



Jean de Cabalis - Guardian Orders Paper

For Members of the Following Orders



Recovering Past Life Memories

Essaier LVI

Recovering Past Life Memories

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From the magical notebooks of a previous Senior Guardian

The following can be read to someone to help them to recover memories of a previous life. Even better, you should read it slowly and clearly on to an audiotape, so that you listen to it later. Suggestion can be deeper and more successful when it comes from yourself.

The process includes:

- .1 About 15 minutes of deep relaxation, this is very important
- .2 Induction of the memory of a past life
- .3 Recovering the memories in detail
- .4 Returning to the material world, here and now

.5 Writing or recording all that you can remember

It is important to note that this is not a procedure for reliving past lives. Reliving past-life experiences requires a much deeper level of autosuggestion or hypnosis than is used here. Trying to relive the experiences of any past life is not recommended. Even the memories of traumas experienced in so-called former lives can be difficult to handle. To relive such an experience is neither advised nor necessary. The benefits to be gained in self-understanding from knowledge of some details from one or more of your previous incarnations here on earth is no greater if you undergo the experiences again than if you simply recall them.

This article provides material for use in Stages 2, 3 and 4 as set out above.

Lection of Assurance

You are going to explore the memories of one of your previous lives. In the Treasure Caverns of your Imagination, you are going to wander until you find that cave in which the memories of a particular life are stored. You will enter that cave and, while you are there, you will take up the memories of that life. Memories of that life will begin to flow into your mind.

Even if those memories of painful things, you will experience no real-pain, for they are only memories. If there are memories of distressing events, you will feel no pain or deep distress.

All the memories of that previous life here on earth will begin to come to you, all kinds of memories, happy memories, sad memories, strong memories, weak memories, memories of loved ones, memories of enemies, memories of friends.

If they are happy memories, you will remember them with joy; and if they are sorrowful, you will remember the sorrow, but you will not feel sorrow, for they are only memories. Your memories will gradually become clearer and stronger, clearer and stronger and you will want to remember more and more of the previous memories more clearly and more strongly.

Even though your attention will be on time and space long ago and far away, you will be awake and alert. You will be very relaxed and comfortable, but you will be awake and will remember all that you experience.

As you gain experience in remembering your previous lives, you will find that you will remember more and more of each life as you recall. But you will feel no distress or pain, even when you remember distressing or painful things.

Induction

While you are sitting quietly and deeply relaxed, with your eyes closed, I want you to pay attention to your breathing, as it moves slowly in and out of your lungs. As you breathe in,

you feel lighter as new energy flows into your body, and as you breathe out, you feel still lighter still, as old energy flows out. Lighter and lighter, freer and freer, free in time and space.

Breathing gently and deeply, slowly and deeply, in and out, you quietly move from the outer world to your inner world. Breathing gently and deeply, slowly and deeply; be aware of your breath moving in and out of your lungs. Feel yourself; lighter and lighter; freer and freer, deeper and deeper within your being.

Now you come to the Treasures Caves of your Inner Mind, where are stored all the treasures of all your memories of this life and every other life that you have ever lived or ever will live, in times that are past or in times yet to come. All that you are, all that you have been and all that you ever will be, lies stored here, in these vast Treasure Caves.

You find yourself walking along a great tunnel from which other tunnels branch off. Each tunnel is lined with doorways opening into chambers in which all the memories of your many lives on earth have been stored, and are waiting to be remembered and brought to the surface.

You are walking along, breathing gently and slowly, as you move deeper and deeper within your being. As you walk along the tunnels of the Treasure Caves of your Memories, you look from side to side into the chambers that hold the memories of each life you have on earth. Some seem to be crowded with shelves of books, like a Library, others with tables and shelves on which are displayed hundreds of objects, like a Museum. Some chambers are almost bare; others are crowded with their contents.

Each is a life from beginning to end, uniting to be remembered. You decide to move into one of these rooms, the very room you have been looking for that contains the memories of [\[specify the particular life that is being sought\]](#).

Deep within your being, you are standing in a room carved out of the living rock of the Treasure Caves. All around are shelves on which are stored memories from one of your lives. Tell me, are you in a room like a Library or is it a room like a Museum, or is it neither of these?

Wait/or their answer I/they do not answer, after a minute or so, gently repeat the question.

[If they answer "Like a Library"](#) say: Walk slowly along the shelves, until you see a book shining more brightly than the others. Let me know when you have found such a book. When they answer; say: Take it from the shelves and open it. Can you tell me what it is about? Whatever they reply say: As you look at the book in your hands, memories of that life will begin to flow into your mind. [Go to the Countdown below:](#)

[If I/they answer "Like a Museum"](#) say: Walk slowly around the room, until you see an object shining more brightly than the others. Let me know when you have found such an object.

When they answer; say: Take it from the shelves and hold it in your hand. Or if it too large, to hold in your hand, stand before it and gaze at it intently. Will you describe it to me? Whatever they say, go on: As you look at the object in your hand, memories of that life will begin to flow into your mind. [Go on with the Countdown.](#)

Countdown

I am going to count from ten to zero; while you are looking at the book in your hand or name of the object before you. As I count, you will sink deeper and deeper into the previous life signified by the book or [\[name of the object\]](#) you are looking at:

Ten Even if those memories of painful things, you will experience no pain, only the fact that they are only memories

Nine If there are memories of distressing events, you will feel no pain or distress.

Eight All the memories of that previous life here on earth will begin to come to you, all kinds of memories, happy memories, sad memories, strong memories, weak memories, memories of loved ones, memories of enemies, memories of friends.

Seven If they are happy memories, you will remember them with joy; and if they are sorrowful, you will remember the sorrow, but you will feel no sorrow now, for they are only memories

Six As you remember that particular memory, your body will remember how it was in that previous life

Five Your memories will gradually become clearer and stronger, clearer and stronger, you will want to remember more and more of that previous life more clearly and more strongly.

Four Even though your attention is on a time and space long ago and far away, you will be able to remember more and more

Three But you will feel no pain, no distress, but the memories of that previous life will be there

Two Now, all your memories of that previous life are coming closer and clearer

One Easily and gently, relaxed and at ease, let your attention now be on this life ([mention this life here and now](#)).

Zero Now you are in that life.

Facilitating someone else's P.L. Memories Some people who facilitate time recovery past-life memories for others like to play some appropriate music for 12 or 15 minutes at this stage. While they are sitting quietly with their eyes closed, gently ask some or all of the questions

in the list below. They are just examples.

Important point

Do not make suggestions. Let the person volunteer information. For example: Do not firstly ask 'What can you see? As that would suggest that they are in daylight or a room. First ask, 'Is it daylight or night time?' Do not first ask, 'What are the people around you like? First ask, 'Are you alone with others? After establishing whether it is day or night get the person to describe first themselves, the place they are in. Then, you can go on whether they are alone or in company, and what they are doing.

Notes for Self Induction of P.L Memories

This would conclude the first part of any audiotape you make for self-induction. Leave the next 20 or 30 minutes of your tape blank, then record the section below called 'Coming back to here and now'.

While you are sitting silently, with your eyes close, recalling your previous life, mental ask yourself such question as those set out below. You will have read through the list before you started your session.

Questions to be asked of the person remembering the Past Life

Describing yourself: Gender, Height, Age, Skin colouring, Head and Facial hair (if any?). Hands, gloves, rings, feet, footwear? Lower clothing; Upper clothing; Outer clothing; Headgear; Jewellery; Spectacles; Hearing aids; Walking stick; Weapons; Baggage; Anything carried your hands etc. These are some example of things to look for.

Do you know your name? Remember that in most past times, people normally used only one name, not the two or three as normally used today. To what race or tribe do you belong? Are you alone or with others? If with others, describe them, using the previous questions as a guide?

Describing your surroundings? What is it like around you; do you think you are in a town; in the country; at sea? Are you standing, sitting or lying down?

Describe what is in front of you? Behind you; to the right of you; to the left of you; above you? If sitting: What are seated on; Give details, if possible. If lying down what are you lying on? If at sea then the size of ship? The weather etc.

Asking detailed factual questions along the lines set out above, encourage the person to observe the details of their previous life: how they sleep, what kind of meals they eat and what they use to eat them with. Try to recall factual details of the kinds of things that happen to every person in every life, eating, sleeping, waking, etc.

In this way you will facilitate memories of the things that distinguish that particular life from any other they might recall.

Coming back to here and now

After 20 or 30 minutes, or when the person seems to have said all they can about their particular life, bring their attention back to the present where you are here and now. If you are making an audiotape for self-induction, begin the final section with the next paragraph, you will have to record this section separately for each session to ensure that you use the current date in the appropriate places.

It is time to return from your previous life to the present. Imagine that the memories of your previous life are dissolving and being replaced by the cave in which you began. Can you see the Library [or Museum] whence from you began your journey taking shape around you?

Imagine that you are once again that cave, looking at the book [or name of object] which you are holding [standing in front of]. Imagine that you close the book and return it to its proper place on the shelf or position in the museum.

Turn away from the book or object so you are no-longer looking at the book/object. Walk out of the cave, close the door, if it has one, back into the tunnel that runs through the Treasure Caves of your Imagination. It is sloping, so walk back up the tunnel towards the surface. As you walk, let the tunnel fade and bring your attention back to this room.

Open your eyes and look around. You are back in the present. What is today's date? [Whatever they say, reply] Today's date is [say the correct date and name of the day]

It is a good idea, if you do some gentle exercise at the point, yoga or tai chi or perhaps a short walk around the garden, feeling yourself back in the material world and no longer travelling in the mental world of imagination.

Recording the details

As soon as possible, immediately after you had some gentle exercise, you should write down a narrative of what you remember, using the questions above as a guide to help you remember.