THE CONTINUITY OF HUMAN CONSCIOUSNESS AND THE SIGNIFICANCE OF SOUL GROUP MEMORY

PART 4 OF A SERIES: The Phenomena of Samskaras (Energetic Imprints of Unresolved Past Life Experiences) Manifesting as Causative Factors in Behaviour, Linking Soul Group Consciousness.

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ABSTRACT

The series of papers posits the belief that consciousness is multi-dimensional and eternal, the soul personality expressed as individualised consciousness, incarnating repeatedly through time, reconnecting with purpose and intention to soul groups with subconscious memory as an interface.

Memory of other lives is encapsulated within the subtle energy field at the sub conscious level, coherence and content do not fit the existing paradigm. It presents as fragmentation, requiring a quantum shift to recognise, re-member and re-integrate the memories within the cohesive framework of a new dynamic. Quantum physics posits that past, present and future exist simultaneously until observed when they collapse to one outcome. For the purpose of these papers the term 'past life' refers to memories arising in response to reconnection with others within a soul group i.e. those who have shared experiences in other time frames. A comparison is drawn between science and mysticism, with reference made to the increasing congruence between religious belief systems and quantum theory.

The papers examine a compilation of synergistic events occurring between 1991 and 1994, involving phenomena suggestive of individuated consciousness reincarnating and operating through 'soul group' connection linked by memory. The researcher's work as a trauma therapist was born out of her own paranormal experiences in childhood and her retained 'past life' memories. This unique research examines the correlation between these previously undisclosed childhood memories and the spontaneous memories

arising for a group of unrelated clients some thirty years later, who remembered shared lives together.
The content including events, locations and time lines was repeatedly corroborated independently through therapy sessions and correlated with the therapist's own childhood memories occurring between 1951 and 1959. In 2017 a research project by the Living Memory Research Trust validated content described in the case notes.

KEY WORDS

Past life memory, far memory, reincarnation, consciousness, individuated consciousness, collective consciousness, samskara, Vedanta, akasha, trauma memory, energy imprints, subtle energy system, soul groups, soul group memory, downward causation, intentionality, quantum science, wave coherence, electromagnetic fields, ESP, synchronicity, amygdala, hippocampus, limbic system, echoic memory, iconic memory, episodic memory, memory sheaths, hypnosis, regression, intuitive perception, meditation, energy alignment, coherence, visceral response, cognition,

INTRODUCTION

Religious tradition considers the soul to be the immaterial aspect of individual consciousness which survives physical death. The literal translation of the Hebrew word Nephesh ψυχή is 'soul' as it relates to sentience. Psyche is the Greek word for soul, defined by Socrates as the 'The Tripartite Theory of the Soul' in its three aspects:

- τὸ θυμοειδές (Spirit, related to intuition)
- τὸ λογιστικὸν (Reason, related to intellect)
- τὸ ἐπιθυμητικόν (Appetite, related to the senses).

According to ancient philosophy, consciousness originates from the un-manifest dimension of ether (aether) and is present in all aspects of Creation. In simplistic terms, spirit is primary, individuated consciousness evolving from etheric formlessness to form, corresponding with the denser mental, sensory and physical planes through a process of downward causation. This is the principle

behind the electromagnetic field or human aura, which is comprised of complex interconnected, interdependent energy fields which coalesce around the physical body. The etheric or intuitive aspect resonates with the primary consciousness while maintaining the intellectual and sensory faculties which direct human thought and behaviour. This interface allows subliminal connection to the non-physical dimension.

Akasha (Sanskrit ākāśa आकाश), is an ancient term referring to space or aether in Indian cosmology, considered to be the first element created, an ethereal fluid pervading the cosmos, the essence which contains all lower elements. This space field contains the principles of sound, time, motion and rest, it is the element from which fire, air, water and earth descend. All vibration imprints akasha, whether as thought, word or action, creating a planetary etheric compendium of all that exists or has existed. This field carries not only the impression of all that has gone before but the potential events of the future; this imprinted aether can be accessed by seers and mystics as historically validated through the centuries.

Quantum theory postulates a Universe composed of sub atomic particles which oscillate at differing frequencies, creating interactive energy fields. These fields correspond to the etheric, mental and sensory planes of esoteric literature, some at rest and some in motion which together create a complex hologram. It has been proposed that the human mind is also a hologram, energetically attuned to the Universal hologram by the medium of energy exchange, this is the state we call consciousness. (Pribram KH, Bohm D J).

Lewis B Hainsworth an electrical engineer and researcher of Western Australia was the first to recognise the relationship of brain wave frequencies to circulating rhythmic signals between the surface of the Earth and the Ionosphere, known as Schuman's Resonances. Later research confirmed that electromagnetic fields connect the world of form and resonant patterns and store this information. Other research confirmed that the DNA Helix, bridges solar system resonances, brain frequencies and extra sensory perception. (Hainsworth LB, Becker RO and Benton I). At the level of individuated human consciousness, the human energy field is a fractional microcosm of akasha, all thoughts, words and actions are imprinted energetically and transmitted to the cellular level via DNA

and other biochemical processes. Electromagnetic fields connect the world of form and resonant patterns and store this information, determining intuitive, intellectual, emotional and ultimately physical capacity.

The action of Light is quantified by its oscillation frequency, measured in hertz (Hz) as the number of oscillations per second. The action can behave simultaneously as a wave or a particle, carried in discrete quanta packets as photons, a universal medium of information. Particles interact with photons, emitting electrons (the photoelectric effect), sub atomic particles interact with each other emitting electromagnetic radiation. Atoms and particles can absorb electromagnetic radiation which increases their kinetic energy; becoming ionised, they interact with each other. Wave coherence is defined when two or more waves synchronise, where no stable phase exists, waves are described as incoherent. The degree of harmony is directed and perpetuated by the degree of coherence. Cross communication occurs as a result of wave collision setting up an interference pattern when sub atomic particles become entrained. According to Prof Fritz Albert Popp who rediscovered and made the first extensive physical analysis of biophotons, 'electromagnetic processes impact on biology, affecting electrical and magnetic fields of the heart and brain and the transcription of genetic codes. Thus, the dynamic processes of life and light are internally connected with each other.' Energy patterns reflect past experience in other lives. The ultimate example of coherence affecting the human energy field, occurs when the electromagnetic fields of two people are intimately synchronised, the magnetic attraction of affinity. Incoherent energy patterns arise as a result of unresolved residual energy and this is the fundamental principle which governs 'past life' energy i.e. experiences gained in other time frames.

COLLECTIVE AND INDIVIDUATED CONSCIOUSNESS

Consciousness is multifunctional and operates on levels not yet understood by medical science. Carl Jung defined consciousness in three parts:

- Ego or conscious aspect of waking awareness.

- Personal Unconscious which includes the memories and impulses of which the individual is unaware but which influence perception and therefore behaviour.

- Collective Unconscious, an inherited collection of ancestral knowledge and images with which every human being is endowed at birth.

Opinion is divided as to the origins of supposed 'past life' memory. Repressed traumatic memories are contained within the deeper levels of the subconscious but arise in response to triggers to allow for release and healing. Past life memories plucked from the 'Collective Unconsciousness' can and do occur, however, this is related to archetypal affinity, a search for wholeness. There are numerous cases of subjects who believe themselves to be Joan of Arc or some other archetypal figure representing an aspect of their own consciousness as victim or heroine. This is not attributable to past life memory but to energetic affinity, a resonance indicating correspondence mirroring parallel experience. Such memories would not constitute past association.

Memory, Imprints and Consciousness

In order to consider the mechanism by which the soul personality repeatedly incarnates, it is essential to examine the role of memory to examine what is being remembered and whether this can be authenticated. The hypothesis of the continuation of individuated consciousness is based upon the principle of a hierarchical system of 'downward causation' i.e. the primacy of higher consciousness with stepped down transmission to lower frequencies of the intellectual and sensory fields, culminating in thoughts, behaviour and physical action. Hindu and Buddhist traditions state that every action, or intention impacts at the subconscious level of the mind, leaving a 'samskara' (or samsara), a Sanskrit word meaning an energetic imprint held within the memory sheath (a component of the electromagnetic field which interfaces with past experience). What we identify as 'personality' is the sum total of all impressions and subtle traces. 'Samskaras' define mental impressions and recollections which are in effect energy frozen in time, a response to a past experience which impacted upon the prevailing consciousness to leave an indelible impression.

Unless released, imprints are carried forward at death to become the foundation of belief in subsequent lives. In order to minimise intrusion, energetic imprints are held at a subconscious level, we remain unaware of their existence, operating instinctively until significant events trigger a response. At such time there will normally be subtle recognition without cognitive understanding, explaining a deep sense of connection resulting in actions confounding rational choices. In terms of human consciousness, this is played out through personality and free will in response to disturbed equilibrium. Consciousness is bio-electronic in structure, the exchange occurs at a physiological level impacting upon behaviour and health, ultimately observed as illness or dis-ease. In the words of Gautama Buddha: *"What you think, you become…What you feel, you attract…What you imagine, you create."* Past life memories linked to individuated consciousness (i.e. personal) are encoded at the bio-molecular level within the electromagnetic field and at the cellular level physically. This is the atomic signature of the individual soul, resonating as tendencies and impulses, indicating our innate disposition, correlating with past actions and experience. With the dissolution of the physical body at the end of each life, the energetic 'memory sheath' is carried forward to become the foundation for future embodiment. In this way aspects of personality and identity are retained, providing opportunity to acquire greater understanding and refinement of consciousness.

Function of Memory

Memory encompasses many aspects of intellectual function, it is closely linked to the limbic system which allows us to remember skills, retrieve information and recall events. This system, located in the temporal lobe is closely linked to sensory experience, controlling our physical and emotional responses to environmental stimuli. Structures include the hypothalamus and thalamus which serve as a relay station for the sensory information coming into the brain and the hippocampus and the amygdala which are centres of emotional processing. Memory is encoded as short term, long term and sensory memory, subdivided into further categories.

- Short term memory is functional i.e. working memory

- Long term memory is the archive of life-long experience on which we can draw.

- Semantic memory consists of facts and general knowledge

- Sensory memory has component parts, allowing us to retain impressions of sensory information.

- Episodic memory represents our memory of personal experiences and specific events in time, in a serial form which allows us to access the memory of actual events and the context in which they occurred

- Iconic memory is the visual recollection of sensory stimulation, it is transitory, lasting less than a second unless retained and stored within the short-term memory.

- Echoic memory is retained auditory information encoded as sensory memory.

Soul Group Memory

Remembrance of other lives is as old as humanity and is well recorded. Reported memories, where several individuals recall the same shared life or lives are less well documented but have been more widely researched in recent decades.

Arthur Guirdham (1905–1992) an English psychiatrist, investigated reports by a group of people living in the West of England who independently recalled a shared life as Cathars, a religious sect living in the Languedoc region of France in the 13th century. A group of eight people independently remembered the same events of religious persecution and being burnt at the stake in the period 1242 to 1244. These included a child of seven who drew sketches to illustrate the same events. Guirdham traced the medieval names and roles of seven of the eight people in the group. Historians believed that Cathars always wore black garments, discrediting the account of one of the subjects who insisted the garments were blue. Her account was validated in 1965 by a Monsieur Duvernoy, who edited the register of the Inquisition of Jacques Fournier, revealing that Cathar priests sometimes wore dark blue or dark green. (Guirdham A 2009)

Dr. Ian Stevenson (1918 – 2007), author of some 300 papers and 14 books on reincarnation is recognised as the foremost researcher into reports of children remembering past lives. He was Chair of the department of Psychology at the University of Virginia and founder

and Director of the University of Virginia's Division of Perceptual Studies. Dr Stevenson was Research Professor of Psychiatry from 2002 until his death in 2007.

'Reincarnation and Biology: A Contribution to the Etiology of Birthmarks and Birth Defects' Stevenson performed an analysis of 42 pairs of twins, of whom he and his colleagues had investigated. For 31 pairs, the previous incarnations of both twins had been identified. In every single case, they had known each other in their immediately-previous lives. 5 pairs had been married couples; 11 had been siblings, including 2 pairs as twins;6 had been relatives of other types; and 9 had been friends, acquaintances or business associates. (Stevenson I 1997)

'Children of Myanmar Who Behave like Japanese Soldiers: A Possible Third Element in Personality' (Stevenson I, Keil J, 2000)

Stevenson investigated more than 750 cases of persons in Myanmar (formerly Burma) who as children claimed to remember a previous life, of these, 24 said they had been Japanese soldiers killed in Burma during World War ll. They showed habits of dress, food preferences, industriousness, insensitivity to pain and other behaviours unusual in Burma but typical of Japanese people, especially Japanese soldiers during their occupation of Myanmar (Burma. An accusation of coaching by parents is frequently used as a way of dismissing reports of past life memory by children, Stevenson stated: "The undesirability of having a 'Japanese child' in a Burmese family gives credence to this study and derives from the history of Burma during World War ll and the occupation under the Japanese Army during the years 1942-45"

Quantum physics explains magnetic resonance and demonstrates how particles are drawn together by entanglement, a process not yet fully understood. Metaphysics explains why. Human consciousness is formless until encapsulated in form at conception, when sub atomic particles reflect imprints of past experience which inform the subtle energy field and in turn the physical body. Human perception and beliefs are expressed in the form of expectations and conditioned responses based on interpretation of past experience, all of which shape the personality. We are drawn to those with whom we have shared both positive and negative experiences in the past, and therefore have magnetic resonance. This reconnection provides

optimum opportunity for resolution. Soul groups are companions who share the journey, this is the foundation of the family, friendship and community, temporary or permanent relationships which allow free will choices. The relationship may be harmonious or conflicted dependent upon the residual energy patterns and the commitment to resolving them. Such groups include those working to a predetermined energy matrix or plan for the advancement of humanity which they may or may not have conscious awareness of.

'Past life' memory is linked to sensory memory through the limbic system which interfaces with intuitive capacity via the memory sheath, it is accessed by temporarily over riding the cognitive process of the left brain. The depth of mental processing which allows memories to be reconstructed varies from shallow (perceptual) to deep (semantic). Episodic sensory memory is autobiographical and includes the times, places and emotions connected to the event; subjects commonly identify location and historical period in detail. 'Past life' memories are frequently viewed from an observational position, described as being 'outside the body' and are accompanied by an emotional charge linked to context.

Triggers for past life memory: Spontaneous events can trigger far memory through the sensory system and include images, sounds, touch, taste, all of which can ignite deeply buried memory of past experience. There is normally no conscious awareness of this interplay and without an acceptance of the continuity of consciousness beyond the body, this is rarely identified as past life memory arising. Emerging memory can create confusion, distress and uncharacteristic behaviour, resulting in misunderstanding, conflict and the breakdown of relationships. In extreme cases, symptoms can be misdiagnosed as psychiatric illness with inappropriate medication or treatment.

The sense of smell is deemed to be the oldest sensory system and is keenly connected to memory. The olfactory system works in conjunction with the limbic system linked to the primary response of approach/avoidance behaviour essential to survival and therefore to memory. Odours vividly trigger the memory of emotional experiences, more so than visual or verbal cues and research shows that autobiographical memories evoked by olfactory information were older than memories associated with verbal information. (Chu S and Downes J.J 2000: Willander J and Larsson M.2006.)

CASE STUDY EXAMPLES

Olfactory memory and visual cues: A client attending a seminar commented that she had lost her sense of smell several years previously and so was unable to enjoy the perfume of the flowers in the seminar room. During a meditation focussing upon energy alignment those present were asked to remember a happy experience, her sense of smell suddenly returned as she remembered spending time with her grandmother in the garden and the smell of the flowers they had planted together. She later realised that the loss of her sense of smell had occurred following the death of her grandmother when she attended the funeral and was overwhelmed by the perfume of flowers on her coffin. This is an example of grief blocking an emotional memory i.e. the perfume of the flowers. The buried memory was spontaneously accessed by the visual cue of flowers and reconnected through energy alignment by focussing upon a pleasurable memory.

Echoic memory: Sound is a powerful emotional trigger which can ignite memories from the past (echoic memory). A female client requested therapy, bewildered by her angry response whenever her husband watched a football match on television. The sound of football supporters shouting and cheering in the stands caused her to leave the room. During a recall session she accessed a 'past life' memory of the Coliseum in ancient Rome, describing being petrified with fear as she waited with others to enter the arena. The last image was of crowds shouting and cheering as she went to her death. Following energy alignment, the negative emotional response did not recur. An example of a fear response creating an energetic imprint released by recalling the event.

Soul Group Memory

Science explains magnetic resonance, how atoms and molecules are drawn together by entanglement' through affinity or opposition. Metaphysics explains why. Our perception and beliefs are expressed in the form of expectations and conditioned responses based on interpretation of past experience, all of which shape the personality. Reconnection with those with whom we have shared both positive and negative experiences in the past, and therefore have magnetic resonance with, provides optimum opportunity for resolution. Soul groups are companions who share the journey, their connection may be temporary or life-long and include partners, colleagues and

friends. The relationship may be harmonious or conflicted dependent upon the residual energy patterns and the commitment to resolving them. Such groups include those working to a predetermined energy matrix or plan for the advancement of humanity which they may or may not have conscious awareness of.

Accessing Past Life Memory Safely

Consciousness is multidimensional, dormant holographic imprints pertaining to other lives are held within the electromagnetic field, the memory sheath and within the cells of the physical body. The brain is the intermediary, the limbic system providing a gateway allowing access to current and far memory. A trap door exists between conscious and sub conscious memory, a self-protective mechanism inhibiting access for good reason, attempts to circumvent this can prove harmful. The optimum procedure should ensure that clients remain in control throughout the session, a relaxed state similar to meditation is all that is needed.

Hypnosis and Neuro-linguistic programming aim to elicit change by developing positive choices and are often incorporated into therapeutic approaches to recovering lost memories, this can entail re-imagining past experiences and events. Manipulation of brain pathways is implicit in such approaches and involves risk factors of disassociation, a medical definition of the separation of normally related mental processes, observed as mental health impairment. In hypnosis the mental cognitive field is detached from the sensory emotional field allowing both to operate independently as opposed to a cohesive unit. Hypnotherapy permits acquisition of direct access to the sensory motor cortex and lower cerebral portions of the right brain hemisphere. Responses can be triggered by suggestion impacting upon a neurological 'map' of the areas and proportions of the human brain dedicated to processing motor or sensory functions for different parts of the body e.g.. the bodily response to pain can be disconnected by suggestion. Hypnosis over rides the natural defences incorporated within the critical thinking of the left- brain hemisphere, the reason hypnotized subjects can perform amusing or embarrassing antics uninhibitedly to entertain an audience without discomfort.

Itzhak Bentov a pioneer of consciousness studies states: -*"The left hemisphere of the brain is the self-cognitive, verbal and linear reasoning component of the mind. It fulfils the function of screening*

incoming stimuli by categorizing, assessing and assigning meaning prior to allowing passage to the right hemisphere of the mind. The right hemisphere, which functions as the noncritical, holistic, nonverbal and pattern-oriented component of the brain appears to accept what the left hemisphere passes to it without question. Consequently, if the left hemisphere can be distracted, either through boredom or through reduction to a soporific, semi-sleep state, external stimuli to include hypnotic suggestions are allowed to pass unchallenged into the right hemisphere where they are accepted and acted upon directly. This is achieved by disengaging the stimulus screening function of the self-cognitive, verbal and linear reasoning component of the left-brain hemisphere by a process of distraction inducing a soporific semi sleep state. Hypnotic commands or suggestions are then allowed to pass unchallenged where they are accepted and acted upon by the right brain hemisphere."

METHODOLOGY

Energy Alignment

The principle of alignment is 'the correct positioning of one or more elements by agreement'. If we accept higher consciousness as the primary force, we acknowledge downward causation and the requirement to bring the lower denser fields into alignment to ensure optimum effectiveness. This recognises the figure 8 loop interaction between the subtle energy system linking higher consciousness with the lower mental/emotional/physical components. Mainstream medicine views the brain as the seat of consciousness, neuroscience acknowledges the left-brain hemisphere as the primary actor, transmitting electro chemical messages via neurones to instruct physiological processes. Without an understanding that the higher mind instructs the lower or intellectual mind we deny a linking tier of bioenergetic interaction.

Fields of Consciousness

The intuitive field operates as an energetic interface retaining etheric connection while providing a bridge to the lower intellectual and sensory fields. The right brain hemisphere acts as a receiver and a transmitter. An intuitive signalling system carries coded symbolic

messages to the right hemisphere, the non-verbal, pattern-oriented component of the brain, associated with creativity. Intuitive response varies in accordance with the degree of refinement of the faculties; sensations include tingling, hairs standing up on the back of the neck etc. often associated with paranormal activity. At the gross level there is an instinctual response described as 'a gut reaction' due to the nerve plexus link to the abdomen (3rd chakra). In the sensitive recipient, intuitive messaging creates a visceral response within the sensory system linked to the physical heart via the 4th chakra. This is the well -recognised but little understood 'heart connection' of emotional significance. Coherent wave patterns manifest as emotional stability, incoherence presents as behavioural disturbance.

The mental field connects to the self-cognitive, verbal and linear, reasoning processes of the left-brain hemisphere. Coded messages are transmitted from the right brain to the intellectual consciousness which interprets the code. These impressions are then rationalized through cognitive neurological processing and accepted or rejected to conform with personal mental constructs. Coherence provides stability, compounded Incoherence presents as mental conflict, stress and mental health patterns e.g. bipolar conditions and disassociation.

The sensory field is connected to the brain through the limbic and parasympathetic systems, which interconnect anatomically via the neuro-muscular-skeletal system and the organs through the extra cellular matrix to the cells. In optimum health, interconnecting subtle energy fields operate as a cohesive force, directing physiology via the complex subtle energy system of meridians and chakras. Behaviour is dictated by mental perception, expectation and beliefs which are derived from past experience, whether in the current or a previous life. Incoherent mental wave patterns are a causative factor in anxiety, emotional conflict, behavioural problems and sensory disassociation.

Meditation has as its objective, the establishment of optimum circadian bodily rhythms, which allow access to higher consciousness. Techniques differ but include a focus upon the breath or the chakra system of the spinal column, this may include the base, the sacral, solar plexus, heart, brow or crown centres. Meditation has been shown to restore optimum heart rhythms which set up sympathetic vibrations in the walls of the fluid filled cavities of the left and lateral ventricles of the brain. Acoustical standing waves in

the cerebral ventricles are then conducted to the grey matter in the cerebral cortex on the right side of the brain with a polarizing effect. (Monroe Institute of Applied Sciences)

Light Transmission

All organisms are light dependent. Light transmission is the language of the soul. Colour and light emanating within the cortex, accelerate as consciousness expands. David Earnest, a professor and circadian rhythms expert at the Texas A&M Health Science Centre College of Medicine states: "In terms of light and our brains, there is a spectrum of wavelengths that impacts the human circadian system…..blue light is the most sensitive side of the spectrum" (Earnest D 2015). Other research has shown that blue wavelengths suppress delta brainwaves which induce sleep and boost alpha wavelengths which create alertness.' LED light therapy has demonstrated that Green light has regenerative power, yellow light improves oxygenation of the cells, improving muscle and skin tone and stimulating the nervous system and lymphatic system. The blue wavelength has the ability to penetrate the skin, producing radical oxygen and has been shown to destroy the bacterium Propionibacterium Acnes which causes acne. In nature photosynthesis is a process used by plants and other organisms to convert light energy into chemical energy, to nurture the organism.

Energy Alignment and Altered States of Consciousness

In metaphysical terms emerald light synthesises spirit and matter through the action of precipitation (Lamb C 2015). The Emerald Alignment is a meditational exercise which utilises visualisation of emerald light, focussing attention through the body to encourage physical relaxation and beyond the body to encourage expansion of consciousness and where appropriate access to past life memory. At the end of the therapy session, the alignment process is reversed to achieve energetic integration and grounding. Blue light is visualised to seal the energy field to preserve the integrity of the memory sheath. Past life memory can be accessed safely and more readily utilising this method, thereby eliminating the requirement for hypnotic regression. It is advisable to incorporate some form of energy alignment into any therapy involving altered states of consciousness to ensure integration of left and right brain hemispheres on return to normal waking awareness to avoid disturbing symptoms e.g. headache or lack of coordination. (Living Memory Research Trust)

CASE STUDIES

Following the seminar of June 1st 1991 and the spontaneous 'past life' memories which followed, those concerned had expressed an interest in gaining a deeper understanding of what was occurring. As the therapist, I suggested a meditation group and the option of energy alignment sessions; six people including Joseph initially attended on a weekly basis. Within weeks Barry, a young man with a keen interest in meditation was introduced to the group. From their first introduction, Joseph showed an uncharacteristic ambivalence towards him, appearing brusque to the point of rudeness on occasion. He was puzzled by his own attitude saying: 'I don't understand it, I like the guy but I always feel he's going to replace me'. In the following weeks, Joseph began to have nightmares of being chased by masked figures dressed in black. In one recurring dream, he was standing high up on a roof or precipice being chased by an adversary, he would wake sweating profusely and unable to sleep. Unaware of Joseph's dreams but concerned by his continued ambivalence, Barry attended the second session of his energy alignment programme. On occasion the programme elicited spontaneous past life memory and he had shown himself to access memory readily on a previous occasion.

CASE STUDY 1.

Energy Alignment session - 5.1.92
Client: Male (Barry), aged late twenties with no previous paranormal experience. Skilled exponent of Tai Chi. Open minded investigation concerning continuity of the soul and past lives.

As he settled into the chair he commented: 'I'm not sure why I'm doing this – I feel the need to be aware of something but I don't know what… I keep thinking about Japan a lot and all things Oriental…..I don't know why'

Following the Induction, he quickly achieved an altered state of consciousness and described colour and light.

Recall session:

Q. Do you have any other impression?

Dark blue….a curved sword
Flowing robes…
I'm seeing a dragon…symbolic…I don't like dragons

Q. Why?
It's not a happy memory, dragons
(The imagery was fleeting and lost)
The guided relaxation continued but no more images arose, indicating reluctance to return to the first impression. In such instances body focus is an alternative option.

Q. How does your body feel?
Tense, in my solar plexus
Barry suddenly arched his back, like a bow – stiff and unmoving
He remained silent

Q. What's happening?
His voice was tense: I can't move.. If I move it's all over

Q. **Where are you?**
I'm on the mountain on the ledge…he's behind me
He just appeared behind me

Q. Who did?
The instructor…it's Joseph…he's the one in charge
He doesn't like me for some reason
We're training.. but he came up behind me, he's not supposed to do that.
He has a sword in my back
He's smirking, saying 'What are you going to do now?'
You gave me the advantage… now what are you going to do?
I can hardly breathe…I can't move
I've got to get out of this somehow
(Barry maintained the arched, tense position in the chair as he spoke)

Directed forward
His body suddenly relaxed

Q. What's happened?
I made a sweeping turn…..I've got the advantage now
He's backing away along the ledge but I know he wants to fight me

He's older than I am, vastly superior in experience, speed and skill
He knows I can't win
He's saying 'Not at this time but the time will come.'

Directed to any other important event
I'm in the school, we're practising the moves
I'm older now… I'm the best in the school
I've beaten all the others
David's here and Curt…we're together again
(Recognition of two members of the current meditation group)

Q. How does this feel?
It's an honour to be here

Q. Where is this school?
Nagajia … I can't pronounce it (spoken phonetically)
I'm at the top of the mountain.. the air is amazing… clear… sweet..
Nagajia… I'm a student. We're here to learn the ancient skills
We're the best. We live in accordance with a strict code
We're celibate

***** I suddenly found myself struggling to focus …An image was forming before my eyes of the Japanese woman I had seen so often in the childhood memory …combs in her hair … a heavy kimono… I sensed again the familiar feeling of loss and loneliness. I continued.

Q. Why are you celibate?
Because we devote our lives to this practice
David and Curt are students too
I'm being told we have all been together over many lives

Q. How do you feel now?
I have an uneasy feeling... I don't know why
It's to do with the instructor.... he's the best of the best
A strict disciplinarian but fair
For some reason he isn't fair with me though
He always seems to demand more from me…I don't know why

Directed forward to any significant event
He's challenging me!
This is very strange…Why does he do this?
I'm older now…I could win this contest…he's older too, not as fast

I don't want to fight him… I respect him too much
I have to fight him…

Q. Why?
I'm the best and he's the best of the best… It's the tradition
We walk towards each other … Bow
He's immediately in there
He means to win… I'm going to have to do this
He isn't playing by the rules…It's as if he's goading me
I'm staying calm…this feels like a fight to the death
I have to win now…He's becoming angry… losing control
That's my advantage… he loses his footing… falls to the ground
I have him now…my sword is at his throat

The images were momentarily lost
I don't know what to do…
(The images blurred and were lost)

Directed to keep the connections
I go to seek guidance from someone… a woman
Someone of high status?
I'm asking why he treats me this way
She answers: Because he wished for you to be the one to take his place.
You were his chosen successor …he had great love for you always
He hoped that if he disciplined you more strictly you would become the best.
You were his son… his only son
I'm shocked. I ask her 'How do you know this?'
She is answering … Because I am your mother…You were born from our love
His position dictated that this could not be known
When you entered the school, he could not acknowledge you as his own… as he could not acknowledge me.
He did his best for you but dreaded the day you would take his position.

(At this point the imagery was lost)

Directed to the most significant event
I can see a curved sword… Samurai
(The initial imagery had returned)

A Samurai warrior
I'm looking at him…It's Joe

Q. Is this the same life?
No…..it's different
Flowing clothes…

Q. What's happening?
I'm supposed to kill him……I don't want to kill him
He's looking at me pleadingly

Q. Is he afraid you will kill him?
No. He's afraid I won't…It's an honour code
I have to do it… I have to kill him but do it honourably
Oh No! ... I have to cut his head off…It's a sign of loyalty
He wants to die with honour
Oh No!...I have to behead him
(Barry was distressed. Tears rolled down his face)

Directed to breathe forward and see what happens
(He became calm)
It's the right thing to do to another warrior to allow him to die with honour
I raise the sword … I bring the sword down
I know it's what he wants….the only way to retain his dignity
He has given me status, rank, authority to do this
It's the warrior code
(Barry was weeping)
I hate Japan… I've always hated Japan
I love everything Oriental but I hate Japan
…… Nagajia…that's the place..

Life Review
Barry drifted into healing light to receive the understanding of the life.

Q. What was this relationship about?
We were the best of the best …a school of warriors
He was the teacher held in great esteem
A hard school…we were celibate to gain honour and power
The highest ranks could have their relationships.
He had a concubine, made her pregnant.

She told me I was his son… he never told me
That's why he was so hard on me, he wanted me to be the best

….There's someone standing before me, explaining
I'm being told that we have shared many lives together as father and son.
You come together once more in this time to resolve memories of the past. Of his higher awareness he knows all…. of his lower mind he has forgotten. Again, he sees in you the rival as the one who will take his place. It is important that this emotion is now released for it will have unseen *consequences. You must come together in friendship for you have shared many times as great warriors together*.

I'm being told that we have met up together again to heal old wounds
(Barry continued)
I'm told you were the concubine… my mother
That's part of the jealousy
He has to let it go…put the past behind him

The session closed with energy alignment.
Barry opened his eyes and blurted out 'You were the woman…. my mother. I knew it was you….I have to talk to Joseph… he has to stop this…
This had been a powerful session, he was thoughtful, he now felt compassion regarding Joseph's ambivalent behaviour and hoped there would be greater ease between them. Following this, Joseph's former animosity lessened, however, threads remained, it would take a further glimpse into the past to resolve their differences.

CASE STUDY 2.

Client: Barry - 3rd appointment:
Purpose: To complete energy alignment programme
Three weeks later Barry arrived accompanied by David. They were each wearing Russian hats. Barry said he had for some unknown reason felt impressed to buy the hat following the previous recall session. He had searched for one, then despite the considerable expense had wanted to buy one for Joseph but couldn't find the right size.

* Surprisingly Barry had suggested that Joseph sit in on this second session, something which rarely happened.

Recall session
(Asked for any first impressions, a memory was accessed immediately)
I'm sitting in the sink
(This seemed a bizarre statement., I then clairvoyantly saw a baby splashing happily in the sink incongruously wearing a fur Russian hat)
Barry continued: I'm being bathed by my sister
I'm wearing my father's hat…it's to keep me quiet.
My sisters stuck it on my head
This is my sister bathing me, not my mother…I don't know where she is
I'm struggling…I want to get out….

Directed forward to any important event
I'm older….a peasant house
We're Cossacks…
My father's away…fighting….
(He became wistful)
We get letters from him sometimes…
He's been away a long time.

Directed forward
Tears began to roll down his face
My mother is reading a letter…
My father is dead
(He described the official letter notifying them that his father had been killed in action)
I never see him again
(He began to sob quietly and seemed unable to control the depth of feeling.)
I never knew him…now I never will
I was surprised at the intensity of feeling and for some reason, my own.
He was a hard man …he never showed his feelings…
I was scared of him.
I think he wanted me out of the way …
I was close to my mother…He was jealous…. now it's too late.
Directed to any other event he drifted into a deeper altered state

(Joseph was scribbling notes impassively, seemingly untouched)

Healing review in the light

Someone is here….
(Barry listened to guidance concerning the life)
I'm being told that we have shared many lives together as father and son.
To use the time profitably, have no regrets. Never to waste opportunity, never to assume there will be another chance, there may not be time. Sometimes tomorrow never comes….
Let the past go…
You were my mother, his wife…he was jealous of the close relationship.
As the session closed with energy alignment, I noted that Joseph had finally put the armour down. A tear had rolled down his cheek as he listened to the words which warned of the failure to achieve reconciliation in the time available. The session ended with 'bear hugs' and Joseph apologising for his previous animosity.

Post Script

Following this session, the former difficulties dissolved and the two became friends. Seemingly one more karmic triangle had resolved. This was a particularly poignant story as the two would part company within months when the meditation group disbanded. The guidance never to waste opportunity 'never to assume there will be another chance, there may not be time…. Sometimes tomorrow never comes', had proved prophetic. They did not meet again.

SUMMARY AND CONCLUSION

THERAPIST REVIEW

By its nature 'past life' memory is fragmented, requiring careful exploration without suggestion or directive questioning. Traumatic memory imprints are multi-layered and held energetically within the electromagnetic field and also at the cellular level within the physical body. Where the energetic pattern is retained, it will be carried forward to another life experience in order to present a further opportunity for healing. If this is resisted, the pattern is compounded. When accessed, the healing response can be dramatic as the energy pattern is dissolved; where there is deep rooted

resistance several therapy sessions may be required over time. In this instance the subject felt no animosity towards Joseph and acted as intermediary to assist in his healing.

Review of Case Study 1

Imprint identified: Loss of status

Trigger: Significant meeting in the present

Response: Jealousy /Perceived threat to status

Karmic pattern: Karmic Triangle
Father/son
Wife/mother

The recall arose spontaneously as part of an energy alignment therapy session, there was no prior focus or suggestion. While there was awareness of antipathy there was no prior knowledge of that person's recurring nightmares or the threatening images of a hooded figure clothed in black. Prior to the session, the subject volunteered the information that he had recently found himself 'thinking of Japan and all things Oriental'. As a practitioner of Tai Chi, he had some knowledge of martial arts however, Tai Chi is a defensive art originating in China and is not historically linked to Japanese martial arts.

Transposed memory

This session demonstrated the complexity of multi layered memory and the manner in which memories of more than one life can be transposed, appearing nonsensical and creating confusion unless understood. The theme of combat and status unfolded, however the imagery was very different. The first image recalled is often the key factor but is frequently lost initially, as in this case. The Samurai dressed in flowing robes and the hooded Ninja dressed in tight black clothing, suggested two lives. By allowing the story to unfold the imagery returns to identify the linking pattern, reinforcing the underlying message.

1st image: Samurai sword/flowing robes – holds the key imprint of beheading

2nd image: Ninja clad in black – key theme of unresolved ambivalence/jealousy

3rd image: Samurai image and sword resurfaced – Linked to ceremonial
beheading, loss of status and consequent trauma memory.
Seppuku: Ritual beheading/Kaishakunin (See Appendix)

Recognition of a person or persons in the present is common in past life recall sessions, supporting the view that souls reincarnate together:

- In this session, four people known to the subject were identified.
- Recognition is visceral, a response to physiological processes and was experienced by both the subject and the therapist simultaneously identifying the relationship of mother and son.

Identification

The following references were accurately described, confirmed by research in 2017:

- Origins of ninja tradition in Japan
- Name associated with first Ninja school
- Historical location of first Ninja school
- Geography, a mountainous area (Naga Iga Province)
- Dragon symbol associated with Ninja
- Weapons employed by the ninja – a curved sword
- Samurai clothing – 'flowing robes'
- Samurai code - Sepukku role in ritual beheading
- Historical links between Ninja and Samurai
- Japanese Geisha – Dana tradition

Correlation with therapist childhood memories

Perhaps the unique aspect investigated in the paper is that of the correlation between the therapists own past life memory received in childhood more than thirty years previously. (See Paper 2: Lamb C and Warters J 2018). Correlation of content in past life recall by two or more people is extremely rare. In this instance the subject had no prior knowledge of the therapists past life memories of Japan in childhood which occurred in 1955. The subject's own therapy session took place 36 years later in 1991. Correlation included

identification of location, culture and dress, confirmed by the Living Memory Research Trust project in 2017.

CORRELLATION WITH THERAPISTS CHILDHOOD MEMORY OF GEISHA
(Paper 2 ; Lamb CL, Warters J2018)

'At the age of nine, another image surfaced spontaneously of a 'Japanese girl wearing a traditional kimono'. A sideways view, 'The upswept black hair pinned with ivory combs and decorated with flowers and the mask-like white face' of what she later came to realise was a geisha. Again, she could sense the weight and texture of the kimono, which she instinctively knew to be silk and could feel the emotion of the girl, who was 'standing perfectly still looking out onto a garden'. In the far distance, the subject could see 'a lake and a snow- capped mountain.' She said, 'A deep sadness always accompanied the scene and I knew she was waiting for someone or something. The image recurred repeatedly over several months and then seemed to fade although I could recall every detail.'

- The snow -capped Mount Kaito and its lake are located in Iga Province.
- The emotional charge experienced with the memory of the Geisha at age 9 was of sadness and separation, waiting for someone or something.

Review of Case Study 2

Case Study 2: Cossack Life

Imprint identified: Unresolved pattern of jealousy

Karmic pattern: Karmic Triangle
Father/son
Wife/mother

Recognition
The subject was accompanied to the second therapy session by one of the two people identified in the Japanese story as students of the martial arts school. (All three currently attended the meditation group).

Behaviour: subconscious memory of other lives is often reflected in what appears to be incongruous behaviour which can in fact be an indicator. At such times a natural affinity arises with connections linked to the memory and may manifest in unusual expression e.g. choice of company, clothing or a desire to visit a particular place.

- Headgear purchased and worn to the 2nd therapy session by the subject and the friend who accompanied him, plus the desire to purchase the same for Joseph, was an indicator of subconscious memory surfacing of the shared Cossack life.
- Both arrived wearing Russian hats, a link to the Cossack story with no sense that this was unusual dress.
- The subject had no prior knowledge of Cossack culture, clothing or historical conflicts.
- The mutual visceral response of the subject and of the observer (Joseph) confirmed the emotional connection, allowing the dissolution of the remaining energetic imprint.

CONCLUSION

The belief in reincarnation varies in its interpretation. This series of papers focuses exclusively on rebirth in human form, through a continuity of lives, as individuated consciousness having the potential to remember past experience. This paper offers a further example suggestive of individuals reincarnating together with intention and purpose, with retained memory as the thread of connection. The use of past life therapy to successfully treat trauma and/or unexplained symptoms is increasingly reported, supporting the concept of 'samskara' as residual energetic imprints carried forward from life to life. Recognition of those we currently know in the present is not unusual and supports the philosophy of karma i.e. the 'law of cause and effect', which provides opportunity and indeed obligation to meet again. The case studies presented in this series relate to a group of people who remembered one or more lives together in response to group dynamics. Correlation of group memories of shared lives together is rarely reported in the literature and more usually limited to memories of a specific life. The further phenomena of correlation of memories by the client group with the therapist researcher's five specific undisclosed past life memories in

childhood, occurring between 1951 and 1959, demonstrates a unique experience.

- **Collective consciousness** is the accumulative experience of humanity energetically recorded by the akashic field, the archive of all thoughts, words and actions which can be accessed and read by those with advanced psychic abilities or tapped into subconsciously.

- **Individuated consciousness** is the personal experience accrued over time experienced as a continuity of lives as a means of perfecting the soul.

- '**Past life memory'** requires a mechanism of retained memory, explained by Hindu and Buddhist philosophy as 'samskaras', the energetic imprint of experience retained within the human electromagnetic field or aura.

- **The 'group soul' concept** is demonstrated by individuals incarnating separately but drawn together through the principle of resonance i.e. sensitivity to a certain vibration of corresponding frequency.

- **Purpose:** Souls carrying specific imprints of shared experiences are magnetised together, providing opportunity for repetition or resolution and soul evolution.

Alternative theories

Collusion is a theory often put forward to discredit accounts of past life memory. This can be discounted between Case Study 1 and Case Study 2 in view of the ambivalent relationship which existed prior to the therapy. Collusion between the therapist and the client was impossible since the childhood memories were never disclosed until 1992.

Collective consciousness:
The claim that past life memories are accessed from collective consciousness of the Akashic record would not explain the resolution of anxiety, nightmares and the antagonistic behavioural pattern described, as these are held within the personal energy field.

The Probability Factor would seem to indicate that given the acceptance of 'Collective Consciousness,' it would be more likely that retained memory would be accessed from the personal individuated energy field manifesting in the present, than from the countless trillions of records retained in Akasha since the beginning of time.

Additional case studies are recorded in other papers in this series to demonstrate synergy between the childhood memories of the therapist researcher and those recalled by the group decades later.

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APPENDIX

Historical Research

The aim in conducting therapy sessions and seminars was to increase spiritual awareness of the multidimensional nature of consciousness. There was no interest in validating the experiences other than to observe and record the healing response. No one in the group had computer skills or access to computers. No research was carried out until 2017 in preparation for publishing the research papers, when the following validation occurred.

Case Study 1:

Key Words: Country/Region/Terrain/Culture/Dress/Honour Code/ Weaponry/Symbols/Status

First impressions: Dragon symbol

Naga– Translation: 'mythical dragon or dragon king 竜 (also ドラゴン)

Naga Iga – Translation 'Naga school' (School of the Dragon)



Location: 'Naga Iga'
Naga means District or Province. Nag Iga, a former Province of Japan was incorporated into what is today Mie Prefecture. Iga was separated from Ise Province about 680AD, little is known of the subsequent history until the early Muromachi period 1336 – 1573, when Iga became effectively independent from its nominal feudal rulers and established a form of Republic.



Environment: During this period Iga, a remote and inaccessible mountainous region became known as a centre for 'ninjitsu' *(the strategy and tactics of unconventional warfare, guerrilla warfare and espionage)* and claims to be one of the birthplaces of ninja clans.



Ninjas were often mercenaries, spies and assassins drawn from the lower classes. Ninja are noted for their use of stealth and deception. They wore close fitting tight black garments, hooded with only the eyes showing. Ninjitsu developed as a survivalist technique in the warring states of feudal Japan. Their covert methods were deemed dishonourable by the elite Samurai caste who were forbidden to take part in them, however, they recruited ninja for the operations they were unable to take part in



1861 Acrylic print by Japanese artist Utagawa Hiroshige, depicts **Mount Kaito** – in Iga Province, an area associated with the ninja.



The Samurai ruled Japan from the 12th century, Samurai were warriors who belonged to the noble classes of ancient Japanese society. Samurai martial arts were passed down through the clan and to those close to the family. The Samurai warriors are often depicted wearing colourful kimonos, the long flowing traditional robes of ancient Japanese society.

Samurai were guided by 'Bushido' the ancient Samurai warrior code of ethics. Samurai carried a short and a long sword, both were curved, single edged blade. The dragon head was a ninja symbol.

Seppuko is the means of taking one's own life, as laid down by the Bushido code practiced by the military class of the Samurai. Seppuko signifies courage, self-control and strong resolve to prove sincerity of purpose, practiced by warriors defeated in battle who chose suicide rather than falling into the hands of the enemy or to atone for failure to carry out duties honourably.



Kaishakunin: The ceremonial ritual was carried out in the presence of a witness a **'kaishakunin'** a relative or close friend who stands behind the person with sword drawn. A short sword is placed upon the table, at the precise moment that the person reaches for the sword he is decapitated by the kaishakunin, the purpose being to ensure a merciful death.

The Nagamachi

Nagamachi is a beautifully preserved historic area of Kanazawa that was once the residential district for the city's samurai and a Geisha centre.





Geisha held elite status and were highly respected.

Traditional Japan did not constrain men to be faithful to their wives, men went to geishas as companions. It was traditional for established Geisha to take a danna or patron, a wealthy man who had the means to support the very large expenses incurred by Geisha training. A geisha and her danna may or may not be in love but intimacy was never viewed as a reward for the danna's financial support.





Mount Kaito, Iga Province - *'Snow-capped mountain in the background… looking over a lake'* seen in the childhood recall.

COSSACK STORY

The origins of the Cossacks is disputed, they are considered to have originated in the 14th or 15th centuries predominantly located in Southern Russia and South Eastern Ukraine. Cossacks were a warrior caste with military traditions, the early Cossacks were bandits and mercenaries and renowned horsemen. The high domed traditional headgear of Cossacks was fur or astrakhan. The Tsars often placed Cossacks on the front line in wars or military campaigns that necessitated ruthless warriors. The Polish-Cossack-Tartar War 1666-1671 was an aftermath of the Polish-Russo War and a prelude to the Polish-Ottoman War.



