

Past Life Regression: Am I Really Ridiculous?

Tony De Marco, LL.B., B.C.H., C.I, OB, DNGH

His hair was ringing wet. The beads of sweat were trickling down his face like a dripping faucet had its way with him. His massive body was heaving in the chair. Eyes moving back and forth underneath his lids. He was starring in the movie of a Past Life, not merely watching it. He was the prime actor and all of the props were assembled by the special effects crew of his mind. He was moving and pointing to things presumably which he was seeing, and waving and flailing his arms. Chills were popping up on the skin of the hypnotist like seeds that had just been planted in the furrows of the ground. Any line between reality and imagination was a diminishing blur which eventually faded and disappeared. The client and hypnotist had become one and the hypnotist was now living the narrative that the client so aptly described.

This client was referred to me by another hypnotist as I had done a lot of Past Life Regression work. A very large man entered my office, demonstrated a high degree of intelligence and education, and the expressions on his face conveyed all seriousness with every word that he spoke in the interview. His IQ was extremely high. He was about 350 pounds which instructed you not to meet him in a dark alley! He narrated some background as to why he was in my office to do PLR. This is an encapsulation with some statements in the interview omitted for the sake of privacy: A governmental agency had called him into their offices because of postings that he made on a website and emails that he had sent to a person that wound up dead. He was accused of causing the death with the power of his mind; that he was able to transmit thoughts of destruction to other human beings. He was not placed into custody but received a warning that there would be no more postings nor emails similar to the other ones that he allegedly created. He never admitted anything to do with the death otherwise this article would not be written. He claimed complete innocence and maintained that position throughout. He also claimed that he was telekinetic and had indeed moved objects with his mind. You may ask why I did not ask him to move something to prove this but you will learn that you cannot back clients into a corner if you disbelieve them or are skeptical about some their statements. Further, everyone lies...you lie and I lie, and it's just a question of to what degree do we go in our lies. I gave him the usual educational aspects of hypnosis and Past Life Regression although he interrupted me several times telling me that he knew this and that. And come to think of it, he had a pretty good handle on both subjects, but nevertheless, I droned on so that I would be positive that I set the proper stage for proceeding. I had to continue with the educational aspect as I do practice what I preach, and if I instruct my students to make sure that they get their understanding of hypnosis and the subconscious mind to their clients before the actual hypnosis, then this is a rule that is good enough for me to observe.

He ambled to the hypnotic chair and I turned off the overhead fluorescent lights and put on a tall floor lamp with an incandescent light and a dimmer switch. This takes the harsh lights out of the eyes of the clients and presents a softer environment for the relaxed state. As it was a late winter afternoon appointment, I needed light to take my notes as I do not record sessions but do take extensive notes as the PL journey unfolds. One of a hypnotist's tools is the ability to listen

to what the client is saying and absolutely not to lead the client in any fashion nor interject thoughts or words into the client's narrative, words or actions. This is a must. I take several different approaches to the PL session and do not know which approach I will use until I get the feel for the client. Sometimes I go with a lengthy induction, and other times I go with a brief induction. Creating a safe and secret place is not necessary as it may bog down the client to a particular idea or environment. If there is some type of concern with happenings in this life, I would probably take the client from the present down to birth and ask the client to relive the happening in this life so that we may observe the feelings and emotions of the client while the happening is taking place. I would like to determine how she or he felt....for example with nervousness in public...when on stage in front of people, or in front of fellow employees, or talking to a boss or someone in authority. When the client describes these feelings such as skin crawling, or tightness in throat, or fear throughout the body, we anchor these feelings and then continue to the Past Life to determine if there were similar feelings during the past life so that we may identify what was transpiring at the time. If we are into a past life because a person's life is so screwed up, after the induction I would go right into a past life. I like to view 3 past lives but sometimes there is not sufficient time in the session. It is then recommended that there be other sessions to determine what type of pattern is unfolding time and time again. With some people, they do the same things over and over again in life time after life time. A wise person said that if we do not investigate and learn from history, we are doomed to repeat it. Enough of this now.

This client wanted to find out what he did in a past life that may be connected to his powers or gifts of this life time. He was verbose in the interview and I had no doubt that he would be verbose in the relaxed state and that he would need no prompting to proceed. Sometimes clients are so tight lipped that it's like pulling teeth from a chicken, and the problem being that chicken have no teeth! He lived up to my expectations but what ensued far exceeded anything that I had envisioned. He was in hell which had all types of chambers and machines in it. It was hell but it was the life in the past life journey....if that makes sense. The entire location was underground and the chambers were like caves. He was walking around identifying the machines. He swore that the operators of the machines were government employees who were out to get anyone that demonstrated certain powers. He saw other people being tortured by the machines. He was avoiding and evading detection by being very stealth like. There was a chamber where one could learn the future. I became interested and decided that when the moment was right I would ask some questions about the future. I was taking profuse notes. He was really uncomfortable in the chair, moving and rocking, and going into a fetal position. He was caught and brought to a machine that had a thing rod protruding from its center. He started screaming 'no, no, no' and then a rod started toward his brain by which his memory and all of his powers would be wiped out. He screamed. I screamed. And then, to say the least, something very strange happened. The floor lamp went out and we were completely in the dark. My chills returned and I was straining to see what he was doing in the chair. I could not see much of anything because it was now night time and completely dark outdoors and indoors. He started to speak and I continued to take notes in the dark, writing lopsided and not within the lines at all. He said his scream stopped the machine and he was now on top of the earth and that he had retained his powers. I could not ask anything about the future because he was no

longer in hell nor by the chamber in which one could learn of the future. I did the usual awakening procedure and, in the dark, I asked him what he did with his thoughts to turn off the floor lamp. He said to me "I did nothing. You turned it off". Naturally, I told him that I did nothing and that coincidentally the bulb must have burned out right at the time of the screams. I got up from my chair, and felt around the floor lamp and turned the dimmer switch and lo and behold, the light came on. To this day I do not know what transpired nor what caused the light to turn off. If I had to guess, I would say that the client turned it off with his thoughts....do you remember that he told me in the interview that he was telekinetic? The client came back for one more session but nothing as strange as this was narrated, nor were we able to look into the future....drat it!!

Well now, I asked you in the title of this article if I am ridiculous? What is your answer? Never mind, as I do not care what your answer is. We are all thinking human beings and as a hypnotist, I do not use a therapy nor technique unless I have tried it out and looked into its merit. I want to know why it works and how it works. I also realized that PLR is not for every client. There are many hypnotist nay-sayers to PLR and they will pooh-pooh it and say that it places a stigma upon the practice of hypnotism. Although I am from the East and we do look at things a little differently than other areas of the country, I believe in the true value of PLR. When I started studying Past Life Regression, I read everything that I could find and took as many courses as were offered in my area and at conventions. At the Open Center in New York City I studied with one psychiatrist-turned past life regressionist by the name of Dr. Roger Woolger. He is the author of 'Other Lives, Other Selves'. (In fact a colleague of ours, Walter Stock also was a student there. You may know Walter by his excellent Celtic and Shaman presentations at the NGH Conventions) Dr. Woolger is of the opinion that it is not necessary to believe in reincarnation for PLR to work. The client must participate 'as if' reincarnation were true. His reasoning is that PLR is a therapy and if we treat it as such it can be meaningful. I believe that the subconscious mind knows exactly what we need to effectuate a healing and we must give it a chance to accomplish this. Dr. James Hillman, a noted psychologist, and follower of Dr. Carl Jung tells us exactly the same thing: that the client's therapy is the client's therapy and not ours. He believes that the client suffers from a fiction and that we must heal that fiction by permitting the client to create a healing fiction that lies within him or her. Whether we are talking PLR or any other modality or techniques, think about it first to decide if it is to be one of your tools. If anything strange happens during a PLR session give it a chance to unfold. Do not stymie it as it may be quite rewarding. Our work is always about the client and not the hypnotist. Please think and grow in your practice and in your life.

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines