OSTEOARTHRITIS -PAPER 2 - HEALING THROUGH PAST LIFE THERAPY

'To Know Thyself is the Beginning of Wisdom' – Socrates

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Osteoarthritis is often characterised as inflamed distortion of bone. This paper examines the causative factors of sudden onset bilateral osteoarthritis of the thumbs through a personal case study which culminated in a series of past life therapy sessions. Past life therapy is explained to show how the therapeutic process revealed unreleased imprinted past life memory which underpinned behaviour patterns manifesting as physical symptoms. Two past life sessions are documented and others are briefly described. These offered a deeper understanding of the metaphysics of osteoarthritis and the causative factors which led to the manifestation of symptoms.

KEY WORDS
Beliefs, electromagnetic field, emotions, healing, imprinted memory, metaphysics, osteoarthritis, past life therapy, thoughts, thumbs.

INTRODUCTION

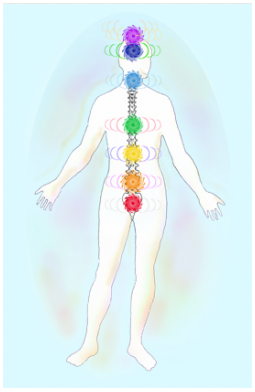
In Paper 1, having explored sound therapy (toning/vocal sound vibration) as a means of alleviating pain and preventing further deterioration, Paper 2 documents the events which played out over time and triggered imprinted memory which surfaced for release and healing. These patterns of behaviour underpinned the physical manifestation of symptoms.

The challenges and rollercoaster of emotions we experience in the course of our life may trigger subconscious patterns of behaviour downloaded as memory of past experience in this or other lives, or models of behaviour we have observed early in life. Our behaviour, based on our beliefs, colours our perception and reflects our thoughts and our response to those thoughts. Events which have caused fear, confusion or uncertainty shape our beliefs. '*An environment perceived as threatening is predicated on fear and triggers an adrenalin response, the 'fight or flee' protective reaction. Where the belief system accepts a flawed reality of persistent external threat, biology takes over and a cyclical automatic response to perceived danger results.'* (Lamb C 2023).

The soul is imprinted with the memory of its experience, whether good or bad. Unreleased imprinted negative memory from the past may be brought into the life at birth with an opportunity and a potential for release. It is carried within the human energy field, (electromagnetic field or auric) and may be the cause of many physical symptoms or behaviours that cannot be explained. '*Prebirth memory is carried as a sub atomic imprint within the DNA via the multi-layered human energy field. Subconscious memories can surface spontaneously or may be triggered by environmental factors, anaesthesia, drug use, hypnosis or trauma.' (Lamb C 2018)*

HUMAN ENERGY FIELD

The orthodox, medical perspective takes a symptom focused approach whereas an holistic practitioner with an understanding of the subtle energy system works to restore wholeness. It has been scientifically proved that this magnetic field envelops, permeates and governs the human body.



An explanation of the human energy field now supported by evidential research, gives a deeper understanding of the holistic perspective, demonstrating how programmed thoughts and emotional responses impact on physical health. Meridian channels, invisible to the naked eye disseminate light energy throughout the body via 7 main chakras or energy hubs situated along the spine. Life is dependent on this energy, known in ancient cultures as chi or prana. Downloaded from a higher primary source, it operates in both the physical and nonphysical worlds, transmitted as stepped down frequencies to connect with matter. The vibrational electronic frequencies of thought patterns and emotional responses are distinct energetic fields which impact on physical health. Fear and control patterns affect energetic flow causing constriction of blood vessels, restricting oxygen supply to tissues and organs, thus compromising the immune system. Negative thoughts and strong emotions influenced by life events can therefore change us physiologically.

(Extract from Osteoarthritis Paper 2 – Healing with Sound)

PAST LIFE THERAPY

Past life therapy is a powerful healing tool which allows the memories to be accessed and released safely. It can give insights into difficult relationships

with family, friends and in the work place and can illuminate the factors underpinning the onset of physical symptoms. The process is not hypnosis but a meditational state used since ancient times to assist soul progress

Cyclical Energy

Energy moves cyclically and we need to be aware of cycles and their effects. A cycle is a sequence of events recurring in order. Cycles can be very short or millions of years long for example, the beat of the heart or an age in cosmic time. Each is mirrored in the other.

Painful Feelings

When we disconnect from painful feelings, we recoil from our emotions and retreat to our mental body (our thoughts) as we try to think ourselves into a place of safety. Our thoughts may race as we take on more to distract ourselves from our feelings. Our breathing becomes shallow, we move faster and our speech becomes more hurried. Our behaviour may be likened to a hamster in a wheel. We spread ourselves thinly, thinking that we need to achieve more, whereas the alternative is true, we need to breathe more deeply, move more slowly and our words will then connect to our heart to allow us to become our authentic self. Our stories are the experiences we have lived through and we can only fully understand when we look back on them. We are then able to address the painful experiences and begin to recognise repeated patterns of behaviour which can manifest as physiological changes and physical symptoms if not addressed.

Our emotional state is translated into chemicals by the brain (Pert C 1997). Unprocessed emotions reduce our energetic signalling and flow. Optimum cell to cell communication to maintain cellular metabolism and growth requires energetically favourable conditions. When we feel positive, we are able to shift to a positive focus which immediately creates positive physiological changes. We have to re-programme our thoughts to command our cells positively or they will cyclically encourage the repeat of negative patterns of behaviour based on our old beliefs.

Having been told by the medical profession that sudden onset of bilateral arthritis of the thumbs was an unusual phenomenon, I was prompted to search for answers with the knowledge that imprinted memory arises when there is something unresolved from the past

PERSONAL CASE STUDY – Sudden Onset Osteoarthritis

Background

A challenging and eventful adult life: Two marriages. One biological son and four adopted children. 12- year period as a short and long- term foster mother of children aged from birth – 5 years. An 8-year period as a magistrate in Youth Courts. Professional background in speech and language therapy within National Health Trust in the north England, coordinating and delivering area wide service to adults with learning disabilities and children with additional needs. Post Grad training in energy field alignment, metaphysics and past life therapy with the Academy of Spiritual Sciences. Specialist area sound therapy (Using vocal toning practice daily) and communication with links to memory and consciousness.

PRE- SYMPTOM HISTORY

Moving house – cleaning oven with strong chemicals
Did not protect hands with gloves.

Emotional State

- Anxious, angry and resentful due to enforced relocation.
- Habitual wilful pattern of taking unnecessary risks regardless of the possible consequences.
- Feeling overly responsible when plans fail.

Symptoms: Sudden onset 24 hours

- Both wrists aching
- Hands red and hot
- Bilateral thumbs appeared crooked

Investigation. Attended A&E

- Symptoms dismissed
- No medication offered

Symptoms persisted: Self-Referral doctor

- Unusual presentation-
- Sudden onset/marked distortion of both thumbs
- Pain free on examination
- Surprised there were no other bone abnormalities i.e. ankles, distortion of spine and shoulders etc.

Recommendation

- Referral for X-ray

X-ray Result

- Confirmed arthritic abnormalities
- Both thumbs bending out at thumb joint
- Swelling on outside of both thumbs
- Cartilage erosion

Diagnosis : Osteoarthritis



Diagram of distorted right and left thumb

Thumbs/Hands

- Pain free
- Able to carry out everyday activities
- Hand temperature alternated between hot and freezing cold with numbness of fingers. .
- Hands no longer hot but began to be very cold during the day.
- Resorted to wearing gloves in the evening
- Wearing gloves to drive in the spring and warmer weather.
- Numbness and coldness of fingers.

TRANSCRIPT OF A PAST LIFE THERAPY SESSION TO DISCOVER IMPRINTED MEMORY UNDERPINNING PHYSICAL SYMPTOM

Session 1 Positional Memory:

This memory was triggered because the lawn strimmer at the new home was activated by sustained thumb pressure. Also, the son of a close friend appeared in a newly acquired WW11 flying jacket. This prompted me to remember that in the 90s while visiting Camden Market in London, I had randomly bought

myself a vintage flying jacket and wore it constantly rain or shine much to everyone's amusement.

Transcript:

Tell me your first impression?
Prefabricated buildings.
*Lads having a cup of tea in the Naafi (*canteen).
Have flying helmets with flaps.
On a high because we have just done a round.
Adrenaline pumping.
There are three of us talking.
We all get on with each other really well.
Dicing with death then back again, sitting with a cup of tea and talking about it.
Breathe forward to the next thing that happens
In a cockpit.
I'm the tail gunner at the back of the plane
Feels old fashioned
A gun on a stand
Strip of bullets.
You feed the bullets through as you are firing.
There's someone sat in the body of the plane with a map.
How do you feel?
It's exciting but terrifying at the same time
Adrenalin pumping
We have got each other's back.
We trust each other but he takes risks to give a better shot
Who takes risks?
Pete, this pilot.
What is happening?
They are coming at us from all directions.
It's a dog fight
We're over the sea, I don't like it
It's iike a game….
The wing's gone! (raised voice)
The wing's gone!
We're going down (weeping)
God! The plane has caught fire as we're going down.
I can hear the chaps screaming
We've hit the water.
Going up now.

I didn't want to die.
Look back on your body below, what is the feeling as you leave?
I feel responsible
They've all burnt trying to put the fire out.
We thought we were invincible.
Dare Devils!
We were good mates.
Taking risks but you would want them on your side.

Go up into the light…What was the learning?
It was about my connection to the other two.
We will always support each other, do or die.
Being able to trust someone never leaves you, never.
The bond was strong
Loyalty is key

Review Positional memory

- The tail gunner defends against enemy fighter or interceptor attacks from the rear, or "tail", of the plane.
- Using thumbs to signal in position in gun turret at rear of RAF bomber aircraft in WW2.
- The rear gunner would be in position in gun turret for up to 10 hours, fighting intense cold.
- Most dangerous place to be.
- Using thumb pressure to fire bullets.
- Exposed to freezing cold in the plane.



B-17 gunners were effective in defending the aircraft against enemy fighters during World War II. The B-17 Flying Fortress was equipped with multiple machine guns, and the gunners received extensive training to effectively operate and aim these weapons. The gunner sat in the aircraft tail underneath a transparent canopy, allowing a wide field of vision. The view directly in front was blocked by the control panel and the guns themselves, but an optical periscope overcame the blind spot.

TRANSCRIPT OF PAST LIFE THERAPY SESSION 2

This session was triggered by a trip to the Scottish Highlands and a visit to the Isle of Iona and Skye off the northwest west coast of Scotland. While visiting Iona with a male companion, I had felt irritated and my male companion was unusually subdued. We argued throughout the visit. The island trip was not enjoyable. I placed crystals on the beach before leaving and an amethyst asking for forgiveness if had hurt or harmed anyone in the past. A rose quartz was planted for peace and healing. I had the recall session some weeks later, where I discovered the significance of this visit.

Transcript:

Tell me your first impression
I'm aware of the handle of the sword in my palm
What kind of sword?
It's heavy
Also, really clear image of very grey day.
I am in rough clothes.
My hands are strapped to strengthen the palms and the thumb grip on the sword.
I'm a Viking coming into the bay of Iona
What are your hands strapped with?
Some kind of strips of skin wrapped around and around my thumbs to strengthen grip on daggers, swords. We are swarming up the hill to a building and then dragging the monks down, slashing them, cutting them down. I have big feet, leather base., strapped round, criss-crossed up to the knees. Big metal circular shield.
How are you feeling?
Feeling the power and the aggression.
Let's see what we can find to raid, see what treasure they've got.
Coins, treasure, we have had a long sail.
Big strong wooden boat 24 rowers
It cuts through the water, travels well.
The seas are cold and grey, there is water in the bottom of the boat.
We have been in Bergen planning this for a long time.
Lot of boat building we want a settlement we need to spread, have more agricultural land.
I had a farm and was interested in astronomy and charting, I always wanted to travel to know of other lands.
I am a good fighter.
How old are you?
35, I am not married
Why not married?

There was someone… … she left, went with someone else.
I lost interest, turned to other things, turned to boat building.
Expeditions go out, I decided to follow
Where did you travel to?
Land which is not too far away.
Barren, wild, people there, it's wooded, good for boat building.
We also hear there is treasure there, minerals to make ornaments.
We need more land, food to grow.
Need to spread out.

Breathe forward to the next thing
I can see a fire blazing, like a camp fire.
Lots of noise, drinking, laughing after battle, carousing.
How does your body feel?
Like a string pulled taught.
This god they've created, falling on their knees.
I look at what they are doing.
Painting with colour on parchment.
So different, sit in one place, so quiet.
Feathers dipped in colours.
I don't understand
How do your hands feel?
Hot and itchy I've got blood on my hands
We've loaded a lot of treasure into our boat.
Took sacking and skins tied it into the boat.
They're protective of their crosses
What of the people?
Most are dead I saw some rowing, some got away.
We set fire to their houses
What is the feeling?
I am tired of this
What do you want?
To find a place to settle just stop this way of life.
How does your body feel?
Tired

Breathe forward to next thing that happens
Skye, need to find a place on Skye.
I have established a community, Skye is one of the other islands.
A few of us set off to look for other lands to settle.
I can see buildings, making clearings just a small community on the north side of island.

Building boats so we can fish.
No fighting, just a deserted area.
I can see a grey sea and a small settlement.
We've built boats, used local trees, we fish.
The children can grow up here.

Breathe to any significant event
An image of some fighting with local people from the other side of the island, it's because we have staked our claim and settled here.
We live in a separate community.
The clans fight anyway.
We settle and intermarry.
I've found someone, a dark- haired woman, we have a son, a wild boy.

Go to the end of the life
Peaceful, we've integrated /same community
How are your hands?
Right hand has pins and needles.

Colour healing/ release
Guidance in light, washing away the residue of the past

Review of Session

- To see the error of ways and to turn it around.
- To settle in a community from which he ran away.
- experience in Iona had left a lasting impression on him about wanting a simple life.
- Not needing to be an action man.
- More than fighting and talking, the selfishness – he'd been completely caught up in that.
- He found peace in the end, able to integrate, found peace and tolerance.
- Felt remorse.
- This reflected current circumstances need to settle in a peaceful community and experience a simple life rather than being goal driven.
- In the recall, I had recognised my male companion as the monk I had dragged from the Abbey on Iona.

SELECTED PEN PICTURES OF ONGOING PAST LIFE SESSIONS

Stubborn patterns persisted and I continued to override common sense and take risks e.g. unnecessary driving in snowy, hazardous conditions. On the day after my mother's funeral I was asked by a friend to take him to a garage to collect his car in a town unfamiliar to me, some miles away. I was still feeling the emotion of attending my mother's funeral and felt shaky. This was a sign that my energy was unstable and not aligned. I should have said 'No'. On the drive home alone, I was distracted and had an accident and the car was badly damaged.

Artist
Coldness and numbness of fingers brought forth another memory
An artist, painting in a cold attic.
Holding painting palette with thumb, positional memory
Painting despite extreme cold



Printer in Antwerp, Belgium during era of reformation when books could be easily printed and distributed by single machine and operator.



Forbidden material could be spread faster than it could be restricted.
My thumbs were trapped in the machine and I was unable to remove ink stain from my thumbs afterwards, I was in fear of discovery.

The above session released a current life memory of being a teenager. I lived with my family in the village of Wittering in Cambridgeshire which was the location of an important base for RAF Fighter Command in the Second World War. At the weekends, I attended dances on the RAF camp site. I was always very conscious of my hands and reluctant to walk across an empty dance floor I felt that my hands were big and purple and everyone would be looking at them. This lasted for many years and until the recall of the printer I had always felt that my hands were purple and ugly.

Colosseum – Death in the colosseum after period of insurrection against ruling authority as Roman soldier refusing to deny my faith. In a cage, suspended by thumbs, waiting for release of tigers.
Memory triggered by my cat crunching bones of a mouse that it had killed and taken under my bed in the early hours of the morning.

Pirate- hands tied behind back at wrist across palms and binding the thumbs and again tied at wrists before being thrown overboard to drown. Penalty for insurrection in face of authority.

Torture during time of Inquisition
Thumb screws used in in torture session- refusal to submit. *This memory surfaced after a visit to the Pope's Palace in Avignon. We were shown a hole in the stone floor in an adjacent room in to the Pope's private chamber where he could view torture proceeding at the time of the inquisition.*



Thumbs in belt
Member of Vatican hierarchy, thumbs in belt holding rosary – *arrogance*



Thumb ring

Wearing thumb ring when in position of authority 11th Century. Again denoting status and arrogance. In Greek societies thumb ring conveyed a strong message of power, wealth and influence, ambition and self-assertion.

Use of thumbs by mob in the Coloseum



In the Roman Colosseum giving thumb to the chest to denote 'no mercy'. This was the signal used by ancient roman crowds to pass judgement on a defeated gladiator. – 'Police verso' Latin for 'with a turned thumb'.

CONCLUSION

The thumb and the big toe metaphysically correspond to the head and problems in this area may relate to an imbalance of mental energy. The skeleton is made up of bone, the root, structure and framework of the physical body. Distortion of bone is caused by an intercepted energy flow and may relate to intransigence and negative patterning. Any deformity of bone in osteoarthritis is metaphysically linked to obstinacy, rigidity and lack of flexibility, which gives rise to an inability to move forward because of a fear of letting go

I had experienced patterns of stubbornness and control, as well as an inability to say 'No' against my better judgement. Never giving up can be our weakness as well as our strength. Taking unnecessary risks and recklessness, denotes arrogance and lack of humility. Unless we are able to acknowledge, accept and address these patterns of behaviour, they may eventually manifest as in my case as physical symptoms within the body and we must then resort to medical intervention and turn our behaviour around to prevent further deterioration.

To reiterate, energy moves in cycles and negative emotional responses if not mastered will be triggered at a future time. Although circumstances may be different, we will respond in the same way because we are governed by that old belief system. Uncertainty and fear of loss of control had been a recurring theme. *Exactly seven years to the day, prior to my wrists aching, I had fallen down some stone steps in the days preceding another move. I had hurt my wrists badly and feared they were broken.* Unless we are able to discharge this energy of fear and uncertainty we remain closed to growth and opportunity.

We remember and relive the past which has no bearing on our current experience. When we are fearful, our body recoils and we become defensive in the face of danger or threat. This stress response triggers the body into fight or flight, which is a learned response. When we are defensive, our blood vessels constrict which depletes the delivery of oxygen to our tissues and organs and this compromises our immune system.

When we feel safe, we are able to access higher cortical function but if we are fearful and uncertain, these systems are incapacitated and we revert to old defensive patterns of fight or flight. When there is a need to be in control, the incoming flow of energy is intercepted and blocked, which compromises our immune system and impacts on our organs and tissue. Unless we are able to identify, acknowledge and accept our behaviour and emotional response in the face of what we perceive as challenging circumstances, which no longer serves us, we will continue to run on old tracks and they will emerge again and again as the cycle of energy repeats.

We need to be willing to trace our beliefs and behaviour back to the initial experience in order to gain understanding which will facilitate release and allow us to create new pathways and behaviour appropriate to current circumstances.

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