that was!), didn't really mean anything to me. I couldn't make any sense of it, and I was quite glad to move on from it because it was boring me (can you be bored in regression?!).

'However, the second part was more interesting. When I first emerged in a beautiful exotic location, surrounded by tropical plants and trees in the heat, I was quite looking forward to

what may ensue, expecting cocktails and fun with a handsome husband! However, in our beach hut/luxury accommodation, I soon realized that I didn't actually like him all that much and our marriage was a sham! This was a bit of a surprise.

'Moving on in the regression to being in Piccadilly Circus in London, I was having a breakdown by the newspaper seller (who was kind to me). I can only think now this was because I couldn't stand my life with this husband. When I walked on and had a coffee in Starbucks, and read the newspaper, I knew that he'd died on a plane and I was glad. I still am fairly puzzled by the regression.'

'I can only think that it showed me that I do value my freedom and independence, and I would hate to be in a situation that I felt trapped by, such as a shoddy marriage to a man because he is rich! I'm not sure - because I've always known that I value my freedom and independence so that was nothing new to learn. I suppose I've always yearned for a little bit more luxury - although it's not a great deal in my life, but maybe the regression showed me that I wouldn't want this luxury at any price? Which I know as well!'

'I suppose the regression has caused me to ask more questions rather than give me answers, as I don't feel that any answers were apparent for me. Maybe I'm left with wondering just why I was in that position with the rich (then dead) husband.'

'I learned a lot. It's important for me to be a free person. I felt guilty because my husband had died but he wasn't a very good person and he didn't really treat me very well and then I was glad to be free of him. I need to trust myself. Trust my own instincts. I don't need to be lost I just need to spend some time thinking about it.'

'And then how funny - here I say I learned a lot and now I'm not sure what I learned!'

'What this says to me now is something about guilt - I went through a process of being in a position where I could have felt really guilty and didn't as much as maybe I thought I "should have" - is this why I have a tendency to experience guilt now?'

'I'm not as riddled by guilt as a lot of other women.'

'I think it also says something about what matters in life - definitely not being bogged down by material things, because they don't matter if you're not happy.'

Kristian

Please now welcome Kristian.

B: Are you indoors or out doors?

K: Outdoors.

B: Are you alone or with other people - what is happening around you?

K: There are children playing in the woods.

B: Are you in the woods or on the outside of the woods?

K: The edge of a clearing.

B: What are you doing there?

K: Walking back.

B: Walking back to where?

K: Back home.

B: Where have you been?

K: Walking a long way away.

B: How do you feel to be walking back home?

K: Tired but happy.

B: Are you carrying anything, do you have anything with you?

K: Sticks.

B: When you look down at your feet what are you wearing?

K: Furs.

B: Do you have an assortment of fur or a particular fur?

K: Different.

B: And how far away are you from home now?

K: Very close.

B: And, does your home have a place, where is it?

K: In the clearing in the woods.

B: Is there any body waiting for you?

K: Yes lots of people

B: Are they your family?

K: Yes.

B: Who of your family are waiting?

K: My brothers and sister.

B: What is your sister's name?

K: Mira.

B: What's your name?

K: I'm not sure.

B: And the children that are playing, are they children you know? Are they your family?

K: Everybody knows everybody.

B: And do you call people by name?

K: Yes.

B: And do they call you by your name?

K: Yes.

B: As you walk towards your home then, describe to me your home.

K: It's timber and thatch. And it's very strong and surrounded by forest.

B: Does the forest have a name?

K: It's all the forest.

B: What time of year is it?

K: Summer.

B: Is it very warm?

K: Yes.

B: And the children that are playing, what kind of things do they wear? How do they play,

what do they do?

K: They are chasing each other, they are wearing skins.

B: And the sticks that you were carrying, what is the purpose of the sticks?

K: To make arrows.

B: Are they arrows, are they used for hunting?

K: Yes.

B: Hunting animals?

K: Yes.

B: Do you ever have to defend yourself with the use of arrows?

K: Yes.

B: Who do you defend yourself against?

K: Others.

B: Others who mean you harm?

K: Yes.

B: Who are these others?

K: Different people.

B: Do they look differently to you or the same?

K: The same but different.

B: What color are their skins?

K: White.

B: Is your skin white?

K: Yes.

B: What color is your hair?

K: Black.

B: Is it long or short?

K: Long.

B: Do you have hair on your face?

K: Yes.

B: And where are you now?

K: Outside the house.

B: As you go into the house just describe to me what happens?

K: Smoke stings my eyes.

B: Is something cooking?

K: Something is always cooking.

B: What is cooking today?

K: Deer.

B: Who is cooking it?

K: My wife.

B: What is your wife's name?

K: I can't remember.

B: Is she there now - is she pleased to see you?

K: Yes.

B: What is she saying to you?

K: That I have done well.

B: And, how are you feeling?

K: Pleased.

B: Do you have anything else apart from the sticks?

K: Yes.

B: What do you have?

K: My knife.

B: Can you describe your knife?

K: It is well made.

B: Did you make it?

K: No.

B: Who did make it?

K: Another.

B: Do you have people or somebody that have specialist tasks, people who are very good at making things like knives?

K: Yes.

B: And when you eat the deer do you eat with your family and other people?

K: Yes.

B: And do you eat inside the building?

K: Yes inside.

B: What else is in the building?

K: There are skins and beds. And a fireplace.

B: And if you look out from the building or look outside, are there other buildings like that?

K: Three.

B: And who lives in the other buildings?

K: Friends.

B: Can you recall any of their names?

K: Lots of names, yes. I can't remember.

B: Are people known to you, by their first name or do they have a family name or a collective name?

K: Everybody has a name.

B: Do they have one name?

K: Yes.

B: What do people do with their time, how is time used?

K: Busy.

B: Busy doing what?

K: Building, mending, cooking and making things.

B: What things are made?

K: Frames for carrying. A boat.

B: Can you see a newly made boat, or a part-made boat that you could describe to me?

K: Big enough for three or four. And it's heavy.

B: And what is it made from?

K: Wood.

B: Is it all wood?

K: Yes.

B: And are you near to water?

K: We have to pull the boat.

B: And do you pull the boat to a river or is it the sea?

K: A river.

B: And then where would you go to in the boat?

K: Sometimes up the river sometimes down the river, we have other boats.

B: And do you meet other people when you go out on the boat?

K: Not usually, no.

B: Do you go out fishing?

K: Yes.

B: And would you go out one boat at a time or several boats?

K: Just one.

B: I would like for you to drift forward in time a little bit now in this life time, take yourself forward in time now to a significant time and event, a significant event. Just drift forwards in time, just take a moment to get a sense of self and place, and describe to me please what is happening.

K: There's fire. It's bad.

B: Tell me about the fire.

K: It's everywhere.

B: What's happened?

K: The forest is burnt, everything's burnt.

B: What are people doing?

K: They are unhappy and running.

B: How was it burnt, was it an accident, did someone do it?

K: Yes.

B: Who's done it?

K: The others.

B: Have people been hurt?

K: Yes.

B: Have people been killed?

K: Yes.

B: By the fire or by the others?

K: Both.

B: How are your family?

K: They are hurt.

B: And where are you all now?

K: In the village.

B: How's it looking?

K: The roofs are burning.

B: Is there anything you can do?

K: No.

B: Are the others still there?

K: They are running.

B: Where are they running?

K: Anywhere.

B: Are your people fighting them?

K: Yes.

B: What are they using to fight them?

K: Spears and an axe, I haven't got my bow.

B: Where's your bow?

K: I don't know.

B: Oh dear, do you have a knife?

K: No. I don't know where it is.

B: Go beyond this memory now. Go beyond this memory, beyond this event, what is happening?

K: The entire village is gone.

B: Are you OK, are you all right, are you hurt?

K: My left arm hurts.

B: What's the matter with your arm?

K: My arm is cut and I'm burnt from ashes in the face.

B: What about other people in your family?

K: They're all gone, there is lots of pain.

B: Is your wife all right?

K: I don't know where she is, she's not there.

B: What about your brothers and sister?

K: Mira is there, brothers, some.

B: Where you live, is somebody in charge, is there somebody you look to for help or guidance?

K: No. No.

B: When you have to make choices and discussions would you all decide together?

K: Yes.

B: How to behave, how to act?

K: Yes.

B: What will you all now do now that the village is burnt?

K: Leave the place, it's not good.

B: Where will you all go?

K: Another part of the forest.

B: Is that what's happening now?

K: Yes.

B: Is your wife about yet?

K: I think so.

B: She's just busy is she?

There was a pause and then Kristian brought himself out of hypnosis. The following is the discussion that immediately followed:

K: Oh, that's weird, huh.

B: Just take a moment, it's all right.

K: What a peculiar experience (big sigh).

B: Would you like a drink or anything, some water?

K: No, I'm fine, thanks.

B: Have you just made a choice to leave there or have you just spontaneously come back?

K: I just came back.

B: Just think enough is enough, eh?

K: Yes, I still remember that.

B: What are your thoughts?

K: Wow, that's really weird, um?

B: Shall I leave this recording?

K: Yeah, sure. Phew, it's hard to collect my thoughts, really, it's like I just lived through that,

good grief, wow, I'm quite amazed at the power of hypnotherapy. That was a very strange experience. I was aware that I'm still who I am, but I also wasn't here, I was wherever I was. It was very, very odd.

B: How do you feel now?

K: I can still see it actually. I can see the buildings.

B: Are you able to put it into any context of time?

K: Yes. It was a prehistoric experience. Palaeontology is a particular interest for me in life. In fact I've always had an uncanny interest in it. There was no metal - pre-metal.

B: Are we in a chicken and egg situation? How do feel at the moment.

K: I feel a bit light-headed, like part of me is still there.

B: That is because you came back suddenly. Did it just switch off, Kristian?

K: Yes. Whatever was going on there was not good and I didn't want to be there, I'd rather be here.

B: What you can do later, away from here, is thank yourself inside and close it so you have the memories that you choose to recall. And, you may find that later an event in your dreams will lead to more information that will lead to closure on that.

And with that we finished.

Over the years I have heard the same question over and over and frequently get asked, 'Why is everyone famous in their past lives?' I even read as such the other day on a networking forum.

I hadn't actually ever regressed anyone who had been in the public eye in their past until recently, even if they were in this life, but thought it would be reasonable to, as most of us know someone in the limelight or have a friend who might. Can you imagine my excitement when writing this book to not only have King Richard visit, but to then meet Marusja, who agreed to be interviewed?

This is her story.

Marusja

Earlier in my life I lived in California for a long time and I studied psychology. Many of my friends were interested in things such as past life regression and one day we went to a psychic fayre. As I walked through a woman, who used sound tuning symbols to psychically connect, stopped me and said, 'You were Jane Eyre'.

I felt a little worried and told her that was impossible, as that was a work of fiction. Her reply was that she was definitely getting something associated with Jane Eyre.

Throughout my life I have always written: stories, poems, my thoughts and feelings, and often used it as an escape from reality while I was growing up. I used to make miniature books with the tiniest of writing, I still have them actually. I always felt I'd been born into the wrong family - I just didn't feel that I fitted and usually felt unattractive.

When I look back at pictures of myself I am shocked that I had those feelings as I now see a very good-looking young woman. At the time I wanted to hide away.

I was always very good at English, so good that I was excused from wearing the school beret.

A few years ago I had a Canadian friend who was a psychic and channeller, and one day she offered to give me a reading. She reported on three of my past lives. The first revealed me as

one of three reporters who worked on parts of the Bible. In the second I was an elderly man who died with all his writings tucked away in a box, never seeing the light of day. This particularly saddened me as I was beginning to think I was heading the same way.

She then informed me that I was Charlotte Bronte with the instruction that I would write the next book.

The memory of the earlier psychic talking about Jane Eyre popped to the front of my mind and I decided to do a little research and reading. The parallels between her life and mine are amazing.

The Bronte children were avid readers and writers and they created tiny little books with writing and pictures that were minuscule. It was written small enough for the toy soldiers to read while at the same time preventing adults from entering their world.

Charlotte's brother, Branwell, had red hair and died from TB following a relapse in the use of alcohol and opium. My husband had red hair and a similar excessive personality that meant he drank and took drugs. He was a very attractive, charismatic man but his habits forced me to leave.

There are many coincidental threads, including my illness at the same age that Charlotte was when she died. I've no doubt that I will write the sequel.

The average man, who does not know what to do with his life, wants another one which will last forever.

Anatole France (1844 - 1924)

4. Memories R Us

Where do our memories live? If there is a trigger that makes you remember an event or a feeling, where does it come from?

What is the first memory that you can remember? Your birth? I'll guess probably not and surmise even further that the memories that you are consciously aware of are probably from early childhood. But, all our memories are neatly tucked away in our subconscious mind. I have had clients recall their births and some even discussed time in the womb. This is a good reason to keep births as calm and peaceful as possible to prevent the baby picking up any negativity. I haven't carried out any studies, but I have read of people describing events from their womb memory that actually occurred in the way they recalled. In their sessions my clients were in a hypnotic state to enable them to relax into the experience and gain access to their inner mind.

Likewise, remembering past lives becomes easier to do in trance. Sometimes dreams provide the knowledge while others 'know' of their past and have always been aware.

However, memories can just appear seemingly out of the blue and this is called spontaneous recall. Have you ever had a dream suddenly enter your mind when something is said or happens that triggers you to remember it? This is a similar experience but on a grander scale.

Being flooded with information can also happen when in shock, during illness or lost in reverie - strangely the two most emotive events being a church service and a moment of passion, but not necessarily at the same time! I have had quite a few clients describe 'visions' they've had while drifting off during a sermon or when completely lost in pleasure.

Kristian shared this memory.

Many years ago he was travelling home by car when he felt poorly and faint. He pulled over, stopped and then lost awareness of himself. When he came round he was sitting in the cockpit of a B-17 Bomber (Flying Fortress). He described the scene clearly and the memory remains to this day. Just as suddenly he found himself back in the car.

Something triggered that: perhaps the geography of the road, the combination of symptoms he was feeling or just his mood.

The dream state also gives many people information from their past. Jennifer has kindly allowed me to tell you her experience, as follows:

Jennifer

'My most recent lifetime before this one was as a six-year-old boy, or thereabouts. He lived in Amsterdam and was on a bus filled with other children. The city was under intense attack, and much of the city was being bombed. This little boy was caught in an attack, and the bus he was riding on was blown up. He died from a wound to his abdomen.

'His last moments were very clear when they came to me, and it wasn't something I relived

intellectually. I could feel myself looking out at the world through that six-year-old's eyes. I experienced the horrific confusion of being in the midst of the bombings and felt the terrible sadness of being separated from my mother. I didn't know where she was or whether I'd ever see her again.

'Anyway, one particular night I had a dream in which "I" was a young 20-something woman in a bright, pretty dress that was of a style worn by middle-class women in the 1940s. I was somewhat excited because I was with a bunch of people taking a train trip. I had the sense that I wasn't someone who ever had the opportunity to travel and, while I didn't know exactly what was going to happen at my destination, I was excited to be dressed up in my nicest dress and spending time with other well-dressed people. I had the vanity that comes with being that age and wanting to see my image reflected back in other people's eyes. I had the sense of being someone who was bright but not highly intelligent, a nice young woman who had a people-pleasing personality and a somewhat conservative mindset. I was aware of having brown hair and being of medium height.'

'The scene shifted, and I was disembarking with other people in a strange place. There was a flurry of luggage and a large crowd. And that was when the sadness hit. I don't know how much I was aware of at this point, but it suddenly flashed over me that maybe I would never see home again, and that I didn't entirely trust the people who were in charge. And I felt a real wave of sadness about family I'd left back home.'

'That was the end of the dream. It felt like a vision but I couldn't at that time work out what it meant.'

'Some time after this I was listening to Dr Gottleib's radio program and his guests were talking about Holocaust survivors. At that moment the meaning of my dream hit me. I had dreamt about my mother from the life when I was the little boy and I knew she had been taken, never to return, to a concentration camp.'

Jennifer says she doesn't know how she might have had a remote viewing type of dream but the psychic connections remain through subsequent lives. But, she is sure that when that little boy died he was already an orphan and was put on the bus with the other children in an attempt to reach safety.

Pam told me about her memories:

'I am involved in a women's self-development workshop, which I staff from time to time. There are rituals we use which come from Native America and right from the start I felt a "knowing" about these traditions and ways of life.'

'I never studied Native America and so would have no reason to have insight. We also use a technique of calling in our Wise Woman (who really exists as part of our Self) when we need to stand brave in courage, for instance, and for all this time my Wise Woman has come to me as a faceless Native American woman, wrapped in animal skins, feathers, shawls... I have a really clear image of her and, knowing this 'wise woman' is indeed part of me, this got me thinking about reincarnation and the sense that I had been in that life and had brought this wise woman through into my current body.'

'The workshop I do perhaps triggered a memory deep inside my soul. I have another but don't know how this one came about, although I have sensed this longer than the Native American woman. I have never really been interested in history: geography has always been my thing. But, my sense is a specific attraction to 1930s culture. And my senses always bring up images of a house, with a two-seater sports car (like an original Morgan) outside, pearls, Charleston dancing. I am drawn to specific clothing which is from that era. I am quite a logical thinker'

and I like to be able to analyze things and the only conclusion I have for being drawn to this is having been there before. I am not a very religious person, but definitely spiritual believer.'

For others there are physical memories as in scars, birthmarks or discolored skin that in a regression turns out to be a wound from a past life. We can also 'hold on' to emotional and physical memories that might be apparent in ailments that haven't a cause.

As every thought causes a reaction somewhere within us, repeating negative inner dialogues or thoughts can form programs or behavior patterns that become difficult to change.

The physical and mental reactions are the same whether we perceive danger or fear in the 'now', if we imagine something is going to happen or if we mull over experiences from the past. This doesn't even have to be conscious - it can bubble away just below our awareness so we keep on reacting again and again.

If you are holding onto emotional, physical or mental debris, past or not, here are a few symptoms you might encounter.

Head: headaches, vision problems, weak hair, early baldness, sleep difficulties, insomnia.

Face and jaw: congestion, sniffles, jaw clenching, bruxism (teeth grinding) that can lead to TMJ (temporomandibular joint syndrome - a painful condition that can affect the head, face and jaw like neuralgia), dry mouth, excessive swallowing.

Throat: sore throats, painful glands, earaches, difficulty in expressing self - 'holding onto' words, lump in throat feeling.

Neck and shoulders: pain, stiffness, headaches, slumped posture -hunching and round shoulders.

Chest: breast pain, chest pain, breathing difficulties - hyperventilation, lung congestion, asthma, bronchial problems, coughs, heart palpitations, high blood pressure.

Back: aches, disc wear, trapped nerves, sciatica.

Kidneys: 'fluidy', water retention - 'holding on', bed-wetting.

Tummy: indigestion, heartburn, ulcer, loss of or excessive appetite, empty hollow feeling, bloated-ness.

Reproductive system: conception difficulties, cysts, irregular and/or painful periods, excessive bleeding, hormone imbalance, PMS.

Bowels: IBS, spasms, wind, cramps, constipation, diarrhea, hemorrhoids.

Genitals: impotence, vaginismus, inability to reach orgasm, libido loss, thrush.

Hips and thighs: hip tension, sexual problems, low backache, cellulite.

Limbs: aches and pains, arthritis, shakes, jumpy legs.

General: circulation problems, cramps, cold extremities, excessive sweating, low immunity.

The list does not mean that all those problems are only because of stress held from past lives, and I don't want a bunch of neurotic readers with a sore throat thinking they were garroted a few hundred years ago, or any of you with a windy pain thinking you were run through...

Leftover grief, anxieties, injury, memory and such can result in themes of illnesses - back aches or upset tummies, for example. My example demonstrates this perfectly. When I hurt my back in Nottingham I had a prolapsed disc above the previous operation site. I truly believe if I hadn't 'dealt' with the stage fright issue relating to past injury I would probably have been crooked again and would continue to be.

As well as the physical, we can also experience 'feeling' stress: anxieties, fears, insecurities, boredom, and feelings of apathy, depression or helplessness. Unfinished business affects our feelings. Things left undone or words left unsaid. Needing to forgive and seeking forgiveness can also be felt.

We also have 'thought' stress: difficulty concentrating, self-doubts, forgetfulness, confusion, indecisiveness, distractions or monkey brain (where the mind will not switch off - usually at bed-time or in the early hours). These are left over 'should-have' and the 'why didn't I?' type of thoughts.

Then there is behavior stress that is apparent by hyperactivity or slow reactions, extreme tiredness, clumsiness and twitching from repetitive limb movements; tics. Also empty habits such as nail biting and hair pulling that can derive from unchecked stress and can stay for years, lifetimes even.

Women in particular seem to 'hold' on to emotions in their cells that are apparent as unwanted fat and cellulite. Females seem more likely to hold words in - how often have we heard that they keep their mouth shut for a quiet life? Perhaps they didn't keep quiet in the past and suffered. But those words create a reaction: either emotional and/or physical somewhere within, so while word swallowing may help situations for a short while, in the long-term it becomes destructive. And, carrying negativity over several lifetimes isn't good.

Men generally hold on to stress internally, usually around major organs often manifesting visually as the beer belly effect.

Repetitive dreams that are unresolved in daytime thoughts may implicate past life debris and all encompassing unresolved sadness or misery can manifest as depression.

Jenny Smedley's depression ruled her life. She had nightmares involving being raped through to committing suicide. In her dreams she would call out the name 'Ryan' and he would call her 'Madeleine'. She often discussed her dreams with her husband, Tony, and they were both concerned.

Jenny also had constant pain low down on her left side. One day she had an urge to switch on the TV and onto the screen came the country and western singer Garth Brooks. At that moment Jenny experienced the most amazing turn in her life - Garth was in fact Ryan, when she was Madeleine. It was as if she knew all about his character and in that instant her depression was lifted.

Some time after, Jenny recalled during a hypnotic regression that he was Ryan Fitzgerald and she was Madeleine, his wife. Her depression had been a manifestation of grief as their lives had previously been torn apart.

Since that time Jenny has become a songwriter, author, columnist and TV presenter. I recently caught up with her to find out how she is now. This is what she said:

'Following the experience I got a sense of purpose which to me means following my life plan. I believe that when we follow that plan with passion and purpose it seems that doors open and you are given tools to move along. One of the tools I was given was the ability to read people's past lives and I do so in my magazine column. It began gently whereby I would see people but notice that they had different clothes.'

When I mentioned this to some of them they would confirm it and say they'd been regressed and what I was seeing was a past life memory. I can now also read auras remotely.

'I believe that once we get the trigger and focus in our lives we have access to the quantum universe where we can see everyone's energy. It is, then, no different going back on the time-

line to the past than it is going forward.

'Immediately after my experience, I became very happy. It was a complete swing around, from being so depressed that I couldn't see the point in getting up in the mornings to finding absolute pleasure in everything. Even the mundane, like washing up, was enjoyable because I had a sense of wonder glowing inside me and I realized there was so much more to me than I ever thought. We are all here to achieve something. It might be viewed as small, like creating a beautiful garden, to something more like being awarded the Nobel Peace prize.'

'My experience shook my subconscious into locking on to my reality. And for all of us, we just need 'switching' on.'

Millions long for immortality who don't know what to do with themselves on a rainy Sunday afternoon.

Susan Ertz, Anger in the Sky

5. Research Pointers

For many, research isn't necessary as the 'knowing' is all that matters, and when you have that knowledge you may well feel completely satisfied.

You will know from the regressions shared already that sometimes we can't quite get enough information to even make research worthwhile. And, if you imagine your future Self just dropping into yourself now, you might not know very much about the 'you' in the now. The first time I was regressed, when I went back to Louisville, I didn't know how I looked until Valerie suggested I look in the mirror. When I did that I immediately rubbed my tongue over my front teeth to remove a bit of lipstick and marveled at my magnificent bosoms. I had a mind-boggling cleavage, accentuated in a push-me-pull-you corset-dress. Interestingly, Valerie knew exactly how I looked which is why she wanted me to see for myself.

I have been in groups of people in a guided regression and we can sometimes pick up information from others. It is also possible to psychically detect other people's lives as in Jennifer's dream.

Not all of our memories are actually ours: remember back to the cases of panic attacks brought on by seeing another person have one. I have regressed clients and 'seen' very clearly in my mind their descriptions and felt their emotion so vividly it was as if it was mine. We're not always sure who did what in our childhood in this life, let alone previous ones. My children aren't always completely sure who did what when we talk about mischief. Unless they are just passing the buck? Now, there's a thought.

You will find that more information will come to you after any regressions you carry out. Richard, for example, shared that as he was writing his thoughts he was gaining more knowledge. It's like if you write something - you might look at a blank page but once you get going the words flow unbridled as though they were released. Memories are there waiting and when you open the door for them they will burst forth. It might be slow to begin but your patience will be rewarded.

To start with, here are a couple of examples of research carried out.

Research

Mick very generously investigated the memories of Lizzie and Andrea. I didn't do it to avoid any thoughts of bias. I know you wouldn't have any, but some might.

Lizzie's regression was constructed around a reluctant warrior who could have been placed any time between 1119 to mid Tudor, but the most likely era would be in the reign of Richard III.

Lizzie answered 'Richard' when asked who was King (although she later called herself Richard), but which Richard? Trying to narrow the choice of which King Richard, there were several avenues to explore.

A good starting point, as ever, is 'Google'.

'I've got a suit of armor, chains - oh, it's so heavy. I'm wearing a suit of chains.'

The first search for chain mail showed links to historical websites, which agree that chain mail was in use in some form throughout the period. Further searches using Wikipedia for King Richard I, II & III have date ranges for their reigns.

Wikipedia is an open on-line encyclopedia to which entries can be made or edited by just about anyone who can get online. The information can be flawed because of this.

It is a good source to get an overview of anything and specific facts can be checked at other sites. All historic websites agreed date ranges for the 'Richards'.

How might these dates fit in with the other points?

'We are going to the castle, Leeds Castle. Just going home to the castle. They've opened the drawbridge'.

It's fairly certain that the 'Leeds' means Leeds Castle in Kent, as no mention of a castle in Leeds, Yorkshire could be found on websites. Tim Lambert's brief history of Leeds website describes it as 'a small and unimportant town' in the Middle Ages.

Did Leeds Castle have a drawbridge?

Leeds Castle's own web site gives dates of construction and when major changes were made: 'A drawbridge and portcullis where added in 1278'.

This would exclude Richard I as he died as a result of a fatal blow by a youth playing with a crossbow in 1199. On his deathbed he pardoned the boy, but they later hung him anyway.

Although each Richard had issues with the French, Richard I, when he wasn't crusading and being waited for by Robin Hood, spent time in France. He had skirmishes with local lords and seems to have used English troops, but this could not be regarded as war with the French.

Using similar search threads, Richard II seems no more likely a candidate; britannia.com states: 'Edward remarried in 1396, wedding the seven year old Isabella of Valois, daughter of Charles VI of France, to end a further struggle with France'. They mean Richard, not Edward.

This is a good example of the World Wide Web having carelessly recorded information on it. Royal.gov.uk tells us that Richard II regarded himself as King of France and his reign was concurrent with a 28-year truce in the 100 years war with France. So not him then!

Richard III fits the bill for both his dealings with France and Scotland. Richardiii.net is packed full of information with references to its sources. It is interesting that Richard's name was blackened by Tudor propaganda as a hunchbacked bad guy following Henry VII's victory at Bosworth and the death of Richard after only two years on the throne, yet our narrator had nothing disparaging to say of him.

Throughout Richard's short reign 1483-85, there was a constant threat of invasion from Henry Tudor, exiled in France - but a truce with Scotland.

According to btinternet.com's timeline: '1483 rebellion in Kent, Sussex and Cornwall', and, according to Lizzie, 'There's trouble in the West'. In 1485 there was big trouble in the West when Henry Tudor landed in Milford Haven, West Wales, on his way to Bosworth.

As for other specifics: 'There is talk about Chichester - a great fire'. The website british-history.ac.uk tells of a great fire: 'on 5 May 1114, the cathedral and city, it is said, were consumed by fire'. While it doesn't fit with our story so far, it could be another starting point. There were many fires in the Middle Ages and most would be regarded as 'great fires' in the much thatched and timber cities.

To find out more about specific people before the keeping of records of births, marriages and deaths from Lizzie's regression, perhaps a phone call and visit might be a good idea, in this

case to Leeds Castle, and talk to their archivist to find out if there ever was a son called Harold with a mother called Mary living there.

Andrea

Now for Andrea's story.

Andrea's journey into a past life didn't give enough detail to look for specific times, places and people, but there is a timeline that can be investigated.

Her character in the regression says, 'I'm only young still, in my fifties,' at the time of her death. Assuming that is more or less in the present, it would make her birth before 1956 but no earlier than 1946.

Some clues to the date and her age come with the description of the house, 'Seems quite old-fashioned - early Sixties' and 'Celebrating - it's something to do with the Queen'. 1963, being a decade on the throne, was celebrated with street parties. I confirmed the coronation date by checking on Google with interesting snippets on the BBC website.

Later in Andrea's regression, she is in her mid-twenties, on holiday and living a wealthy but boring lifestyle in London.

'I'm walking down the street past Starbucks.' A Google search 'First Starbucks London' gives results with an extract from an article in the Daily Mail, May 2007,

'The first London Starbucks opened its doors on the King's Road, Chelsea, nine years ago'. The earliest this could have been is 1998.

In this part she says 'My phone's going in my bag'. Although bag-sized mobile phones were not that common in 1998, it would be reasonable to assume that being well off she would have one. A Google image search goes to a picture of an early flip phone in an article on BBC online news 'Education Teachers back mobile phone ban' dated July 1998.

Towards the end of this life, Andrea says 'I'm only young still, in my fifties'. This is consistent with the earlier supposed birthday range if we come to the present day (2007).

Just this introduction into researching shows how much we can discover, depending on our start point. If you already have knowledge you might want to begin from there.

I was fortunate enough to speak with Dr Nick Barrett, historian. We started off with general information and then I asked him specifics. I'm 'B' and he is 'N'. Here is the discussion.

B: Can you suggest the best information for anyone wanting to research a regression? We know dates, names and landscape would make a good start, but what else is useful for searching?

N: Always focus on names and dates of events, as well as physical or geographical clues. These can then be followed up in secondary sources, official histories, archives and record offices. Depending on what you've found, you can always start online (Google or Wikipedia for example) and then expand your search into libraries. The British Library in London is the best place to start as it has an unparalleled collection. However, if you have some geographical clues you might also want to head to the nearest local study center or county archive, as they will have specialist collections of books as well as primary source documentation.

B: How would one go about searching for older historical evidence?

N: How old is older? Written official records in the UK start in the Anglo-Saxon period, with

one of the best collections at The National Archives (11th century onwards) though university libraries and museums will also have important documents. Indeed, the museum sector can help with even earlier periods of history, though it is unlikely you'll get names.

B: I would value your thoughts on how people get 'started' and from their starting point how to proceed. Although online seems the obvious starting point, there are limitations for non-experts.

N: Use the Internet to find offline sources, e.g. looking for useful books, then head to the library; read articles to locate key primary sources; go back into the loop once you've found the relevant documents and expand the context of the records by reading around the subject. It's going to be tricky to find a specific person with just a Christian name, so see if you can focus on surnames, dates of events, places - this will determine where you look for information (local, national, specialist).

I then put the following regressions by him to get a research 'start' point:

B: Limited information on a 'working girl' in a Louisville bar at the time of President Lincoln.

N: National Archives and Record Administration (NARA) in Washington DC should hold official records for this period, but depends on what sort of info you have.

B: Names, dates, house name, landscape details in the 18th century, UK.

N: There are no census records this far back, but you might be able to use parish registers or even land tax returns to locate information from an address or name linked to a specific part of the country.

B: No actual names but clear info on landscape, buildings (thatch style) and tools (no metal).

N: Vernacular architecture can limit to a region and time, but beyond that it's going to be difficult to make an effective search without a name.

B: Spontaneous recall - B-17 Bomber parked up - good descriptions of surroundings.

N: It might be possible to investigate the history of a military site, particularly an Airfield, and then track the movements of everyone involved in the missions flown from the base. Records at the National Archives, Kew.

If you are interested in researching your own memories this gives you a fantastic starting point. Please be aware that when you start off it soon becomes fascinating and totally absorbing.

There is a resource list for you to begin your researching at the end of the book.

The average man, who does not know what to do with his life, wants another one which will last forever.

Anatole France (1844 - 1924)

6. Be your own Regressionist

You have now arrived at the bit where you get to discover, remember, or go looking and retrieving, your own memories. As you've been reading this book you might already have had or now have knowledge. Perhaps certain things have seemed familiar to you or you're already more aware of your dreams and any messages you might be receiving.

As thoughts, knowledge and memories are stored in your subconscious mind, that is where you need to go or allow them to come from. In our busy day-to-day lives it can be hard to get hold of information because the conscious mind is active - all the time planning, thinking and doing.

The easiest way to relax the conscious mind to gain entry to the subconscious is with hypnotic meditative relaxation. When you become aware of the ease and normality of these techniques you can use them in all areas of your life and you will find your thoughts become clearer and clearer - whether associated with past lives or life in general.

I would like you to have a clear understanding of the hypnotic, trance and meditative state including the familiarity of it all. You are already an expert; you just don't know it yet.

I will begin by telling you a story.

Once upon a time there was trance. When you lived in a cave dressed in your loincloth you would have been familiar with the experience of trance. The successful hunter would have been more adept by dropping down into a focused state. Tribal and group behavior demonstrates the use of eye fixation, drumming and dancing, and the mind/mental states created are not new. Man has always been 'entrancing'. You can see an excellent example of this if you have ever watched a golf tournament. The audience is mesmerized and behaves as one physically, mentally and emotionally, willing the ball to stay in the air long enough to plop perfectly into the hole, all the time holding the one shared thought: that if they shout out, 'Go in!' it will.

History shows us that the trance state was used by the Ancient Egyptians in sleep temples for healing, as did the Greeks. Yogis, fakirs and shamans also induced trance using various methods but to the same end. Aborigines, American Indians, preachers and lecturers - yes, they all do. Information has always been passed on and down through trance. You only have to peek into any lecture hall to see that. Healing through prayer, hands on, spiritual, chanting, drumming and spell of intent, again, all induce trance. A child's bedtime story is another example.

Even the ringing bells that summon worshipers to church induces the alpha brain wave pattern that denotes a light trance. Several times throughout each day we all slip in and out of different mind states. When we are focused, bored, shocked, mesmerized, excited, or angry we access a different mind state or we drift off and hear phrases like daydreamer, head in the clouds or being elsewhere ('the lights are on but there's no-one in'). There are examples of people doing extraordinary things that afterwards they had no conscious recall of doing. I am sure you know the feeling of being on 'automatic pilot', possibly even saying that phrase

about yourself.

You have no doubt experienced the irritation when supermarkets rearrange the shop in order to 'wake us up' and notice all the wonderful things on offer instead of functioning without thought.

Have you ever driven somewhere or sat on a train and been unable to recall the journey? Can you remember being totally absorbed in a book or film and become oblivious of your surroundings, so much so that maybe you jumped, laughed out loud or even cried? What about when you stop listening to someone talking to you - it's as if you 'zone out' and when your awareness returns you're not sure whether to nod in agreement, laugh or sympathize.

One day I was at Waterloo Station about to step on the escalator when it suddenly stopped. Most people on it stopped as well. It took some by surprise and they had to 'wake up' and decide what to do next. You could almost hear their thoughts and for a few they couldn't quite manage to work out a plan, so they stood still, shrugged their shoulders and waited for it to start up again.

Do you lose yourself in your thoughts? Ever had a song playing repeatedly in your mind? Do you replay situations in your mind or play the 'what ifs'? All these are examples of the everyday trances that we are all familiar with. Some people try to create (believing they will enhance) these experiences by taking drugs such as hallucinogens or using dance, music and light sequences that alter brain wave activity.

If only they knew the secrets you are about to learn they would save themselves a packet and keep their health.

A trance is an experience of some of the things previously described, whereas hypnosis is the induction of a hypnotic trance during which you can decide to rest your conscious mind thereby bypassing to your subconscious mind.

The meditative state, while very similar, varies in that it creates an open-mind focus while the hypnotic state is focus with a narrowing of attention.

Meld them together and you get the blissful open-minded calm focus with the ability to put your attention where you want. All the while having access to your inner you.

I have used the description before as: meditation = flowing out and hypnosis = flowing in. When used together we can just flow.

Using hypnotic meditative states on and by yourself gives you access to your subconscious mind that is usually pretty much ignored while it just gets on with its job, which is to keep us alive and safe. It has no concept of right or wrong, good or bad. It acts automatically on instruction and will make us repeat whatever we practise doing. If we have fears or anxieties they will feed on themselves and become all-powerful. The subconscious mind, in its endeavor to protect, may well remind us of these feelings if it has associated it with an action. Whenever I used to think about flying I would get butterflies. When I used to think about performing I would go through the whole scenario of escaping by swooning.

All this doesn't mean that you can be forced to do things - it does mean you can choose. If you have decided you no longer want to smoke, for example, as soon as the old smoking programs in your subconscious mind are brought up to date with your present desire, you are then a non-smoker with ease.

This is the same with phobias. My fear of flying was created by me holding onto an experience as a child that had nothing to do with flying, but I had attached it to planes and as my imagination is so brilliant I imagined myself into a state of terror.

If you have a desire to look at your past lives your needs will be met when you do so. If you have held on to an emotional memory that isn't serving any purpose likewise you will be able to release it. Any past pain that is part of you now can be set free and you can move forward in your life unshackled.

Brainwaves

Have you ever had a brainwave? Perhaps you might call it a 'eureka' moment, a split second of absolute brilliance; or, an awakening, trigger, light going on, flash of inspiration or a quiet 'aha'?

When you look at past lives you may well get an, 'Oh yes' moment. I did several times!

Your brain is a little hive of electrical activity and it is buzzing away all the time even when you are sleeping. You might be privy to this happening when you remember snippets of goings on in the form of dreams. Or even in the day when you get a seemingly random thought pop into your mind that hasn't anything to do with the moment.

For the more scientific among us, the activity can be measured and described in hertz per second. We have brainwave patterning that denotes the amount of activity we are experiencing. In the normal thinking, sometimes stressful state, we are in beta. If we relax and meditate, we are in alpha (you may have heard the phrase 'hitting the magic alpha'). In this state we are at our creative best. When we are predominantly in alpha our memories are easier to retrieve.

During the state of deep relaxation we go into theta. Here we dream and our imaginations can be vivid. Rapid eye movement (REM) is often occurring as in the dream state. Deep sleep shows the pattern as delta - not much going on just gently ticking over.

We mostly go through beta and alpha during the day and down to delta during the night. If we don't get enough calm or peace through the day by experiencing alpha it becomes hard to rest fully at night. When this happens we wake up feeling un-rested and cluttered with old stress. Over time this becomes habitual and damaging to health.

If you are taking exams or having to remember something you will be most productive and successful in alpha. This is because the conscious mind is not quite so interfering - the subconscious is accessible. People fail exams through being stressed because they are unable to access information that they know they know: the conscious mind gets in the way and stops the flow of answers. They remember everything the minute they leave the exam hall when the pressure is off. Have you ever tried to think of a word or someone's name and the harder you try the more elusive it becomes, but when your mind slows and is occupied elsewhere the answer pops in as if by magic. Any snippets of your past that you have been getting will grow when you become used to the techniques.

Recognizing trances

Try this - have a look around and notice your thoughts. Are you thinking about brainwaves or trying to remember a time when you were trying to remember? Are you wondering if you were a Greek god or goddess? Or, do you already know?

Has the day of the week fallen from your mind? Do you need a drink or a trip to the bathroom? Spend a few moments thinking about something you enjoy doing very much. Really get into the experience and use all your senses to imagine how you feel.

Do you feel any different after? Calmer, happier, invigorated?

Are you aware of the differing states you slip in and out of throughout each day? If you like you could work out exactly how many. Begin to notice the state other people are in.

This is invaluable if you are in sales, as it is no good talking to people if they aren't excited and motivated by your product or service. If they are in a dull mood they will be unimpressed and maybe even irritated. And, if you are boring, they will become bored by you. It is important to be aware of balance - if you are over-enthusiastic and not in rapport, all you will do is make people want to poke you with a sharp stick.

As you begin to people watch you will notice that most are completely absorbed in their own inner world and often oblivious to everything going on around them, apart from those they are interacting with directly. Learning how to get into a connected state with others ensures you can slip into their world. Think then what might happen when you connect with yourself.

Sometimes hypnosis receives bad press because of unscrupulous baddies. Manipulation and cruelty occurs daily - you only have to spend a few minutes reading a newspaper. Secretly people rather like the idea of power and control. Often I have clients ask me to 'make' them do or stop doing something and I often hear, 'Put me under your power'. The most relevant to this is the one who said, 'Take me to a previous incarnation!'

Very few suggest we do it together or ask if I can be their guide or assistant. They want to relinquish themselves and some are disappointed when I explain the normality of the experience, feeling almost cheated or deprived. All this though is another experience of programming. Even children play the hypnotist and say things like 'you are in my power. Sleep. You are going under. Give me your pin number?'

Senses

When you decide on a course of action how do you carry it out? Think about reversing the car into a parking space. Imagine that you had to describe it to an alien who could understand your language but who had no concept of cars, driving or roads. Consider other things that you do - crossing the road, using tools, changing a baby's nappy - things we do without thought but difficult to describe. And yet you can carry out many tasks at the same time quite safely without having to consider how. In fact, if you thought about it all too much it is unlikely you would ever do it again.

Remember the last time you went out for a meal. Did you know immediately what you wanted to order, or did you have to read the menu, think about the choices or maybe get advice from the waiter and allow his descriptions to entice and sway your decision - tempting your taste buds? If you think about flavors do you begin to actually taste them and remember when you last ate something that tasted of, say, garlic, hot and spicy or maybe sweet?

Do you talk to yourself or think things through? Would you have a discussion in your mind about the flavors of the food on offer or would you picture it in your mind? Have you noticed that most pudding menus have pictures to tempt you? If you were to think about opening a big new jar of pickled onions, getting one out and eating it, what happens to you? What about slicing and sucking a thick juicy slice of a lemon? Are you salivating? Can you smell or taste it? And what is happening when you do that? Are you aware, conscious, or is it something else?

There are lots of people who complain about their thoughts and the way they behave as if they are not really part of them and they have come from somewhere outside of themselves. You may hear people say things like, 'I can't stop thinking about so and so', or 'I've got no will power', or 'Every time I try to stop smoking (or similar) I can't stop thinking about it'. Ask any dieter what they spend their time thinking about. The answer will be food and what they or someone else has told them they are not allowed to eat. The more importance put on not having something, the more desperate the need becomes. If you have gone without in a past life, for example food, love or comfort, you may well be obsessive about it in this life.

How and why do we do all these things? Where does the information come from?

The knowledge that enables you 'to operate' is stored very conveniently in your subconscious mind. So when you make a conscious decision to do something, i.e. 'I want to make a cup of tea', your subconscious mind makes a quick check to see if you have done it before and then it uses the stored information to enable you to brew up.

This process happens with everything we do. Crossing a road, knowing not to stick our hands into flames, driving and all the hundreds of things we do everyday.

How we regard our subconscious is personal - I have worked with people who regard theirs as a computer, others who see it like a filing cabinet, tree of life, big box or maybe an instruction manual. The last in that list makes me think of what do we usually do with instruction manuals? Lose them, ignore them or throw them away.

The more we do something or the more emotion we put into it, the more familiar it becomes. Phobias typically take hold because of the powerful emotion going on at the time they were created. The fear of spiders, for example, is usually programmed during childhood when someone, usually an adult and most often a parent, screams in terror and is frozen to the spot, runs away or kills the spider. The child learns that spiders must have an amazing power or be very dangerous and therefore it is important to hold on to the fear to keep safe. In adulthood the logical mind can know it is irrational but that doesn't make the slightest difference.

We learn, it is stored, and we can then do things automatically without having to relearn regardless of whether it is something constructive or something debilitating. All this carries on until we want to alter something, at which point the subconscious mind seems to do all it can to prevent change. It doesn't want to let go of something that you have put so much focus and energy in creating.

If we are trying to change a habit, success is much more likely to happen if we are excited and motivated about the change. Something very simple like putting your keys in a different place can cause all sorts of problems and irritations because we suddenly have to 'think' instead of just getting them automatically, whereas changing something that is emotive is even harder than key storage because of that extra energy invested.

Smoking is hard to stop because smokers are fearful of life without their cigarettes and they believe they won't be able to cope or manage. This is the message that is constantly broadcast and that fear is stronger than the prospect of ill health through smoking.

Sometimes when people have phobias they are fearful of not having that fear anymore so remaining phobic is the better option. As soon as something changes we have to demonstrate that we can do the very thing we were afraid of, whether that is getting on a plane, have a spider walk up your arm or manage without forty a day.

When I was scared of flying I would do anything to avoid travelling and missed out on a lot of experiences, but when given the opportunity to be free from it I had to really think hard about whether I really wanted it to go. I knew that if I said everything was all right I would then have to get on a plane and prove it. This made me doubt myself and I played the 'what ifs'. You know the game? What if I only think it's OK? What if I am OK going but not when coming back? What if, what if, what if? I then rethought it all. What if I actually could get on a plane and enjoy myself? What if I could have the freedom to travel? What if I had the opportunity to see the world and meet many wonderful people?

At this point I realized that we have choices and that we can talk ourselves into and out of

success with ease. When I was struggling with my stage fright, again I had a choice. Either I could deal with it or I could not.

This is where you are now. Having choices. If you want to visit somewhere, you don't need a reason you can just choose. If your journey takes you through time and you are ready to be a past life tourist, this is where you get on.

Language of the subconscious - internal imagery and self-talk

Our subconscious mind seems to be a law unto itself, doesn't it? Many believe that is where our 'will' lives. Do you know anyone with amazing willpower or someone without any? What makes one different from the other?

The one that seems to have the willpower is the one with the belief in their abilities, but what is this thing called will?

If we break it down it becomes the power of will. Surely that means that if you want to do or change something, then you will. So that's easy, you can now just stop smoking, stop being scared, overeating, getting stressed or anything else that is bothering you. Except will often doesn't want to. There is something else going on.

Emotions get in the way, including other people's emotions. Reactions and behaviors are in the subconscious so does that mean that will is in fact in the conscious mind?

Often people tell me they have had their habit for so long because they haven't any will power. So the want is conscious but the action is subconscious - yes/no? Is there something you want to change or that you have been trying to change? Can you think through why you can or why you can't?

It is because of the internal naming system that we use: the inner programs that run us or that we run. One person is struck with terror at the prospect of public speaking while another is thrilled and excited and craves to be vocal.

My 'fear' of flying changed when it got a different name that I felt completely happy with. My response to the feelings then changed. Whereas in the past I felt sick, had tummy ache and hurt all over with my new program, these reactions became excitement and that wonderful feeling of not being able to wait. The rumbling of the plane at takeoff became thrilling instead of terrifying. The view out of the window was extraordinary. I had been unable to look before without feeling sick. Until that moment of change, I could come up with many reasons, or excuses, to not let it go. When the desire became so strong it overruled and that was it - time to be free.

Visiting the past can be like clearing out a cupboard. When you have something shiny and new you can throw away the old, scruffy broken stuff. But sometimes even after we have got the replacement we still hold onto the old stuff just 'in case'. Lots of us hoard negative memories and outdated emotions just as we do kettles and pieces of paper. We might be holding old grudges, dislike of others, scary attractions or crushes.

As every thought causes a reaction somewhere within us, repeating negative inner dialogues or thoughts can form programs that become difficult to change. It is because of the effect that continual stress has on our bodies (this includes the mind) that we must do something about it before serious damage becomes permanent.

Our stress mechanisms - physical, mental and emotional - are the same now as they were when we ran about dressed in loincloths and lived in caves, the flight or fight response. Eat or be eaten.

The physical and mental reactions are the same whether we perceive danger or fear in the

'now', if we imagine something is going to happen or if we mull over experiences from the past. I realize that you might not have any issues whatsoever, but over the years I have learnt (the hard way or, should I say, the challenging way) that it is best to be aware and prepared. If all is hunky-dory with you, and I really hope it is, you can use all your newfound knowledge to help someone else.

Before we set off, please give yourself a quick scan. This is a bit like checking the oil, water and tyre pressures, only without getting mucky. You might like to make a note of anything at all that comes to your mind, even if it doesn't seem to make sense or hold any relevance.

Be aware of people who you are in contact with who might be depleting your resources. Even though we all want to appear nice and liked, most of us know people who act like leeches - draining us or using us. You might not be aware but if you think about your friends you will know which ones make you feel good, your true friends. This might be apparent in the feeling of unconditional love or that they always leave you with a feeling of contentment.

Think of those you love, care about and admire. Think of friends who you always enjoy seeing with, regardless of whatever else might be going on. Be aware of whom you would contact in an emergency or that person you know you can rely on come what may (it is quite likely that these people are soul mates).

Now think of people you instantly felt comfortable with as if you'd always known them the moment you met. Have you ever fallen in love in a split second or felt a wave of familiarity to someone?

Now that you are ready and prepared, here are various techniques for you to try out. You may find you like them all, or you have a preference to one or the other. It may be that different methods reap varying rewards. Information might begin to become apparent in dreams that you can use as a starting point, or if you use another method successfully your dreams might complete your journey.

Dreams

If you don't remember your dreams, start to have a pen and paper next to you and when you wake, either during the night or first thing in the morning, immediately write down your thoughts. It doesn't matter whether it makes sense at first; soon it will. You might not even remember that you penned a message to yourself until you read it, but after a while it will become second nature and a pattern will form, even if you write in code or symbols that your sleeping mind understands. A voice recorder works perfectly as well to store your dreams, but if you share a bedroom it might be best to warn your partner; in case they think you've lost the plot or that you're giving them a running commentary on your night-time activities.

Instructing yourself about wanting to have memories come to you in your sleep is the first step. This can be as direct as you like. Focus your mind and your thoughts on time periods, places, feelings, desire to explore or whatever feels comfortable. Or use direct suggestion to yourself, 'Subconscious, as I sleep please bring to my awareness memories from my past lives in my dreams'. Of course, you may prefer a different instruction, for example, 'Let me dream of the past' or similar.

Another option is to meditate during the day and instruct or ask for dream memories, as the subconscious mind is happy when tasked. Generally when my clients have been regressed they often get more awareness during their dreams.

If you believe you are holding onto an emotion attached to your past, put your awareness there as you drift off and expect the answers you are seeking to come to you. You could try, if you like, focusing your thoughts on wherever you think you might have a past life memory

you wish to retrieve, in a similar way to daydreaming except the intention is to fall asleep with the scenes from your inner movie mind playing.

A nifty little way to fall asleep, while thinking about the journey you wish to take, is to stare straight ahead. Of course it will be dark so you aren't actually looking at anything, just staring. After a while you may notice you can't quite tell if your eyes are open or closed or you might fall asleep before that happens.

Before doing this, as with any other method, remind yourself that you are safe and that you are just observing - trust that your own inner healing mechanisms will work for you at all times.

As you continue to read this, you may mix and match the other techniques for your sleep dreams.

Although you are making use of your dreams and sleep, there are two very wonderful natural hypnotic states that happen to us all. They are the hypnagogic and hypnopompic sleep states. What fantastic words they both are. They refer to that little twilight zone, seconds before falling asleep, and that cosy first few awakening moments. We often have brainwaves, amazing thoughts and intense feelings of exhilaration during these times.

Daydreams

It is possible to daydream into your memories if you aren't too distracted by your environment or thoughts, and this will often induce a relaxed state that you can then drift into fully. You can pick a starting point for yourself and then allow your thoughts to free flow to wherever your mind takes you.

Say, for example, you think you have an association with a particular person or time period. Begin by imagining that - create a picture in your mind of how you would have dressed, where you might have been and who you would have been with or known. This is just the jump off point to get you going.

Imagine then that you are a casual observer and allow the images to unfold to you as you sink into the experience. Please don't be concerned if you think you are making it all up, as you most likely will be in the beginning. The idea is to awaken your subconscious memories by giving them a helping hand.

Pendulum

I mention this part before the hypnotic meditation, as some of you will prefer it, while others might use both together.

There are some very beautiful pendulums available to buy, but it is fine to make one: it can be as complex as you like - with beads, stones, a chain or a ring on a bit of string or necklace.

In the first instance you need to 'tune in' to your pendulum by holding it for a while in your less dominant hand until it feels just right. If it is bought and has a bead at the top hold this in your dominant hand. If it is a homemade version, drape the chain or thread over your fingers while keeping hold of the end so the pendulum part can move freely.

In your mind or out loud, say, 'Show me a yes' and then wait and notice which way it moves. It might swing, spin, vibrate or be still. But, when you sense that you know, ask it to then show you a no. Yes and no is enough, but sometimes the answer might not be available and so in those instances a not at this time movement might be pertinent.

When you are ready, all you need to do is ask questions and the pendulum will respond. It reacts to minuscule triggers, signals and messages from your subconscious mind and your

hardest job will be to trust it. This method might seem slow at first, but like everything the more you do it the easier and quicker it will become.

To get started ask general questions like, 'Am I a man (or woman)?' 'Am I blonde?' 'Am I addicted to cheese?' etc and you'll ascertain how the pendulum works for you. In between your probings, gently rest it on your other hand for it to still and settle.

For past life questions you can follow the plan that comes later or make your own.

Hypnotic Meditation

We automatically drift into a trancelike state if we do anything repetitive or boring. When we concentrate, fix our attention or bombard ourselves with too much information, then away we go.

Hypnosis is a recognized discipline within the medical and complementary therapy fields. People from all walks of life use it for as many different reasons that you can think of. These range from stress management to creating abundance, phobia removal to past life healing, along with everything in between. Although it is not a panacea for all ailments, it is quite probably the best tool you can have at your disposal in preparation for anything life may throw your way.

Millions on a daily basis practise meditation worldwide: for many it is their way of life and they couldn't do without it, but when you combine the disciplines together it gets even better.

From reading the previous chapter you now know about different states of mind, so all that is left for you to do is learn how to let out your expertise.

Sometimes when people first start trying out hypnotic or meditative techniques they think they 'can't' do it or they haven't 'got' there. If you experience these thoughts, I want to assure you that very soon you will recognize your own individual trance states in the same way that you are aware of all your other states. It will become as obvious and natural to you as it really is.

Preparing for your sessions

Some people like to dim the lights and use candles, joss sticks and soporific music while others like darkness, silence and no smells. There are those who enjoy a meditative place like woodland, for example, and I know of several who snuggle into bed.

A walking meditation doesn't need to be excluded as it is entirely up to you how associated you are with your experiences and it is then like a controlled daydream.

You do whatever you prefer - drum to your own rhythm - rule free. But most importantly, have fun with it, enjoy the bliss and reap the benefits.

Choices you may want to consider

1. Write notes or key points to trigger your actions or include these if you are preparing a recording. Think of your desires and then create a representative symbol that you recall during your session. Read through, then remember how to induce trance. Record your instructions and play them back to yourself.
2. Prepare a 'seek mission' beforehand. Say your plan, write it or think it. As you read through the inductions you will notice that some are more suited to a read 'script' while others are easy to remember and then just 'do'.
3. First we have the induction. This is a state of wakeful relaxation for some, a focused mind in others or a bit of both. Your experience may vary depending on your mood, tiredness levels and what your goal might be.

4. Methodically using rhythm of words, breathing, sounds or experiences, or through 'overloading' the mind with instructions as well as under-stimulation by focusing on one 'sound' or thought, are all natural ways that you can use in a controlled way.
5. The next bit is deepening. This isn't always necessary as it depends on the induction, how deep you choose to go or if you are just having a quickie: for instant calm or perkiness. When you have learnt the techniques you may well want to explore other things such as inner peace or pain removal, for example. The techniques are variable, plus you can mix and match, and you are free to create your own versions, as it is fun to try out different ways. Visualization, counting down, creating the sensation of sinking, drifting or floating, imagining walking down steps or stairs all create excellent results.
6. The deepening is followed by your 'session' that you either gently float into or as a definite step or stage in your process. This part will vary depending on whether you are using a script or going into an emotion as the starting point of your regression or progression.
7. Lastly is the finishing off and 'awakening'. Although this is a misnomer as you aren't actually asleep, it tends to be the best word rather than coming back, returning or arousal. You do this by counting, having an alarm, just awakening or, if you like, after you've had a little snooze.

Inductions

Inducing a hypnotic meditative state is more successful if it is personal to the way you think and process information. If you were told to picture a beautiful day and you don't particularly see images in your mind, you may be disappointed and think you can't do it. A good way to cover all eventualities is to use 'see, sense or imagine'.

Better than that, though, is to pay attention to your inner processes and use the induction that suits you the best. If you are:

Visual - you see pictures in your mind. They are usually in color and are most often moving pictures. Do you see what I mean?

Auditory - you hear your inner voice; you self-talk instruction or you have a running commentary going. Are you hearing me?

Kinaesthetic - you feel experiences and emotions attached to incidents and memories. You may take longer to respond to questions because you have to remember the feeling. How does that feel?

I have also included the following and will explain why after.

Gustatory - taste. Are your experiences flavorsome?

Olfactory - the smell has it. Did you slow down and smell the flowers?

I have included these as I once did a whole course of hypnotherapy with a woman who only used her sense of smell. It was a challenge but we managed. Most people are bits of all the above, but a few are more dominant in one or another.

We all operate in cycles and rhythms so please remember this when creating your inductions: the waves lapping on the shore in time with your breathing, slowly breathing in and out – in and out – in and out. Gently rocking, sinking, drifting, or whatever terminology you are using.

Methods to try

Progressive relaxation

This is useful to learn and experience because of its stress reducing properties and healing.

Make yourself comfortable with your arms and legs uncrossed. Focus your attention on your feet and imagine they are relaxing. Focus on all the muscles in and around your feet and allow them to rest. Now, do the same with your ankles and calf muscles.

Do this slowly in a controlled way, right up your body until you reach the top of your head. If you are very tired or stressed you might fall asleep, and if you have difficulties dropping off to sleep this technique it may help.

Some instructions for this suggest that you clench and relax each muscle as you go. I personally think this is unnecessary and it might disturb your rhythm if you suddenly have a little discomfort anywhere that you were unaware of before. A tight muscle is a tense one and this is far from our aim.

You can imagine each body part resting, or say the instruction to yourself as you go, 'My feet are relaxing', 'My ankles are relaxing', 'My calves are relaxing' and so on.

Counting techniques

In your mind, count (see, imagine, sense) backwards from 100, rhythmically in time with your breathing, and relax a little with each number. You might like to say to yourself after each number, 'relax', 'deeper and deeper', 'calm' or a word that you associate with being relaxed. Do this until you lose count or forget where you've got to and can't be bothered to start over.

Count to yourself: 1, 2, 3, 1, 2, 3, 1, 2, 3 over and over and try to prevent thoughts nipping in between the numbers. If they do manage to squeeze in, say the numbers quicker so they are closer together. The aim is to only have the numbers in your head with big gaps between them, but it may happen that you forget where you are or forget to remember to count.

Eyes

Fix your eyes on a spot slightly above your natural line of sight. Breathe into that spot and imagine there is nothing else but that spot. You may find that your eyes get tired and want to close: if so, let them. Or, you might end up not being sure whether your eyes are open or closed. Years ago I worked with a young tennis player who described his trance as having his eyes open on the outside but closed on the inside during the game but when resting it was the other way round.

A quick way to trigger relaxation is to roll your eyes up as high as possible without making them uncomfortable as you breathe in and let them gently close as you breathe out. Repeat this twice more and after the third imagine or pretend your eyes are so relaxed they can't be bothered to open. When you feel that, just let the relaxation spread, flow and ooze all over, in and through you as you relax more and more deeply with each breath.

Scripts

Here are a couple of scripts that you may wish to play around with and jiggle to personalize to your desires. Pause at the ellipses regardless of whether you are recording your instructions to yourself or just carrying it out. I am aware that they are grammatically incorrect but that is the nature of the hypnotic beast.

They can work perfectly well as reading meditations; you can just ignore the bit that says close your eyes, unless you want to read first and then when you are ready close your eyes and take yourself on your trip.

Make yourself cozy and comfortable.

Take a slow breath in and, as you breathe out, you may let your eyes gently close or wait a while until you feel ready to close them.

Begin to notice your breathing... You don't need to alter your breathing pattern - just breathe gently and regularly, noticing how you feel as you breathe if you feel differently when you breathe in to when you breathe out - allowing yourself to become more restful each time you breathe out.

Begin to notice thoughts in your mind... Thoughts coming and going. Some thoughts staying awhile and some being sorted or filed before you notice them.

Become aware of noises and sounds coming and going. From now on during this meditation just ignore all sounds that you hear while you are resting, apart from an emergency; just remind your mind that you are relaxing more and more.

Now, think about your feelings - in your mind and in your body. Feel those feelings - feelings of tension can begin to be replaced by calmness.

Thoughts come and go... Sounds come and go. Feelings come and go...

Breathing regular and slow - as you relax deeply into yourself where all is well.

Put your awareness now into your hands? Notice how they are feeling - if they are warm, cool, heavy or light. Imagine how your hands would feel if they were completely relaxed. Only you know how your relaxed hands feel.

And all the while, thoughts coming and going. Sounds coming and going. Feelings coming and going.

Breathing regular and slowing.

Think now about how your feet are feeling. Notice if they are warm, cool heavy or light. If they feel the same as your hands.

While you are thinking about your feet, allow your hands to relax... Only you know how your relaxed feet feel.

And all the while, thoughts coming and going. Sounds coming and going. Feelings coming and going...

Breathing regular and slowing.

Focus your attention now on the back of your neck. Imagine your feet are relaxing the same as your hands. Relaxing more each time you breathe out.

And now slowly and gently allow the relaxation in your hands begin to flow up now into your arms? At the same time the relaxation in your feet can spread up your legs.

Resting... Slowing... Calm and comfortable.

That restful feeling can spread now from your arms, across your shoulders and down your back. At the same time from your legs feel it flowing up, up though your hips, pelvic area, tummy and chest.

Calm peaceful waves of peace and relaxation flowing through your whole being.

All that relaxation can flow up now through into your neck, up the back of your head and through your face, eyes forehead and scalp.

And now... slowly, gently but very thoroughly back down your body like little waves on the sand.

Calm... Peaceful... Relaxed... Soothed. Taking yourself down inside yourself to where you

feel comfortable. That cozy feeling way down deep inside - where all is well. This is your time now - time for you.

Any tensions, anxieties, worries or fears are mentally massaged away. Draining away from you.

As you relax, more and more deeply, I am going to count from one to ten and you can allow the passing numbers to help you to rest even more... even more...

One, resting – relaxing...

Two, breathing gently... relaxing more and more with every breath... with every gentle beat of your heart...

Three, feel your whole being soothed... caressed in peace...

Four, breathe away any tensions or anxieties...

Five, rest... relax... calm...

Six, calm... breathing easy... soothed...

Seven, resting more and more deeply...

Eight, inner peace washing over you and through you... calm... peaceful... relaxed...

Nine, each breath taking you deeper and deeper into calm and peace...

Ten, continuing to relax...

Special place

Now, in your mind, create a special place. It can be somewhere that you know or somewhere that you make up. It can be inside or out. Use your imagination as best you can. Have your special place exactly as you like; colors, textures ,everything perfect.

All that matters is that this special place is yours - it belongs to you. You choose who or what you have there. Relax now in that special place within you, that you are now in. Spend some time looking around and enjoy the feelings and inner contentment.

When you are in your special place, all is well. You can begin to release anything that isn't serving a purpose and you discover that you can make choices and experience freedom.

Spend some time now in your special place and know that you can return whenever you want.

Your thoughts can be clear, calm and focused and whenever you think of your special place your mind replicates calmness.

You can now become aware of your desires and goals, and your inner mind is now creating the programs for you to achieve exactly as you wish. Create it now in your mind.

Fill yourself with success.

You can visit your special place if you want to relax, if you are looking for answers, or for no other reason than it is lovely.

Find somewhere now where you can rest - a chair, hammock, bed and snuggle down into slumber. In this special relaxation your mind is able to access anything that you desire; ideas, memories, plans, goals, anything.

From here you can rest, continue your journey, sleep or gently awaken.

Relax along a rainbow

This method makes use of colors and anything you may associate with each one. As your awareness is in each color, focus on the sensations you experience and specifically what you might want to happen in any particular area of your body. Release any and all anxieties and tensions into each color.

Imagine a rainbow floating in front of you. See the colors swirling and flowing and notice each color become clearer.

The separating colors of the rainbow are becoming clearer and clearer - notice the red, orange, yellow, green, blue, indigo and violet. All the colors are going to flow through you so that you can experience the calming power of each color.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the red of the rainbow flow in and through your legs as you feel at ease. Allow the red color to swirl around you and feel it in and around your legs, bathing them in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the orange of the rainbow flow in and through your pelvic area. Allow the orange color to swirl around you and feel it in and around your pelvic area, bathing you in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the yellow of the rainbow flow in and through your tummy. Allow the yellow color to swirl around you and feel it in and around your tummy, bathing you in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the green of the rainbow flow in and through your heart. Allow the green color to swirl around you and feel it in and around your heart, bathing you in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the blue of the rainbow flow in and through your throat. Allow the blue color to swirl around you and feel it in and around your throat, bathing you in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the indigo of the rainbow flow in and through forehead just above your eyes. Allow the indigo color to swirl around you and feel it in and around your eyes, bathing them in comfort.

Imagine yourself sinking a little deeper into comfort as you think, sense and feel the violet of the rainbow flow in and through your head. Allow the violet color to swirl around you and feel it in and around your head, bathing you in comfort... Spend some time enjoying the colors as they dance and swirl in and around you. Notice you can direct thoughts, calmness, relaxation and inner healing power to wherever you desire.

Allow the power of the colors to continue to work their magic. Become aware of one particular color that you associate with comfort and focus your mind on that color. Be soothed, peaceful, relaxed.

Just by thinking, saying or hearing this color reminds your mind that you can rest into comfort.

And as before, from here you can rest, continue on your journey, sleep or gently awaken.

Here is a complete journey that is taken from my downloadable mediation. At all times you are in control and you will get the most benefit if you use your imagination as best as you can. If I ask you to look at something and you aren't physically seeing anything, just use your senses and imagine what you might see, hear, feel, taste, smell or sense.

Okay. Get cozy and make sure you are warm enough. This meditation is gentle and calming. To begin, you will physically relax and then as your mind rests you will be able to focus your

thoughts more and more to retrieve your memories. From now on during this process, all noises and sounds that you hear, apart from an emergency, just remind your mind that you're relaxing. If you need to awaken you can do so at any time. But, for now...

Let's begin. Imagine that as you are breathing - gentle calming waves of relaxation are rhythmically flowing through you.

Beginning at your feet. As you breathe in, imagine the feeling of relaxation flowing into your feet. Really get into the rhythm as you gently breathe in and out, the relaxation washes through, in and over you like waves on the sand. With each breath the waves flow higher... your breathing controls your relaxation. As you breathe out fully you rest even more, even more. Allow the wave to flow now...to your knees... thighs... hips... tummy... chest... up your back... neck... shoulders... everything resting, slowing down and now the calm and spread up into your face and head.

And now... slowly, gently but very thoroughly, back down your body like little waves on the sand.

Calm. Peaceful. Relaxed. Soothed. Taking yourself down inside yourself to where you feel comfortable. That cozy feeling way down deep inside, where all is well. This is your time now - time for you.

Any tensions, anxieties, worries or fears are mentally massaged away. Draining away from you.

Think about floating with relaxation as you sink deeper...

As you relax more and more deeply I am going to count from one to ten and you can allow the passing numbers to help you to rest even more...even more...

One, resting...relaxing

Two, breathing gently... relaxing more and more with every breath - with every gentle beat of your heart

Three, be soothed... caressed in peace?

Four, breathe away any tensions or anxieties

Five, rest-relax-calm

Six, calm... breathing easy... soothed

Seven, resting more and more deeply

Eight, inner peace washing over you and through you.. calm... peaceful... relaxed

Nine, each breath taking you deeper and deeper into calm and peace

Ten, continuing to relax

And now - in your mind create a special place. It can be somewhere that you know or somewhere that you make up. It can be inside or out. Use your imagination as best you can. Have your special place exactly as you like; colors -textures - everything perfect.

All that matters is that this special place is yours - it belongs to you. You choose who or what you have there. Relaxing now, in that special place within you, that you are now in. Spend some time looking around. Enjoy the feelings and inner contentment.

When you are in your special place, all is well. Your thoughts can be clear, calm and focused and whenever you think of your special place your mind replicates calmness.

You can visit your special place if you want to relax, if you are looking for answers, or for no

reason other than that it is lovely.

In your special place there is a door that leads outside. The door is only there when you want it to be there.

Go to the door now, and if it is closed gently push it open and step through it, onto the small safe step that leads onto the bridge of time. You are safe and in control as we slowly cross over the bridge to your past. Sense the swirling pale blue mist that you are walking through and pause when you are half way.

Now slowly continue over the bridge and notice that the mist is gently clearing on the other side. As you step off the bridge you have travelled back in time to a memory of significance in one of your past lives. Take a moment and wait for the mist to clear.

Take your time and get your bearings.

Allow yourself to tune in to where you are. Remember you are just looking... in a safe, detached way.

Begin to notice things now - are you inside or outside? Is it quiet or is there noise? Are you male or female? What season is it? You can explore while I continue to prompt your thoughts, but you don't particularly need to listen to me.

Become aware of your thoughts and feelings associated with whatever you experience. Are there other people about? What are you wearing - can you sense colors, textures, temperature? Do you know your name?

Take your time to really allow your senses to detect everything. If there are other people about, are they familiar to you?

Now you can travel in time through the memory to events or happenings that are relevant to you. Perhaps you are receiving an answer or an indication of why something is as it is. Do not be concerned if the chronological order of time is muddled - you will be able to sort through later and it will make sense.

If you are seeking something in particular that you would like resolved, go now to the time where that answer awaits. You are safe and detached. If you are not seeking anything in particular, just explore.

Gather the information you desire, but know you don't have to do it all in one go, and it may well be that knowledge comes to you in your daydreams or dreams of the night.

If you find an emotion attached to a memory that isn't useful or productive, detach from it now. In your mind acknowledge it, thank your mind for enabling you to discover this and then imagine separating from that emotion. Knowledge is very valuable and often just knowing is all that we need.

Take yourself now to near the end of that life. Become aware of all that is happening. Your location, your thoughts, feelings, emotions. Are you alone or with others? What is happening around you?

Now go beyond the moment of passing from that life - be free. Sense the clearness. Look or think back to that life you've just been recalling and know that there is an important message or learning for you. Wait until you have that valuable insight?

You will bring that back with you. Be peaceful and restored.

It is time for you to return now. Find yourself back on the bridge of time and slowly cross back towards now. Feel safe and calm. As you step off the bridge, leave the past where it belongs - in the past - just a memory like any other memory. Keep hold of the valuable

message that you have.

Come back through the door and into your special place. Find somewhere to rest while you assimilate whatever you have gathered.

Make sure all your inner filing is done and know that you can return whenever you choose or you may retrieve other memories.

It is now time to awaken - bring yourself awake as I count from ten to one.

Ten, nine, eight, seven, six, five, four - more and more awake - three, two, one. Eyes open and have a stretch.

Let your thoughts clear.

Thank you for taking this journey with me. You may find you recall snippets of memory throughout the day or dreams of the night. The process can take you as long as you like.

When you create your own journey you might like to consider that you go into a memory through a tunnel, pass through a cloud, watch a clock's hand turning backwards or you just arrive - perhaps on the count of three. For example, 'On the count of three I will be in the memory of one of my past lives? one, two three!'

If you are very kinaesthetic you can sink into a memory by focusing on a part of your body where you might be holding a memory or an emotion.

I once watched a regression whereby someone had stiff arthritic hands. By only thinking about his hands, any messages they might have for him he recalled hanging on to a ledge while trying to escape with his life from a traumatic event. He didn't share anything else but immediately felt relief in his discomfort.

You can try the more direct approach as well. For example, 'Subconscious, please show me the reason for my panic attacks, fear of water, men in hats...' or whatever.

As I said before, always remind yourself you are safe to begin and make sure you are finished at the end. If you feel fuzzy or muddled, take a quiet moment while your subconscious carries out its filing and sorting.

The Journey Planner or the past life protocol

Regardless of whether you are touring or seeking a solution, it is best to stick to a plan. I have included my plans for the regressions that I carried out in the exact order so you know how I do it.

The client arrives and we discuss their ideas and thoughts about regression generally - your equivalent is reading this book along with you answering your own questions as you've progressed.

I ask about any previous experience they may have including dreams, spontaneous memory and holding patterns. We discuss these but do not analyze. The process is explained along with the method of inducing a relaxed state. As the hypnotic meditation is pretty straightforward everyone understands what will occur.

When we are ready for their journey I ensure they are completely satisfied with the plan, and I begin the induction followed by the deepener.

They are then taken to their special place and through the door, pass over the bridge of time, through the blue mist - the remainder is as per the script.

Creating your own special place is a valuable tool to have. As well as being your own Regressionist, you can use the techniques for all sorts of reasons: reducing stress, healing,

sleeping well and self-therapy.

Research questions for PLR

If you particularly want to do some research, here are some things for you to be aware of during your regression. Some of the answers you will already know, others you may have to look for even though you might not always find the answers the first time. You will perhaps have other thoughts and ideas if you are seeking something in particular. You can guide without leading.

Married - maiden name/own name/known as

Most important building/place/person

Who you are dependent on/or on you

Senses of taste, smell, sounds

When - season/date/year

How/where travelling

What is to left/right

Where water/food

Time of day/night

Where - location

Any fears

Pleasures

Weather

Children

Food

Sex

Age

And then all you need to do is put it all together! There are various scripts for you to try out later.

The best way to predict the future is to invent it.

Alan Kay

7. Future Lives

We have touched on the possibility of progressing to the future in this life, but I have also had people travel to far future lives.

When we look forward we may well be glimpsing a mind creation, as it projects a possibility rather than inevitability by using what is known now. We can then make choices in our actions if we don't like what we see.

If we can travel back in time can we also go forward? Can we visit what hasn't happened?

For those who like to be mind boggled, how about the thought that it is all happening at once anyway and there is no past or future, just the now? Depending where you are in the world at

this moment, for some it is yesterday while others are in tomorrow.

Is the future already planned, waiting for us to take up our role and place, or are probabilities of what might or might not happen changing by the minute? If we alter something does it have a knock-on effect? Possibly. If you heal from a childhood trauma, changes occur in your 'now' which then creates ripples that then affects people around you. We all live in causality, so everything we do causes an effect in us, others and our environment.

My client, who was moving to Spain, wanted to know the outcome. Who knows whether her wishful thinking created the success - her hard work definitely did, but when she came to me she was nervous about the potential effect on herself and family. From that viewpoint I would have expected her to make a negative future picture as a possible escape. Miserable negative people expect the worse and inevitably get it. Their language is, 'I knew it would go wrong. Nothing ever goes right for me'. It is the same story again. The only difference is, it hasn't happened yet.

Andrea experienced a regression and progression for a magazine feature. In her past life she was a patient in a mental hospital recovering from a breakdown. We then worked our way forward and she visited her son's wedding. When we are looking forward are we actually creating it, or only our expectation and therefore result?

To finish, Andrea went to a future life where she found herself working as a brain surgeon, or doctor of the head, with the name of Doctor Blake. At the time of the progression she/he was aged in the mid-forties and on a ward round. The post carried, or will carry if we're being pedantic, a lot of responsibility.

From one to another the contrast was clear. She felt helpless in the past and then moved on to being strong with many responsibilities taking care of those with vulnerabilities. Andrea was able to 'chat' with Doctor Blake and get some advice for her present Self. Coincidentally (if there is such a thing), in this life she is interested in everything relating to the head and healing.

Did her past trigger the route to her doctor persona via her fascination with psychology, or is it a metaphor of extremes? Does it matter?

After Lizzie's regression, she travelled forward to a time whereby, after much sadness, she was sitting on a Welsh mountain recovering and planning for her future. The amazing thing about this particular case is that it has now happened exactly as she saw.

I think it's rather a nice touch to visit the future as an end to visiting the past or vice versa.

Denise Linn describes in her book, *Past Lives, Present Dreams*, how as a small child she had felt a sense of someone being present when there was no one actually there. Thirty years later she took herself back in time to visit her childhood and to offer love and support to herself as a child. She wrote, 'Not only had I travelled back and visited my younger self (sic), but as a small child I remembered the visit!'

Richard Craze had spent time mooting the possibility of leaving a legacy for his future Self that lead him on an amazing story, whereby he discovered historical facts about his home and many threads tied neatly together. During one of his regressions he discovered that his past Self had attempted to travel forwards in time using ether and he had come face to face and met himself. The past traveller coming forwards was very shocked by this because it had actually worked. This aroused Richard's interest in the subject matter even more and so he decided to go forwards. The following is taken from his book, with kind permission of Roni.

'I'm in a room, a very, very white room. I am in it and watching me in it at the same time. It is

like an operating theatre, but it isn't, it's very, very white.

'There's something - ahh - this hurts, they have put some thing here (pointing to behind right ear), something here, this ridge behind my ear, there is something in there, an electrode, an implant or something. It is something new - I don't know...

'White desks, and on the desks there are things like computers but they are not computers, the keyboards are too big, they are almost oval - big. And the keys aren't keys, they are colors and something else - symbols, I can't see and there is no screen and there is nothing else, just keyboards. Four rows of keys, the top keys are colors and then the symbols not on the keys, they are above the keys. They are like 3D keys, you have to put your fingers through the symbols to operate the key, and the keys are flat, strange, and, very strange.

'They know what I am trying to do.

'I am very young. They don't think I can do this. They are surprised when I say I can do this and now they know I can. I've told them what I am doing and they were expecting this, expecting me.

'I'm getting a lot of information that I do not understand. They are talking to me in data.

'They say - oh it's something to do with dream research and the name "Metis". Metis is doing this consciously. He is giving them his dream. They are monitoring his dream, my dream, our dream.'

The notes written by the therapist after his session were thus:

'You described yourself as very young (13-14) - blond, humorous and laughing. Wearing a white shirt and white trousers, very casual. The room felt white. You were teaching them to use - cross between keyboard and organ keys.

Metis was not your name - he is Metis, doing Metis. Metis wanted to know what my computer was. Don't need that stuff to do what you want to do.

Given this opportunity just once will not be allowed to return.'

Is your mind boggling? Would you like a little more?

In 2005 I was involved in an idea for Discovery Science and a film crew toddled over to film a future life progression. I did a couple and Joylina was sweet enough to send her thoughts, as follows.

Recollections of Future Life Progression

'I drifted gently for a while in a kind of limbo which was really nice, full of love, and went into the future and found myself on a planet which was full of only feminine energy - the individual souls, i.e. individual people, were all female and we worked together as a group beaming feminine energy into the universe. It was to balance the universe but there was another planet somewhere else that was working with masculine energy. Our role was to keep the universe in balance between the two energies.

'It was really interesting there; the light was ever changing through the different colors of the rainbow, but was very muted as if it was all dark as well, yet the colors were there in a kind of swirling kaleidoscope. They faded, they went from one color to another, whichever one seemed to be needed most to keep this balance that was the main purpose of being there. It was very strange because I was aware of my own individual soul, if you like, and energy, but I was also aware of being part of the larger group. I could move in and out of being one and being part of the whole at will.

'I was aware that I had no body, I was pure energy but there was a sort of container -

containing the energy until I joined with the others. We did get time off but it was more around when the extra energy was necessary.

'It was a really pleasant feeling, very caring, very much being a part of something, whereas I think in this life I have always kept myself very much out of groups and alone. This was very much being part of a whole.'

'Another thing I was very aware of, was that though I did not seem to have a body, I could teleport to wherever I wanted. If I thought of something, I would instantly be there in a different space. There was no walking, no floating. It was instantaneous like teleportation. It was the same with the energy as a group; we would just focus on different parts of the universe and the energy would follow. Also I seemed to be aware instantly of where it would be necessary to send the energy and when. It was as if part of me just knew. I came into my mind or realization without conscious thought or scanning of the universe.'

'There was as background hum of this feminine energy being beamed out but if something started to go out of balance we would just change part of the focus. It was if it was just part of a subset and move it to a different area, a different direction of the universe wherever it was needed.'

'I was certainly very happy and felt what I was doing was important and I didn't really want to come back. It's quite nice to know that at some point in the future that's the sort of thing I will be doing. Certainly that there is definitely life after death, if you like, but I was aware of that anyway, and have always been since I was a very small child, believed and known that there is something after death.'

'I think the other thing that was most striking was that there was a tremendous amount of just general acceptance and knowledge, an inner knowing, of what is and that everything is good. Yes there is negative energy, but it's balanced and the negative energy was purely for people to experience rather than the fact that it is malignant of its own free will - it's not - it is just about people (or species) being negative as humans and as other species on different planets, but generally the main energy was just good and love and acceptance.'

'There was no judgment on that planet at that time and I got a sense that there is no judgment in the universe either, it was just experience and those colors were quite extraordinary, incredibly vibrant at the same time as being muted, really weird. I know it sounds strange because of the contradictions, but then the universe and life does seem to be made of many paradoxes - good and bad - light and dark - joy and sorrow, etc.'

Would you like to visit your future? You will soon.

Not only is the universe stranger than we imagine, it is stranger than we can imagine. Sir Arthur Eddington (1882 - 1944)

8. Scripts

Here is an ensemble of scripts and ideas for you to use as inspiration or to trigger your creative juices. There is no definitive right or wrong way. Remember that you own your memories, whether they are in the past or future, but the words you use to get them should be in the language in which you are fluent. By this I mean don't address yourself in flowery romance or rhyming slang if you haven't got a didgeridoo (clue) what it means.

Exceptions - if you are working with someone else, either on your past or theirs, guide rather than lead in the questioning. From the regressions you will see that asking either, or types of, question is fine. For example, 'Is it hot or cold?' If it isn't either, the subconscious will reply to such. It is important to not jump ahead or assume something is there. An example would be finding yourself in a kitchen and assuming there is a table.

The questions would be, 'What is in the room?' Not, 'Can you see the kitchen table?' Or, 'Tell me what's on the table', unless you have ascertained there is in fact a table.

A guiding question is, 'In the kitchen is there a table or anything similar?'

Let's talk about dates and time-span. I was once regressing a man, with a group of onlookers. He was working very hard on a building and told me it was about 200 BC. Well, we almost had a riot. Predictably and correctly the group couldn't understand how anyone would know that such dates existed if they were living then. We maintain the knowledge that we know now so he was able to deduce the most likely time.

Often, clients will have a running commentary with themselves while some are totally absorbed and know more afterwards.

James was describing his time in the war and, without any discussion with me, gabbled away for about five minutes saying to himself things like, 'That isn't right. Surely that won't work.' But the best was, 'Cor blimey, O'Reilly, who would have thought that would be a success?' At that point he had merged his past and present Self.

It might be that they need to 'think' through the experience or wait for more information to become apparent.

I will also mention amnesia before I forget. It is rare, in my experience, for anyone to completely forget their whole regression. When people are working together they might not want to share out loud if they find themselves in a compromising situation, with someone they know in this life, during a past memory. You might look at your wife a little differently if you recognize her as your child or discover your most hated teacher at school was once your lover. It is most likely you will spot people you know from your soul group, but if you don't that's OK too.

If you are recording your instructions you must decide whether you address yourself as 'you' or 'I'. I think it is easier to not work in the first person unless you are daydreaming and free-flowing, as otherwise it doesn't always make sense.

Your Most Perfect Life

Instruct yourself that you are going to travel back in time to one of your perfect lives. The meaning of perfect is very personal, but it will be special to your past Self even if your

present Self doesn't quite 'get it'. Sometimes it takes a while for a semblance of reason to appear and we are often given examples to help us balance.

Here is a very general script for you to play with, with guidance along the way. Use your favorite induction and deepener, or this one.

Make yourself cozy, comfortable and warm, ensuring that you will be undisturbed. Count rhythmically as you breathe in and try to breathe out for a little longer. Breathe in 1 2 3 and out 1 2 3 and repeat.

Keep it easy and restful (gasping or choking is not good!), gently sinking into comfort is what we're after. If you prefer to slow count, that works very well. Breathe in 1 2 3 and out 1 2 3 and so on... slowly... gently...

You will reach a point whereby your breathing is perfectly coordinated with your relaxing and you don't need to bother or remember to count. It is natural and peaceful.

Inwardly scan yourself for any tensions, anxieties, worries or fears and mentally massage and soothe them away with your breathing and inner peace.

Create the sensation of sinking deeper into comfort by imagining it is happening or count, imagine steps, an escalator, floating on water or floating upwards. Sinking down while imagining that you are floating up has a hypnotic effect very quickly.

Contradictory self-instruction is very powerful in the world of hypnotic mediation. Sinking down as I float higher, the higher I float the deeper I relax... mmm, bliss!

Be in your special place and spend time making it all exactly as you like. Colors, textures, sensations - make everything just so. Imagine a time portal that you feel compelled to pass through; be as vivid as you like. It might be a swirling ball of light and movement, a doorway or lift even. Personalize it totally. This is all about you, and as the language of the subconscious mind is imagery, let yours flow unbridled.

As you go through the gateway, feel that you are leaving the present behind for a while as you take yourself on a journey to the past.

Use whatever sense you like - all of them if you choose - and just allow yourself to drift into your memories as they awaken for you. Be comfortable all the time.

As always you can be as associated or as disassociated as you prefer. Spend as much time as you wish in your perfect life, just observing or gathering information. When it is time for you return, you can come back into the present time remembering all you choose.

Then awaken in your preferred way.

If you really want to be completely disassociated it can sometimes be easier to start off in a detached way, as follows. In your special place you have a television and you have the remote control.

Choosing whichever way you prefer, you can put in a DVD or just have your life you are visiting on the screen. As you have the remote you are only observing and you have the ultimate protection or security: the off button.

It is unlikely you will want to switch off but it is a good way to end your session.

During Andrea's regression we set off but then she wanted to come back to her special place, where she felt secure, and we used the TV method. When she couldn't hear what was being said she adjusted the volume. After a little while she felt more comfortable and did associate herself in the experience, but you may decide whether you do or not.

Please play around with your own scripts and try them out, recorded or written. It is fine to test out alone or with friends. You may find that you end up in the same past life as whoever you are with and then you can compare notes.

You will get answers to questions you did and didn't know you had. It happens every time.

If you take a while to get warmed up in the practice of regressing, don't be concerned. It might be that you are trying too hard. Just tell yourself you are happy to experience whatever and you will relax into it.

Here is information for you using chakras as the starting point. It is similar to the earlier color meditation, but more defined.

The word 'chakra' is the Sanskrit term for wheel. We tend to think about, balance and heal the seven main ones. They are the body mind link: the energy centers of your life force and if you are feeling off color, balance or kilter, it is because your chakras are blocked or mucky. I think of them as the crossover point of the physical to the etheric where you could be in either/or, or both.

As an aside, I see auras. The colors that I see emanate from the chakras, so if I see a mucky blue I know that the person has throat issues, for example.

You will notice as you read through, the similarities to the holding pattern list from earlier, but I'm sharing this as a clear method for you to use. Understanding your own chakras will help you and in turn, if you wish, you can help others.

You can probably feel if you are off balance - whether emotionally, physically or mentally.

The seven main chakras for our purpose are as follows.

The base is Red and is responsible for grounding, stability, stamina, motivation, self-confidence, drive, passion, and excitement.

The sacral is Orange and is responsible for joy, respect for oneself, release (of stored negativity), creativity, cheer, pick-me-up and happiness.

The solar plexus is Yellow and is responsible for cleansing: physical, emotional and spiritual, happiness, feeling uplifted, ego, strength of will (power), energy, focus, enthusiasm and self-worth.

The heart is Green and is responsible for balance, harmony, inner peace, abundance, love for yourself and others, release of heart related emotions: grief, unrequited love, new growth, starts and beginnings.

The throat is Blue and is responsible for the release of physical tension, communication, peace, healing, honesty, calming, cleansing and the ability to express oneself and one's needs.

The brow (3rd eye) is Indigo and is responsible for wisdom, protection, vision of the psyche, responsibility, understanding, seeking, power.

The crown is Violet/white and is responsible for clarity of mind, clearing negativity, being at one with the universal energy and pure thought (pure as in clear, not as in not mucky).

The easiest way to balance and discover if you have past life issues stored on a cellular or psyche level is actually to whip out your pendulum, but if you would rather not a meditative technique will work.

If you are using a pendulum on yourself just hold it comfortably over your lap or other hand and focus your mind on each chakra in turn, starting at the base. Again, before you begin, set your intent by thinking or saying to yourself, 'As I work through my chakras, any of my past

lives that would be useful for me to know about can come to me.'

The aim is to have it turning in your yes, or positive, direction. At the same time clear your mind and allow any imagery from the past to come to your awareness, maybe in thoughts, pictures or symbols.

If you notice anything negative in your feelings, imagery or the pendulum movement, wait for it to clear and change to a positive direction. Also notice the imagery and know that even if it doesn't make sense during this exercise, it will do either in your dreams or during another meditation.

Perhaps nothing at all will happen until afterwards, when you notice your thoughts are focusing on something in particular or a certain color keeps appearing.

Jesse felt 'blocked' in her red and orange chakras. There were no imagery or particular thoughts to accompany the sensation. She described it as a feeling of being clogged up or congested. For days afterwards she had urges to eat oranges and bought an orange jumper (unheard of), she also noticed the color red everywhere: cars clothes, furnishings. After a week or so she began to dream and slowly but surely pieced together her story.

In a past life her husband had an affair while she and he were hoping for a baby. The other woman got pregnant and that is when she discovered his adultery. She was from a rich important family and 'they' paid off the other woman (or perhaps frightened her) into disappearing with the child and beat the husband severely with the threat of hobbling his legs if he contacted the mistress or ever strayed again. They also said if he left his wife they would attack the child.

None of this made Jesse happy. She felt sad for him when she realized that he had really loved the other woman and that he only remained with her under duress. She was upset that he never saw the child and wept that the child didn't know who he was. As it all became clearer she felt much better. Months after, she told me she'd always had achy, jumpy legs and hormone problems. All this was becoming better. After so much sadness and grief, we visited a perfect life and she found herself playing happily on a boat with her two brothers. They were the husband and other woman from the sad life.

Sometimes soul groups just have to work things out and go through stuff. It is unlikely any of this would have come up if she hadn't had problems that needed dealing with and it all worked out perfectly in the end.

If you are working with someone else it is best if they lie down while you hold the pendulum over each chakra. Ask them to focus on each color and notice anything that comes to their mind. You may find, now that your skills are awakening, that you get imagery and ideas relating to them, their health and their past or future lives. What you do with it all is up to you.

If there is negativity anywhere, wait for the pendulum to change to the positive direction. You might like to discuss beforehand if there are any issues. It is always best to ask, as we must never assume we know what is best and we must never inflict ourselves on people.

Issues

If you come across a problem or something that needs healing in any of your or other people's regressions, here are some techniques that I know work very well.

I will do it in the way I deal with actual problems, but you will see how the methods can be changed to suit the situation.

Mary always chose to have relationships with abusive men and went from one miserable

relationship to another. If there had been an award for attracting mean men, she would have won it. Her regression revealed that she had accidentally killed her husband when he tried to save her from a fall. They were high up on a cliff and he grabbed her as she stumbled, but missed and fell onto the rocks.

Was she punishing herself in this life, was she not worthy of a happy life?

In the regression she spoke to him after he had passed, and he explained to her that he in no way blamed her for his death. He knew it was an accident and he told her to let go of the unresolved grief.

She is now happily married to a lovely kind man and they even enjoy cliff walks.

Jim was fed up with neck pain and insomnia that was put down to stress. In his regression he was hanged and, although cut down, he wasn't quite dead. He hung on for a long time believing that if he fell asleep he would die.

I suggested to him that letting go in death and sleep were very different and we changed his memory slightly, in that he rewrote it so he died before he was cut down.

Immediately following his session his pain began to subside and he was able to sleep.

Oh, I hear you saying, is that allowed? Can we change events to suit ourselves? Does that mean we can rewrite history? No, I don't think so. But, we can change our interpretation of events and happenings and make them more comfortable, and therefore release anything that isn't serving a positive purpose.

Elise wanted a have a baby very much but was terrified to even try to get pregnant. She recalled having a forced botched abortion in a past life. Her explaining to the baby what had happened and how sorry she was completed her healing and release. As the trauma was released, so were her fears.

Peter was terrified of water, but his wife wanted them to go sailing together. His previous Self remembered being sent to Australia as a prisoner for a crime he didn't commit. He was distraught at leaving his family and spent the whole journey sick. All he did to release the trauma was to forgive those who condemned him. He realized that they did what they believed was right, given the evidence available, and in that moment he knew he didn't need to continue to hold on to the fears any more. His family hadn't blamed him as they knew he was innocent and they survived. He is now a happy sailor and his wife is thrilled.

If you find something you don't like, what would make it more bearable? Think about how you might advise a friend who was going through a similar experience. What would you suggest to someone who was suffering?

The You in the 'now' can always advise or share knowledge with the 'past' You, and likewise the 'past' You can do the same. Work together and all will be well.

This might all seem very simple. Let me assure you - it is!

Don't over complicate things. If you make a mess you clear it up. If you cut yourself, you clean it and put a dollop of cream or a plaster on it. If you pick at it the healing is delayed and you end up with a scar. It is exactly the same with past lives, as in the reality of day-to-day living.

Forgiving, releasing without blame and accepting freedom is your right. Holding onto guilt is never productive and usually debilitating, causing illness or disease over time.

Future scripts

Going forwards is almost the same as going back. You are just travelling to another time.

This method is a good place to start.

Relax. By now I'm sure you are an expert, but if you are only going forward until you find reverse use one of the inductions and deepeners included in this book.

Then either imagine the bridge of time, but now it is to the future, or a gateway to take you forward. Or you may prefer to create or pre-plan your whole journey.

From your special place you can go to wherever you choose. There is a special lift that travels through time and as you can step into the lift your journey begins. You feel calm and comfortable. The movement of the lift is subtle and it will travel in the direction that is right for you. When you arrive in your future the doors open and you step out into a beautiful place of brightness and peace. Directly in front of you is a door to the library of all.

As you enter the door you notice the shelves are lined with books, except one book which is ready for you on the table. Sit down and just allow the images to float up from the book. This is your book. It contains everything about you. Your past, present and future. In here are answers, ideas, suggestions, solutions, experiences, everything.

You may only look in your own book and you must treat it with utmost respect. A lot of information will come to you quickly and you might not assimilate it until you have returned to the present. When it is time you can either find yourself back here, in your special place, or return in the lift.

If you wish to go into a future life you can use the same technique but set your intent differently at the beginning. Another way is to prepare a complete journey beforehand and then take yourself on it.

Here is an example. Relax, etc. On your journey you are walking along a path. It is your life path and if you stand still you know your past is one way and your future is another. After a while the path widens and you come to a crossroads or signpost. One of the signs points to the future. Go that way and you find yourself easily and gently going into a future life. Just go and look. Watch it unfold. You can ask the future you for advice or suggestions, or anything you might wish to know that might be useful now.

As always go with the flow and allow what will be to be. Don't stop to analyze what is happening or you might get analysis paralysis and feel stuck or trapped.

If you wish, you can remain completely detached and just be a casual observer of yourself by using the TV technique. Everything you have learnt can be mixed and matched, jiggled or rewritten, edited, chopped, increased or used verbatim.

In your planning stage before you regress or progress you might like to think about yourself and note your likes and dislikes.

Be aware of the following:

Times in history you are interested in or already know about

Food types or styles that you enjoy

Things that make you happy

Places you feel drawn to

People you admire

Styles of clothes

Your job or career

Or, the type of work you are attracted towards

As you become more experienced you can then check out things that aren't quite so good, such as:

Tasks or a job that drives you to distraction

People you dislike or who irritate you

Things that made you sad or fearful

Food you dislike or refuse to try

Places you loathe

I'll briefly share what occasionally happens when people unearth an emotional attachment to a memory - it is called an abreaction.

These emotional outbursts are always much worse for the onlooker than the person experiencing it. Some people sob seemingly uncontrollably while others maybe shake. They sometimes occur during a 'healing crisis' - the mass clear-out before the healing moment of freedom. It might seem strange to have crisis and healing in the same sentence, but in China the word weiji means 'crisis and opportunity'.

If you have one yourself, my advice is to let it out - think of it as the opening of a dam's valve. The flowing out is generating powerful energy for good.

If you are with someone who abreacts, just talk to them softly and assuredly until it passes. When they are calm, a stillness of serenity will come over them that is truly thrilling to witness.

After every experience, past or future, ensure you are perfectly grounded. You can do this easily just by stamping or rubbing your feet on the ground or, if you prefer, imagine you have roots that go down from you into the earth.

Carry out a mundane grounding task like making a drink or food to eat, or even something like washing up, and you will easily be fully aware in yourself in the here and now.

With regressions and progressions it is useful to make notes as, even though we think we'll remember it all, we don't. Recording becomes second nature and some people keep a time travel journal that they put everything into like a scrapbook.

So, now you can explore and if necessary heal or repair your past. You know how to visit your future so what is left?

How about designing your perfect life?

Scripts - for use verbatim

If you don't want to create your own scripts, here are some that you can use without changing anything. They are suitable for you to read, record or have read to you. Enjoy.

Significant life

Make yourself cozy and comfortable.

Take a slow breath in and, as you breathe out, let your eyes gently close.

Begin to notice your breathing. You don't need to alter your breathing pattern. Just breathe gently and regularly, noticing how you feel as you breathe? if you feel differently when you breathe in to when you breathe out? allowing yourself to become more restful each time you breathe out.

Begin to notice thoughts in your mind, thoughts coming and going. Some thoughts staying

awhile and some being sorted or filed before you notice them?

Become aware of noises and sounds coming and going. From now on during this meditation, all sounds that you hear while you are resting, apart from an emergency, just remind your mind that you are relaxing more and more?

Now, think about your feelings - in your mind and in your body. Feel those feelings? feelings of tension can begin to be replaced by calmness?

Thoughts come and go... Sounds come and go... Feelings come and go...

Breathing regular and slow as you relax deeply into yourself where all is well.

Put your awareness now into your hands. Notice how they are feeling - if they are warm, cool, heavy or light. Imagine how your hands would feel if they were completely relaxed. Only you know how your relaxed hands feel.

And all the while, thoughts coming and going. Sounds coming and going.

Feelings coming and going. Breathing regular and slowing.

Think now about how your feet are feeling. Notice if they are warm, cool heavy or light. If they feel the same as your hands.

While you are thinking about your feet allow your hands to relax... Only you know how your relaxed feet feel.

And all the while, thoughts coming and going. Sounds coming and going. Feelings coming and going. Breathing regular and slowing.

Focus your attention now on the back of your neck. Imagine your feet can relax the same as your hands. Relaxing more each time you breathe out.

Now slowly and gently allow the relaxation in your hands begin to flow up now into your arms. At the same time the relaxation in your feet can spread up your legs.

Resting. Slowing... Calm and comfortable.

That restful feeling can spread now from your arms, across your shoulders and down your back. From your legs feel it flowing up, up though your hips, pelvic area tummy and chest.

Calm peaceful waves of peace and relaxation flowing through your whole being.

All that relaxation can flow up now through into your neck, up the back of your head and through your face, eyes forehead and scalp. And now slowly, gently but very thoroughly, back down your body like little waves on the sand.

Calm. Peaceful... Relaxed... Soothed... Taking yourself down inside yourself to where you feel comfortable. That cozy feeling way down deep inside, where all is well. This is your time now - time for you.

Any tensions, anxieties, worries or fears are mentally massaged away. Draining away from you.

As you relax, more and more deeply, I am going to count from one to ten and you can allow the passing numbers to help you to rest even more... even more...

One, resting, relaxing

Two, breathing gently relaxing more and more with every breath... with every gentle beat of your heart.

Three, feel your whole being soothed, caressed in peace

Four, breathe away any tensions or anxieties

Five, rest, relax, calm

Six, calm, breathing easy, soothed,

Seven, resting more and more deeply,

Eight, inner peace washing over you and through you, calm, peaceful, relaxed

Nine, each breath taking you deeper and deeper into calm and peace,

Ten, continuing to relax,

And now, in your mind create a special place. It can be somewhere that you know or somewhere that you make up. It can be inside or out. Use your imagination as best you can.

Have your special place exactly as you like? Colors, textures everything perfect?

All that matters is that this special place is yours - it belongs to you. You choose who or what you have there. Relaxing now in that special place within you that you are now in. Spend some time looking around? Enjoy the feelings and inner contentment.

When you are in your special place, all is well. You can begin to release anything that isn't serving a purpose and you discover that you can make choices and experience freedom.

Spend some time now in your special place and know that you can return whenever you want.

Your thoughts can be clear, calm and focused and whenever you think of your special place your mind replicates calmness.

You can now become aware of your desires and goals and your inner mind is now creating the programs for you to achieve exactly as you wish. Create it now in your mind. Fill yourself with success.

You can visit your special place if you want to relax - if you are looking for answers - or for no reason other than it is lovely.

Find somewhere now where you can rest - a chair, hammock, bed - and snuggle down into slumber. In this special relaxation your mind is able to access anything that you desire: ideas, memories, plans, goals – anything.

Now, as you relax deeper and deeper, you are going on a journey, a journey into one of your past lives. When you are in a deep meditative state you can access memories from your subconscious mind - memories that will help you now in this life... by giving you an understanding or answers that you are seeking.

When you are remembering your past life you have a sense of detachment but with a deep understanding of self.

Trust that your subconscious mind protects you at all times. This journey is going to be to a past life where the memories you retrieve are useful and beneficial - a significant life.

Imagine now that you are bathed in a blue mist and you are standing on a low safe bridge. The mist of time is comforting and protecting, you feel safe and cared for. The mist is all around you while you slowly cross the bridge. This is the bridge to your past.

Pause for a moment when you get about two thirds over the bridge while the mist clears a little and as it begins to clear a little on the side of the bridge that you are walking towards, you notice the light changing. It is a welcoming glow that you feel drawn towards, you feel excited as you now continue to walk over the bridge into a life from your past - a significant

life.

Step off the bridge now directly into your past. Take a few moments to adjust while the remainder of the mist clears.

When it has cleared begin to make mental notes. Look down at your feet and get a feeling of your age and notice if you have anything on your feet. Are you a male or female? Notice the ground beneath your feet to see whether you are inside or out?

Now look at your legs and up your body? What are you wearing? Make a mental note of colors, textures, the feeling of the material? Whether you are warm or cool? What color your skin is?

Look if are wearing or are adorned with any jewelry, anything on your head or anything in your hands? Look at your entire person and get a feeling of self.

Now begin to have a good look at your surroundings? Are you alone? If there are people about, who are they? What do you see? Hear? Feel? Think? Get a full sense of what you are doing. Where you are or where you are going? Are you aware of your name? Perhaps someone speaks to you and calls your name?

Get a sense of time. The season, maybe the year.

In a moment you are going to move to a time in this life of an important event or happening. I will count to three and it will then be just before this important event - one... two... three.

Wait a moment to get your bearings. Get a clear understanding of what is occurring. Your involvement, your role, your experience.

Allow these memories to flow without interruption or interpretation. There is a reason that you have recalled this memory and you start to become aware of that reason now.

Let your thoughts now go to just after the end of this life. It is a few moments after you have passed from that life. What wisdom can you bring with you to your present life?

What message would your past self have for your present Self? What knowledge can you now use to the good?

With those thoughts it is now time to slowly begin your journey back. Find yourself back on the bridge in the blue mist of time, and as the mist clears you are back in yourself in your special place.

Rest awhile and allow your mind to do whatever it needs to do...

Now. I will count from ten to one and with each number you can bring yourself gently, slowly, awake - ten, nine, eight, becoming aware... seven, six, five, four, more and more awake, three, two one. Eyes open wide awake in the here and now on the (present day, date).

Take a few moments to gather yourself and take notes if you are keeping a record.

Now, please ensure you are grounded.

Some people prefer and find it comforting to make use of their higher Selves, spirit guides or angels. If your belief lends itself to this, you don't have to travel alone, either back or forth. They can take you from your special place or just be waiting when you are at your destination.

If you wish, you can use an invocation at the beginning of each regression or progression by asking for guidance and protection.

Future Self Script

This future life script includes your higher Self.

Look straight ahead of yourself and notice all that you can see. Keep your head still but become aware of everything right up to your peripheral vision. See everything: the colors of objects, textures, everything. When you have a perfect impression of it, close your eyes but keep the image in your mind. You will find that it fades or drifts away, let it go, and as it floats slowly away allow yourself to gently sink down into relaxed comfort.

Feel waves of calm and peace wash over and through you. Create a wave of inner peace, and for the next three breaths increase your relaxation.

Imagine that you are standing outside in a garden at the top of five safe steps. We will go slowly down the steps together and on each one you can be doubly relaxed.

Let's begin.

Down the first, second and third step, sinking, resting, fourth, fifth. At the bottom of the steps you find yourself on the grass, feeling so relaxed now you can walk across the grass to a gate on the other side of the garden.

Walk through the gate. Now imagine walking alongside a stream on a perfect day. Together with the soothing sound of the water trickling by and the gentle warmth of the sun dappled through the leaves of the overhanging trees - you feel safe and soothed.

You might want to stop a moment and look into the water. Notice the colors and shapes formed and unformed by the movement of the water. Perhaps you want to dip your fingers in. Notice its coolness and the sensations.

Continue your stroll now and a little way ahead is a gate. As you approach the gate, you see it is slightly open and you are keen to peep through the gap.

The gate opens into a courtyard, and as you step inside you are filled with a sense of awe and inner peace, on the other side of the courtyard is a building, a very special building. It looks like a magical castle, nestling, waiting, welcoming. Make your way across the courtyard, noticing all the features as you pass.

The big door of the castle is open and you are able to walk straight in. You are safe and welcome. Inside you find yourself in the most beautiful hall. There is a huge stone stairway in the middle, sweeping up and all the furnishings, pictures and wall hangings seem very familiar to you. Enjoy these feelings as you now begin to go up the stairs.

Hear your feet on the stone steps. At the top the landing opens out to reveal several doors. You are drawn to one in particular that you know to be the library.

Go through the door and into the library. There are rows of shelves with every book there ever was lining the walls. Walk along, touch them, and notice the smell.

On the other side of the library is a large table - go now and sit at that table.

Become aware of a book opened out on the polished table in front of you. This is the book of you. It contains your past, your now and your future. Your higher Self has opened the book for you to see your future Self. Spend a few moments getting comfortable so that you may lose yourself in your dream of you. Gaze into the book and drift into the images that float up from the pages while you allow thoughts to come to your mind. It is like you are watching a film, with you as the star. You are a casual observer of your own future life.

Watch it unfolding before your eyes now. Let the images, thoughts, sounds and feelings be present without judgment - let it all flow. Make a mental note of anything and everything that

you chose to remember and remember this is the life you are creating. Think of your dreams, plans and goals and trust that you can create your desires.

As you drift further away into your future, your mind and body work together to create a template for you. For your success, health, well-being and happiness (add anything here you think is pertinent to you).

Dream awhile. You are viewing your future self and creating happiness and success. Know that you are able to create and design your perfect life by being clear in your instructions to yourself.

Remember all that you need to know and begin to let the images fade away and drift back into the book.

Close the book and spend time with your higher Self, sharing knowledge. If you are seeking an answer, you may ask and you may receive the answer now or later through clues, symbols or dreams.

When you feel the time is right and you have completed gathering your information, leave and thank your higher Self. Then, with the knowledge that you have gained retrace your steps down the stairs and out through the door across the courtyard and back through the gate.

You know without looking that the magical castle has disappeared, only appearing to you when you need to access the library of knowledge.

Be back by the stream and gently, slowly, in your own time, bring yourself back to the here and now and then start to come awake (count here if you like, ten to one, becoming more awake with each number)

Take a few moments to adjust and let your mind finish its filing.

When we remember we are all mad, the mysteries disappear and life stands explained.

Mark Twain

9. Bits and Bobs

The bits here are those that don't quite fit anywhere else. Actually they might, but never mind they're here now.

I wanted to mention two of the best-known pioneers in the world of past life regression: Edgar Cayce and Henry Bolduc. Bolduc learnt from Cayce and the following is a short excerpt from Bolduc's out of print book, *The Journey Within: Past Life Regression and Channeling*. As you will read, he talks about Cayce and travel and it pretty much could have been written for this book. I had planned to précis it, but his words read so well I have left them as is.

In 1964, the Cayce Foundation headquarters were in a big white building that had been donated by Cayce supporters as a hospital that used procedures in the Cayce readings to heal. The building is a Virginia Beach landmark, perched high on a hill overlooking the Atlantic Ocean. In 1964 it contained offices, a small rack of books for sale, and a library that housed thousands of books on topics that paralleled the Cayce readings. It was and is one of the most important libraries in the world in parapsychology. In addition, the library contained all 14,253 readings, cross-referenced for anyone to read and study.

The upper floors of the building had a number of rooms where members of ARE (Association for Research and Enlightenment) could stay while doing research and study. Hugh Lynn kindly arranged quarters for me there. An adjacent building housed a print shop and an auditorium for conferences. (Since then, the guest rooms have been turned into offices; the library has been moved to a new library/conference center; the single rack of books has grown into a large and active bookstore. The presses are still rolling and computers help ARE keep in touch with a membership of more than 65,000.)'

The Cayce Readings (extract continues)

The more than 14,000 Cayce readings are a fascinating but difficult study.

The technical language and vocabulary were far beyond my high school comprehension. Also, the flow of subconscious psychic channelled material was a whole new world for me. I could not just sit and read it as I would a story book. It was hard even to understand most sentences. I am good reader, but the material was very deep and unfamiliar, and it has a complicated syntax.

I also read just about every book in the library on hypnosis and age regression experiments. I averaged about one book per day, reading late into the night, during the month I stayed at ARE.

Here are some of the key questions I explored.

Can we remember past lives?

I answer, "Yes, we can recall past lives."

But if I could prove it absolutely there would be no need for this book.

Reincarnation, which is what we are talking about, would be accepted by everyone - or

almost everyone, as almost everyone now accepts that the world is round.

We use electricity every day, but no one can define it. We fall in love, and who can define that? We accept many beliefs we cannot prove, and that does not affect their reality.

Here is a parable from Kahlil Gibran that illustrates my point.

Other Seas (extract continues)

A fish said to another fish, "Above this sea of ours there is another sea, with creatures swimming in it - and they live there even as we live here."

The fish replied, "Pure fancy! Pure fancy! When you know that everything that leaves our sea by even an inch, and stays out of it, dies. What proof have you of other lives in other seas?"*

Are we making it all up? (extract continues)

I remembered my youth and the Santa Claus myth that all adults seemed to be in conspiracy to protect. I wanted real answers. I did not want fairy tales. I had peeked on Christmas.

So in the library I read books by other serious researchers who had done regression work that paralleled my experiments. Answers began to unfold slowly. There was no great flash of light nor instant revelation; it was not like that. But slowly, bit by bit, things fit together. Some things did not fit well and I put them aside. As it turned out, it took a few more years of living, learning, and growing before I proved to my own satisfaction that people just didn't make up past lives.

Meanwhile, I delved for the answers in the Cayce readings. In his conscious state Cayce was very wary of reincarnation. In his subconscious state he was an outspoken advocate. He said that in past lives we "find talents and strengths" (Readings 30222-1 and 2002-1) and that our recollection "brings peace that passeth understanding to inner turmoils" (105-1). The readings said that recall is for "soul development" (2121-2); it "helps others and brings them comfort" (764-1); and, most important, that the recall itself "brings awareness of the continuity of life" (1641-1).(5).

These were fine explanations of the advantages of understanding past lives. But I could not find anything by Cayce that said we could prove their existence to anyone but ourselves. This dilemma led to my biggest question.

What role does imagination play in past life recall experiences?

In past life exploration, many people worry that their experiences are "only imagination". At times, I suspect this is so. Nevertheless, further research may reveal that even simple imagination may have strong messages embedded in symbols, as in night time dreams.

Cayce suggests that imagination is the avenue to the visual faculty of the mind. My own experiments suggested that hypnosis enhances the image part of the mind; that is, people who could consciously visualize, imagine, or daydream seemed to be better subjects for hypnosis. Years later I was to understand the reason for this: hypnosis stimulates and enhances right brain activity and visualization is a right brain activity (little note from me - if you are interested in this to find your preferred side please see the quiz).

There is a definite link between the part of the mind that stores and retrieves images and past life work. The processing of visual information is one function of the mind; we do this all the time when we recall anything from our experience.

The creation of visual fantasy is another function of the mind; we do this whenever we daydream. The functions are separate and distinct, but they are often confused. Fantasy is fantasy. Retrieval of a stored image, whether the image is conscious or unconscious, is

retrieval of a stored image.

But there is a fuzzy border between the two. That overlap is what causes confusion in many people - thinking that all images are fantasy. For instance, consider two Walt Disney movies. Real-story, true-event "imagination" would be like the movie, *The Living Desert*, while fantasy - imagination would be like *Fantasia*. My own regression experiments had shown me that most people recalled events through scenes, pictures, and images, though the other senses can trigger recall of past memories. A few subjects said they "heard" the information in their minds and repeated it. A few others said they "felt" or "sensed" the information that came forward. One said she "smelled the ocean", and much of her recall was triggered by her sense of smell.

But for most the image facility was the key or the doorway to the past life memory.

Most of their recall was of images and scenes, and because they had not consciously "seen" these images before, I could understand that some thought of it, or mislabelled it, as imagination. But this imagination stayed with them long after the session. With time comes the realisation of what is valid and meaningful. Time separates the wheat from the chaff in past life recall; the impressions that last for a long time are more meaningful than passing flights of fantasy.

When I searched the Cayce readings on this question I discovered an entirely new link of the imagination with past life study. Cayce said, "The ability to imagine other places [is] because of the past there" (379-3). I responded to this statement with a surge of enlightenment. The imagination is not in conflict or opposed to past life memory; it is a helpful tool.

"So that's why my subjects can describe a particular place or time period so vividly," I thought. "Because it is actually remembered from their own past!" People are always so quiet in libraries, but I wanted to shout for joy when I found this nugget. In fact, Cayce told a person specifically to "Use your imagination to fill in details of past life" (1468-1).

A reading told another person, "Turn to the mirror of life and ask yourself, What do you suppose was served as supper then?" (1179-2). Another person was told, "Visions and odors harken back to past life in the desert" (2662-1). (This reminded me of the woman who started her regression by smelling the ocean.)

What are the warnings about recalling our past lives?

Cayce said, "Beware unless you are balanced in purpose" (5399-2).(6). Also, "Don't abuse the talent for recall" (340-15) and "don't dwell on it, rather abide in love" (1608-1). One person was cautioned that past life exploration could cause him to be "side tracked" from his present life (3360-1).

I heartily agree. My concern was not that a person would get "stuck" in the past, because that has never happened in my experience (7), but that someone might dwell on the past or, worse, take it too seriously. I was beginning to realize that we are given a series of lives specifically to be able to start anew that we are born again to be free of the past, not sentenced by it.

Insight and self-knowledge of our pasts can bring benefit, sometimes can help us change and grow. But the past is past. The readings encourage people to study themselves and their past lives and caution only of the "abuse" of recall. I had faith that if my intent was unconditional love in helping others there was nothing to be afraid of.

Why can't everyone recall past lives?

In one reading, Cayce said, "Doubt" (1152-9). To me, that summed it up in a neat one-word

package. But really, there are many more factors than that. Some people are afraid of what they will uncover. Some people still think hypnosis is like a truth serum that will cause them to blurt out some deep secret (they won't unless they want to).

Perhaps a bigger block than either of these is over-anxiousness. Some people are too eager and try to rush the process. The best subjects are neither too apprehensive nor too zealous. The qualities I value most are honest skepticism and an open and honest mind that is willing to accept new experience.

What are other recall techniques?

If using the imagination can help recapture past life experience, are there other methods?

Looking into water, a mirror, a crystal ball, or one's own mind can be good tools for meditation. But a more practical method to enhance past life recall is to study the time period. The readings told one person, "Study Grecian period to recall lifetime there" (1732-2). Another person was told, "Study geography, scenery, windmills, etc., will give the person proof of experience there in Holland" (114-1). Another was told, "Study and vision monuments to recall Egyptian experience" (311-2).

When I read this material in the ARE library, I wondered how many people already subconsciously study a certain era or place because of their earlier ties there. The readings gave sound advice; anyone can get insight into themselves by studying times and places that deeply interest them.

To me, this gave clues to why some friends only read a certain era of history and others studied only certain places. And the opposite: Why some people dislike a particular time or place - because of negative experiences, perhaps? One young woman I had recently regressed had had a sad and tragic life in China. After the session, she confided that she hated Chinese food and disliked everything Chinese. In her present life she had no ties whatsoever to the Orient.

Travel can also help us get in touch with past lives, Cayce said. He told one person, "Travels to Williamsburg will stimulate recall [of] lifetime there with present husband" (578-2). To another, "Travel to Jamestown and the sense of familiarity what will come over them" (268-3). One person was told to "travel to Palestine to recall both the crusade experience and earlier" (341-8). Another: "Sit on the sands [anywhere] and remember Persia" (1837-1). And: "Travel to coastal areas of Connecticut to recall early settlement there" (1825-1).

The readings even suggested travel and activity combined to re-experience events: "Go to the fort on the August moon and listen to your voice which was raised there" (3377-1). Many readings recommend meditation. Cayce suggested meditation "to recall details of life in Jerusalem" (853-8 and 1486-2). For another he recommended "Entering into the silence for the visions that may be brought from the Grecian experiences" (858-1).

I loved the suggestions for travel. I took the advice and launched a new career of extensive travel. Studying was a nice, passive approach to past lives. Actual travel to other lands suited me better. There are feelings and vibrations that can only be lived; I do not find them in books. Little did I realize it then, but I was destined to fill a number of passports and to live in and travel to many countries. I love travel and recommend it as an exciting, if sometimes difficult, method of stimulating inner experience. (End of extract.)

###

I have left the spellings as they were and the reference numbers relating to the readings just in

case any of you fancy a bit of light reading.

Thanks to Henry Bolduc, who has given his work freely to humanity for us all to share.

I thought it might be useful for you to know what actually happens when you think your thoughts, for no particular reason apart from it's very interesting and perhaps useful to know if you want to make changes or have different kinds of experiences. It is relevant to cell memory and chakras. Everything is connected, even if we don't always think so.

Notes on the biological functions from thought to cell

An example of thought making changes in the body is of imagining you have hot hands. This is sometimes an experimental game played by medical students. How they do this depends on their individual visualization and imagination. They may think of warming their hands in front of a fire, they may think of increased blood flow or perhaps just imagine a feeling of warmth.

I can make my hands hot or cold by thinking about them being in hot or cold water. I can also do it just by willing them to change temperature. The results are the same for all. Our hands do indeed change according to the temperature. The warm technique is very useful for anyone who suffers with headaches and migraines, as it enables the blood vessels in the head to relax as it diverts the blood away from those that are engorged. When this happens, the pain subsides.

Much work has been carried out on investigating the body/mind on a cell level. Most notably by people such as Dr Deepak Chopra, Dr Wayne Dyer, Denise Linn, Louise Hay, Louis Proto, Dr Richard Bandler and Dr Candace Pert.

In the past it was generally believed that everything that occurred within us was because of electrical activity created by us. Medical science now knows that the body and changes within it are due to the production and use of chemicals, and the electricity is only part of it. Our cells work in harmony with every other cell, but each has its own complete intelligence. Every thought creates energy that causes a response, so if we direct our thoughts we can direct that response for our own benefit.

Positive thoughts create 'good' chemicals whilst negative create the opposite. People who are happy with a positive outlook tend to not only be more successful, but are usually healthier, and if they do fall ill they recover much quicker than a misery guts (who probably suffer with a 'miserable gut'). As all thought causes reactions, we have to be careful with our minds. How often do we hear of people who feign illness for a day off work actually developing that imagined condition? Be very careful what you wish for.

Cells react to stimulus from our inner awareness, behavior and circumstances that are not always within our control, i.e. being surprised or frightened. Of course, sometimes we do control the circumstances - an athlete in preparation for an event alters diet and behavior to bring about change. A long distance runner's cells need to be able to store and slowly release fluid very differently from someone sitting at a desk.

Recapping, you know the subconscious mind 'runs' our bodies. It is in charge of everything automatic, it looks after memories so we don't have to keep re-learning, it holds on to habits (good and bad), it adjusts our emotions and generally does everything it can to protect and keep us alive. We are able to access our subconscious minds using techniques such as self-hypnosis and thereby bring about mental, emotional and physiological change. A good example is when someone stops smoking in a hypnotherapy session. Within an hour the subconscious mind can accept a completely new program that every cell in the body understands. All dependency is removed and the person is happy and free from cigarettes.

When we think, we fire a small electrical discharge from a neuro-transmitter in the brain. This jumps across a synapse and travels along the correct pathways, joins other instructions, releasing chemicals or hormones, in fact whatever is needed in the exactly correct amount, directing and finally squirting them into the cells in areas in our bodies where they need to be.

Just the act of lifting an arm or having a scratch needs this to happen, but we don't need to know the processes involved in order for us to do so, we can just do it. This is because the body is finely tuned to release exactly what is needed at just the right time. Feeling an emotion - be it fear, love, jealousy or excitement, is actually a chemical reaction somewhere in our bodies.

Because we can access the subconscious mind we can direct these processes and, if we want, we can bring about change.

If we are hungry we receive messages that let us know it is time to eat, but if we are busy or on strict diets we can ignore these messages. When we eat the hypothalamus receives messages from fat cells via neurones to say 'switch off' hunger now, but again we can ignore it and keep on eating.

Fat cells are the ones that can most easily accept change. Throughout history we have passed through times of plenty and times of lean and our bodies need to be able to adjust accordingly.

When excess unwanted fat is sitting around in the body, it can be from a build up of bad eating habits or confused emotions that send inappropriate messages to our cells and brain. The fat cells in women are distributed around the outer layer of our bodies, and in men the cells are around inner organs. So the build-up in women becomes visibly evident as cellulite and squidgy bits, whereas as men grow in girth they develop a weakness in the organs affected.

We have talked about this earlier during the 'holding on' part. When memories are released the chemical make-up changes following the release of emotion.

In between lives

The knowledge that something happens after death is comforting for many, while people think dead is dead - cease to be, no more, final. As I said at the beginning, I do not want to prove anything; it is all about the sharing.

We do therefore need to mention the 'in between' bit from one life to another. The gap, if you will.

When I was a child a family friend died and I remember asking my mother if he had been through the mist yet.

Her reply was, 'Yes'.

That was the only reference we ever made to death and dying, as we had not previously discussed it and didn't afterwards. I knew though that somewhere a blue mist was involved.

How, or in what context, I wasn't sure until I got older and learnt (or remembered) the time spent in between lives. There are many names for this time or place: the Tibetan Buddhist term is Bardo, the state between life and being reborn - it lasts between 7 and 49 days depending on variables.

Others are: heaven, nirvana, spirit, where the soul rests, the holding area, afterlife, paradise, temple, garden and more.

Lizzie talked of being in the most beautiful garden during her regression and said she

remembered it from being there before. Some of these 'places' are permanent. I think when you're there it's for eternity, you don't return.

During one of the first regressions I carried out, I instructed the client's mind to take her to a moment in a past life of significance. When I asked her to describe what was happening she looked serene and calm and started to talk about the sensation of floating. She said she wasn't 'of body' but was living on. Her conscious interpretation was of it feeling 'cloud-like.'

Her reason for seeking regression was to address her fear of dying and her mind sorted that out in about two minutes.

Here is a little add-on for your mind's pleasure.

Andrea's past life was contemporary, which may suggest it was a metaphor or a tale made up in her imagination. There is another theory, and that is of a soul splitting.

Not much of a thought jump for Andrea to be sharing a soul with the woman who was having a breakdown in the middle of Piccadilly, especially when you consider her other life as the mental patient and her future one as a doctor. Maybe we all have another aspect of ourselves.

Jenny went to the place of Madeleine's death and collected what she called a fragment of her soul. This enabled her to feel complete.

How often have we heard the phrase, 'Pull yourself together' when aspects of ourselves aren't quite whole? Maybe that familiar feeling or the *déjà vu* experience in particular places is a little bit of our souls left behind that we recognize when we arrive. Or that feeling of 'going back home' that I got when I visited Greece the first time. It was as if some of my essence was there and it was very comforting; as I felt whole. I realize that might sound as if I didn't feel whole before or I was experiencing a sense of loss - I wasn't. But, often we don't know we need something until we have and we don't appreciate what we've got until it's gone.

After the regressions I didn't particularly think it necessary for me to analyze what happened, apart from the odd comment, but I love to hear other people's thoughts and opinions.

Let's have quick chat about the importance of the language we use, as it is relevant to us whether researching our past or not. If we use negative words or phrases, it will affect us in a detrimental way. By describing yourself or another person using terms such as 'soul-less' or 'gutless' is not good.

If a task is dull please do not say it is soul destroying.

One very positive message is the ability we all have to transform and you have probably done that lots of times by now.

Life is just a chance to grow a soul.

A. Powell Davies

10. Final Thoughts. Maybe

Let's begin in the past - which could be now or in the future.

You may well have discovered that the retrieval of memories alone is sufficient to answer a curiosity or question.

Before my first regression I didn't have a problem or 'issue', it was done purely for the experience and learning. But, it answered many questions that I didn't know I had.

Often clients tell me how the experience of their journey to the past has given them a lot of insight into themselves, how they live their lives and the people they attract or repel. For them that was more than enough. We certainly don't want to go on a search and destroy mission for problems that don't exist.

If you have held on to unwanted memories in any form you can release them.

Awareness is often enough, but if you have anything at all that doesn't work or isn't useful you may as well get rid of it. You might like to think of it as Feng Shui of the mind, body and soul. Clutter is clutter in whatever shape or form, and if we hold on it takes up space and might remind us of stuff we'd be better off forgetting, or, at least releasing.

I remember a client in her mid-fifties who suffered with insomnia and had done for almost as long as she could remember. She told me that her bedroom was always trashed but she refused to tidy it. It was so awful she had trouble getting into her bed, let alone sleeping. During her therapy she remembered how cross she was as a child having to clean her room for when her grandmother visited, as she slept in her bedroom. She had loved her gran but begrudged the intrusion and annoyance of having to share and therefore tidy away toys. My client had held onto that cross-ness all that time - her grandmother had been dead nearly forty years!

She started laughing out loud during the session at her silliness. But, it was only silly when she knew. Before that it served a purpose for the little girl in her.

If you have issues or difficulties to work through the easiest way - as with most healing techniques - is to make use of what you know, whether is it from your past, present or future Self. Andrea talked of Dr Blake offering advice and we know that going back and comforting the child 'within' can be profound and more effective than any amount of therapy.

Holding onto anything, even if you don't know why, can easily be cleared if you get a little helping hand. Ask your future Self for guidance or suggestions and comfort or laugh with your past You. Remember you have free will and can make it all up as you go along if you don't like the way it is panning out. Not sure how it might end? Have a look. You will get an idea even if it isn't the definitive end result.

A successful technique to release, create or reap whatever you desire is to write your own life in the form of a story. You don't have to literally write it: imaging it or recording are perfect methods. Create your story, beginning wherever you wish: in this life or a past one. Pretend it is the exact set of events and circumstances that you would love. If it is in the past, imagine

learning whatever you needed to benefit your life now. Imagine you have the knowledge necessary for your perfect life of bliss and design the future of your choice.

You can do this as often as you like, changing, tweaking or rewriting as you go. It's your story, you have control. The beauty of being in charge of yourself is that the subconscious mind can't actually tell reality from imagination and so if you change an emotional hold from a stress filled one to a happy one, the mind will change your physiology and you will feel different.

As you design your life you will automatically be giving yourself ideas, affirmations and suggestions of success and abundance. Because you've cleared away anything at all that might be in the way physically, mentally, spiritually or metaphorically, it will become your reality. And, if you don't like it, you can change it.

But, if you are troubled beyond self-help and can't manage, please get guidance or treatment. I'm certainly not proclaiming we can do everything ourselves, but believe me when I say we can achieve a huge amount when we have the knowledge.

How much easier it is when we actually look in the manual.

Cosmic Ordering

We sometimes hit blocks or can be surprised that even if we are doing the whole shebang of deliberate creation, positive thinking, healthy living, taking care of ourselves, etc, that we still seem to get dealt the rubbish hands.

Most often it seems to be about abundance: in love, money or health. We send out our Order and back comes, nothing or something else entirely. If you have held onto to the expectation of lack from a past life, your desires to the universe are muddled.

Imagine you are seeking someone to love, who will in return love you unconditionally. Why then do all the relationships end in tears? Mel had this problem.

She came to see me after yet another awful break up. Men were very attracted to her and there had never been a problem finding gorgeous guys. Telling me very succinctly the theory and what she did, it was clear that Mel knew how to ask.

In recent years her Ordering had resulted in a fabulous job, home and plenty of money, but in matters of love she failed miserably. Convinced it was past life debris, we went off to explore. Immediately the answer arrived. During a moment of illicit passion with a lover in the 18th century, his wife had appeared and the shock caused him to have a heart attack and die. The Mel from the past was unable to cope with the grief and guilt and soon afterwards killed herself by jumping out in front of some galloping horses.

Her mind had held onto the belief that bad things happen to men if they fell in love with her, so for their protection and hers she managed to destroy every relationship as dramatically as possible.

Being armed with this knowledge freed her from the manacles of grief and guilt and has enabled her to have normal relationships. She laughed when confessing her hatred of horses, as she had always been terrified of them from childhood. Her mother later confirmed that they had attempted to sit her on a tiny pony when she was a small child, but she had screamed the place down and remained distraught for hours. They never tried again. She had two very different things presented and cleared for her in just one session.

Her story shows that even if we think we are clear thinking, if we're holding onto debris deep in our psyche we send out muddled requests. Or, the requests are perfect but we can't receive our abundant life, as along the way we are blocked or have decided we are unworthy.

These thoughts always come from us. The universe doesn't ever decide what we can or can't have. We do! Always every time without fail!

Claude had a gambling problem. He bet on the horses, cards, dogs, anything and everything, even betting on the bet by saying that if he won over a certain amount he would give it away. He earned plenty of money but had very little to show for it. Surprisingly, his problem was nothing to do with gambling. During a past life memory he recalled being a wealthy and successful landowner who had been killed accidentally during a bungled robbery.

Where was the logic then in gambling? Well, if he didn't have any money no one would try to take it. Gambling was his guaranteed way to lose it and therefore never have any to worry about.

If you don't seem to be getting what you want out of this life, maybe you are sending out muddled thoughts and confusion in your Orders that is preventing clearness and receptivity.

If you are running an inner program expecting bad fortune and loss, that is what you are sending out and that is exactly what you will receive. It will come to you perfectly every time. Clear out the junk and you too will be free to receive the abundance that is rightfully yours.

My 'Journey Past' story illustrates my experience. I grew up with knowledge of past lives, auras, chakras, and intuition, that old blue mist and with psychic abilities that I didn't even have the language for. I was often in trouble for questioning adults when the rubbish that came from their mouths was very different from what they were thinking. After a friend of my mother was talking about a cat flea problem, I told her to use paprika. I was four years old.

As I reached my teenage years it became clear that people generally didn't know the things I knew - I now know that they do but have forgotten or suppressed it all. I too made a decision to keep quiet after getting one strange look too many.

When I had my own children, I seemed to know a lot of what we might call 'old wives tales' like using rosemary for sore throats along with various other treatments, and much of my childhood knowledge came back to me.

It was strange then that for many years after I became a hypnotherapist. I 'hid' all evidence of the more 'esoteric' and tried to stick to the conventional, often dull, side of the coin. I wasn't a 'healer' I was a 'stress manager'. I didn't help people with Cosmic Ordering, I did career or life-planning. I certainly didn't sell spells or teach anyone psychic development. Despite hiding away from my truths and realities, I had clients asking for past life regressions, healing, to have their chakras balanced and so forth, and I did those things but somewhat secretly.

From when I first started seeing clients, they nearly all told me their star signs. The first time it happened was very shortly after I had opened my practice. After the client had gone I couldn't think why he had mentioned it. Really, I should say I pretended to not know why.

I never, for example, mentioned anything that might be misconstrued as 'out there' in any press interviews.

After my past life came back to me I knew why. At that moment I came out of the witch's broom closet and have never looked back. Well, actually I have but you know what I mean. It was a moment of amusing irony, shortly before my recall, when a surgeon who had developed an intense aversion to the smell of blood found the answer in a past life.

Where will you go from here? Wherever it is, there must be no regrets or should haves. Be

free and reap the pleasure.

We are now reaching the end of our journey together, or maybe it is just the beginning. Perhaps we've done it all before and will do so again. Possibly next time we'll do things differently but then again, maybe not.

It has been a pleasure sharing this with you and I hope you have much fun on your travels and explorations from this life to the rest.

The point of philosophy is to start with something so simple as not to seem worth stating, and to end with something so paradoxical that no one will believe it.

Bertrand Russell (1872 - 1970)

11. Journey Past

Here is one of my past lives that affected my whole career. It came to me after I self-regressed about 13 years ago. It didn't all come in one go, but during the regression and for a few dreams during the week that followed.

My sister Lizzy and I lived on the outskirts of a village. I knew the year was 1590.

Our mother had died some years ago, quickly followed by my father who died of a broken heart. His last words were, 'I'm sorry to leave but I need to be with your mother, you have each other. I leave you both our home and my love.' He then slipped into a peaceful sleep from which he did not wake.

Lizzy and I lived a happy settled life for a few years, growing flowers, making and selling bread. We had been schooled by our parents in herb lore and tended to the sick. Many visitors would come for healing potions. We helped at births and used herbs and prayers to ensure those who passed went in peace.

One day in October, the village men had a meeting. From that day our lives changed dramatically.

We never found out what the meeting was about and who exactly was present, but from that day the people in the village averted their eyes and whispered to each other whenever we passed by.

Lizzy and I were on our way home one afternoon, having visited dear old Sarah who passed over from a weakness of the chest, when four men approached us. Two held me back while the other two attacked and assaulted Lizzy in a vile, cruel way. They didn't attack me - only her. I found out later they were fearful of me.

I helped Lizzy home and tended her wounds. She never recovered and soon began ranting incoherently writhing in agony. I made a concoction of Belladonna and relieved her from life. I would have gone then as well had I known what was in store for me.

That night after I buried Lizzy, Henry arrived to see me. Henry and I had been dear friends since childhood and I'd helped his wife during the birth of their son. He came to tell me that he had been threatened with death if he came near me ever again. The men had said all my family were witches and as I was the youngest I was the most powerful and the one to watch. That must have been why they didn't attack me when they hurt Lizzy.

I told Henry to hurry away and protect himself, but the men were waiting. He was severely beaten and died before he reached home. In the night there was banging on my door, but I hid and whoever was there went away. They didn't attempt to break in. The next morning I found my cat nailed to the door. The only crime he'd ever committed was to kill a few mice.

They really believed I was a witch. I would have laughed if it hadn't been so terrifying.

I had to act fast and rushed into my garden to collect more plants for a poison, but they saw

me and grabbed me before I could get back in the house. They dragged me away, breaking my shoulder. Twenty came - safety in numbers. I can't imagine what they thought I might do to them.

I was taken to a dungeon type building where I was fully examined from head to toe. After that they pricked me and laughed at my pain; how brave they were now.

Days passed, I was kept in my cell and every day people, men and women, came to watch me suffering. They all wanted to know how much pain I could stand before I died. As I grew weaker I begged for death to swiftly take me in her arms.

They tortured me in groups of four to six. Not for me a fair trial. I was guilty of whatever they wanted to lay on me. They were murdering people daily. Mainly women, but a few men as well. It seemed that anyone who had ever been kind or helped anyone was now being punished.

They stretched me backwards across a small table with my legs splayed far apart, while they laughed at the pain of my degradation and humiliation. After examining every inch of me, sticking pins in me and dropping boiling wax onto my breasts, they took turns to rape me.

They had bets to see who could cause the most pain without actually killing me. They drank of my blood. How brave they were now. No one came to me. Friends had been threatened and were fearful for their families and lives. After five days I had weakened so much I could no longer cry out or speak. I constantly prayed for death.

All manner of things and body parts had been rammed down my throat, that I couldn't have confessed to anything even if I'd wanted from the damage they had caused. They only thing I could taste was my own blood. They untied me and threw me to the ground. My feet were black-dead. I couldn't stand. One of the kinder guards offered me water, but I refused. I wanted to die.

I heard whispers. I heard shouting. I heard screams. I was dragged out into the yard and the smell of burning flesh engulfed me.

'Witch. Witch. Witch,' was all I could hear.

A woman pushed her way through the mob to me and insisted she moisten my lips - she ministered a brew.

'It won't be long my lovely?' She sounded like my mother.

They tied me to the post and lit the straw but I knew I'd be dead before the flames reached me. I felt a wave of comfort wash through me as I slipped away and I heard the voice of someone from another world.

12. The Quiz

You know that the left-hand side of the brain works in a literal and sequential way, while the right-hand side is your creativity and imagination. Balance is perfect for day to day living with the ability to trigger action from either at any time.

Here is a little quiz for you to determine which is your preferred brain side.

1. Change BULL to GATE changing one letter at a time in as few goes as possible.
2. Work out the seventeen times tables - backwards. Do this for two minutes.
3. Imagine being a flower. Notice everything about yourself. Where are you? Are you in bud or blossoming? How are your roots? Check out your color, size, and strength. Really try and get into being the flower. Is the earth dry or wet, warm or cold?
4. Imagine in your mind's eye that you are a bird. What bird are you? Are you small or large? What color are you? Do you fly, walk or hop? What do you eat? What noise do you make? Are you male or female?
5. Being your imagined bird, fly over the top of your house and see how it looks from above, all around the outside and then go inside and explore the whole building, going from room to room.

How was that? Numbers 1 and 2 predominantly use the left hand side. Numbers 3 and 4 predominantly use the right. Number 5 uses both as you have to be creative and at the same time think logically to move around your house.

Which numbers did you find the easiest or the most preferable?

Have you ever heard the saying, 'Not in his/her right brain'?

Some people call the left side the thinker and the right the emotional - that's a pretty fair description.

When you are regressing and progressing you will mostly be in right-brain mode. But, your left-brain will join in and quite likely analyze, comment, disagree or agree knowingly as you go.

It might be that the left side is mostly the conscious mind and the right, the subconscious.

This is often surprising to many people who expect to be 'out of it' when in hypnosis or a meditative state. I cannot tell you how many times I have been told, 'I heard everything you said. I remained conscious throughout.' Well, that's a relief then.

The other frequent comment is, 'I didn't seem to go under'. I always ask them, 'Under what?'

The common misconception is that when we go into the hypnotic meditative state, we slip under the level of consciousness. However, we don't even do that when we're deeply asleep. We might when we're dead until we come back for another go.

If your quiz results show that you are more left-brain dominant, by using your imagination and getting in touch with your feelings and emotions, you will be able to enhance the abilities

of your right.

Too much right brain activity might make you seem fluffy or with your head in the clouds. Some serious right-brainers seem to bypass reality totally (maybe that's not such a bad thing?!). Logical thinking or doing things like working through a puzzle book or Sudoku will boost your left side. Some lefties seem narrow minded, as it might come across as though they are lacking in imagination and devoid of any emotion. If you are completely balanced please come and work for me.

13. Research Sites

The information here relates to the UK but wherever you are in the world there will be similar places. Libraries are usually a good start point.

Starting off is not quite the hardest point. Getting waylaid with the information available is the most difficult thing, as you'll find. Although it is important to not make your story fit the research, you may find that as you get more information you will have more understanding and things will tend to make sense.

The information you have will determine where you begin your research. You can research like a genealogist, historian, archaeologist, interested person or mix and match.

Here are some places to begin. You will probably find people keen to assist you, regardless of whether you tell them where you've got your information from.

www.google.co.uk

www.british-genealogy.com/resources/census/index.htm

Museums: www.museums.co.uk

The museums, libraries and archives council:

www.mla.gov.uk

Archives:

www.nationalarchives.gov.uk/www.historymole.com

All newspapers have their own archives. Some are online but a start is:

www.bl.uk

www.mediauk.com

Never underestimate local knowledge. This is the British association for local history:

www.balh.co.uk/tlh/index.php

Most places have local Tourist Offices and the worldwide tourist information portal is:

www.towd.com

If you have a name or names these can be useful:

www.englishgenealogy.co.uk

www.county-surnames.co.uk/index.php

www.search.ancestry.co.uk

National Archives and Record Administration (NARA), Washington:

www.archives.gov

www.whitehouse.gov

The British library: www.bl.uk

Local study centers - see local library/colleges and universities. Each university has comprehensive libraries and usually websites

Parish registers: www.parishregister.co.uk

Land tax returns - each town city or county keeps records some as early as c1692:

Census: www.nationalarchives.gov.uk/census

War records - this is a good 'how to' starting point:

www.genuki.org.uk/big/BritMilRecs.html

These places are mentioned and were used in the book.

www.wikipedia.org

www.britannia.com

www.royal.gov.uk

www.richardiii.net

www.history.ac.uk

www.bbc.co.uk

The national archives, Kew: www.nationalarchives.gov.uk

Each country will have its own variations on the theme and once you know your direction the route will become clear. Be prepared to be sucked in, as it is all fascinating.

Please keep me posted!

You can do so via my website: www.barbaraford-hammond.com

Acknowledgments

Thank you to everyone who agreed to be interviewed and/or regressed.
Martyn for his help in transcribing the regressions
Roni for letting me use Richard's story
Jill Browton at Malmaison, Manchester for the room – it was lovely!

Lizzie Falconer

Andrea Wren

Jenny Smedley

Penny Webster-Brown

Kayt Webster-Brown

Joylina Goodings

Valerie Austin

Kristian

Marusja Harasymiw

Henry Bolduc

Nick Barratt