HUMAN CONSCIOUSNESS: PART 6 OF A SERIES:

PAST LIFE MEMORY, MECHANISM AND RESPONSE.

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ABSTRACT

Past life therapy became widely accepted in the late 1980s, with a growing number of psychotherapists, healers and hypnotherapists becoming the vanguard in consciousness raising. Verification is the perfect proof of a theory, The Living Memory Research Trust Programme was established to evaluate a specific archive of hundreds of clinical case studies collated over a thirty-year period with a particular emphasis on soul group consciousness. Published case studies are suggestive of a currently incarnating soul group with a pre-determined blueprint demonstrating continuity of consciousness as soul memory. According to ancient spiritual tradition, individual souls are born into collective groups in order to accelerate soul growth through shared experience. The family forms the basic unit, expanding networks and allowing continuity of consciousness through lives. Where harmony has been achieved, souls feel an affinity, drawing them together as a support network whether briefly or throughout life. Conversely, residual antipathy can indicate unresolved negative association with an opportunity for resolution.

KEY WORDS

Blueprint, chitta, consciousness, downward causation elemental, electromagnetic field, evolutionary, false-memory-syndrome, fragmentary, memories, genetic, healing, interface, karmic, language, meditation, memory, past-life therapy, pre-birth memory, soul group consciousness, subatomic, subconscious, transposed memory, trauma, triggers, unconscious.

INTRODUCTION

According to ancient belief, pre-birth memory as the linking factor to experience, is carried as a sub atomic imprint within DNA, via the multi-layered electromagnetic field (EMF). Subconscious memories can surface

spontaneously, or maybe triggered by environmental factors, anaesthesia, drug use, hypnosis or trauma (Lamb C 2017). There is agreement between Eastern and Western traditions that the Unconscious mind pre-programmes our automatic responses based on an accumulation of impressions, thoughts, urges and memories stored at a level of which we are unaware. Three areas of consciousness are acknowledged.

- **Conscious:** Waking awareness, functional memory
- **Unconscious**: Accumulated impressions stored at the mental level which we are unaware.
- **Sub Conscious:** Buried suppressed experience

With the dawn of modern science in the 17th century, foundational beliefs diverged, the Eastern tradition maintaining a belief that spirit is primary while Western science developed Newtonian mechanics. Medical science focuses on the aspects of consciousness limited to the body with the brain acknowledged as the primary organ having the ability to store and retrieve information when needed**.** The medical terminology of coma and 'persistent vegetative state' previously defined clinical diagnosis, prognosis and treatment options including whether life support should be terminated. Latest research is leading to a new definition of consciousness, as recovering patients describe 'Out of Body' (OOB) and 'Near Death Experience' (NDE) occurring when brain waves were absent.

Hindu and Buddhist traditions acknowledge Spirit as primary, with the brain deemed to be the receiver and transmitter of memory arising energetically as: *'A biodynamic web surrounding the body interconnects with the extracellular matrix at the sub-molecular level, providing an etheric interface between the electromagnetic field and the surface of the skin, a psychic antenna signalling system providing a link between biology and consciousness*' (Lamb C 2017). Memory is stored within the cellular structure of the physical body, e.g. as muscle memory but also as imprints within the electromagnetic field (EMF). An energetic interface provides a defining boundary between the cognitive and the intuitive fields, limiting conscious access and pre-birth memory.

Within this philosophy an expanded lexicon defines consciousness as mind divided into 16 dimensions, elevating intuition and perceptual knowledge. 'Chitta', the storehouse of memory is defined as Primary and Secondary, the first relating to higher intelligence, unsullied by memory, what might be termed divine and the second to stored, structured form leading to instinctive behavioural associations of the mind. Intelligence provides the

foundation of memory with intellect relating to the lower cognitive mind which is a slave of identity, for what we identify with becomes our reality, determining how we think.

Eight Dimensions of Memory are Categorised.

Elemental

- The attributes of the elements of creation, ether, fire, air, water, earth and how they interact.

Atomic:

- The record of how the 5 elements behave, making subatomic particles, particles, atoms, and then molecules.

Evolutionary

- Relating to the evolutionary matrix of specific species

Genetic

- The record of all genetic material passed down from ancestors, sometimes referred to as Ancestral memory of which traces remain.

Karmic

- The record of all past experience, imprinted impressions through a continuity of lives, includes Articulate and Inarticulate autobiographical memory. Normally inaccessible.

Any observer knows that children present unique, individual personalities from birth. Through a process of downward causation, the incarnating soul integrates intuitive, cognitive and sensory faculties of relevance to the life. Described by Swami Vivekananda in his paper delivered in 1893 in Chicago. on September 11, 1893, at the first World's Parliament of Religions

"*We cannot deny that bodies acquire certain tendencies from heredity but those tendencies only mean the physical configuration through which a peculiar mind alone can act in a peculiar way. There are other tendencies peculiar to a soul caused by its past actions. And a soul with a certain affinity would by the laws of affinity take birth in a body which is the fittest instrument for the display of that tendency. This is in accord with science, for science wants to explain everything by habit and habit is got through repetitions. So repetitions are necessary to explain the natural habits of a new born soul. And since they were not obtained in this present life, they must have come down from past lives*"

Triggers Activating Memory

Subconscious memory is linked to the type of environment we currently experience, with origins in both current and previous lives. There are many

ways these deep memories can be activated, including significant meetings, visits, geographical factors and language, providing opportunity for growth and resolution of past fears. The part of the brain which produces language 'goes offline' when we try to verbalise trauma. Broca's area, is a region in the frontal lobe of the dominant hemisphere, with functions linked to speech production. In the remembrance of a traumatising event this part of the brain can block speech. The aim should be to identify causative factors to release the block rather than circumvent it by placing guard rails around it

The current 'Woke' movement with its focus upon perceived social and political injustice attempts to control the environment by seeking to neuter language as a means of avoiding potential discomfort for those deemed to be traumatised by personal experience. Words or phrases considered to be potential triggers are arbitrarily abbreviated or deleted in written or verbal form; 'abuse' becomes 'ab—s,' sexual abuse becomes 'sa'; domestic abuse becomes 'da'. This is a pointless exercise since the role of the cognitive brain is to interpret communication and does so by filling in the blanks in order to comprehend what is meant. Eliminating language as a potential for triggering traumatic memory is a self defeating approach which magnifies fear factors, real or imagined. The effect is to infantilise, promoting victim consciousness, rather than independence. Carl Jung, the founder of analytical psychology viewed the psyche as an inherently spiritual and fluid domain and cautioned that rather than seeking to avoid, we should acknowledge and confront our inner fears to "*make the darkness conscious*" a process of integrating the conscious and the unconscious.

Meditation is the gateway to higher consciousness, reduction of stress and the cultivation of a calm mind are the keys to energy flow with 'mindfulness' a first step to calm the chatter of the lower mind. Therapeutic approaches which focus upon relaxation, energy alignment and body therapy, rather than hypnosis, provide a safe exploration of retained and unresolved memories whether current or pre birth.

False Memory Syndrome

With the burgeoning interest in memory retrieval from the 1980s, concerns have been raised as to evaluation of qualia, subjective personal experience with regard to memory. How can we distinguish between current and past life memories and determine whether retrieved memories are real or confabulation i.e. false memories innocently generated in response to assumption, prejudice and fears? Still less, how can we ever determine the

validity of memories retrieved from other lives? A false memory is a fabricated or distorted recollection of an event which did not actually occur and can include childhood sexual abuse. The False Memory Syndrome Foundation (FMSF) launched in December 1992 was founded by parents who had been accused of childhood sexual abuse by their now adult daughter who had retrieved the memories in therapy. Therapists were accused of suggesting and implanting memories.

Elizabeth Loftus was a psychologist and accredited Board member of FMSF but resigned from the American association of Psychologists in 1996 due to her controversial stance on recovered memories. She served as an expert witness for the defence in many high-profile criminal cases, seeking to discredit survivors of sexual abuse. She testified on behalf of the serial killer Ted Bundy, in his 1976 trial, before he escaped and went on to murder more victims and more recently advised Harvey Weinstein and testified for Ghislane Maxwell in their trials. Her research is now controversial with original claims being regarded as overstated (Crook L S & McEwen L E 2019, Blizard R A & Shaw M 2019) . Ralph Underwager, a therapist and Board member of FMSF stated in the media and in court that 60% of women sexually abused in childhood reported that the experience was '*good for them*'. He was forced to resign after giving an interview to the Dutch paedophilia magazine, 'Paidika', The Journal of Paedophilia (1987-1995) stating *'Paedophiles can boldly and courageously affirm what they choose… With boldness they can say, 'I believe this is in fact part of God's will*.' The FMSF has been accused of misrepresenting the science of memory and protecting child abusers, it closed in December 2019 after professional standards were questioned

Clinical Research into Past Life Memory



Some of the most convincing examples of authenticity are those of children and others documenting intractable, physical, emotional or mental health issues, which have resolved following memory retrieval. American psychiatrist, Ian Stevens, the Founder and Director of the Division of Perceptual Studies at the University of Virginia School of Medicine, was a professor there for 50 years. He collated an archive of over 2,000 validated case studies from children all over the world. His work is continued by his successor, Jim Tucker, Professor of Psychiatry and Neuro-Behavioural Sciences

Transposed Memory

Memory retrieval remains a complex procedure best carried out by those with a full awareness of the anatomy of the energy field. In energetic terms, pre-birth memory is contained within multi-layered sheaths. When accessing altered states, the cognitive and intuitive sheaths temporarily overlap and meld together, creating confusing images; this is in effect energetic fusion. We might compare this to the physical adhesions which can arise in surgery where tissue surfaces adhere abnormally due to inflammation or trauma.

Fragmentary memories may arise with what appears to be contradictory imagery; this is frequently the overlapping of memories which may relate to more than one life. Example: A client in his early twenties requested a therapy session to make sense of a premonition of an early death and a recurring dream of fire. The emerging image of a WW2 airman with a superimposed Viking head dress made no sense until the client was asked to focus upon whichever image felt the strongest. A story surfaced of the Viking figure on a burning ship, falling to his death in the sea. The clothing then changed to that of the airman as a memory surfaced of his plane being hit and falling into the sea in flames. The last thoughts in each case were '*I'm too young to die'*. Following the session, the nightmares ceased along with the premonition.

As relaxation deepens, greater clarity is achieved; it is essential to go beyond the lower sensory and cognitive sheaths in turn in order to minimise cognitive intrusion. To ensure a return to full waking consciousness, the process should be reversed slowly. Commands and finger snapping techniques employed in hypnotherapy should be avoided. Direct experience of altered states can be a life changing event. It is essential to review and discuss such experiences with after care support offered to avoid confusion and potential denial.

Criteria Agreed for Case Study Selection

- Correlation detailing time and place.
- Recognition of past shared relationship
- Cross referenced, verifiable case notes
- Verifiable historical events
- Methodology: Energy Alignment (excluding hypnotherapy)
- Healing response

The following case study demonstrates subconscious memory triggered by the theme in a recently read book, manifesting as unresolved physical illness and the subjects subsequent attempt to rationalise the recall as 'false memory'.

CASE STUDY :

Client: Adolescent male. An intuitive sceptic, resistant to belief in past lives.

Symptom Pattern

- Sudden onset, intermittent, severe pain in hip causing limp necessitating repeated school absences over several months.

Medical Intervention

- Investigation included blood tests and X rays
- 'no abnormality detected'
- Pain medication had no effect.

Alternative Healing

Hands on healing brought temporary relief, indicating an energetic cause.

Relaxation/Meditation

A programme (what would today be described as 'Mindfulness') was commenced. During the first session the subject was asked to describe any impressions or images connected to his pain.

Transcript of therapy session without hypnosis

First Impression

Steps…
I'm trying to get up some steps…struggling
Q. How does your body feel?
My legs hurt…I'm limping
Something cold ..like iron…strapped to my leg
Leather .. it hurts my leg
Q. What's wrong with your leg?
Pause: Olo…olio…
Q. Where are you?
I'm going up the steps ..at the station
Q. What station is this?
Liverpool
Q Where are you going?
I don't know

Q. Describe any other impressions?
My bike..
I'm riding down the street on my bike…really fast
A photograph of someone…stuck on the front of my bike
Q. Whose photograph is this?
Everybody likes him.. everybody round here knows him
(A Pause)
Someone's shouting after me …. "Oi where do you think you're going"
It's a policeman
"Billy Griffiths isn't it?"
I'm saying yes sir
"Where are you going ..where's your mummy?"
Mum actually…I'm saying
He says "Don't be cheeky with me lad"
I'm saying-Bingo, she's gone to Bingo
"Where's your dad?"
On the night shift
"Where's your little brother?"
He's asleep, I'm minding him. I'm just going to the chippy'

Q. Go forward to anything important
I'm 14 now…my legs healing. It only hurts occasionally
I'm quite tall.. I'm a gang leader.. The Eagles
Our enemies are The Rats.
We're robbing a shop
It's closed down but we think there's still stuff in there
Q. What are you looking for?
Anything, sweets.. food.. money
There's a block of houses.. the end one's a shop
They're empty, so we can get in from one to another through the lofts
There are trap doors in the roof.. It's a big drop down
Someone's saying POLICE
We're all quiet.. dropped down on the floor
We're crawling through from one house to another
We're at the shop..Nabber, that's his name.. he's the tallest.
He's going through first to see what the drop is
He's catching us as we drop through
It's Nabbers idea
We're going down to the next floor now

Directed forward to any important event
The altered state deepened

Q. How old are you? Are you still at school?
Yes but I never go. .I scive off
Crawford High.. That's the school
It's near rivers and lakes
There's a lot of industry.. smog?
We're all really scruffy

Directed to next significant event
I'm the man of the house now ..or trying to be
My dad's left us now.. No, he's dead.
He was a thief.. a criminal, he was robbing and he pulled a gun
He was shot and killed I think, shot under the arm
It really shocked my mum
Everybody was thieving to live
My dad nicked my bike.. the one I had when I was little
He made my brother a wooden cradle when he was a baby
My brothers 6 now
Nabber… I know him in this life now. He's in my class

Directed forward to next significant event
My little brother doesn't seem to be around now
I can see his light but he's not in his body now
*(*Silent)

Directed forward to next important event
I'm being struck by a teacher over my backside!
I don't understand? Teachers can't hit you?
I'm skiving ..I'm 14 now
They're all laughing at me
Nabbers on the run now.. He's like the Artful Dodger!

Q. What's happening now?
Bars… bars at the windows?
I can see us eating porridge.. It's salty?
It's not sugar it's salt! You wouldn't put salt on porridge?
There's a layer of salt on the porridge?
Cockneys…We're Cockneys living in Liverpool I think
We're speaking in a Cockney dialect, I think
I can see a big room
Steel, iron railings.. We're locked in
I feel locked in
We're having lessons

I don't like this place.. Bars at the windows
(Confused)

Directed forward to when he can leave this place
I'm 22 now.. I'm walking
Q. Where are you going?
I'm trying to find a job
Nabbers dead.. Shot the same way as my dad
Shot in the head by criminals.. he was robbing a shop
I can't find work, I'm desperate
I have no qualifications
My trousers are too short.. I look a sight
My feet are hurting
Holes in my shoes.. each side.. they're split
The left one is worse than the right
My toenails are hurting
Q. What's the matter with them?
My shoes are too tight
I'm walking round and round
I need money.. I'm hungry
The policeman's here
'Is that you Billy? ..Look how you turned out
You should have gone to school.. I tried to tell you'

Q. How do you feel
I've missed out
Despair! There's nothing I can do.. nothing I can do..
Everything was against me.. There was nothing I could do
I keep saying to myself.. If I ever get another chance..
I wish I could go back to school but it's too late now

Directed forward
My mothers older now
My brothers gone.. the other one
I think we had to give him away?
Q. Do you mean fostered?
Yes I think so. We couldn't afford to look after him, we sent him away.. for a while anyway.. to be looked after.
My mam wouldn't put him in a home
I never see him

Directed forward

I'm lying on a bed…no mattress, just springs
No covers, just coats
I'm curled up.. It's like a cellar, a basement
I live here with my mam
There's something wrong with my lungs?
I think it's to do with smog?
I have a finger missing on my left hand.. the index finger
Q. What happened to it
I don't know……..It's going dark
Everything's gone…I'm going up..
Looking down
Q. What are your last thoughts
If I ever get another chance, I'll do it right…I'll learn

Post Counselling

The subject opened his eyes, slightly disorientated but recovered quickly and discussed the experience saying the images had been very clear, the lasting impression was the regret at the end of the story. As someone who did not believe in past lives he was dismissive of the content however, stating that he had previously read a school library book, a story set in Liverpool describing the exploits of a young boy engaged in petty crime with street gangs (Sherry S 'A Pair of Jesus Boots' 1973) The session had mirrored the theme of the book and had even included several direct quotes.

I explained that far memory is triggered in many ways. If he had indeed lived a life in Liverpool, reading the book could certainly have caused a parallel memory to surface during the relaxation/induction phase. The mental intrusion fades if an altered state can be achieved and in this instance the direct quotes from the book faded and the memory was retrieved. Following the session it is usual for the rational mind to attempt to make logical sense of what may seem an unacceptable experience, a self protective mechanism, in this case even paraphrasing from the book.

Several questions remained however and we discussed key points which were not part of the book. A child of the 70s he agreed that he had no knowledge of polio or leg callipers and remained perplexed about other specific aspects. He described the photograph on the front of the bike, a successful entertainer of the 50s which was later identified from a photograph. The description of being hit by a teacher, bars at the windows of the school and ironically, 'salty porridge' made no sense to him and he chose to disregard the whole experience. I suggested we await outcome, if the story was in any way authentic we could anticipate a healing response.

Healing Response:
The symptom pattern of what had previously involved prolonged, agonising pain, slowly resolved over weeks and did not recur.

RESEARCH

In clinical practice healing was the priority, evidential research was not conducted for over a decade but later clarified the content.

Polio: Described as *'olo…olio?'* in an attempt to describe the cause of pain in his leg. By the 1950s, polio had become one of the most serious communicable diseases among children, mainly affecting children under the age of 5.



Leg caliper:
' cold, steel like iron strapped to my leg… leather it hurts my leg'
I'm 14, my legs healing now'.
Calipers were worn often for years, sometimes permanently.

In 1952 alone, 60,000 children in the US were infected with the virus, thousands were paralysed and forced to wear callipers, often for years; more than 3,000 died. A young person born some 30 years later would likely have no prior knowledge of an illness already eradicated.

Photograph on front of bike: '*A photograph of someone stuck on the front of my bike'……'Everybody likes him…everybody round here knows him'*
The subject later recognized Frankie Vaughan as the person in the photograph on the front of the bike. It is unlikely that a teenager born in the 70s would have knowledge of the singer of the 50s era.



Liverpool born Frankie Vaughan was at one time, Britain's most successful entertainer, a major celebrity of the 50s, voted Show Business Personality of the Year in 1957. He starred in several films including opposite Marilyn Monroe in 'Lets Make Love' (1960). Known for his generous charity work with boys clubs, he was loved for himself as well as his talent. Boys clubs all over Britain once had plaques and photographs of him in their huts and halls. He was instrumental in appealing to juvenile gangs in the 60s, encouraging them to hand in their weapons in an amnesty and was awarded the CBE in 1996.




Liverpool Station Interior view 1959

'I'm trying to get up some steps…struggling, I'm limping'

Q. Where are you?

I'm going up the steps .at the station

Q. What station is this?

Liverpool



Crawford school: Toxteth

'Its near rivers and lake's





Today, Crawford House is a community education project in the under privileged area of Toxteth. It would be interesting to research this site as the possible Crawford School.

Corporal punishment: *'I'm being struck by a teacher over my backside.. I don't understand? Teachers can't hit you?*



Corporal punishment administered by a teacher was unknown to the subject and already illegal within English schools by the eighties. The Education Act (1986) finally abolished corporal punishment in state schools, Detention Centres however were part of the Penal System.

School with *'bars at the windows' steel, iron railings, we're locked in'*

*S*uggests a 'Detention Centre' or Young Offender Institute, the first of which opened in 1952 following recommendations by the **Criminal Justice Act 1948** which abolished whipping and included *Powers relating to young offenders* to reform existing methods and provide new methods of dealing with persons liable to imprisonment. Such Centres were intended to act as a deterrent to prison, a short, sharp, shock for 14-16 year-old inmates serving up to 3 month sentences imposed by the courts, usually for petty crimes. All were classed as 'closed' i.e. enclosed by high walls.

[Extracts from] Report of a Committee to Review Punishments in [...] Approved Schools and Remand Homes)
This UK government enquiry reported in 1951. These extracts are the sections relating to corporal punishment. It looked at the Approved School Rules 1933 and found them broadly satisfactory. In particular, it concluded that it was essential to retain the headmaster's power to award corporal punishment. The main specific finding as regards CP was that for senior boys undergoing punishment the existing cane was inadequate. Committee members felt it was too thick and rigid, and would merely bruise the young man's posterior without necessarily supplying him with sharp enough immediate pain to act as a proper deterrent. The committee therefore recommended that the senior cane be replaced with a longer, whippier one that would afford a more intense disciplinary experience.

Salty porridge: *'I can see us eating porridge…it's salty? …its not sugar, its salt! You wouldn't put salt on porridge'* Historically, porridge was served at breakfast throughout the UK penal system (origin of the 50s term 'doing porridge'). Sugar is traditionally used to sweeten porridge in England with salt used in Scotland, perhaps hinting at the location of the establishment. The English subject, a native of northern England and had only ever eaten porridge with sugar and so dismissed this aspect of the story as unbelievable.

Smog: *'There's something wrong with my lungs..I think it's to do with smog'.*



The subject was unfamiliar with the term 'smog' or its deadly effects. In 1952 Liverpool had three days of the smog which blighted London, resulting in the Clean Air Act of 1956. The fog was so thick it stopped public events and the use of transportation. Its lethal effects were unprecedented: it is estimated that more than 4,000 people died in the immediate aftermath and a further 8,000 died over the course of the following year, mostly caused by respiratory tract infections. The numbers affected by chronic lung disease are unknown.

ADENDUM

Soul Groups

Several years later I was puzzled when a new female client attending a therapy programme always enquired about my son, then aged 16 even though they had only met briefly. At each visit she incongruously left a Mars bar for him. During a past life therapy session she accessed a life as a young girl, part of an extended family living in Liverpool and recalled the following details:



'We have no money… It's Liverpool - We live in rows of terraced houses behind the football ground… the Kop end'…..'When they're playing we can hear the cheering'.



The KOP is the iconic Liverpool football stadium at the Anfield ground. Built in 1906 and extended in 1928 the Kop was originally capable of holding as many as 25,000 supporters creating the roar of the crowd. It had 100 steps and towered above Walton Breck Road behind the ground.

Describing a family member –

'Billy can't walk very well, he had polio'…

'He's always in trouble, skipping school….

I buy him his favourite Mars bars'.

At which point she suddenly became emotional and recognised the subject in the Liverpool case study, known to her in the present time.

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