

Tutorial 1 How we can Benefit from Reincarnation and Regression Therapy (PLR)

Reincarnation refers to an essential part of our awareness, soul or spirit consistently surviving beyond the physical, and taking on various physical forms in doing so, the so called in-carnation. In Buddhism this process is called Samsara, an entrapment of the human soul, engaged in endless suffering, waiting for enlightenment to free the soul.

It also raises questions about remembrance. Why are we able to remember what happened yesterday and not what happened 500 years ago if time isn't linear? And since time isn't linear, why can we remember what happened yesterday, but not what happens tomorrow?

And, is this statement about us not remembering what happened 500 years ago and what will happen tomorrow even true?

How can reincarnation be therapeutic?

Contrary to what one might think, therapeutic 'Reincarnation' experiences have little to do with the past. Most of them are actually about improving the quality of the present and the future. They can thusly in truth be called progressions instead of regressions. However, we speak of regressions, as the therapy deals with experiences and memories of the past, which are brought back into the conscious, and are dealt with and healed, up to a state of full catharsis, by which the outlook of the problem or complaint in the present life of the client disappears.

If all is one, then we are living our past, present and future all at this very same moment, and we can face any unhealed part, no matter if it's in our present life or a previous one. The concept is this: Life is not solely defined by the physical body. Thoughts, feelings, emotions and convictions are not always detectable to the human eye, but that doesn't mean that they're not there. And many times they exceed the human body.

Think about the following questions:

If the body dies, where do these thoughts, feelings, emotions and convictions go?

Do they die with the body? Or do they merely shift forms?

Do thoughts, feelings, emotions and convictions live on, co-forming and co-shaping that part of us that we call spirit, or soul?

Do they continue to do that until they are addressed, even beyond physical death?

When problems of the present find their root in unhealed experiences from the past, these experiences are traceable in the subconscious and relived. By reliving those experiences, we're presented with an opportunity to release emotions, convictions and physical expressions belonging to those experiences, which can have a very liberating effect on our present awareness.

Often we repeat the same theme over and over. If it works like this on a small scale, with the present individual life, it could also be possible that the same would apply on a universal level. We're already aware that time is non-linear and with the insights from past incarnation experiences, whether they stem from current life, birth, prenatal phase, conception, a nexus, or past life, we're able to turn our lives around and remember how to make different choices and transform ourselves in a way that is befitting and desirable to us. It will give us more control over our actions and inactions, and will leave us with an endless variety of balanced and manageable tools to decorate our lives with.

Reincarnation as a therapy form is very effective because of its confronting nature. It's an insight-bringing, transformational and confrontational therapy, which requires willingness and the capacity of a person to truly be mirrored in order to face the monsters. Not only from this life, but throughout history, enabling a client to achieve a much desired cathartic state of healing that he or she feels comfortable with. Many other therapy forms also deal with the supposed relation between unhealed experiences in the past and mental, emotional and/or physical complaints or awareness in

Tutorial 1

"How we can benefit from PLR"

Usha Berfelo-Albjerg

the present. Reincarnation therapy differentiates from all those by using different induction techniques by which the client isn't hypnotised, yet is able to relive certain stored memories by the use of mere concentration on certain aspects of their complaint. An elliptic awareness is maintained at all time.

How do we know that there is such a thing as reincarnation?

We don't know if there is. And in order to undergo this therapy form it doesn't matter if anyone actually believes in the concept of reincarnation or not, what matters is how we use the possibility of reincarnation within our own present lives. Having an open mind is a sign of intelligence, and keeping an open mind when one is not sure whether or not to take this form of therapy serious, could benefit hugely from doing just that. If given a fair chance, this therapy form will do amazing things for the individual, his or her immediate surroundings, and ultimately, on a global scale.

There are theories that state that our DNA contains memory, and that certain impact-bearing experiences can switch specific genes on and of. We pass DNA onto our children but it is not said that we thus pass on our own deficiencies to them as well. Mostly we pass on ideas and whatever we put in our heads will become our reality. The Power of Thought is a huge influential factor, that can both be very constructive as destructive to the human system.

Healing yourself has everything to do with willpower and the ability to see things for what they really are. Even if one does not believe in reincarnation, or isn't sure whether or not to believe, one can still choose to transform one's life and one's perception of life using this given.

I personally find reincarnation therapy to be one of the most effective and thorough ways to deal with unhealed trauma and add to the process of inner growth, awareness and meaning. But as I said, it requires guts to undergo it for you will definitely be confronted with yourself. If one resides in too great a victimisation, the therapy is likely to be less effective because it requires an enormous dose of introspection. And not everybody is ready for that in this point of time. But if it truly is healing and transformation that you're after, this is an excellent tool for you to turn to.

Reincarnation could be one of the outer circles of life, of evolution. It could be the ultimate upwards moving cycle, not in social positions per se, but spiritually. Whether or not reincarnation is a truth, we have to decide for ourselves if we believe there's more than meets the eye. After all, what we choose to see is merely a perception, a reflection of our beliefs. A certain past life memory doesn't necessarily have to be yours individually. Often it is presumed that it is individual to help a client through a certain barricade of traumatic events in order to reach that cathartic state and improve their quality of life.

But personally I believe it may be very likely that, like the concept of time, individuality isn't linear either, and an individual subconscious may tune in to a collectively stored experience and take all the tools required for ultimate healing and collective transformation on an individual level. When all is one, and a collective soul subdivides in order to experience on an individual level, it would be possible, would it not? The concept of consciousness going on after death has been and will continue to be discussed for a very long time.

Why is it so hard for us to see through the fear of the cycle of life and death?

Because it's something we'd rather not think about, which is why it keeps on persisting in our lives in a more and more intensified manner. If someone says that they're not afraid of death and that their consciousness will go on even after we've transcended the human form, we tend to say: "How can you be so sure? It's never been scientifically proven that there's life after death". This has to do with our fear of vanishing, our fear of letting go of our individuality, our fear of disappearing. We can't be sure of anything unless we investigate the fear that prevents us from being sure in the moment.

What makes people who *have* investigated their own fear of death sure in the moment, on a personal, non scientific level, is, that they have experienced it going on hundreds of times before. Those experiences gave them a good idea of what happens when we die and what life consists of

Tutorial 1

"How we can benefit from PLR"

Usha Berfelo-Albjerg

and how it's built up. Some of them have experienced regressions in this lifetime as well, both on themselves and others. They have seen all the proof they need.

But what if I give up my fear of death and then, after I die it turns out that there's no such thing as reincarnation and that death is very much something to be feared?

Then at least you will not have spent your entire life fearing the inevitable; our passing. If you *have* been able to overcome certain issues that prevented you from living your life to the fullest, would it matter if it was actually true or not? Generally, this form of therapy does not deal with historical accuracy. It is a part of it, but the main focus is on the client and his or her healing process. Whether or not the experiences they encounter in previous lives is accurate or not, is secondary.

It is a therapy of possibilities, without forcing any of those possibilities on others. It invites you to get the very best out of yourself and then to keep on adding to that best. It offers you a glance into the higher constructions of existence.

And as long as we think the world is flat we will not be able to see any higher constructions, regardless of what those constructions may contain.

As long as we can't see those constructions, or continue to cast them away because what we are actually afraid of what will happen to us if we let go of the firmly built houses of our beliefs and convictions, we will continue to look for answers within our flat worlds, and on that level it will always be one aspect against the other; life against death duality at it's best.

That doesn't necessarily mean that duality and polarity are things we should overcome or dismiss. If we truly want to, we can make all different conceptual influences work together when we understand why and how they appear to be opposing each other. Eventually the discussion and the ongoing rivalry between scientific and magical awareness will stop being interesting, because there won't be any conclusions to draw from it. It's not about who's right and who's wrong, it's about who's willing to evolve, through whatever consciously chosen form.

Science doesn't mean that something *is* true while something else is false. We can prove something that is likely to be wrong in a few hundred years but it could still feel right at this point in time. We're not each other's opponents; we're each other's *reflection*. We're both placed in the same circle of existence, to serve a higher good. We don't contradict each other, we *emphasise* each other. Remember that in truth we're ultimately all saying the same thing, and there is no right or wrong. All is good, everything is right.

As for guarantees: There aren't any, neither in science nor in any other form that is seeking explanations for life and our existence. It's what you make of it yourself, starting right here and now. It's not about who's right, it's about possibilities, isn't it? It's about what's befitting for your level of conscious awareness. This can be a very scary concept for a society that is founded on incomplete certainties. We have created so many incomplete certainties that we have lost all perspective.

How do we live without them?

How will we be able to separate one day from the other, how will we communicate, how will we grow, develop and ultimately evolve if not for our certainties?

If you dare to look at it within that higher sense of non-polarised energy, there are no guarantees that you will still have your family at the end of the day either. Or your job at the end of the year. Of course that can be a scary concept. But try to see past that fear for a moment, and visualise the impact it could have, if the world understood that there are no guarantees other than the guarantee of our survival, our evolution, in whatever way shape or form required.

- It would change the perception of humanity in its totality.
- It would change the way we fill our days, the meaning we give to the many insignificant aspects of our human doing.

Tutorial 1

"How we can benefit from PLR"

Usha Berfelo-Albjerg

- It would change the way we view things.
- We would take less for granted and be more grateful for what we have, what we're a part of.
- We would take care of each other and ourselves in a different way.
- We would watch each other's back and treat ourselves and each other with dignity and respect, regardless of whatever false superficial certainty such as political conviction or religion we would individually support.

We would send a completely different message into the world. A message containing a vision of a world that is no longer flat, but moving upwards in cycles. A world that is fed by higher non-polarised energy.

The concept of reincarnation as a therapy form can contribute to this awareness, because it's built on possibilities, and not on limitations. Reincarnation therapy basically states that everything is possible. And that is quite a different tune from most already established therapy-forms. Reincarnation therapy is well on its way of becoming and acknowledged therapy form, and its effects, although still questioned and researched by established therapy forms, speak for themselves.

Imagine it being possible to heal from your fear of abandonment by reliving and with that, releasing that abandonment? And not only that, imagine it being possible to track down a pattern of behaviour throughout various lives, that show you exactly why you chose certain events to occur in this life? And once you know that, imagine being presented with this behavioural pattern and fully understand why you felt the need to hang on to it?

We are pretty attached to our problems, it's shown throughout history. What if you could enter the library of your own lives and take out whatever book you desired and take in the knowledge and awareness? That is what reincarnation therapy does.

All you have to do is choose to let it happen. It doesn't matter if up until this very moment you fully understood why things are the way they are in this world or not.

From this moment on you have a choice as to what your life is going to be like.

It's never about being right when we're talking about the quality of life. It's about *possibilities*.