

# Time After Time REGRESSIONS

**who you were . . . is part of who you are**

Edgar Cayce ... 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)

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## **What if I was someone like . . . Atilla the Hun?**



When you come upon a "gruesome" life don't punish yourself for the actions of your less than enlightened soul. See it more as an evolution ... as a caterpillar grows to become a butterfly ... the same happens to you. Each life has its own lessons to help you evolve. Imagine what insights can be gained from living a less than loving life. The life of a brutal soldier or slave master gives insights the life of a victim or slave could not offer, or vice versa.

As the shadows enhance the light in a glorious painting or tapestry. All the colours and hues come together to make the finished product. Each life or experience is just another hue or thread to be incorporated into the whole.

Study the things that peak your interest, and carefully look at what makes a place or era distasteful to you. The last set may contain those dark threads in your tapestry. A soul will have both dark and light to make it a well rounded, well developed soul.

**There are two sides to every experience.  
Compassion comes from understanding both sides.**

The trailer for the George C Scott movie made from the Robert Louis Stevenson classic brought back the topic of dealing with our dark sides.

Dr Jekyll, in trying to rid himself of Mr Hyde, found he couldn't exist without, or no longer control, his dark side. The struggle of the two sides maintains a more balanced view of situations in one's life. At times one may need more "Hyde" to find a better solution for all concerned. Other times more "Jekyll".

In my work I sometimes deal with "flat" personalities. To me these are people who lack a balance of one or the other range of emotions. Through disassociation they have "misplaced", intentionally or not, some of their emotions in order to "preserve" the status quo. This is best seen in a split personality (MPD). The angry persona stays buried or hidden until a crisis or trigger (something similar to the initiating event) brings it to the surface. The angry one is all for self and survival focussed. The original personality has little or no control over what this persona does.

The Host in this case has lost all the negative temperament as the angry persona now carries all those attributes. But in so doing, the Host becomes one of these "flat" people. So sweet, so positive and always focussed on the well being of the people around them. There are no survival instincts as they are now buried with the other self.

We may see this in some of the people around us to one degree or another. Something drastic has to happen in order for this person to put themselves first. We may see it as self-esteem, or lack of. (I'm not talking of mothers who put their children first, that is a mother's instinct and on a genetic level she is putting herself first as the child now carries her genes and they must carry on.) It is those persons who do for strangers what they would never do for themselves. By not accepting or disassociating from their darker natures there can never be a chance of balance, or being well rounded.

These people lack the depth just as a painting with few shadows or dark areas. A person with a split personality is like a painting done in Kindergarten; now compare that to one of the great Renaissance Masters.

Your dark side, or dark past life, is a part of your knowledge base and education. Only through integration can you truly become the master of it. That knowledge and control will make you into a true work of art

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## Research

The **IARRT** does research past lives and therapies to do with past life remembrance. They also allow non-professionals to join as Associate Memberships or you can get a subscription to their journal. They have a newsletter and bookstore as well. You may want to take a look at their member listings to see if there is someone in your area who does this professionally.

There was a debate on at the time about the benefits and or ethicality of rewriting past history. I, myself, do not agree with rewrites and do not do it. In my practice we help you come to terms with those things that arise from your past. The shadows (bad stuff) are there to enhance the light. Giving you a more balanced and total experience of life.

## Who believes in reincarnation?

Throughout history, a majority of the world's religions and populations have believed in reincarnation. Famous persons who believed in reincarnation include: Plato, Socrates, Pythagoras, Plotinus, Origen, St. Augustine, Cicero, Marcus Aurelius, Hume, Kant, Hegel, Schopenhauer, Nietzsche, William James, Henri Bergson, Goethe, Hugo, Sand, Blake, Wordsworth, Whitman, Shelley, Kipling, Voltaire, Tennyson, Browning, Alcott, Emerson, Thoreau, Poe, Whitman, Wagner, da Vinci, Benjamin Franklin, Luther Burbank, Edison, Henry Ford, Edgar Cayce, General Patton, and me.

Taken from Pitstick's article ...REINCARNATION : Understanding The History of Reincarnation Past Lives and Evidence for Reincarnation in past lives



Recently I enjoyed a series of shows called "[Walking After Midnight](http://www.nelsonfilmschool.com/i-kay.htm)" <http://www.nelsonfilmschool.com/i-kay.htm> many stars have let us have a glimpse of their own regressions or past life rememberances. Among them are Johny Cash, Willy Nelson, Chris Christopherson, Linda Blair, Helen Shaver, Rae Dawn Chong, Margot Kidder, and Martin Sheen

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## Reincarnation in the bible

**John 9:2** as the disciples asked Jesus “Rabbi, who sinned, this man or his parents that he was born blind?” A person born blind to learn from past transgressions could only have sinned in a previous life.

In **Matthew 17:12-13**, Jesus said ““Elijah has already come, and they did not know him, but did to him whatever they pleased. So also the son of man will suffer at their hands.’ Then the disciples understood that he was speaking to them of John the Baptist.” In **Matthew 11:11-15**, Jesus said “Truly, I say to you, among those born of women there has risen no one greater than John the Baptist. . . and if you are willing to accept it, he is Elijah who is to come. He who has ears to hear, let him hear”.

An understanding of reincarnation helps explain another otherwise abstruse passage in **Rev. 3:12** “Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out.” These passages highlight how much the law of karma and reincarnation were part of standard thinking during the time of Jesus.