

## Past-Life Therapy

Dick Sutphen



**W**hile writing *"You Were Born Again To Be Together"* I interviewed a physicist working in the government laboratories at White Sands, NM. He told me he used to be an agnostic, but his work had caused him to embrace reincarnation.

"We're isolating the smallest molecule of energy in a sealed cloud chamber," he said. "Nothing else can get in and nothing can get out. Since the molecule is smaller than an atom, you can't see it with the naked eye. But we can photograph it on sensitive film. We see the molecule has a measurable size, weight, pattern, and speed. In time, the molecule drops to the bottom of the cloud chamber appearing to die. We leave the camera running, and pretty soon the molecule is back, only now it has a new size, weight, pattern, and speed.

"Energy cannot die, it can only transform," he said. "And I know I'm energy, so I can't die. Reincarnation is the best explanation I've found yet."

I've been investigating reincarnation for over twenty-five years, and I've written many books on the subject. In my seminars, I've group regressed over 150,000 attendees, and I've regressed thousands individually. But I still cannot tell you with absolute certainty how reincarnation works. What I do know is that everyone has past-life memories tucked away in their subconscious mind. When properly accessed, these memories can be re-experienced.

In *"Past Lives Future Loves"* (Pocket Books), I wrote about seven possibilities as to how reincarnation may actually work. But no matter how it works, or even if it's reality, past-life regression has anxiety-releasing results. Often a long-term problem is immediately resolved. Depending upon the type of karma you're dealing with, learning the cause of your problem can alleviate an effect or is the beginning of letting go.

If you were to go into therapy with a psychologist or psychiatrist, they would try to learn the cause of your conflict, fear, phobia, or anxiety. All too often, counselors cannot find the cause(s). But using regressive hypnosis, I will always find the cause.

David Viscott, M.D. said, "All feelings come from some definite event, even if that event cannot be clearly defined or located in time."

### CASE-HISTORY EXAMPLES

A workaholic man was destroying his marriage by never finding enough time to spend with his family. He loved them dearly, but was obsessed by his work. When directed back to the cause in hypnosis, he observed himself in Europe during a time of famine. He was burying his young son because the boy had starved to death. Subconsciously programmed by the horrific pain of being unable to feed his child, today he doesn't realize that he works night and day to avoid having to experience such pain again. In his mind, work assures being able to provide for his family's needs. This is false-fear karma.

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In one of my past-life seminars, a young woman told me that she couldn't stand anyone, including her lover, to touch her neck. In going back to the cause, she found herself seeing through the eyes of a young girl during World War II. German soldiers had broken into the family home and were raping her older sister. The youngster started screaming. One of the soldiers hit her, but when she continued, he strangled her. The physical carryover resulted from this trauma.

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A 300-pound woman in her early twenties participated in my Bushido Training. Her doctor told her she was breaking down the arches of her feet. "I have to lose weight," she said, "but every time a new diet plan begins to work, I panic and begin binge eating." I directed her back to the cause of her excessive weight. She was a beautiful young woman who was living the good life with her parents and a brother during the French Revolution. One day the soldiers came and took the family to prison, which led to her being raped and tormented. Eventually she was executed.

When I asked her how this related to her weight problem, she burst into tears and said, "I was so pretty and they killed me. If you want to be safe, never allow yourself to be pretty."

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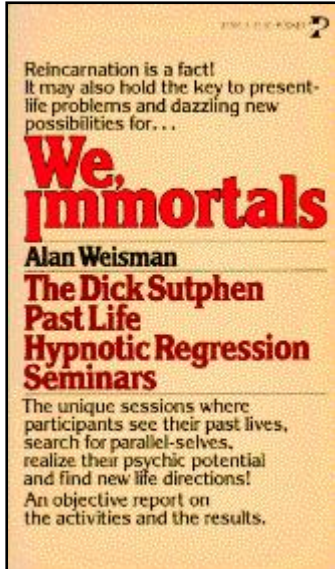
A man in his mid-thirties was offered advancements in his career, but he always turned them down. He explained, "Every time I get an offer, I think I'll take it, but with this decision comes a sense of foreboding. The only way I can resolve this anxiety is to turn down the offer." I directed him back to the cause and he experienced being the captain of a sailing ship in the 1700s. When the ship caught fire in the middle of the night, he ran for a lifeboat without bothering to sound the alarm. Some of the men survived and returned to civilization. When they told the story of the Captain's cowardice, he was disgraced. Today, he doesn't want responsibility, which if misused, could again cause suffering.

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**Wisdom erases karma** is one of my favorite lines. **You can't change what you don't recognize** is another. By finding the cause of a current-day problem, you can begin to resolve it by forgiving yourself and the others involved, and by using mind-programming releasing techniques that have proven to be very effective.

Even when problems appear to be resulting from known situations, they are rooted in a past-life cause. Only when you know what caused the pathology can you generate a full release using past-life therapy techniques.

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