LIVING MEMORY RESEARCH TRUST

Human Consciousness Part 8 of a Series – 'Biology and Consciousness – Visceral Response, a Conduit for Retained Soul Memory'

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ABSTRACT

One of a series of papers explaining the dynamics of consciousness through past life memory, dreams and visceral response, explaining the conduit linking the Human Energy Field (HEF) with physical anatomy through the subtle energy system. Paper 8 draws upon clinical case study material recognising, tracing and locating geographical sites linked to past life memory through the mechanism of visceral response. A series of past life memories experienced in childhood led to a lifelong study of the anatomy of the human energy field and a career as a therapist specialising in retained past life memory. The childhood memories were intense and visceral and never forgotten. One by one they resurfaced from 1991 in conjunction with significant meetings with others who remembered aspects of the same lives, indicating the phenomena of a soul group incarnating together with purpose. Continued research over a thirty-year period corroborated the stories, providing a unique insight into the mechanism linking consciousness, memory and pre-determined purpose.

KEY WORDS
Past life memory, visceral response, consciousness, human energy field, soul groups, pre-determined purpose.

The paper will be best understood by reading the following papers in sequence. See References

Human Consciousness Part 2: Records a series of past life memories experienced between the ages of 7 and 14.

Human Consciousness Part 3: Examines the phenomena of 'Soul Group' consciousness through clinical case studies.

INTRODUCTION

Consciousness transcends biology, time and space, nonlocal contact i.e. communication with an external stream of consciousness can not be explained by the known laws of physics and is therefore not accepted by medical science. The phenomena referred to as 'extrasensory perception', reveals what is beyond the normal range of cognitive faculties. (Lamb C & Warters J 2018). The soul is the non corporeal aspect of individualised expression of consciousness, singular and unique yet part of a collective consciousness expressing the continuity of consciousness through shared lives.

RESONANCE PRINCIPLE

Quantum science explores the dynamics of electrons and atoms of a quantum universe, its atoms and subatomic particles operating in a nonlinear continuum. Nonlocal contact and communication are psychic phenomena, resonance being sensed via the higher faculties. Consciousness inaccessible to the lower cognitive mind is accessed intuitively as a personal blueprint, a road map of orientation, encoded within DNA and downloaded to physical anatomy via the cellular matrix.

Human consciousness is a dynamic composite of multiple streams functioning within multi-layered energetic sheaths described in Eastern tradition as 'kosha's'. The Higher consciousness, operating with intention at the etheric level, generates a triple structured, nested hierarchy of intuitive, cognitive and sensory fields within distinct frequencies. Remembrances of past experience of relevance to the current incarnation are sealed within a memory sheath which interfaces with the cellular matrix. This databank is stored beyond waking consciousness, a protective mechanism to minimise mental intrusion. This model is today described as 'downward causation' defining spirit as primary.

At the energetic level, pre-birth memories are held within the cognitive and sensory fields, interfacing with the physical body at the cellular level via the fascia, a web-like network of connective tissue. This band or sheet of connective tissue beneath the skin is primarily composed of collagen, a high tensile protein providing elasticity, structure and form to tissues, organs and the skeletal structure. The fascia attaches to muscles and internal organs, providing an interface between the physical body and the electromagnetic

field, the reason myofascial massage and deep tissue massage release emotional pain, encouraging free movement.

VISCERAL RESPONSE

All matter resonates at a specific natural frequency. When two fields come into contact the response is contraction or amplification, dependent upon the degree of affinity, this is experienced physically as visceral response. A visceral reaction is an instinctive, bodily response to a stimulus or experience, often referred to as 'a gut feeling'. There may be no rational reasoning, just a 'knowing'.

It is now recognised that all cells store information energetically as sub conscious memory. Research into organ transplant has shown that cells of living tissue remember past experience, even having the capacity to memorise characteristics of the deceased human they relate to. (Pearsall P, Schwartz G. E. R., Russek L.G.S. 2005) This is the mechanism by which the subtle energy and anatomical body systems engage and through which we experience visceral response.

According to Prof Fritz Albert Popp who rediscovered and made the first extensive physical analysis of bio-photons, *'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 two or more electromagnetic fields are intimately synchronised – reflecting magnetic attraction. Conversely, incoherent energy patterns arise as a result of chaotic residual energy and this is the fundamental principle which governs 'past life' energy i.e. the memory of experiences gained in other time frames.

Extrasensory Perception:

ESP refers to intuitive and visceral response to paranormal external stimuli, a function of the subtle energy system. *'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.'

Convergence of Visceral and Somatic Messages

Subconscious levels are decoded through neurochemical processes triggered by the autonomic system, hippocampus, amygdala, thalamus and hypothalamus. Neurotransmitters determine emotional response via sensory nerve endings, they rarely enter into consciousness but are retained subconsciously.

Identifiable Symptom Patterns

- A vague sense of disassociation, detachment or feeling faint (described as feeling 'woolly' or 'wrapped in cotton wool') are predominant symptoms.
- Energetic messaging affects the mucous membrane which covers the surface of internal organs eliciting raw and uncontrolled, conscious sensations arising from the viscera. These include shivering, adrenaline rushes, the heart rate and breath speeding up or slowing down, the stomach tightening, nausea, flushing and sweating.
- Mucous membrane lines the oral cavity and sensitivity may be experienced physically as dry mouth, soreness of the gums and roof of the mouth.
- A tickling sensation or itching in the tip of the nose corresponds to specific energetic pathways in the nasal cavity.
- Pressure over central forehead or one-sided headache over the brow.
- Persistent pressure focussed at right hand side of the base of the skull.

Anatomy, Reward and Consequence

More pronounced symptoms of visceral response associated with interaction between subtle energy download and brain decoding occur where conflict arises between choice and consequence. The left pre frontal cortex has been found to be responsible for coordinating the retrieval of explicit memory for use in speech. The right pre frontal cortex is responsible for inhibiting feelings with regard to consequences.





The cerebellum is a fist-size structure tucked below the cerebral cortex formerly thought to be responsible for motor related behaviours. Research now shows "The cerebellum has a much richer and more interesting role in driving behaviour." Michael Hausser, University College London. "*This view that the cerebellum is only involved in motor behaviours is incorrect.*" Where there is conflict of choice the cerebellum is unable to operate optimally due to blocked energetic pathways, observed as right sided headache at the base of the skull. Discomfort clears once a decision has been made. There are profound implications for a fuller understanding of consciousness and cognition and for the many who fear the consequences of speaking openly of their paranormal experiences.

If we accept that energy can be changed but not destroyed, the question of the location of consciousness inevitably arises. According to Professor Fritz Albert Popp, who rediscovered and made the first extensive physical analysis of bio-photons, '*electromagnetic processes impact on biology, affecting electrical and magnetic fields of the heart and brain and the transcription of genetic codes, decoded through neurochemical processes at the subconscious level. Thus, the dynamic processes of life and light are internally connected with each other*.' Neuroscientist, KH Pribram, and theoretical physicist, David Bohm, have proposed that the human mind is a hologram, energetically attuned to the Universal hologram by the medium of energy exchange. This is the state we call consciousness

Energy patterns reflect pre birth experience i.e. past 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 – Love. Conversely, incoherent energy patterns arise as a result of unresolved residual energy referred to as 'entanglement'. Magnetic attraction/repulsion is the fundamental principle which governs response to remembrance of experiences gained in other time frames.

Imprinted memory held within the elemental atoms and molecules of sites, buildings and geographical locations is sensed through visceral response at significant locations. This is the proscribed method demonstrated by mediums and channellers when researching locational anomalies.

The following case study is offered as a demonstration of non local communication, dreams and visceral response in tracing and identifying

location of past life memory.

One of a Series of Childhood Memories Researched

History

At the age of thirteen a diagnosis of rheumatic fever resulted in a period of prolonged bed rest. The days were long and mobility was restricted, I lay for hours as fragmented images repeatedly filtered into waking consciousness; '*green hills, a traditional white washed cottage, a beach, the sound of fiddle music playing'* . I somehow knew that the images were of Ireland. One image repeatedly surfaced the indistinct face of a young girl in her teens with long curly red hair, who appeared very angry', I could feel her emotion deep within my solar plexus.

In 1991, while attending a local Catholic church for the first time to support a recently bereaved friend, at first sight of the priest I suddenly felt light headed, disorientated and emotional to the point of copious weeping. I left the church hurriedly at the first opportunity, embarrassed and confused. Following this incident, I began to have a recurring dream, the childhood memory of the young red-haired girl resurfaced repeatedly. On one occasion, on waking I was puzzled to hear a woman's voice clearly say *"Has he called you by your name yet Kate?"*

During a casual meeting with clients who had now become friends, (Peter) who was clairvoyant looked at me and suddenly blurted out, "Y*ou've got long red hair and freckles…Kate, Kate O'Malley!*" A little irritated I tried to ignore the comment. Joseph, another member of the group who had been out of the room, returned and with a big smile said '*Your face is covered in freckles…Kathleen… Kate*!" I could not ignore this and felt compelled to continue to attend the church despite my discomfort whenever we were in the company of the priest. Feelings of disorientation and an inexplicable anger continued to arise and as a consequence, I decided to investigate whether there was a connection to unresolved past life energy.

Transcript of the 1ST Recall 1991

Tell me your first impression

This is County Mayo….the bog… I can smell the peat, it's piled up on the fields.

Look down at your feet.

T strap, black patent leather flat shoes. There's some kind of big wheel close by…a tractor… There are chickens running around…muddy, ...a farmyard, I'm sitting on the doorstep

How do you feel?

I'm angry

(I could feel the anger deep within my solar plexus region as my stomach tightened into knots. I somehow knew my face was covered in freckles and could feel the thick curly hair which I knew was red. The name Kathleen flashed through my mind.)

What's happening?

'They're in there talking…I have to wait out here

What are they talking about?

Me! Who I'm to marry…I'm not getting married! Not to him…

They can't make me…

Who is there?

A priest. My brother…is my brother a priest? Someone else…a man…

My mother…they're going to make me…I won't!

A feeling of helpless frustration erupted - Asked to move forward, the anger melted away replaced by a feeling of resignation.

What's happening?...Where are you?

I'm sitting on the edge of the bed.. looking out of the window onto the fields. I want to get away ..leave this place..

Why?

There's nowhere to go

I have to be married…

We're going to lose the farm, we can't pay the rent.

If we lose the house the little ones will be separated

I can't let that happen…I'll have to marry him

Who do you have to marry?

(Now I clearly saw the image emerge of a man with shirt sleeves rolled up to the biceps, standing in the fields…he had a straw in his mouth.)

He owns land ..a farmer but not like us…he can buy our farm.

(There was an overwhelming sense of sadness)

Go back to a time before this happened, a time when you were happy.

(The scene disappeared, replaced by a blurred pattern of flowers)

A blue dress. Patterned with little flowers, it buttons down the front..

I'm at a dance, feeling awkward, shy…someone is walking over to me.

It's a young man, fair haired… he's asking me to dance.

I'm not sure if I should… it feels odd.

Why?

He's a priest

(There was a sense of being whirled round to the sound of a fiddle.)

Move to any other important connection
A beach…a long curved, sandy beach with big rocks at one end…
Sand dunes right down to the beach… we had a picnic there…
It curves round at the far end… Out to sea there are three small islands.. or small pieces of land sticking up out of the sea., mountains in the distance**.**
It's a beach to walk a dog on…We've gone there for the day…. this is somewhere else…not home..
I'm walking on the beach with the man at the dance…
I just feel perfectly happy…content.
It's one of those perfect days.
My sister is sitting on the rocks at the far end of the beach
We've all gone together…some kind of trip.
Something to do with a pilgrimage…a mountain…

(Asked to move to any other significant event, the scene changed abruptly. The desolate feeling returned)
It's my wedding day (Said in a flat expressionless voice)
How do you feel?
Hollow. My life is over…
I'm standing there in my wedding dress…it doesn't mean anything
Why?
I'm marrying the wrong one.. It should have been him
Who were you going to meet?
The man at the beach.. We wanted to marry but everything changed
How do you feel?
I have no choice…
I'm walking out of the church on my husband's arm…
The man from the beach is standing at the entrance…just watching
I feel numb…Its all gone dark
(Now in the light, floating and drifting.. I felt the presence of a guide and heard the words)
'This story, like so many is unfinished, there are many facets to the diamond. You will understand in time"
I opened my eyes, amazed by the clarity and the distinctive features of the beach.

This story could explain the childhood memory of the red- haired Irish girl and why she was angry, however, another aspect filled me with consternation. The therapy work I was involved in with clients had demonstrated that souls incarnate together in groups and frequently

recognise each other as there is a predetermined purpose. During the recall I had recognised the young man Kathleen had intended to marry, as the Catholic priest I had recently met. This posed an unacceptable dilemma and I attempted to dismiss the content.

The recurring dream of the beach continued and several more therapy sessions revealed further fragments of memory, including references to Trinity College Dublin '*he studied there*" and Croagh Patrick, "*a mountain… a pilgrimage*". On one occasion I had a clear impression of the red-haired girl standing on a bridge overlooking a River I somehow knew to be the River Liffey in Dublin. I could clearly see the stone bridge with three arches and the high-water line below. I drew a picture of what I had seen, marking the place I had been standing. There had been a strong emotional charge with this image which I had felt was in some way connected to a hospital visit, somehow linked to a diagnosis of asthma. I had felt her great reluctance to attend the hospital as she paused indefinitely on the bridge. The images and the associated feelings were so marked that I felt certain I could find the exact spot where she had stood on the bridge. (See Lamb C Human Consciousness Part 4 2019)

I felt an increasing desire to investigate the possible location of the beach but had no idea where it was or even if it existed. Inexplicably, I was certain it was in Ireland, not in Mayo but in Connemara, Galway. A three day visit to Ireland was planned, we hoped to see 'The Book of Kells' on display at Trinity College Dublin and perhaps explore the possible location of the recent memories. Another member of our group volunteered to be our driver.

We began in Dublin and walked up and down the pavement beside the River Liffey, viewing the city centre bridges, including the iconic 'Halfpenny Bridge', I felt no connection to any. As we approached O'Connell Bridge the hairs on my forearms stood up, I suddenly felt disorientated as I leaned on the stone parapet overlooking the river and gazed at the three arches before me. They were exactly as seen in my memory, matching the drawing I had made of the high-water line. I felt somehow glued to the spot, reluctant to move, my head began to swim. Strangely I could feel once more Kathleen's reluctance to attend the hospital appointment which I keenly felt was on the other side of the river, some minutes-walk away.

We travelled on from Dublin through Mayo and saw and smelled the peat piled up in the fields before heading for Connemara in Galway where I intuitively felt that we should stop at Roundstone for bed and breakfast. Next morning, we headed for the coast road to look for the beach although

we had no idea if we were in the right location. Guided only by intuition and an internal radar of bodily responses I directed our driver back and forth on a road which seemed to be moving away from the sea. My mouth was dry, I felt the familiar disorientation and was certain we were close to the beach we were searching for. Instructing him to stop, I stepped out of the car and walked over grass to approach sand dunes which dropped away to a beach below. This was the beach, exactly as seen in my recall. A long, curved, sandy beach, distinctive large rocks at each end and three small pieces of land jutted out into the sea with the hazy outline of mountains in the far distance. For a brief moment I felt the past and present converge and felt an indescribable happiness.

Further past life therapy conducted over a period of years indicated a time line of the mid 1800s a period of famine and political upheaval in Ireland, the population separated by a clear religious divide.

RESEARCH CONDUCTED 2012 – 2019
Living Memory Research Trust

1) Location
'This is County Mayo – I can smell the peat, it's piled up on the fields"



'The west consists largely of poor sub soils and is covered with large areas of extensive Atlantic blanket bog. Raised bogs are found almost exclusively in central Ireland, chiefly in the Shannon basin.' County Mayo



Peat areas of Ireland

2) Social Economic History
Forced marriage - Eviction

- *'Were going to lose the farm…we can't pay the rent'*
- *'He owns land, a farmer but not like us…he can buy our farm*

Protestant English and Anglo-Irish landlords installed by Cromwell, owned 90 percent of all land in Ireland in 1860. Absentee landlords had no interest in their land other than financial. They engaged middle men to rent it out for them, these agents were known in Ireland for being ruthless to deal with when it came to rent arrears and were the ones who dealt with evictions of tenants who could not pay rents"

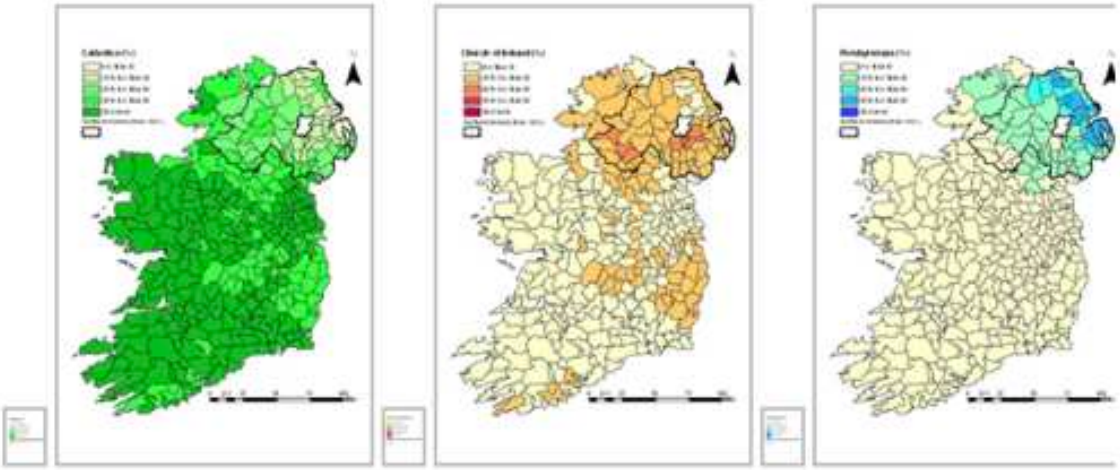
(A national movement was initiated in County Mayo during 1879 which brought about the greatest social change ever witnessed in Ireland to win back the land for the people from the landlords and stop evictions for non payment of rents)

3) Religious Segregation

'He was from the north, Donegal''

For many years the story of an intended marriage between Kathleen and a priest was enough to create doubt as to the validity of the story. It was wrongly assumed that the priest was of the Catholic faith until during one recall session I heard a voice stating '*he was from the North, Donegal'* prompting further research.

During the Famine period, Ireland was divided demographically, religiously and economically. Donegal in the north of Ireland was predominantly Protestant.



Catholic Protestant Presbyterian

In 1996 validation was received by direct contact, affirming that the priest was a member of the Protestant Church of Ireland whose clergy are of course free to marry. In addition to the financial pressures of pending eviction, a mixed marriage of Catholic and Protestant would have been totally unacceptable to the family.

'In 1850, the Synod of Thurles imposed on Ireland a decree declaring that a mixed marriage (a) needed a Papal Dispensation and (b) required that all the children be brought up as Roman Catholics. Both partners were required to make the promise verbally and in writing before witnesses. Until the late 1950s, Catholic canon law did not allow these marriages except "by necessity". Until that time, mixed marriages would only be performed in the

rectory, not in the church building itself. Family and friends were not permitted to be present, except for the required witnesses'.

4) Seminary Training:

"he studied at Trinity College"

On arrival in Dublin we visited Trinity College, only learning several years later the relevance of its history. 'Established by Elizabeth 1st to consolidate the rule of the Tudor monarchy in Ireland, it was seen as the university of Protestant Ascendancy for much of its history. Although Roman Catholics and Dissenters had been permitted to enter as early as 1793, certain restrictions on their membership of the college remained until 1873 (professorships, fellowships and scholarships were reserved for Protestants), and the Catholic Church in Ireland forbade its adherents, without permission from their bishop, from attending until 1970.'

The Bridge – River Liffey Dublin

'*The red-haired girl standing on the bridge overlooking a River I somehow knew to be the River Liffey in Dublin. - I could clearly see the stone bridge with three arches and the high water line' - "I'm leaning on the wall, looking into the water…"*



Recall: Viewing from the same location as the person on the left.

- O'Connell Bridge c1879

The arched O'Connell Bridge (formerly Carlisle Bridge) spans the River Liffey in central Dublin. Research originally indicated construction in 1877 which did not appear to fit the timeline. However later research confirmed the original bridge was built in 1795 with later refurbishment in 1877.

5) The Hospital

…" I'm going to a hospital over the river…a short walk away…. I don't want to go… something to do with my chest? …asthma? Some tests?…"



Founded in 1839, The Adelaide Hospital, now demolished was a general teaching hospital in the forefront of medical advances for many years. It originally stood on the opposite side of the River Liffey, a few- minutes- walk from the city centre, at 43 Bride Street, later moving to Peter Street in 1858. Today it is one of three hospitals from that time incorporated to form the Tallaght University teaching hospital.

6) Croagh Patrick

'We've all gone together…some kind of trip…Something to do with a pilgrimage…a mountain..?'



Croagh Patrick is a holy mountain in County Mayo, associated with Saint Patrick, who is said to have spent forty days fasting on the summit; an important site of pilgrimage, visited by thousands of people annually.

7) The Beach: Key Memory

- *a long sandy beach with big rocks at one end…..*
- *sand dunes right down to the beach.*
- *it curves around at the far end.*
- *Out at sea there are some small islands or pieces of land sticking out of the sea.*
- *Unusual large rocks -My sister is sitting on the huge rocks at the far end of the beach…*



is a quiet rural area located in West Connemara, County Galway, approached from **Roundstone** to the south.



'A beach…a long curved, sandy beach with big rocks at one end…
Sand dunes right down to the beach…mountains in the distance'



" three islands or pieces of land out to sea"

CONCLUSION

A therapy practice which had evolved from personal experiences of past life

memories in childhood was the focus of the clinical work from 1991. Healing through past life therapy was the focus, historical validation was therefore not pursued for several years. None of the clients involved had any previous experience of past life memory.

The internet was not yet established with only *"an estimated 10 internet websites globally"* Wikipedia. We had no computer skills and notes were handwritten then transcribed. A therapist training programme was established in 2002 and in 2009 the book 'Born Remembering' recording key events was published. The Living Memory Research Trust was founded in 2012 for the purpose of Consciousness research, the intention being to preserve an archive of case study material suggestive of soul group experience, gathered over a twenty- five- year period.

A wealth of evidential research is now historically validated globally for those wishing to investigate with an open mind. True validation rests in the healing potential which I have witnessed throughout my own career. In the end it is the spiritual awakening in understanding the journey of the soul which is the truest healing. Validation of past life events can rarely be confirmed, the unique experiences which occurred over two decades are offered in the spirit of investigation in the hope that some will continue to pursue the weight of evidence now accruing globally.

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