

Notes from *The Past Life Perspective*
by Ann C. Barham

1.	<p>INTRODUCTION</p> <p>Like the proverbial cat with nine lives, we've faced death many, many times, only to see our spirits live again in another lifetime. Indications are, we've more than equaled those clever felines, and we're still counting! It's just that in each lifetime we show up in a different body and personality, and most of us don't remember what's come before without some assistance. That's where past life therapy comes in.</p>
2.	<p>As far as the legitimacy of these client stories as true past life experiences, one of the great things about being a past life therapist as opposed to a researcher is that I have nothing to prove regarding the validity of the information that clients bring up in session.</p> <p>Does this help people? Are they able to understand themselves better?....</p>
3.	<p>When I approach the past life memories of a client, I'm looking for the emotional impact of the event: What meaning did that past life personality attach to it</p> <p>What insights can we integrate so the client can move forward more freely?</p> <p>Sometimes clients worry that they "just made it up." Read more p 3.</p>
3.-4.	<p>I have come to believe that most of the prior lifetimes that clients have recalled are indeed "real," even if all the details aren't accurate or filled in....I have witnessed such depths of emotion from many clients as they relive the events of a prior lifetime. ...to sob in anguish at the death of a loved one in a prior life is a little far-fetched if the client just made this up from his/her imagination.</p> <p>...releasing the grief and emotion does seem to have a lasting effect on clients....I have many clients tell me that after a regression they have lost their fear of death. The experience of going through the death of a prior personality, realizing that their consciousness continues and almost universally goes to a place of deep peace and unity, and seeing the past life connections with loved ones from the current lifetime—all of these personal insights alter one's understanding of that mysterious transition.</p> <p>I believe past life regression can also do a great service to humanity in general.</p>
5.	<p>...When we delve into our prior lifetimes, we face the great equalizer. We see that we have been both male and female; Christian and Jew and Muslim and pagan; wealthy and privileged as well as a beggar on the streets; violet offender as well as victim.</p> <p>...each of us has probably been on both sides of every fence. "They," indeed, are truly "us."</p>
7.	<p>CHAPTER 1: Out of the New Age and into the Mainstream</p> <p>7-8: Story about how the author was hypnotized by the professor in a class she took and was healed of a hammer-toe problem. A life in China where her feet were bound.</p>
9.	<p>It seems that the physical body can hold on to trauma in some representative manner, a little like birthmarks that we sometimes see that are related to injuries in prior lifetimes.</p> <p>She went to training workshops at a retreat center near my home by Dr. Brian Weiss and the late</p>

	British Jungian therapist Dr. Roger Woolger.
11.	<p>Books she mentions:</p> <ul style="list-style-type: none"> • Dr. Eben Alexander’s <i>Proof of Heaven: A Neurosurgeon’s Journey into the Afterlife</i> • Anita Moorjani’s <i>Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing</i> • Dr. Wayne Dyer’s <i>Memories of Heaven: Children’s Astounding Recollections of the Time Before They Came to Earth</i>, with Dee Garnes. <p>A client does not have to believe in reincarnation or any other particular belief to have a successful regression session.</p>
12.	<p>Whether uncovering “real” past lives or not, past life therapy has helped many people resolve issues and get past blocks that were resistant to other conventional approaches.</p> <p>Modern past life therapy is based on the premise that we are all eternal beings who experience physical life on earth in a series of human bodies and their associated personalities. As eternal souls, we carry forward the experiences and lessons learned from one human lifetime to another. On a deeper or soul level, we are involved in choosing aspects of each life as a means of expanding our experiences, learning the lessons we have set out for ourselves, and continuing our ongoing involvement with various other souls with whom we are strongly connected.</p>
13.	There is nothing like going through your own death, realizing that your awareness continues past the existence of your physical body, and finding yourself reunited with loved ones and the incredible love that permeates eternal existence.
19.	<p>CHAPTER 2: 3501, I’M OK</p> <p>Jonah consulted the author after having a couple of troubling dreams. Also, he had awoken saying the phrase “3501, 3501, I’m OK!</p> <p>Dream: he is a soldier in Vietnam, the only one left in his special operations unit. A commander of the NVA calls for him to come out and he will kill him quickly and allow him to die like a man. He is shot in the groin and then the forehead.</p>
20.	<p>Waking up from the dream, “A voice tells me my name, and it tells me I was killed in 1970 in Vietnam. It tells me to remember 3501.</p> <p>He couldn’t remember his name. Behind his ear he has a small indentation where he was shot in his dream. Also a small groove down his forehead where he was also shot in his dream.</p> <p>He made an appointment with the author and was ready to cancel it when he saw a license plate with 3501. Took that as a sign and went to the appointment.</p>
21.-22.	<p>In his regression, he went to a life as a soldier in Vietnam who got shot, as in his dream. 3501 was the last part of his rifle’s serial number.</p> <p>In reviewing his life, he said, “Don’t ever give up your rifle! I shouldn’t have surrendered. These were key thoughts as he died.</p>
23.	Jonah identified the following important personal lessons from that lifetime that are impacting his life today.

	<ul style="list-style-type: none"> • “I wasn’t as good as I thought I was; • I should try to be nicer to people. I was very concerned about myself and hurt a lot of people’s feelings. • This pattern played a role in the failure of his first marriage in his current life. (Too concerned about his career in Law enforcement.)
24.	<p>Researched his past life name and found a Joseph Matthews who was killed in 1967 in Vietnam. He was an assault man who died of small arms fire.</p> <ul style="list-style-type: none"> • In this life, he was very good at combat without any specialized training. It came easy to him. • He currently had a tattoo of a large tiger on his back. In his research, he found that the Special Forces training area was called Tigerland. • He has no doubt that he was in Vietnam and died there. • He eventually found “his” name on the Vietnam Memorial. •
26.	<p>Essential Truths Uncovered:</p> <ul style="list-style-type: none"> • Finding balance between relationships and career • Practicing kindness and thoughtfulness of others’ wellbeing. • Carrying forward talents and aspirations that can be realized in a future lifetime.
27.	<p>Do you have a recurring dream or one that was memorable? Could this be a past life memory coming through?</p> <ul style="list-style-type: none"> • Can you identify the time period, place, or maybe even names? • Having a journal by your bed to record dreams when you wake up is a way of letting your unconscious know that you’re serious about pulling up past life material.
28.	<p>CHAPTER 3: Weighty Issues</p> <p>Carol was a tall, impressive woman in her early fifties, admittedly rather heavy. Very successful professionally but struggled with a body concern.</p> <p>She wanted to see if an individual session would help her break the hold that overeating had on her life.</p>
29.	<p>First regression was that of a girl in about 1916. She helped her family run a boardinghouse in San Francisco. Mother and daughter cook and clean for the boarders and the family. She is not close with her family.</p>
30.	<p>At 23 she lives in New York and is a successful journalist and writer. She felt her life broke a barrier for women. “I did something of consequence and opened doors for others.” She did not have strong connections in this life.</p> <p>Two more lifetimes were found.</p>
35.	<p>Summary:</p> <ul style="list-style-type: none"> • A female in a Renaissance lifetime, feeling unloved, treated as a dynastic pawn, and dying a terrible death at the hands of her betrothed. • A woman in the time of Benjamin Franklin who was treated with respect as her opinions on how to build a new society were solicited by the men around her. She had a wonderful connection with her life partner. • More recent lifetime is a woman who breaks the barriers on her own, living a single but

	<p>professionally fulfilled lifetime.</p> <ul style="list-style-type: none"> • In current life, Carol is attempting to integrate a professional career, marriage, and parenthood.
36.	<p>ESSENTIAL TRUTHS UNCOVERED:</p> <ul style="list-style-type: none"> • Balancing connection to others with the need for self-actualization. • Understanding that all are valuable and everyone's contribution is needed. • Pushing the boundaries of cultural expectations and limitations. • Realizing that we are all equal despite wealth and position. <p>EXPANDING YOUR PERSPECTIVE:</p> <ul style="list-style-type: none"> • How are you managing the balance in your life between defining yourself and being connected with others? • Does having close personal connections feel a little unsafe or unfamiliar to you?