

<p>38.</p>	<p>Chapter 4 A Walk with the Medicis</p> <ul style="list-style-type: none"> • Most past lives are not of an important historic figure. One of her clients remembered a life as Fellini Medici from a well-known wealthy family in Italy during the Renaissance. • Currently Raja, late twenties from India. Ready to take the bar exam in U.S. with questions about his career. • He wanted to help people but not sure law was the right work. • In remembering the Renaissance life he listed his lessons as to share, to teach, to learn, to write, to help people, to travel. • His guidance was that law is only a stepping stone; he was encouraged to go to Asia; be around a lot of ancient wisdom. “You can be a participant there, but only a spectator if you are here.” U.S. • See “truths” on p. 43 • “An interest in particular historical eras can be important clues to past lifetimes.” <p>Do you have an interest in a particular time in history or a certain country?</p>
<p>45.</p>	<p>Chapter 5: Opening New Directions</p> <ul style="list-style-type: none"> • Deanne flew in for her session and then back home again the same day. • Attractive professional woman,, late 30’s. practiced yoga; devoted to spiritual exploration and journey. Dad was an alcoholic and she had responsibilities for her brother and mother. • As an adult, she felt “in bondage to her mom”; role reversal; mother was needy and Deanne resented her suffocated feeling of not being free. Affected other relationships. • Life as a Neanderthal-like man; short, stocky, hairy...; had pretty wife with long smooth black hair and two children. Her family came and took her and a daughter away; they left him with the son who looked like him. He loves his son and is proud of him, but he leaves as an adult. • The man lives with a woman who is mean and spiteful, but he has this sense of obligation because she helped him when he needed it. Like he signed his life away. • Ends up killing himself to spite her. • Looking back—he regretted his poor decisions. He should not have stayed with the woman. • Lessons: trusting one’s gut; not acting hastily, learn about equality and freedom in relationships. <p>Next regression:</p> <ul style="list-style-type: none"> • She starts things but doesn’t finish; nothing is meaningful; nothing will come of my efforts. • Sees a life as a black man in the 1940s. tried to help others. A young man who stole some food was hanged and he couldn’t help him. So little he can do. Nothing I do is enough. Waste of time and effort. • Lessons: need to appreciate more what she has and not chase an elusive goal. It’s good enough to be average. “I don’t have to be extraordinary.” <p>3rd regression:</p> <ul style="list-style-type: none"> • Becoming a holistic health counselor but she is very worried about putting herself in front of people she doesn’t know, fearing she will be harshly judged. • Life as a Gandhi-like male in India. A celibate, monk type; taught children.

	<ul style="list-style-type: none"> • He was accused of sexually abusing a boy and run out of town. Very sad. At the mercy of what someone says about him. • Becomes a beggar in a large town and eventually dies. • Lessons: overcome adversity; not wallow in despair; don't give up; be confident about who you are. • She had new, loving relationship with her mom, was freed from need to be extraordinary, was about to move into more public exposure. <p>Truths: never give up, don't need to be extraordinary, appreciate what you have, equality and freedom in relationships, trust your "gut" about people and situations.</p>
57.	<p>Chapter 6</p> <p>Carrie, young Latina in early twenties, had three papers to do to complete her degree at university but couldn't write. She had major anxiety—intensely distressed, pounding heart, sweaty palms.</p> <ul style="list-style-type: none"> • Her regression was one of the more awful examples of brutality that humans can perpetrate on another. • Regression: young woman about 20 years old. Is shaking, tired, and frightened; is in a dungeon. Circular machine is cutting off her hands. It was punishment for writing a paper that she was not supposed to write. • She is in love with another woman and she wrote about it. Brutus, her body guard found out and told the king—who was her father. The king hates her because she is illegitimate. Her mother is dead. • Spain, 1581. The woman she loves lives a distance away; she is her cousin and has the same feelings for her. (also a cousin in current life.) • They also cut off her hair in the plaza; considered a sin to love another woman. • She is left in the dungeon for very long time. She has a passion for writing and dreams of writing a book. "The story is in my head." • Lessons learned: don't speak! Don't write! She could have had a different life and written under a male name but she was careless by misjudging her safety and left her writing lying around. • Guidance: go ahead and write in this life. Also sing and be in theater. She has courage and strength from many lifetimes. • She wrote later that she was doing better with writing. However she was fired from her current job because she came out as a "queer" person. • Now she's been sick and has lots of problems with her throat—energy gets stuck in her throat. Remembers being hung in a life. <p>2nd regression: "What experience shut me down to speaking my truth?"</p> <ul style="list-style-type: none"> • Black man, very dark skin, strong and healthy, about thirty years old. A big town in the south, U.S. he's a sheep farmer, has a wife Manny Rae. 1866 (later find that she is Carrie's father in this life.) • He won a contest and won blue shoes. He's very pleased, but KKK is not. They raid his home, rape his wife, tie him up. They hit him with hammers, break his legs, shoot him, burn him, and finally hang him. • Guidance: Carrie wants to "fix society" but guidance tells her the issue is too big; too much to change. "there is no perfect place or community; we are here to learn our lessons" • Doing research, Carrie learned that slaves weren't allowed to wear shoes. When the black man wore the shoes he won, it meant that he was free and threatened the KKK people.

	<ul style="list-style-type: none"> Signed up for “spiritual postgraduate work>’ lifetimes of great challenge: gay in middle ages, free black man in south right after the civil war. Just being who she was threatened belief systems of those around her. in this life, it was just losing her job. And she was finding her voice. <p>Truths: balancing personal safety with speaking one’s truth; can’t solve all society’s wrongs by yourself; we are here to learn lessons; intolerance causes suffering.</p>
66.	<p>Chapter 7: The Misfit Monk</p> <p>George was a successful businessman; mid forties. Wanted to explore his unsettled feeling about organized religion. Power, rules, disconnect from love. Also felt a pain down the right side of his neck during stress.</p> <ul style="list-style-type: none"> Regression: a monk in brown robe and leather sandals, rather overweight, mid-forties. 1776, Florence, Italy. He is pious monk but finds others are not. He is an outsider, keeps mostly to himself. The other monks don’t like his piety which makes them uncomfortable. They chase him and try to scare him, but he falls down the stairs breaking his neck (right side). He dies there on the cobblestone street. The other monks hurry back into the church. He is very disappointed and full of grief. Reason for discomfort with organized religion. <p>2nd regression a year later:</p> <ul style="list-style-type: none"> Saw himself as a soldier chasing early Christians; also a priest who felt deep meaning; <p>Lessons: follow your gut instinct and your principles; you will be at peace</p> <ul style="list-style-type: none"> Human life is not perfect; need compassion for situations; Let go of need to figure it out; focus on forgiveness Follow your principles; trust your intuition
80.	<p>Chapter 9: Life Is Suffering</p> <p>Lori, a woman in her fifties; experienced a feeling of terror and dread every day just after waking up. She held an office job but lived a reclusive lifestyle; felt safe only in her apartment, particularly in bed</p> <ul style="list-style-type: none"> Her father in this life died suddenly when she was seven; her mother was emotionally abusive; Lori felt responsible for her dad’s dying and felt it was her responsibility to keep her mother from dying. She was also fascinated with WW II Regression: girl about 8 or 9; bare feet, dirt; playing outside; father was Orthodox Jew with tall hat and long beard. She felt safe with him. Had three older brothers. Feels her mother doesn’t like her—is probably a step mother. She comes home and no one is home. 1939, Krakow, Poland. Crowds of people; men herd them to the train station; next she is in country with others. People are being shot! She and others are digging a mass grave to bury them. She runs away with other girls to the woods; lives there a while and then they are gone and she is alone. “can’t relax for a second; must be careful.” Eventually stabbed by troops and buried while still alive. She was emotionally wounded by this experience. <p>2ND regression a month later:</p> <ul style="list-style-type: none"> Reported that the morning dread had improved; for this session she wanted to work on an injury that she had eight months earlier: acute tendinitis in her Achilles tendon; not responding to therapy; felt like “shackles around her ankles.” Found himself in a boat with oars; man’s body, shackles and chain on his legs; ankles really hurt; “I’m a Christian imprisoned by Muslims.”

	<ul style="list-style-type: none"> • Early life, family died in plague; he was street person in London, barefoot, at age ten; loner with no friends or family. Became a cabin boy on a sailing ship; older he becomes a crew member. • Another ship captures them and kills most of the crew. They had an iron dowel heated red-hot and were piercing the Achilles tendons of both legs to cripple them. Then shackled them to the oars. • Later in another attack, he is thrown overboard and drowns. Life is only hurt, pain, suffering; All I want to be is safe in the next life. <p>Another Lifetime:</p> <ul style="list-style-type: none"> • Finds herself a woman in a temple with smooth white columns on a hill overlooking the ocean. Beautiful day; with other women—seem to be temple priestesses; • Fiery boulder crashes through the column of the temple; it's Pompeii; Mount Vesuvius, AD 79. Feels that the gods are not pleased. • I've done my best, but I've failed the gods. If I'd really done the job, this wouldn't have happened." It's my fault...I'm being punished. <p>3rd regression two months later:</p> <ul style="list-style-type: none"> • Little girls, 5 or 6, in Black Forest of Germany, AD 900 to 1000; lived with parents and baby brother. Feels afraid and abandoned: • Father got drunk, beat her mother, sends the girl to hide in the forest with the baby; another day father has finally killed her mother. • She takes over taking care of brother and house; eventually her father strangles her to death in another drunken rage. <p>Guidance: It's okay'; you're doing fine. Everything is a choice on the spiritual level; there are no wrong choices. Lesson is in being strong; natural to grieve. Great challenges on the human plane do not mean it was a wrong choice." All parties to violence are victims.</p>
100.	<p>Chapter 11: The Case of the Bad Traveler</p> <p>Richard and Natalie, a professional couple, came to see her together. Natalie wanted a regression and wanted Richard to have one also. Richard wasn't sure at first.</p> <ul style="list-style-type: none"> • Natalie was a "bad traveler" and had anxiety about leaving her home unattended. • Regression: a little girl, 7 or 8; rough burlap-like material clothing; riding in a cart; her community is moving because a war is coming. She is in primitive China. • Sees a scene where they are going through a mountain pass with a deep gorge to the side; cart seems stuck but finally makes it. • She then skips to another life as a little girl, 9 years old. Happy farming family; • Her family leaves her with her little sister who gets pinned under a board in the wind and is killed. Natalie feels guilty all her life that it was her fault. Her whole life was permeated with that sadness, even though she had a good marriage. She felt that she didn't deserve it. • Lessons: I should have forgiven myself. I missed so much of life due to grief and sadness. • Natalie felt "Life takes on a whole new meaning when you look at it as your soul's journey." <p>Truths: forgive yourself; wash clean grief and sadness or you will miss life....; don't become hard on the inside; value precious time spent with children.</p>
107.	<p>Chapter 12: A Birthmark as a Bonus</p>

	<p>Richard decided to go ahead with a regression. Natalie thought he should ask about a birthmark. He wanted to find out about his relationship with his father who left after his parents' divorce.</p> <ul style="list-style-type: none"> • Clean-cut young man, late twenties, in a military uniform. He's with a comrade with whom he's served for a good while. Close friends very quickly. The comrade is the officer commanding their boat as they approach a battle and is shot as he runs up the beach. • They are in Croatia. The young man becomes the governor and leads until he is killed by a nationalist at age 32a by running a sword through the back of a chair he sat in and through his chest. Thus his birthmark in this life. • He continued to speak to his friend (whom the men called Dad) after his friend's death, and felt very close to him. This man is the same soul that became his father in this lifetime. • AT HIS DEATH, OUR GOVERNOR FLOATS UP ON A CLOUD, DESCRIBING IT LIKE AN OUT-OF-BODY EXPERIENCE. DAD IS WAITING FOR HIM: "WHERE'VE YOU BEEN?" HE JOKES. • Lessons: need to slow down, relax, cherish the good times. (get out of cell phone range!) trust his own wisdom <p>Truths: remember mistakes of our history so we don't repeat them. Slowing down to cherish the good times. Strength and courage to correct wrongs. Trust your own intuition and wisdom. Enjoy life through laughter.</p> <p>PAY ATTENTION TO THE AREAS OF THE WORLD THAT HOLD A FASCINATION FOR YOU, OR THOSE AREAS THAT YOU HAVE NO INTEREST IN. THEY MAY HOLD CLUES TO YOUR OWN PRIOR LIFETIMES.</p> <p>IS THERE SOMEWHERE YOU FELT INSTANTLY AT HOME? OR PLACES THAT YOU COULDN'T GET AWAY FROM SOON ENOUGH? DID YOU HAVE EXPERIENCES OFF DÉJÀ VU IN ANY PLACES?</p>
229.	<p>Appendix B: How Do We Access Past Life Memories?</p> <p>This describes Parham's methods of hypnosis. Kind of interesting.</p>