

Past Life Regression

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Past Life Regression And Third Eye Cultivation

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The practices you will find here are very powerful. They allow you to delve deep into your subconscious and release the most deeply held emotional traumas from this life and past lives. These large and deeply repressed emotional traumas form the foundation of the earthly ego and all mental and emotional conditioning. All illusions and suffering stem from these deep seated emotional blockages and so without their disillusion there is no hope of true freedom or spiritual transformation. Due to the power of these techniques of inner exploration a word of caution is necessary. If you do not wish to look inside yourself and confront whatever you find, no matter how intense and unpleasant the feelings and memories may be then the techniques here are not for you. This book is for those who desire real spiritual transformation in this life. For this we need techniques that work and fast. During the process of clearing your subconscious there are bound to be times of emotional upheaval which may be hard to deal with. If you are not willing to continue through these times to the other side it might be better to not begin.

Regression is a powerful process and some say it can be dangerous. There are some Psychiatrists, Psychologists, Hypnotists and even some new age spiritual workers who believe that regression is too powerful to be done without so called expert supervision and guidance. From these peoples experience with using regression techniques on their clients they have found that sometimes the emotions and issues brought up for the client are too much to deal with. From this limited and often inexperienced point of view they come to believe that regression is dangerous.

The problem here, with most cases is that the so called professional be they a Psychiatrist, Hypnotist or whatever is that they are in fact not experienced in regression first hand. Most have never been regressed themselves and so lack actual experience. They have only seen effects from the outside when observing their clients. Another very important issue is that these practitioners also lack knowledge of metaphysics and the many levels of the human subconscious. Due to this lack of knowledge they naturally fear what they do not understand and as they themselves are inexperienced with the issues buried in their own subconscious they naturally become afraid and do not know how to proceed when a client comes into contact with certain repressed parts of themselves. How can someone who is scared to delve into the depths of their own subconscious truly help anyone else to do it?

Due to the lack of deep understanding of these professionals there is another problem that will nearly always present itself when they try regression or even psychoanalysis. They may understand that emotional repression exists and that it indeed affects the lives of their clients and that by delving into the subconscious the client can become aware of the repressed emotions and release them. The problem is that once the emotions have been released the professional assumes that this is all that was needed as they don't believe in anything like spirit, essence or true self etc. So the emotions are released and then the regression is stopped. This is a premature end to something that could have been extremely useful to the client. If the regression was continued past the point of emotional release the client would inevitably come into contact with something else which the Professional does not understand and is not aware of. Higher forces of consciousness and light will begin to heal the wound that has lead to the emotional repression. The client's higher self along with various guides, angels and other non-physical beings will be present and will help to heal the astral body with the use of love and light. After such a healing has occurred, the part of the Astral body that was previously causing emotional issues is replaced with a more highly vibrating substance which allows for an incarnation of part of the higher self. Without knowledge and understanding of such metaphysical phenomena regression is nearly always ended prematurely.

Another important issue for the successful and safe use of regression is that the person using such a technique should be constantly raising their consciousness and self awareness through meditation. The above described professional attempt to use regression techniques is on clients who probably do not meditate and so the astral clearing that is necessary after a successful regression is slow and incomplete. What happens after a successful regression is that the astral body (emotional body) is thrown into a bit of chaos. The influx of higher energies increases the vibration of the entire astral body and the released emotions are still within the astral body although no longer repressed. The astral body is a body of higher dimensional substance and simply releasing repressed emotions is not the end. Once released into consciousness they will float around the astral body and as its vibration has been raised by higher energies the person will feel somewhat emotional and extra sensitive for days or longer after the regression. Daily meditation is essential to continue the clearing and transformation of the astral body and to keep the momentum going. If Meditation is not practiced after successful regression, the

released emotions may not be cleared completely and the client may have to deal with these emotions for some time. This is not a suitable situation. These so called professionals would be better advised to not use regression on their unprepared clients as they could cause more harm than good.

As I am sure you can see regression should not be used on its own or by an inexperienced practitioner. It is part of a larger system of spiritual transformation and is not a technique that a metaphysically ignorant Psychiatrist should be playing with. It is however one of the most important tools for the true spiritual seeker.

Another vital part of spiritual transformation which is essential for the safe and effective use of Regression is to do with the cultivation of our etheric/energy bodies', specifically our sexual energy. The process of transforming our Astral and etheric bodies and the incarnation of higher forces requires a large amount of energy and a constant rise and strengthening of our vibration. The results of these regression techniques can be increased considerably when combined with the use of Tantric exercises of etheric cultivation. While continuing to lose sexual energy in the form of ejaculation for men and menstruation for women our energy is compromised. It is strongly recommended that all those serious about spiritual transformation and who have bought this book begin practicing Tantric Sex. You can learn Tantric Sex at www.tantricsecrets.com.

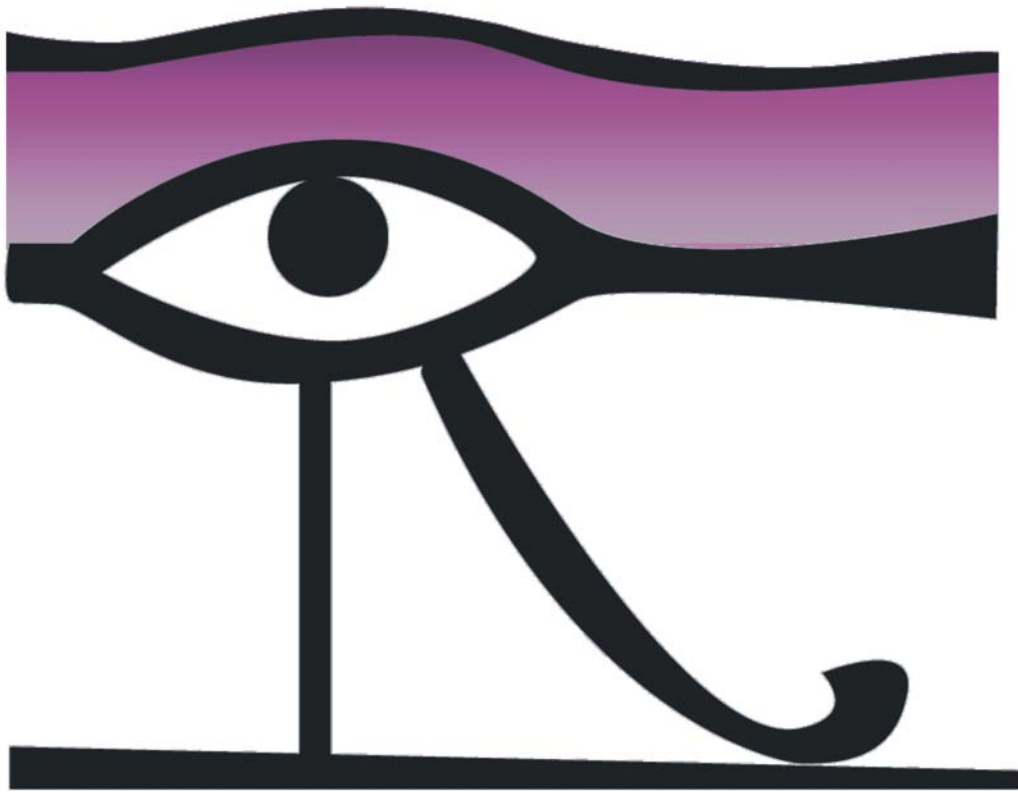
Another product that is highly recommended is The Meditation Solution. This is a meditation program that uses unique sound waves to induce very deep states of meditation when listened to with stereo headphones. It can precisely and effortlessly induce brainwave states deeper than those obtained by experienced Meditators. This program can also be used with the Past Life Regression techniques you are about to learn. It will make Meditation and Regression far easier and will speed up your process immeasurably. You can find out more at www.themeditationsolution.com.

One final point: The reading of the rest of this book will be much easier if you have read "Metaphysics" which is available for free at www.AlchemyRealm.com. It is basically a glossary of terms that need to be understood to get the most out of this book. Many authors may use similar words but with slightly different meanings, so

"Metaphysics" gives definitions specific to this group of books. The techniques you are about to learn are very powerful and offer the most effective and fastest process of spiritual transformation possible. The safety and effectiveness of these techniques relies upon the directions being followed. Please read Metaphysics, begin practicing Tantric Sex and start meditating with or without The Meditation Solution. Follow these directions and your progress will be extremely fast and safe.

For the regression techniques to be used we must first begin to awaken the third eye. For this we use a Meditation Technique that you are about to learn. This technique can be used with or without The Meditation Solution. It should be used every day and will begin to cultivate your third eye which is an eye made from multidimensional substances that looks inwards into yourself and outwards into other dimensions. The first part of the technique involves grounding and psychic protection. Please do not neglect these parts as they are very important.

Awakening Your Third Eye, Grounding and Psychic Protection

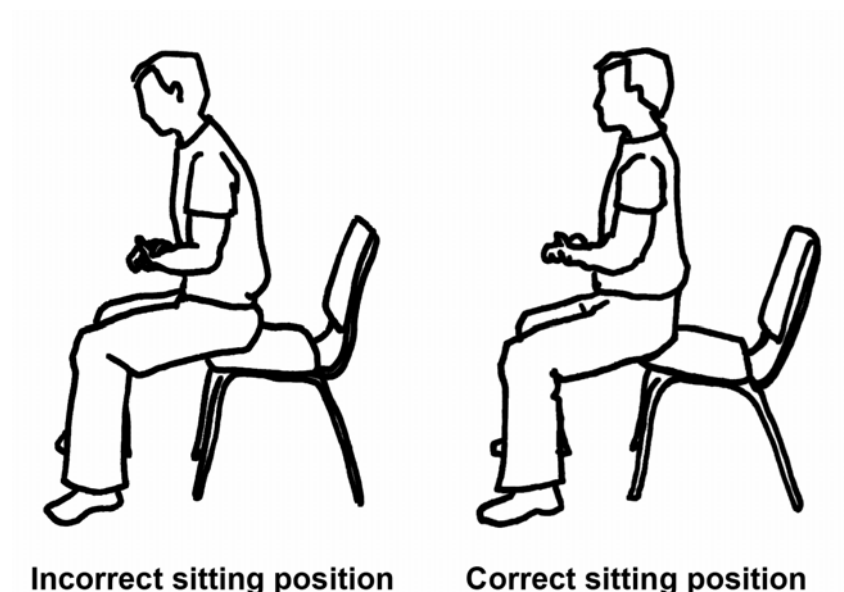


Before beginning any meditation practice you must first be seated in the correct manner for energy flow and spiritual connection. Many people try to meditate while leaning their back against a wall or the back of a chair. This is not at all ideal and will not be conducive to fast progress. Some people even try to meditate lying down. There are certain practices that are done lying down such as past life regression but it is very important to also do a sitting meditation. Please do not ignore the sitting position here as it will speed up your progress. In fact you may notice that while you are meditating, a slight change in your back can cause a large impact on your state of consciousness. If you really have trouble sitting straight it may be a good idea to seek out the help of a good Chiropractor and begin some stretching such as Yoga to get your back into a straighter pattern. If you cannot do it any other way then you can lean your back against something, as it is better to do the practice like this than not at all. But remember that the sooner you can do it without assistance the better.

The importance of perfect posture cannot be overemphasized. Most problems with posture stem from emotional repression. The Regression Technique will begin to release these emotions and their related muscle tensions. This will start to improve your posture greatly but it is also a good idea to work on your posture from the outside. Working on your posture through stretching or yoga will also help you to release emotions through regression. Now days there are yoga centers all over the place, just find a style that you like. Alternately there are many books and videos available on yoga so it might be a good idea to have a look into this area. Another good idea can be to use a back brace while at home which will help to correct your posture.

Meditation Sitting Position

The correct sitting position is very important for any meditation practice. You can certainly sit on a cushion or the floor cross legged or in the full lotus position if you like but this is not necessary for any practices you will find here. Actually sitting on the edge of a chair as in the picture below is often more desirable as it is comfortable even for beginners, it allows for the back to be straight and the legs are left open for their blood and energy flow. The feet should be firmly planted on the floor.



There are Chakra's in each foot which are meant to connect with the earth and the legs should allow this energy to flow up into the body while transforming the earth energy on its way up. The lotus position has caused serious injury to the knees in many yogis in the past and sometimes the earth energies entering straight into the base Chakra (without being transformed by the legs) has caused some energy sicknesses. If it is comfortable and you have been using it for a while already then by all means continue. I would suggest trying the chair position to see the difference for yourself.

It is very important that the back is straight for the proper flow of energies to occur throughout the body. It should balance straight and should not require effort to maintain the position. The jaw should always be relaxed and the head tilted forward slightly, thereby keeping the neck relaxed. For males it is important for the testicles to hang freely off the edge of the chair to allow the energies there to flow freely. There are many hand positions taught in different practices. It is a good idea to try different hand positions while meditating and to notice how the changes affect your energy and consciousness. You may be surprised at how much impact the hands can have on your meditation. Holding the palms together with the right hand on top of the left and held comfortably in the lap is a good position for energy circulation throughout the body (this is the position used in some of the Tantric practices).

Grounding

Grounding is vital for spiritual transformation. If you wish to incarnate spiritual forces you must be able to ground them into your body. For the work of inner alchemy and spiritual transformation it is necessary to bring forces into the body and stay in your body while meditating. Some people can achieve blissful states of consciousness by coming out of their body while meditating which is quite alright but if this is all you do the possibility of incarnating your higher self and spiritual forces during ordinary consciousness is quite low. Many spiritual seekers have been able to achieve very high states of consciousness by meditating for days, months or even years in various temples or secluded areas, etc and yet when they enter back into society they go straight back to how they were before the experience, which becomes nothing more than a memory.

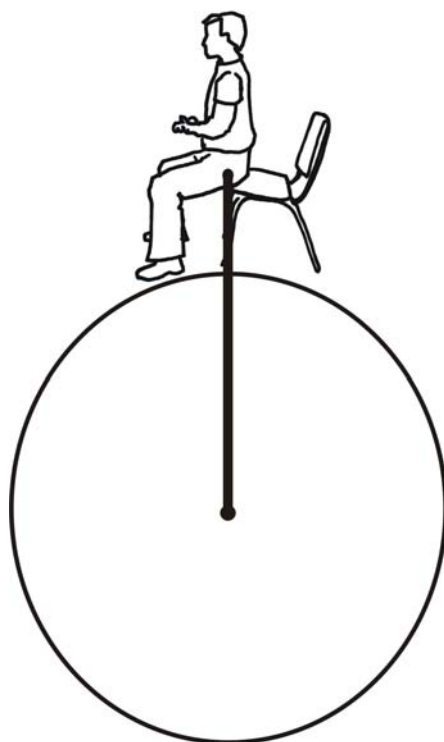
The reason for their high experiences is that they have transcended their earthly energy by disconnecting from it and so have not actually transformed themselves at all. When they enter back into society and their old lives, their consciousness comes crashing down from the heights of ecstasy into the same unenlightened energy body.

The techniques you will learn here are designed to transform and purify the dense and gross parts of your energy body so that your spirit and various other forces can ground within it. The goal is not some enlightened state during deep meditation but an actual incarnation of spiritual forces. For this type of inner work, grounding is absolutely essential!

The Practice

- Sit in the meditation position previously described, close your eyes, relax the neck and jaw and take a few deep breaths.
- Males put your awareness at the perineum point (Base Chakra) which is located at the base of your body in between the genitals and the anus.
- Females put your awareness in the second Chakra or sex center about an inch or two below the belly button and one or two inches inside the body.

- You should try to increase your awareness on this point for a few minutes and notice what you feel.
- Now see a cord going from this point all the way down through the earth to the middle of the planet. Imagine that the cord is attached to the middle of the earth which is a huge iron crystal and is actually pulling you downwards from the Base Chakra in men and the Sex Chakra in women.
- You should do more than just visualize this with your mind you should actually feel it with your body and subtle senses.



This cord is not just imaginary but actually exists. It is your grounding cord and is made of non-physical substances. It is yours and so you should be able to feel it and control it. It cannot be stressed enough that this practice is not meant to be purely visual or mental but you should actually feel what is there and control it. Feel it pulling you down and increase its pull. Just like you contract your muscles to pick up something heavy you can control your grounding cord as an energetic muscle.

Notice what happens to your energy the longer you focus on the grounding cord. Does it feel denser or more dispersed? You may start to feel some deeper emotions coming into your consciousness as this practice alone will begin to stir things up.

Quite often these are the issues that prevent you from feeling your grounding cord in the first place.

The more you practice this, the more real it will become as you gain greater control of your energy. You should do this practice at the beginning and end of all meditation or spiritual practices. You will become very proficient at this and soon will be able to do it anywhere and anytime. You won't need to close your eyes as it becomes second nature, you will just ground yourself whenever you feel like it. You can even go about your daily activities while continuing the practice, in fact you should tune into it and feel it at various times during the day. The more you feel it the more tangible it will become.

Psychic Protection

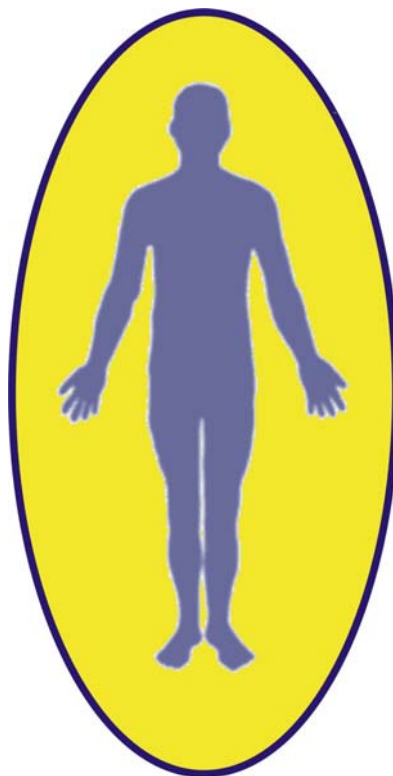
Psychic protection is lacking in a huge portion of the population. Our energies are often not well contained and many are open to other people's energies as well as lower astral forces including entities and negative energies. If we do not consciously control and protect our energy bodies there is a good chance that unwanted energies will enter and remain within our Aura. After you have achieved a certain degree of Spiritual Transformation and your energy bodies have been cleared and purified, your higher vibration will naturally repel these unwanted energies. Until this time however, and especially during the purification process it is very important to use some protection techniques. Why waste your time processing someone else's emotions when we have enough of our own to get through. Without grounding and sealing of your energy you can take on other's emotions without realizing and assume they are your own. Sealing the Aura is an excellent measure and should be used daily. It should be used at the beginning and end of each meditation session as well as whenever you feel it necessary.

Sealing The Aura

The Aura is a multi-dimensional structure of different energies which permeates the physical body and extends outwards in varying degrees depending on mood, environment and other internal and external circumstances. If you allow your Aura to

be open in a crowded place you can quite easily take in various energies from other people and the surroundings. You may even hear other people's thoughts and feel their emotions. Paranoia is nearly always accompanied with an open Aura which may even have holes in its structure. Many very spiritual people have a problem with their Aura being too open and may find that being in crowded places is very unpleasant. Some people who have had recent incarnations on other far more benevolent planets/times and places or some that have not spent much time on earth may be especially prone to this type of problem. On some of these planets there is a complete absence of negative energy so the inhabitants can happily leave themselves open to each other and the various astral forces around them, living in a state of connected bliss. When these people incarnate on earth they are used to leaving their energy wide open and may have a lot of trouble stopping the habit. In fact if they don't learn the right techniques they may go through their entire life here without learning to seal themselves off from harmful energies.

The fact is that much of the Astral Substance around on earth and a lot of energy that comes from other people is quite negative and is not good for your health. Just because energy is coming from your husband or wife does not mean it is good or that you should take it. As you progress with your spiritual development this will become very obvious and you will be able to decide what you take in and what you don't. By learning to seal your Aura you will also gain control of it so that in times such as making love or when you are out with nature you can open yourself up and receive energy as well.



The Practice

- Sit in the meditation position previously described. Close your eyes, relax the neck and jaw and take a few deep breaths.
- Ground yourself as described earlier.
- Place your awareness at the Solar Plexus Chakra. This is located just under the ribs, in the middle of the body. This Chakra regulates your Aura and is the main point of energy transfer from the inside to outside the Aura. When someone crosses their arms during a confrontation or in some other situation it is because they are subconsciously trying to close off their energy by covering the solar plexus.
- Gradually take yourself deeper into this point and see how it feels. Do this for a few minutes.
- Now take your awareness outside your body and try to feel your Aura. Like the Grounding cord the Aura is there and can be felt. Your Aura may extend far from your body possibly filling the entire room or it could be constricted very close to your body.

- Once you can feel where your Aura is, try to condense it or expand it into an egg shape, extending to around 2 or 3 feet from your body as in the picture at the top of the page.
- You should use both your sense of the energy as well as visualization to create the egg shape. The reason for this is that being a multi-dimensional structure the Aura has an Etheric or Chi dimension which is best controlled through kinetic senses and also higher Astral and Spiritual Dimension's which are best controlled with visualization and subtle senses.
- Now visualize a shower of Gold or Yellow Light pouring into your Aura and filling it with light. Once you have filled your Aura with Gold light, seal the edge with Violet Light. Keep this visualization for as long as you like. Feel the effect this practice has on your body and your emotions.
- That's it; you can now go on to the Third Eye Meditation or other practices. You can practice sealing your Aura whenever you like and you will soon become very proficient.

Many emotional problems, paranoia's, anxieties and neurosis can be improved or even healed completely through this practice. Many of these problems are due to the Aura being open to excessive negative and dirty astral energies.

Important: Through using this practice you may find that parts of your Aura feel very weak or dull or maybe it even has holes or rips. Emotional traumas during infancy as well as growing up can cause such problems that can last for a very long time if not healed at the source. Drug abuse is another way to cause serious damage to the Aura and all levels of the energy body.

Unfortunately most Psychiatrist's are not familiar with Metaphysics and so end up prescribing drugs to treat problems in the energy body. This does not cure the source of the problem but can often make it worse. The apparent benefits of *anti-depressant, anti-psychotic and anti-anxiety drugs* are due to the fact that they disconnect you from your energy. Like the Meditator who thinks he has achieved enlightenment, only to crash on his arrival back to society, the Prescription Drug Addict is disconnected from his energetic and physical body. Not surprising is the loss of sex drive characteristic of these drugs as the person is disconnected from their bottom half.

By continuing the above practice, especially the gold and violet light, all of these Aura deficiencies will inevitably be healed at their source. The Violet Light helps to burn up and purify lower astral energies and gives extra protection from the outside while the Gold Light helps to purify, rebuild and raise the vibration of the Aura. The long term benefits can be quite astounding.

Cultivating Your Third Eye

There is a huge misconception in the western world as to what Meditation is and what it can do. It is widely accepted that Meditation can reduce stress, is a good way to relax and can have some profound health benefits. The main reasons for meditation are often seen as simply to calm the mind and increase control of it which leads to the above benefits. This is a massive oversimplification based on the fact that most people have little or no metaphysical understanding whatsoever. Many teach a simple technique of watching the breath to calm the mind. This technique can and does calm the mind but many do not realize that this technique is merely the beginning of meditation. Some go on happily watching the breath for hours and think that they have had a good meditation as they certainly feel more relaxed. It is not surprising that after doing this for 20 years they have still not remembered past lives, have not connected with any non-physical beings and are still unsure about life and death. Basically they have gone no-where but are quite happy with this as their belief system was able to stay intact. Naturally after doing this for 20 years they conclude that meditation is relaxing and reduces stress.

The Third Eye Meditation is a real technique that works. It does not merely calm the mind (although it does do this) but begins the awakening and building of a subtle energy structure which is in fact an eye. The physical eyes are simply a structure of dense, third dimensional energy which is designed to perceive the third dimension. The third eye is a structure of multi-dimensional energies which is designed to perceive other dimensions. Everybody has a third eye although they may be developed to a different extent in different people. The third eye meditation actually begins developing this structure of the eye as well as inducing a state where you can regain your control of it. It is much like training your muscles. The more you exercise the stronger and more developed your muscles become. Similarly, the more you meditate on your third eye the stronger and more developed it becomes.

Another important point to be made here is that non-physical beings such as angels and guides actually help in the structuring and building of your third eye and other energy centers. Without their help your progress would be extremely slow.

So the Third Eye is an eye that sees inwards and also into other dimensions. By regaining control of this subtle energy structure and beginning its development you gain the ability to look inside of yourself and outside into other dimensions. Once you have some control of the eye you will have much greater control of your energy centers. The eye is like the keys to a car, without the keys your car is going nowhere. Similarly without the third eye you will gain little control over your energy.

The Practice

- Sit in the meditation position previously described. If you are using The Meditation Solution turn it on with the volume set to a comfortable level.
- Shut your eyes, make sure your neck and jaw are relaxed and take a couple of deep breaths.
- Ground yourself and Seal your Aura as described.
- Now place your awareness in the area between the eye brows. Become aware of any sensations in this area. You may start to feel a slight vibration or buzzing feeling. Do not try to analyze it, just feel. If you don't feel anything don't worry, just keep your awareness on the area. If you do feel something you can increase your awareness on the feeling (whatever it is) which will amplify it. The feeling of vibration, buzzing, slight pressure or whatever sensation you are feeling is the Etheric part of the Third Eye. The Third Eye and all other Chakra's are structures made up of many different dimensional forces and energies. Keep your awareness here for a few minutes.
- Now you can shift your awareness from the vibration between the eyebrows to what you are actually seeing (with eyes closed). You may see colors or lights in various shapes and sizes, whatever you see just remain aware of it. Continue this for a few minutes.
- Now start to slowly move your awareness from the point between the eyebrows, in a line towards the back of the head, stopping in the middle. In the middle of the head is the center of the third eye.

- While keeping your awareness in the center of the eye become aware of the various colors and shapes that you are seeing. You may see colors moving in front of you like clouds, or maybe some geometric shapes, visions of the past or future, or you may even see Light beings or other non-physical phenomena. There are endless possibilities of visions. None of them are wrong, they are all part of **your** experience. Do not pass judgment, just be aware of them.

It depends on your current level of awakening and subtle body development as to what sort of things you may see or feel. What is important is not really what you see but the fact of seeing. You are working on your third eye, it is being worked on by various guides and beings and you are cultivating vision. Often when you start to think about what you are seeing, it will disappear. In the beginning it is important to keep your awareness on seeingness and just witness what is there. With time you will gain the ability to see and to think about it at the same time but in the beginning, thinking will often take you out of your Third Eye and the vision will disappear. You may remain aware of the lights or whatever you may be experiencing for as long as you like.

- Now it is time to become aware of the background of what you are seeing. This is called the space of the third eye and it is usually black, dark purple, blue or anywhere in between. There is a certain luminosity in the space regardless of color. Where before you were aware of the lights, you now become aware of the background. As you do, allow yourself to go deeper into it. There is a definite sense of spaciousness.
- Once you feel that you are deeply in the space try to feel your entire body from this expanded state. It may seem that indeed your whole body is full of space.
- At this point just remain in the space for as long as you like. This space is where much of the Alchemical and transformational work is done. Past life regression among other practices relies on it. Once you can access the space deeply you are truly meditating and the possibilities for further spiritual awakening become accessible. Awakening the Third Eye is like putting the key in the car, now you can begin to control your energies.

At the end of the meditation you should reverse the process and after tuning into the vibration between the eyes for a few moments ground yourself. You may open your eyes and go on with your day.

Summary

- Sit in the Meditation position, close your eyes, relax the neck and jaw and take a few deep breaths.
- Ground yourself and seal your aura.
- Bring your awareness to the point between the eyes. Feel the vibration and try to intensify it for a few minutes.
- Now take your awareness back towards the middle of the head and become aware of any colors and shapes you may see. The principle of seeingness is important here. Stay in this state for as long as you like.
- Now become aware of the space (the background, behind the colors). Go deeper into the space and feel your body from the space. Stay in this expanded state and continue going deeper for as long as you like. You may be able to let yourself spin deeper into the space from the third eye. Just let go and allow yourself to spin. This can take you deeper into the space. (This may be hard for beginners and is not essential but it is a good idea to practice with it as you gain experience).
- Gradually come back by reversing the process.
- Ground yourself and make sure your Aura is still sealed.
- Open your eyes.

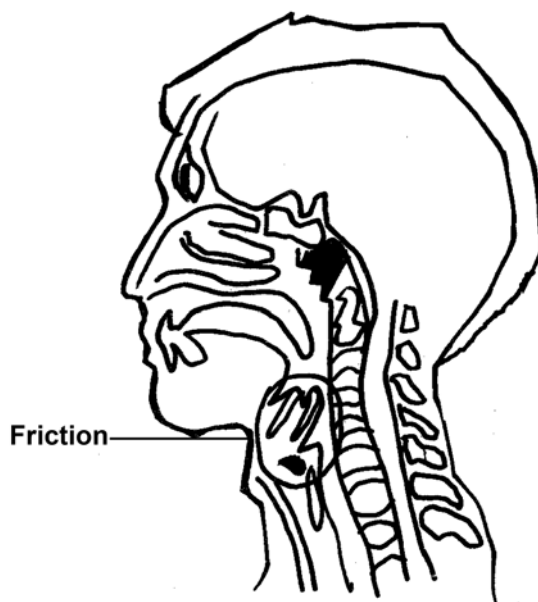
Throat Friction

Throat friction is a technique of activating the throats energy centers. It is used for Tantric Sex practices but is also very useful for the third eye meditation as well as Past Life Regression. The throat is like an amplifier for the energy body, by activating the throats energy the energy of whatever you are working on such as the third eye will also amplify. It is a very useful technique and should be used in conjunction with

the third eye meditation. Play around with it and feel it out, feel for its amplifying effect. Do not neglect the throat friction; it is a very important practice.

The Technique

When breathing in and out simply breathe with a slight friction at the lower part of the throat. This friction will create a wind sound which should be the same on inhale and exhale. The friction and sound should come from the lowest part of the throat possible and should be a deep sound rather than a high one. If you do the friction at a higher point in the throat it will make a higher sound. Just play around with it and you will naturally come to do it correctly.



When performing this technique it will naturally deepen and lengthen your breathing but this is not its purpose. It is the friction that actually has an effect on the energetic centers in the throat which in turn have an effect on subtler energies. It is this effect that induces a change in consciousness. The change in consciousness caused by the friction makes it easier for you to feel your energy body and therefore to begin to gain control of it. At the same time the throat centers activation causes a strengthening of the vibration of the entire energy body which also makes it more tangible and controllable.

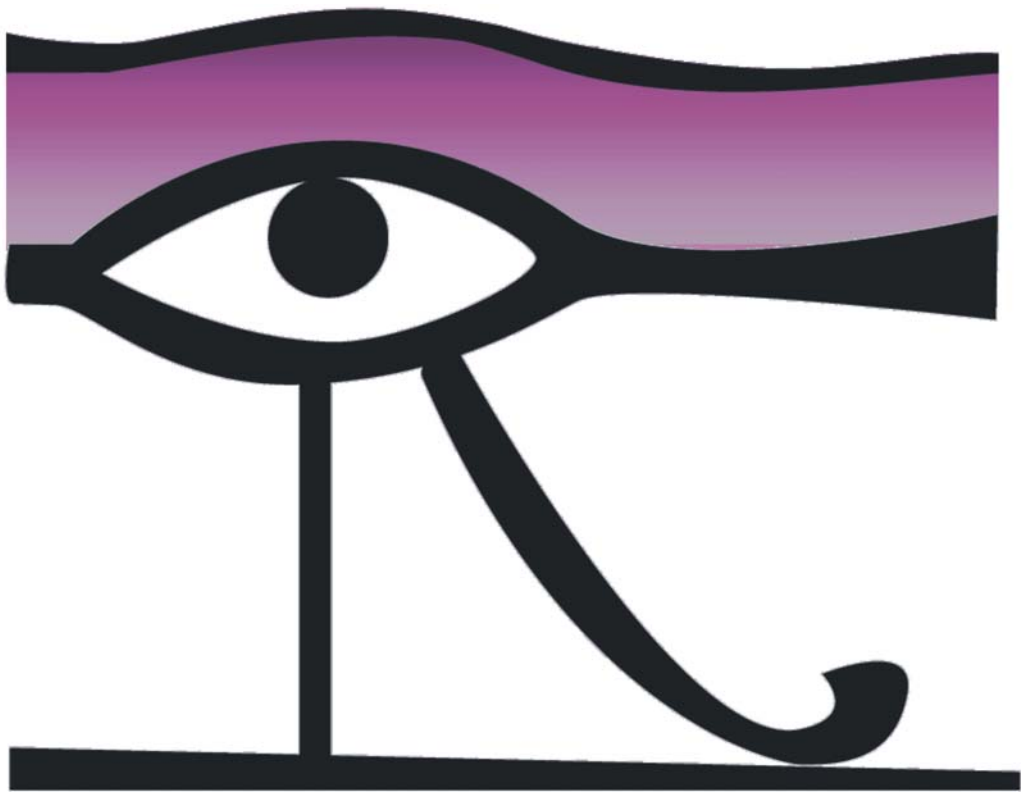
This technique can be used at any time and in conjunction with any type of meditation and will always have an amplifying effect on your energy even into the subtlest realms.

Third Eye Awareness

Once you have been doing the third eye meditation for a while you can begin retaining your awareness in the third eye during ordinary consciousness. Throughout your day you simply keep awareness of the etheric part of the third eye while your eyes are open.

This practice will begin to anchor the higher energies of the third eye into the physical body as well as clear blockages and build further structure. The anchoring or incarnation of higher energies into your body is the main purpose of spiritual work and this anchoring must continue throughout daily life. If you only practice for an hour in the morning but then forget about your spiritual work the chances of actual incarnation are slim. You must hold spiritual forces in your body and on earth. Retaining awareness of your third eye will begin this process. Eventually you will consciously anchor spiritual forces throughout your entire body and chakra system. There are some beings who live throughout the world many of whom reside in India, who hold enormous forces of consciousness on the planet. These few beings ground forces for all of us and without them the earth would be in a much worse and more disconnected state. The more people who begin to anchor higher energies in their bodies the sooner and more smoothly the world will change for the better. Our ascent into the fourth dimension is only possible as more people begin to ground higher forces.

Dynamics Of Regression



Before reading any further please read "Metaphysics" so you will be familiar with the words and concepts I will discuss (if you do not have it yet please go to www.AlchemyRealm.com. it is a free download).

Only 20 years ago it was extremely hard to induce a past life experience with any regression technique. For such an experience to occur back then an experienced meditator would have to get away from the city for at least a week and begin a daily process of meditation and regression. The regression would be carried out by what can be called a connector. The connector would sit in meditation while the person being regressed would lie flat on their back. The purpose of the connector was first to hold a space and second to help guide the patient. When I say hold a space I am referring to the phenomenon where one persons meditating makes it far easier for another to meditate in the same area. The way this works is that by meditating, higher dimensional energies and light are brought into the body. These higher energies are anchored into the third dimension through the meditators body. Because of this effect it is far easier for someone else in the room to enter the same state of consciousness because some higher energies are already present. The more people meditating the more energies that will be anchored in the area and so the deeper and more powerful the meditations will be. This anchoring of energies can be referred to as holding a space.

So 20 years ago the connector would meditate and hold a space for the client being regressed who would lie on his/her back. Keep in mind that both individuals and indeed a larger group had all been meditating for a few days or more in the area. This meditation had anchored the energies required for successful past life regression. So once this had been carried out it was quite possible for a vivid past life experience to occur.

Today it is no longer necessary to do any of the above and we can actually regress ourselves without a connector. The reason for this is that the energies that needed to be anchored 20 years ago are already here. These energies have been grounding themselves on Earth for the past 15 years and they continue to grow. Indeed any meditation or spiritual practice is easier now than it has been for thousands of years and it continues to get easier. Along with these higher energies there are many multidimensional beings from all over the universe who have come to help us in our

spiritual transformation. When you begin the regression practices you are about to learn many beings including your spirit guides, angels, friendly extra terrestrials and others will be there to help you. You will inevitably become aware of their presence as your third eye awakens and you continue in your practice. You will start to receive guidance and will be able to communicate with numerous beings throughout the various dimensions of reality.

So for successful and vivid past life experiences to occur we need certain energies and beings to be present. What is also needed is your know how of entering the space which you will do through your third eye. The third eye is central to the regression technique you will learn here and success will be limited without first entering the space of the third eye. There are techniques of regression that use hypnosis or other ways that do not make use of the third eye and these methods can be useful for remembering early childhood but often fail to induce past life memories and also fail to lead to a real healing of repressed emotional traumas. This is not always the case however as success really depends on the individual practitioner and their specific technique and knowledge.

What Will You Remember?

To get an idea of the type of things you will remember during regression I will explain a little about the way your astral body is made up. As explained in "Metaphysics" the Astral body contains samskaras which are the emotional scars or crystallizations in the astral body. These samskaras are always created by intense emotions. When an intense emotional experience occurs the part of the astral body that is feeling the emotion begins to crystallize which basically encloses the emotion as well as the vivid memory of the entire event within the samskara. When we die the most intense samskaras do not shatter along with the rest of the astral body but carry on with the light body of the individual. The samskaras have become attached to the lightbody and travel between lives with this lightbody which is the interdimensional vehicle of the higher self. While in these higher dimensions between lives the samskaras do not affect the higher self to any great degree. On the next incarnation a new astral body is formed and the samskaras from past lives become central to this new astral body. As the astral body incarnates gradually into the physical body the samskaras will be activated which will likely cause further

samskaras to be formed around them which creates the mental and emotional conditioning for the new life. Indeed the past life samskaras form the core of the ego structure.

The regression technique here is not designed solely for remembering past lives but for clearing samskaras. Because of this the memories you will experience in the beginning will be related to the intense experiences that initially caused the samskaras to form, whether they be from this life or a past life. You will likely remember terrible things that you experienced and will begin to release the intense emotions caused by the experiences. You will not remember entire lives or the boring and mundane parts of your previous incarnations but only the most intense experiences from your past as it is these that created your samskaras.

Due to this it is important that you understand the power of the technique you are going to learn. If you do not desire real spiritual transformation and are not willing to deal with some unpleasant emotions you should not use regression. To achieve higher consciousness you must rid yourself of lower consciousness and the only way to do this is by bringing the subconscious into consciousness. Indeed the samskaras are your subconscious and to clear them you must bring them into consciousness so they can be dissolved.

After a thorough clearing of samskaras has been achieved, your astral body will have been partly transformed and so you will have incarnated some of your light body. Once this has occurred you will be able to regress much further and you will not need to follow only samskaras. Your lightbody and your higher consciousness have been through many dimensions and have incarnated on planets all over the universe. You can certainly begin to remember all that your higher self remembers. At the beginning however while your astral body is a mess and your overall vibration is low it may be difficult to remember anything of a higher dimension. While the higher dimensional aspects of your self are disconnected and are not incarnated you will not be able to remember these things. Indeed while your vibration is low you can only remember things that have occurred at a low vibration.

Why We Need Regression?

The reason that Regression is so important for spiritual transformation is that Meditation cannot break through the largest samskaras. Meditation is used to clear the astral body, raise your consciousness and incarnate higher energies. The problem is that for meditation to be deep enough for these ends to be achieved requires a huge amount of practice. Monks often meditate for many, many years every day for long periods and still do not achieve their goal. Why? The reason for this lies in the fact that to meditate deep enough to dissolve the largest samskaras is very difficult while these very large samskaras exist. It is a catch 22 which has been a problem for a long time. The monk can meditate very deeply for long periods and will have cleared many small samskaras and much of the astral body and chitta but the largest samskaras prevent the meditation going deeper. If the monk cannot go any deeper it will not matter how long he/she meditates the large samskaras will never be cleared.

While meditation on its own can and does work for some extraordinary people the above problem will still slow their progress and make meditation much harder. If the large samskaras could have been cleared through regression their meditation would have instantly gone deeper and progress would have been swift.

Regression is aimed at these large samskaras and their quick and effective dissolution. While meditation tries to dissolve these samskaras by blasting them with higher vibrations and consciousness, regression goes inside them and releases what is inside so that the higher vibrations can then clear them. As an analogy imagine you are in a row boat and want to row across to an island. The boat has a few anchors which are the samskaras and rowing the boat is like meditating. While the anchors are still attached rowing will get you nowhere and if you pull up the anchors but do not row you will be taken by the currents and could end up lost at sea, not even coming close to your destination. So the only solution is to pull up all the anchors and row. The Meditation Solution is like adding a motor to the boat.

Past Life Regression: The Technique



The Regression Technique is dependant on your ability to enter the space of the third eye. You have already learned to enter this space in the cultivating the third eye practice. It is essential that you continue practicing this technique (daily if possible) as your regression abilities will increase with the cultivation of your third eye.

Regression is easier if the Meditation Solution is used as it holds your brain in the required state for the practice. It is not essential however as the techniques are still very effective on their own so it remains up to you. It is a good idea to experiment yourself to see what works best for you. The techniques can be used on your own or with the use of a connector.

There are some slight differences in practice when alone and with a connector. When practiced alone it is harder to hold the space and the chance of falling asleep is increased. Another problem when practicing alone is that you may have trouble directing yourself to explore. When a connector is used you can allow yourself to enter more deeply into the space and into your samskaras as the connector will keep you concentrating and delving by asking questions. While practicing alone you have to direct yourself and retain concentration while you delve inside yourself. In the early stages it is easy to lose concentration while practicing alone but this will soon be overcome as you gain experience.

When a connector is used they hold the space for you. Because of this you do not need to meditate sitting first but can begin lying down. When you practice alone you will not have someone to hold the space for you so it is often necessary to Meditate sitting for 10-20 minutes before beginning the regression process. By Meditating in a sitting position you can enter into the space more easily and with higher vigilance to more easily ground the necessary energies.

The Practice (Solo)

First Steps

- Begin by meditating in the sitting position for 10-20 minutes with the third eye practice previously learned. You may use the Meditation Solution if you wish.

- Now lie flat on your back with your arms by your sides. Make sure you are warm and have a blanket nearby in case you get cold.
- Keep your eyes closed.
- Use the throat friction and let yourself go deeply into the space through the third eye.
- Now feel your entire body from the space. It may feel like your entire body is the space.
- Now you move your awareness throughout your body looking for any feelings, tensions, emotions or blockages. You are searching your astral body for any spots of crystallization. Some people will instantly find a spot and some may have more trouble. Many people who have successfully created an ego structure that keeps their emotions at bay will feel nothing at the start. This is because their emotional repression has been successful and they are numb to their own feelings. Indeed they may just feel numb, like they are empty. This problem is more common for men than women as we are usually more disconnected from our emotions. If this happens to you it is important to just allow yourself to go deeper into the space and keep looking for any type of feeling in your body. Become aware of the most subtle sensations you can feel, you will certainly feel something soon. Do not give up. Even the feeling of nothingness is a feeling.
- Usually you will find a sensation in the trunk of your body but it is also possible to find them in the arms or legs. The head will also contain these sensations but they are likely to be even more subtle here. In the beginning it is advised to concentrate on the body.
- Once you have found a sensation you can bring more and more awareness to the point. Put your palms over the spot with one hand over the other. This will help bring your awareness to the spot.
- Continue to go into the spot, really feel it and go inside. Ask yourself what the feeling is. If it's an emotion, what is the emotion exactly? If you do not feel emotion there may be a sensation of warmth, cold, hard, soft, vibrating, tingling, full or empty to list a few possibilities. Find something and if you follow it in you will surely find emotion.
- Sometimes using throat friction can help to take you deeper into the spot and intensify the feelings. You should play around with throat friction and see

what it can do. Whenever you are really having trouble getting into a spot try using throat friction for a few minutes.

The above steps are the beginning of the regression process. Until you can get into a sensation in the astral body you cannot progress with regression. At the start just finding a spot can be difficult for some. Others will have no trouble at all and will rapidly begin to explore their astral body. If you do have trouble feeling spots and getting into them it is important to practice every day. Try meditating for ten minutes sitting up then lie down for ten minutes and look for spots. Just do this every day for a week and you will very soon gain the sensitivity required.

The spots you will find are samskaras. The amazing thing about samskaras is that no two are the same. They have all been created by a different event and depending on the life in which the event occurred the result will be different. For example: if in one life you are a big strong male and your mother dies there will be trauma. If in another life you are a young girl and your mother dies there will be trauma. The exact trauma caused by the same event in each life will be very different. The personality, ego structure, belief system and circumstances of each life will be affected in different ways by the same event. While a young girl, your mother dying could cause feelings of abandonment and while a strong man you may feel love and gratitude for your mother and receive very little negative emotion.

While every samskara is different if felt with sensitivity there are types of samskaras that are similar and they tend to flock together. Indeed there are some broad emotions like envy, jealousy, fear, grief, anger, lust, greed, despair, sadness, guilt, terror, rage, disgust, panic, dejection, anxiety and others. These emotions are all a part of the astral body and are all caused by samskaras. The samskaras of each emotion tend to group together and compound the effects of each other forming an emotional pattern. With little awareness of these groups of samskaras it seems that they are simply emotions related to your life now and that they are natural reactions to your environment. This is not the case.

As an example take someone who has a very bad temper. Something doesn't go quite the way they would like so they get very angry and upset. They take out this anger on whatever it is they think has caused it with absolutely no remorse. They

cannot see that their anger is at all their fault and blame whatever or whoever has affected them. A person such as this will no doubt have a cluster of samskaras around their heart and other areas which all contain anger. All the samskaras of anger from all their lives are just sitting there waiting to be activated. Anything within their environment that leads to frustration will likely activate these samskaras and bring the emotions contained within them into consciousness. They get stuck in peak hour traffic and their blood begins to boil, they become furious and blame peak hour, or other drivers or the government for their anger. These people or things that are blamed for the anger are indeed the cause of the traffic jam so it is ok to blame them for this. The anger however cannot be blamed on anything other than the angry person for what about all the other drivers stuck in the same traffic jam who are not angry at all. Clearly the anger is caused by something within the individual and not the traffic jam.

The problem is sensitivity to your own emotions. Seeing as all types of anger feel very similar we don't differentiate between different types of anger. With sensitivity it is quite easy to see that anger can be broken up into many, many categories. This exploration of anger can be done on the psychic level with ease but when it comes to putting it into words it is far more difficult. Actually for a proper categorization of any emotion there must be an entire circumstance surrounding it. The circumstances include the personality and experience of the person feeling the emotion and the environment supposedly causing it. For example the emotion caused by a mother dying cannot be analyzed separately from the entire make up of the person experiencing it and their current life. If you separate the emotion from the person and say that the emotion is grief it loses all accuracy/context.

So all emotions are different and have all been caused by samskaras. Unfortunately we have very little sensitivity to the details of these samskaras and are only aware of the vague emotions that come from them. Grouped together we have a state where we experience negative emotions as a result of minor or sometimes major occurrences in our lives. These occurrences are triggers for samskaras which release some of their repressed emotions on cue. Indeed samskaras make us operate on automatic and work like buttons on a computer. Hit a certain button and you get a certain response.

What Samskaras Contain

As we have just discussed each emotion is different and each is caused by a samskara. Every samskara actually contains the emotion and the memory of exactly what caused it. This includes the memory of actually existing as the person that experienced the past life trauma: be they male, female, animal or Extra Terrestrial and the exact environmental circumstance that they experienced. These memories are right there inside you trapped within your ego structure, forming its foundations. To take away the samskaras would be to take away your ego which is you. If this was done what would be left? If you believe in spirit and metaphysical phenomena you may believe that your higher self and a body of light would be there but if you do not believe in such phenomena you may believe that there would be nothing left but a big empty hole. This is the belief of many modern day Psychiatrists and Psychologists and so it is not surprising that they are disinterested in the dismantling of ego. In fact most of them are more concerned with making a nice solid ego structure that succeeds in repressing emotions and keeping discomfort at bay. Unfortunately at bay means keeping it inside of yourself. While discomforting emotions remain within how could you ever achieve true freedom and happiness? Perhaps their fear prevents them from actually striving for these ends.

Anyway, **we are** concerned with freedom and happiness so we must look into ourselves and dismantle the ego. We must release the discomforting emotions and incarnate our higher selves.

By looking inside at our samskaras we can awaken to the emotions and memories that lie within. We each contain an amazingly rich variety of emotions and stories from previous incarnations which makes up our earthly selves. We have all lived many lives and been through amazing hardship, pain and disconnection. We have lived on other planets where we have experienced different cultures and ways of life. The seeds from all of these lives and experiences lie within us all, creating our personalities and attributes. Unfortunately much of these experiences that we have undergone have been very negative and painful and these continue to effect us in negative ways. It is time to clear ourselves of the past and remember who we really are and why we decided to incarnate into such diverse and adverse experiences. The time of exploring negativity is over and its time to step back into the light. We have

come a long way and we are almost at the end. What we must do now is to look back at our incarnational history, clear ourselves of all negative imprints and move forward and upwards into a higher dimensional experience.

Our higher selves are waiting to greet us and merge with our consciousness as soon as we complete the work of clearing. The higher self cannot incarnate and merge with our astral bodies in their current state. The astral body is so full of samskaras that we must work from here to clear it so that the higher self may begin to merge with us. Your higher self along with numerous angels, guides and other beings will be there every step of the way helping as much as they can. If you desire their help they will do all that they can but it is you that must do much of the work. If you do not work at clearing yourself these beings cannot do very much at all. It is by working together with them that fast progress can be made and this is what you are about to begin.

Second Steps

- Continue to feel the emotion and try to give it a name such as: envy, jealousy, fear, grief, anger, lust, greed, despair, sadness, guilt, terror, rage, disgust, panic, dejection, anxiety.
- Once you have named the emotion it is easier to hold it. It gives you a more solid connection with it and you will be able to feel it more fully.
- Once named you should continue to explore the emotion further. This is where you need to use all of your senses. Become aware of any other senses you may feel as you continue into the samskara. Be aware of any colors or visions you may see. Ask yourself:
 - What type of person is feeling this emotion?
 - How old is the person?
 - Is it a male or a female?
 - Is this person large or small?
 - Is this person strong or weak?
 - Was it a person or was I in another type of body? If so what was this other body like?
 - Where was it?
 - Am I inside or outside?

- Am I in this lifetime?
- If not who was I?
- What happened?
- You must follow the emotion as the emotion contains all of this information. It contains visions and memories and if you explore the emotion you will find where it came from. Be honest with yourself. Whatever memory or scene comes to you no matter how strange or foreign it may seem just follow it.

The above steps will inevitably lead to deeper experiences of the emotion. It is important while taking these steps to always retain awareness of the actual emotion or sensation you are feeling. While you are allowing other information to come such as memories, visions etc or asking yourself the above questions it is vital that you retain awareness of the emotion and follow it. The idea is not to go off into fantasy land with questions about who you were but to follow the actual emotion. The emotion is concrete and cannot be imagined. By following the emotion and unlocking the secrets held within it you will remember who you were but you must follow the emotion and not your imagination.

In fact the reason for asking the questions and allowing memories to come is that it helps to take you deeper into the emotion, making it more tangible. If you have a samskara from a life when you were a little girl but now you are a grown man it will be impossible to release the emotions from this samskara without the memory. The reason is that the emotion does not fit with who you are now. To release the emotion you must get into it and feel it fully but if you are a man and the emotion is of a small girl you will not allow the feelings into consciousness as it will be totally contrary to who you believe you are. Subconsciously you must keep this emotion repressed or it could effect your beliefs about who you are which form the most superficial layers of the ego. By allowing yourself to remember the cause of the emotion and see that it was you but in another life you may allow yourself to really feel the emotions within the samskara. By doing this you will inevitably start to dismantle the ego.

Most people cannot remember their past lives because such memories would affect their ego structure and indeed their beliefs about who they are. Repression is a survival mechanism for the ego. You may find that you need to work through many

samskaras or emotions related to this life before you experience a past life. The techniques here work because we actually bypass the ego. When we enter the third eye we are transcending the ego to a point where we can look at and explore things that the ego would not allow. Without a technique that allows us to transcend the ego for a while and so explore and release emotional repression from past lives, the dismantling of that ego is somewhat impossible and therefore spiritual transformation is limited. Even long stints of meditation will often fail to release and clear the deepest repression from previous lives which is why regression is so important.

Third Steps

- Once you have examined the feelings within the samskara and have remembered where it comes from it is time to relive the experience.
- The memories are of importance because they allow you to actually relive the experience and therefore truly delve into the repressed emotion. Without reliving the experience the emotions locked within the samskara will not be released fully into consciousness and therefore will not be cleared.
- No matter how vague the memories you are receiving it is important at this point to try to relive the experience. Use the memory along with the emotion you are feeling to really go into the experience and feel how you felt when the samskara was formed.
- You must truly let yourself go and experience what is inside you.

Many people will have strong resistance to letting the memory and emotions take over but others will have no trouble at all. Indeed some of you will have a vivid and intense experience the first time you try this technique. If you do have trouble it is a matter of practice. If you get a little way into the samskara but cannot fully relive the experience and release the repressed emotions that's ok. The samskara has probably been there for a very long time, possibly many thousands of years so if you can't release it today there's always tomorrow or the next day. In fact many large samskaras will require numerous regressions to fully resolve, to see all of what needs to be seen and release all of the repression surrounding them.

Fourth Steps

- Continue reliving the experience for as long as it takes. You may cry or scream or express the releasing emotions in whatever way is needed. Some people are very expressive and others can feel the emotions very intensely without a lot of expression, either way the point is to really feel what is inside.
- There will come a point when you have released most of the emotions trapped within the samskara you are working on. At this point it is important to keep going into the physical point that you started on. Continue going into the spot and also allow yourself to go deeper into the space.
- It is very likely that you will go into a very deep state of relaxation and you may feel pleasant sensations in your body often around the spot where the samskara was. You may see light or feel warmth in your body, you may experience an amazing feeling of love and radiance or just a feeling of warmth and healing. It is important to remain in this state for a while as your lightbody is healing the astral body where the crystallization was. In fact the astral body is being transformed by the light as it permeates the astral substance. As this occurs the lightbody is actually incarnating further into your body.
- During this process you may become aware of the area around your body. Feel the space around you with your aura and be aware of what you see from your third eye. Remember to maintain your awareness in the third eye and see from it. At this point you will have various angels and guides around you helping with the healing process. Your higher self and lightbody will also be there. It is likely that you will feel the presence of these beings around you or you may even see them. If you do become aware of them you can allow them to work on you and give them the ok to do so. Surrender to the light and ask for healing, the more you surrender the more work they can do on your subtle bodies.
- Another thing you can do is tune into these beings. Feel how they feel. Feel the energy of the room and allow yourself to merge with this energy. To get to know an angel or lightbeing it is much better to merge with it than to try and communicate through the mind. Merging with these beings will have

excellent effects on your subtle bodies and speed up your process immeasurably.

That's the basic process for past life regression. There are some other very important points you should know before using this practice so please read this entire book before trying it out.

Summary

- Use the third eye meditation for 10-20 minutes in a sitting position.
- Lie flat on your back with your arms by your sides. Make sure you are warm and have a blanket nearby in case you get cold.
- Close your eyes.
- Use the throat friction and let yourself go deeply into the space of the third eye.
- Now feel your entire body from the space. It may feel like your entire body is the space.
- Move your awareness throughout your body looking for any feelings, tensions, emotions or blockages.
- Once you have found a sensation you can bring more and more awareness to the point. Put your palms over the spot with one hand over the other. This will help bring your awareness to the spot.
- Continue to go into the spot, really feel it and get inside it. Ask yourself what the feeling is, if it's an emotion, what is the emotion exactly?
- Continue to feel the emotion and try to give it a name such as: envy, jealousy, fear, grief, anger, lust, greed, despair, sadness, guilt, terror, rage, disgust, panic, dejection, anxiety.
- Become aware of any other senses you may feel as you continue into the samskara. Be aware of any colors or visions you may see. Ask yourself:
 - What type of person is feeling this emotion?
 - How old is the person?
 - Is it a male or a female?
 - Is this person large or small?
 - Is this person strong or weak?

- Was it a person or was I in another type of body? If so what was this other body like?
- Where was it?
- Am I inside or outside?
- Am I in this lifetime?
- If not who was I?
- What happened?
- Use the memory along with the emotion you are feeling to really go into the experience and feel how you felt when the samskara was formed.
- Really let yourself go and experience what is inside you.
- Continue reliving the experience for as long as it takes. You may cry or scream or express the releasing emotions in whatever way is needed.
- When you have released much of the repressed emotions continue going into the spot and allow yourself to go into a deep state of relaxation.
- Feel the warmth, love, healing or whatever it is you feel.
- Feel the space around you and become aware of the energy and if possible the presence of the beings around you.
- Surrender to the healing light of the beings or energy that you feel.
- Tune into the beings and allow yourself to merge with them.
- You may fall asleep during this time as you will be in a very deep state of consciousness and the healing work going on will often put you to sleep.
- If you do not fall asleep simply stop when you feel you are ready.
- Thank the energy for its help and healing and go on with your day.

There are several steps here so if you forget some the first couple of times don't worry. It all comes with practice.

Regression With A Connector

So far we have talked about the solo technique of regression which is the main purpose of this book. The solo practice is very powerful and gives you a way to begin exploring the metaphysical nature of yourself and the world around you. It is one of the most powerful ways available to truly clear past conditioning by transforming the astral body and incarnating higher energies. All of the above information can be used

to conduct regression on others or for someone to act as a connector for you. By doing regression in pairs it can be easier and it can be even more powerful as the connector helps to hold you in the space and guide you. As you are being guided by the connector and held in a deep space you can put more of your awareness on going inside and you can let go more fully to really get into the experience. The thing with deeper states of awareness is that by going very deep, which is necessary for regression you lose some cognitive abilities and so it is harder to direct yourself and to keep on moving. It is quite easy when in a deep space to accidentally stop and find yourself enjoying the space or falling asleep. When a connector is used this problem is overcome as they become your guidance.

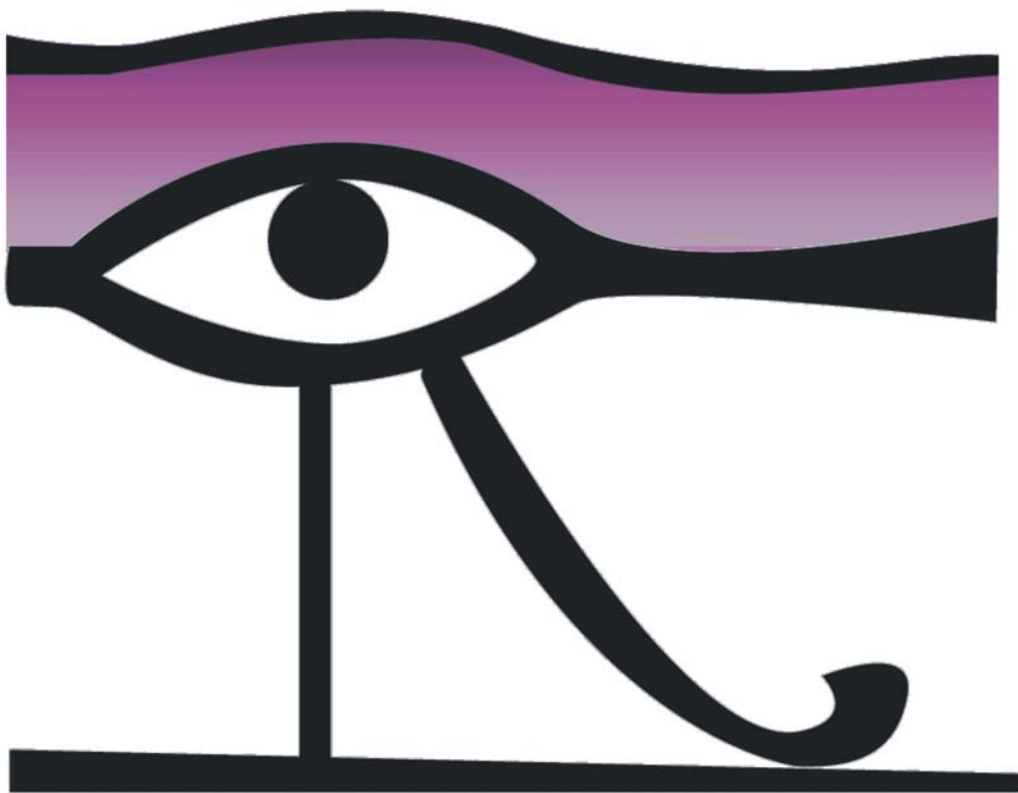
If you decide to try using regression in pairs it is important that both parties know what they are dealing with. It is essential that the connector has read this book and the client should have but it is not absolutely necessary. It is possible for a good connector to regress anybody even people who have never meditated or done any type of spiritual practice. The reason this is possible is that the connector will enter a deep space, making it very easy for the patient to also enter the space when guided through the third eye process by the connector. The patient does not really need to put in effort and will easily enter the space. Please note that this technique is not hypnosis and the patient will retain full consciousness and control at all times.

Once in the space the client can scan their body for spots or the connector can do this instead. As the connector is in a deep space and should have at least some experience with the solo technique they can simply feel the client's energy from the third eye. This is an excellent way to begin tuning your psychic abilities as you will find a spot and feel for yourself what is in it (visions often come at this point). Once a spot is found you place your fingers over the spot and ask the client to go into it. Follow the same procedure as with the solo technique. As the connector usually knows what is inside the samskara before the client they are in a good position to guide the client into the feelings. It is important however to not lead the client and tell them what you think is inside the samskara. Ask questions that will make the client focus more deeply into the spot e.g. Is it hot or cold? Is it hard or soft? Always allow the client to discover what is inside by themselves as it is their experience that is important. At the end you can comment on what you saw and see how close you were.

Note: If the connector is not very experienced and cannot find a spot then just allow the client search for one. If the connector has no idea what is within the samskara they can still guide the client by asking questions about what they are feeling and trying to learn as much as possible about the samskara through questioning the client.

That's basically it. You will be better at connecting after practice with the solo technique and obviously the more you connect the better you will become at it. If you want someone to connect for you it is necessary that they have read this book and desire to do the practices. If you know someone like this that's great and by working together you will certainly speed up your progress. Also the more practice you do with your partner the better equipped you will be to connect for beginners. If you do not know anybody who you can work with don't worry, the solo practice is most important and will get you where you want to go.

Possible Experiences



While the above technique will usually find samskaras from this life and others it can also find entities and cords. It can find higher parts of yourself, connections to higher consciousness, groups of higher dimensional beings and/or other parts of the universe. It can find connections to negative astral planes and various negative non-physical beings or it can reveal memories of the amazing realms you traverse in between lives. While it is a technique of regression it is much more and so I must briefly describe some of the possibilities. Keep in mind that by using this technique you may find experiences, memories and metaphysical understandings that have not been covered and you must navigate your own way. The technique is a way for you to begin exploring the metaphysical nature of yourself and the universe and so you will be able to answer most of your own questions. As a rule, if you don't understand what you are seeing or remembering just pay more attention to what you are feeling. Feelings are the higher aspect of visions. Visions can sometimes be confusing or misinterpreted, so stay with the qualities of the feelings. The feelings are your guide and are obviously not imagined. The ultimate goal of the process is to clear your astral body completely and transform it by merging it with your lightbody. This equates to clearing your mind of all past conditioning and incarnating higher consciousness. Until this has been achieved to a certain extent you will often experience things that you do not understand and confusion will certainly occur. Whatever happens, just keep going and eventually all will become clear.

Remembering Early Childhood and Birth

It is very likely that some of your first attempts will bring back memories of things that occurred in the first few years of this life. Most people do not normally remember anything before the age of three and this is for a very good reason. The basic ego structure which forms a basis for all further development is finished by this age. The basic sense of self and the samskaras that will form the foundation for the further development of personality have been activated and structured by this age which gives the child a solid basis for exploring the outside world. From this point on further ego structure is formed around this basis or basic ego. Once an adult there is so much ego structure based on top of this basic ego that any dismantling of the basic ego could cause the upper levels to collapse. Remembering a point in life when the basic ego was not fully formed ie before the age of three will inevitably result in a part of the basic ego's structure being undermined. So for an adult with a nice solid

ego structure that allows them to navigate the world and keep their emotional pain to a minimum, remembering their life before the age of three could be counterproductive.

It is possible that you may need to resolve some emotional repression that has occurred in later stages of this life before you can progress to early childhood memories. If this happens don't worry just follow the technique in the same way. The only difference is that the memory will be easier to experience as it has occurred in this life. The important thing is to always release the repressed emotions and heal the wounds so just continue with your practice and you will soon remember early childhood and past lives. It is also possible that you will experience past lives first then late in this life and then early childhood. There is no particular order that things should be remembered and it depends entirely on you and the makeup of your subtle bodies. Just follow the practice and you will experience everything in the right order for you. The beauty of the process is that whatever needs to be dealt with at any particular time will automatically be what draws your attention while scanning your body for feelings. In this regard there is no right or wrong there is only what is done and experienced.

Remembering birth and life in the womb is quite an amazing experience. You will realize that babies are far more conscious than you had previously thought. Indeed while in the womb you are aware of your mother's thoughts and feelings as well as her environment and the people in it. Whoever is around your mother can easily be felt by the extremely psychic baby. The experience is also very interesting as you will remember what it feels like to have very little ego structure. You will probably remember being a very sensitive and loving being at this stage.

There will certainly be samskaras around the experience of birth and often around the time spent in the womb. The mental and emotional state of the mother is vital for the experience of the baby while still in the womb. If the mother is having a hard time or is generally in negative emotional states the experience is bound to be unpleasant and the baby will likely want to get out. This may lead to a premature birth. The issues created here will certainly lead to beginnings of ego structure which revolve around escaping from unpleasant feelings. If the mother is positive, confident and loving the baby will start off with much less fear of the physical world

and obviously be at an advantage from the start. An important issue that can easily be seen with heightened psychic abilities and remembrance of these early stages is that a baby should be born when it chooses. Some women are arranging to give birth by c-section at an appointed time. This is a bad idea as it will cause extra stress for the baby.

Remembering A Past Life

Remembering past lives comes to some very easy and to others not so easy. Typically some people have a problem in accepting the memories and assume that they are making it up or imagining things. The best advice here is to follow the emotion. When you honestly look at the emotion you have found it will become clear that it must have come from a past life or at least somewhere else. When you are feeling and experiencing an emotion which you have found inside yourself and that you have never felt before it does make you wonder. Say you have had a fairly boring life, you are non-aggressive, in fact you avoid all kinds of confrontation and always have. You follow the technique and you find an emotion that feels like rage. You go further into this emotion and find that more than just rage the emotion is extreme hatred, anger and rage to such a high degree that these words do not do it justice. In fact you go further into the emotion and find that within it is also a desire to kill.

At this point it seems obvious that the emotion has not come from this life. A Christian might say that Lucifer has gotten inside you but you think not. You go further into the emotion and realize that it does feel like yours, it doesn't feel like someone else's emotion such as Lucifer's but it actually feels like you know it. Indeed it has been inside you for a long time. You follow the emotion further and remember being a huge man with a big sword. You feel very powerful and can actually feel how it felt to be a huge man of enormous strength. You remember being in a battle and being fueled by the rage, you are killing people all over the place without even thinking, it's like you are possessed by rage. You don't just remember this but you can feel it, it's not just vivid but absolutely real.

Some people have said that television is the culprit and has somehow gotten inside of you and created these false memories, others that Lucifer or evil spirits have

possessed you, others that you imagined the whole thing. All these people are entitled to their opinion but you are the one who experienced it. What do you think?

The experience of past lives has more of an effect on consciousness than to just release some emotional repression. One of the greatest benefits of such a technique is that it gives you the opportunity to feel what its like to be someone else. After remembering a few past lives you can't help but realize that there is something, some part of you that is the same in all of the lives you have lived even though the outer characteristics of the personalities may be so different. This realization has benefits that other techniques cannot give you, at least not as quickly. You can clearly see that the parts of you that change are not the real you but there is a part of you that remains unchanged and it can be clearly experienced.

When exploring a samskara and feeling the emotions within, it is always a good idea to try remembering a time when the samskara was not there. By doing this you may remember an earlier time in this life before the particular samskara had incarnated, a past life prior to when the samskara was formed or even a time between lives or on another planet or dimension where the samskara either did not exist or could not be felt at all. When you remember a time when the samskara was not there you get an idea of what it could feel like if it was released which gives you more confidence about clearing it as well as a clearer view of the samskara and exactly how it effects you and your life. There are many subconscious defense mechanisms that try to prevent you clearing samskaras and by remembering what it is like to be without the samskara some of these are overcome making it easier to get inside and release the repression.

Strange Past Lives

Due to the fact that we have all had incarnations on other planets and in various dimensions it is possible that you will have a past life experience of something that seems very strange. Even lives on earth in ancient times such as during Atlantis or Lemuria or even before these civilizations can be extremely different to what we know. As we have all seen much TV and learned history, people usually assume that their past lives would have been during these times that they know. This is certainly true and nearly all of us have had numerous lives in these times and these probably

will take up much of your early regression work but it is a good idea to have an open mind to other possibilities.

You may have had incarnations as animals on earth or on other planets or as extra terrestrial beings on other planets. Some of these beings are similar to what is familiar to you here such as humanoid beings on other planets which are very similar to humans. Differences may be in physical appearance but the most striking differences with interplanetary and inter-dimensional incarnations can be the consciousness of the being. The feelings you remember may be very different such as feeling very happy, loving and loved. Magical powers are also quite possible in different dimensions and with different forces of consciousness. Indeed whatever you can possibly imagine is probably real somewhere in the universe and it's possible that you have been there. Some science fiction is actually very close to reality in other areas of the universe.

As with normal past lives the idea is to deal with the issues created in the past and release the repressed emotions so the process is the same. There is no spiritual value in knowing the past if it does not help you to change now. Always follow the feelings and use memory and vision to get deeper into the experience of those feelings. As some incarnations on other planets and in other dimensions can be of a much higher consciousness and vibration it is unlikely that you will remember these areas in the early stages. Like in between incarnations it is often necessary for a certain amount of transformation of the astral body and incarnation of the lightbody to occur before clear memories will be available.

Multiple Life Samskaras

It is quite common for a samskara to begin in one life and to then be activated in another life where it becomes worse. It may then activate again and again and become worse each time. So it starts out as one large samskara and then more large or smaller samskaras form around it which all have a similar emotion. Experientially it is usually seen from the reverse. You may experience a samskara and feel the emotions which are associated with something in early childhood in this life. You release some emotional repression and then upon looking closer you realize that you have had this samskara even before the time where you thought it was created in

this life. You remember back to another life and release some more repression only to realize that this samskara was with you in an earlier life also. This can go on until a point where you remember the original life that started the samskara. It can take quite a few sessions to release and explore everything around the samskara as it had become such a large structure. With samskaras like this you must keep going until everything is released and the entire structure is healed.

These large samskaras that tend to multiply through many lifetimes are the most important ones to clear and they form the most solid roots of your ego structure. When exploring samskaras it is always a good idea to check if there is more. Always continue going into the feelings and then try to remember a time when they were not there. This will help take you back to the beginning and the original samskara. In fact most samskaras are linked with others as they do form a structure which is your ego. The complexity and breadth of the ego is quite amazing and much exploration is required for its deconstruction.

Remembering Between Lives and Higher Dimensions

The memory of higher dimensions and consciousness does not usually follow from samskaras. This is because samskaras are created in the astral body by intense and usually negative emotions. These emotions are created mainly because in an incarnated state into the dense third dimension we are somewhat disconnected from our higher consciousness. In fact if we could ground our higher dimensional light body into the physical and clear the astral body then no more samskaras would be created. While connected with your higher consciousness you are not affected nearly as much by your environment as when you are disconnected. For example if someone close to you dies and you are disconnected you may wonder if they are gone forever, whether they lived on after death or whatever. You may feel immense grief as a result therefore forming a samskara. If however you were connected with your higher self and your psychic abilities you could easily communicate with the dead person and so this problem would not exist.

One way that a samskara can lead to memories of the in between state is when a samskara has been created at death. When you find this samskara and you are exploring it you may find that immense fear was aroused as a result of your past life

death. When you find a samskara such as this you can follow the memory through the physical death and follow the consciousness into the astral planes and then higher dimensions. You may remember being drawn into negative astral planes after death and then as the astral body begins to shatter you become clearer and lighter and begin to ascend into higher dimensions. If you follow this thread you can have an amazing experience as you remember being your higher self which brings you into close contact with it in the here and now. Reliving this experience of death and ascension can have a huge impact on your spiritual growth. When you have experienced these types of things you are no longer in the dark about life and death but have knowing of what occurs. You know without any doubt that your higher self is real, that it is the real you and that you will merge with it again. Few humans have experienced such knowledge in the past few thousand years but with practice you will inevitably know for yourself.

Keep in mind here that your experience will differ widely from the hypotheticals I have used for illustration purposes. These are just examples to give you some idea of the endless possibilities of experiences.

It is also possible to have experiences and memories of higher dimensions without going through a samskara. When beginning your regression you may find a spot and begin going into it. The spot may not be a samskara at all but could be a spot in the astral body where part of the light body has incarnated. This is more likely after some practice but depending on your previous experience it could happen soon. When you go into such a spot you will quickly realize that it is not a samskara as what you find is not emotional in nature. It may be a feeling of light, love, ecstasy, spiritual power, self or many others. In general the feeling will be good and carry with it a feeling of expansion. By going further into the feeling you will experience expansion quite unlike the tight, blocked feeling of a samskara. When this type of experience occurs the procedure is the same, you explore whatever you find. By delving into a spot like this you will come into closer contact with your higher self and higher dimensions of reality. You can gain much knowledge from experiences like this and by delving further into your lightbody you will help it to incarnate further. This will raise the vibration of the astral body and help to bring deeply buried samskaras to the surface for clearing.

Exploring The Chakra's

Another way to have experiences of higher dimensions of yourself and reality is to delve into the Chakra's. The Chakra's are a part of the lightbody but the astral and etheric bodies both have points at the locations of the Chakra's. These points are where the Chakra's incarnate into the astral and the etheric. The reason for blocked Chakra's lies in the Astral and Etheric counterparts. Because your ordinary consciousness is in the physical body, to get to the Chakra's you must go through the etheric and astral layers. With the third eye meditation you begin with the etheric layer by feeling the vibration and then you become aware of the lights which are the astral layer. By feeling the space of the third eye you begin to enter the lightbody layer which is where the Chakra actually lies. The Chakra's are very deep structures which go through many higher dimensions of light and consciousness. The space of the third eye is just the beginning of entering the structure which if explored thoroughly will take you much further into higher dimensional experiences.

As with the third eye, all the Chakra's can be explored and each will take you into different areas of experience of your self. You are a multidimensional being and you can explore yourself and your experience through all of the dimensions. The only problem with exploring the Chakra's is that you must go beyond the etheric and astral counterparts to really enter the lightbody. Because of the sensitivity in the Chakra's, the samskaras formed in the astral body do tend to locate in the areas around them. The samskaras will lead to blockages in the etheric layer which can cause tension in the physical body. Due to these relationships it can be hard for a beginner to get into the actual Chakra's. It is possible however to go beyond the samskaras and into the Chakra's without first clearing the samskaras. To do this you keep going deeper into the Chakra instead of going into the emotions in the samskara. Basically you need to allow yourself to go even deeper into the space from the third eye and concentrate on going into the space of the charka which may be underneath a samskara or whatever negative feelings you can feel. What you are trying to do is take your consciousness to a very deep state so that you can feel the Chakra instead of the samskaras around it. As I have discussed, while you are not incarnated you can feel your lightbody and your higher dimensional aspects but your samskaras are not strongly felt at all. So when you try to explore the Chakra's you

try to enter into higher states of consciousness which from there you can feel the Chakra without the interference of the samskara.

By exploring the Chakra's you will be taken into amazing places of spiritual light and you will meet various higher dimensional beings and parts of yourself. Indeed by exploring the Chakra's you can see a preview of what it will be like when you have cleared the astral body and incarnated more of the lightbody. Some people may be able to easily begin exploring some of their Chakra's and others will have trouble. If you have trouble, don't worry because as you continue to clear samskaras it will become easier and easier. Once you have cleared the astral body you will be able to feel and explore the Chakra's with ease, even during ordinary waking consciousness. Spiritual incarnation means experiencing higher parts of yourself 24/7, not just while meditating. Practices aimed at activating and incarnating the lightbody and its various structures such as the Chakra's can be found at www.multidimensionalbeing.com

Negative Astral Planes

The negative astral planes that surround planet earth have been created by us. The astral substance that makes up our astral bodies starts out as clear and positive. When we gather fresh astral substance from the astral realms prior to incarnation, the substances have characteristics or specific forces but do not contain samskaras or negativity. It is through life in the third dimension and the interaction between your astral body and the physical body that the astral becomes crystallized and negative. As the astral slows in vibration due to its incarnation into the physical body and it interacts with the world it can change dramatically. When a large samskara is created it is basically made up of condensed negative emotions. These emotions are astral substance but its vibration has been altered. For instance your astral body may have a strong mars force which has a feeling of will and personal power. A person with such astral force will likely be a good leader and have the power to create their reality. If throughout their life their desires are constantly thwarted by other people the mars astral force may turn into anger. The force of will being constantly blocked by outer circumstances can turn into frustration and anger and this will lead to its vibration changing. So the astral substance that was previously

clear and pure which contained a feeling of willpower has become distorted and impure containing feelings of frustration and anger.

So, clear astral substance can be transformed into negative astral substance by its incarnation into a physical body on earth. When someone's astral body contains negative astral substance and they die this substance must go somewhere. As the astral body shatters the negative astral substance cannot go back to where it came from but will be stuck on earth. As like attracts like in the astral realms all the negative astral substance from all deaths will group together. All the anger will come together, all the despair will come together and so on. So around the earth the negative astral realms grow and become like a dimension. Due to this we are all able to resonate with a negative astral dimension. If our astral body contains even a small amount of negative astral substance we can resonate with these realms and have experiences of them. When we have nightmares it is precisely because of this fact. Also when intoxicated by drugs or alcohol (which tend to lower your vibration and make it very chaotic) we may resonate with these negative planes which can lead to scary or nightmarish experiences.

When using the regression process it is possible to have experiences of these negative realms. If you do it is because a part of your astral body resonates with these realms and needs to be cleared. If you go into a samskara it is possible to be taken to a negative realm instead of a past life scenario. If this occurs you should proceed in the same way as for a samskara, you explore. Do not be afraid as there is nothing to be afraid of, just explore the negative realm and remember to go into the spot. Follow the emotions and feelings inside you, not your mind which may lose track. There will always be a samskara or a negative part of your astral body that needs healing if you are taken to a negative realm. Just stick with the feeling and eventually you will have explored far enough for healing to occur. The higher energies of your lightbody and your guides and angels will heal the negative energy and it will be transformed just like any samskara.

Entities

If you have not yet done so, please read the section on Entities in "Metaphysics".

Entities are quite a common finding when using this technique. When scanning the body for spots you may find one that feels different to a samskara. At the beginning you would be going into the feelings and emotions in the spot and you may feel that the energy does not belong to you. When this occurs you should continue to go into the feelings as normal. If it is an entity it will feel like something separate from you that is in your energy. It will affect you in a similar way to a samskara but it is fundamentally different. You can go into it just as you would a samskara but you would begin to explore it as though it is something separate. You can ask questions like what color is it? What foods does it like? What does it dislike? What does it enjoy? When is it most active? How does it feel now that I am looking at it? How big is it? Is it firm or soft? Explore it and get to know it. Some people will get very vivid visions of the entity while others may not be as visual.

Another important thing to explore is where you caught it, how and why. To do this, try to remember a time when it was not there. You should follow your feelings and memory together ie, feel how it feels to have the entity and then remember a time when you didn't feel it. Once you can remember not having the entity it usually becomes very easy to remember the exact time when it came in. One of the best things about this regression technique is that whatever you remember you can actually know what was going on in your subconscious at the time. Because of this when you remember catching the entity you will remember it with far more clarity than you originally experienced it. In fact this goes for anything you remember with this technique. Because you are using the third eye and are in an expanded state of awareness you can remember more of what was happening. You can prove this to yourself very easily by simply using the technique to remember what happened in the very recent past. Without going into the body and searching for spots you simply go into the third eye space and remember something that happened today or yesterday such as a conversation you may have had. See what else you can remember about the situation such as the energies that were around at the time and the interplay of subtle energies and feelings between you and the other person. You may even find that you can see more of what was going on in the other persons subconscious.

Anyway, back to the entity. You should try to remember what happened before you caught the entity, what attracted it to you, how it got into your energy and what

effect it had on you. How did you feel about this possession and how did the entity affect you. Explore the relationship that you have had with the entity. There is often drainage of energy by the entity and it may be a part of any addictions you may have (food, sex, drugs etc). Entities have very addictive personalities as they are basically a piece of conditioned astral substance. They have no higher self or higher consciousness so it is impossible for them to raise their awareness and end their negative addictions. Their very nature is negative habit and while you have an entity with a negative habit you will be affected by it. Funnily enough there is usually something that you get out of the relationship. Even negative relationships give people something that they want so you should look very closely at what you get from the relationship with the entity.

It is of great importance to watch the entity for at least a week after you find it so as to really understand how it has affected you. Once you have found an entity during regression it is very easy to see and feel it during ordinary consciousness. You can watch it at any time and see what is going on, or how it reacts to different situations throughout your day. You should watch how you react to its presence and how you relate to one another. It is important for you to establish very clearly what is you and what is the entity before it is cleared.

Entities come in all shapes and sizes, they can be buried very deeply within your energy and be very quiet, just wanting a place to snuggle up and be depressed or they can be very aggressive and angry wanting to hurt both you and others. The emotional characteristics of an entity can vary as much as the characteristics of a person. Some are even playful and seem quite harmless and you may realize that you are actually friends with it. Something they all have in common is that they need etheric energy from a host. The entity is made of astral substance but to hold it together as an individual it needs a certain amount of etheric energy. The best place to get this is from a person. Entities can also be attached to you by a cord and drain your energy this way while a large part of them remains outside of your energy. Whatever the case may be you are better off without the entity and the entity is better off being cleared.

Most entities are astral chunks that have broken off other people's astral body when it shatters soon after death. When these are cleared they are simply pulled out by

the great light which purifies them with love and sends them back to where they originally came from. They will be transformed into the clear and positive astral substance that they once were and will merge back into the realm from where the astral force came. There are other types of entities such as nature spirits who have become lost or other dimensional beings that do not belong here. When these are cleared they are taken back to where they came from and so for these ones it is like going home. Being cleared is as good for them as it is for you.

Another thing that you should explore is the entity itself. By tuning into it you can see where it comes from and why it came to you. So you will be able to see whether it is a nature spirit or an astral chunk etc. If it is an astral chunk you can even see and explore the person that created it and explore their life while they were alive. The possibilities of exploring metaphysical phenomena are truly astounding with the proper use of the third eye.

Some entities have been around on earth for a very long time, going from host to host. It is even possible for you to die and create an entity and then in a future life you could catch it. Entities are always attracted to what they know and so relatives and friends will often be the first target. If this fails they will find someone similar to themselves and try to latch on. The negative astral planes and entities are intimately linked so when you explore an entity it will be easy to explore the negative astral plane that resonates with the entity. By clearing entities the negative astral planes begin to be cleaned as these planes are really the collective conscious of the entities. If every last entity was cleared and purified the negative astral planes would be gone and life on earth would be very different indeed.

Something that should always be kept in mind when dealing with entities is that to catch one you must have resonated with it to some extent. By clearing the entity the symptoms it caused will be instantly healed but the parts of you that attracted it need to be healed also. The only answer is to continue working on your samskaras and to meditate often. This being said it can make a huge difference to your wellbeing when an entity is cleared. Unlike samskaras an entity is easily removed and does not require emotional catharsis and healing. For this reason it can even be cause for celebration when a core entity is found. All you have to do is watch it and

explore it for a week or so and then clear it. Afterwards you will feel lighter, you will have more energy and the negative symptoms caused by the entity will be gone.

Do not be afraid of entities as they are always easily removed and the harm they cause is not that bad. If you have been ok so far and do not even know you have an entity then finding it will not make it worse. Some people who first hear about entities become a little obsessed with the idea and assume that they have one and are desperate to be rid of it. The only advice I can give to these people is to say that what you should be concerned about are your own samskaras and astral crystallizations which will turn into entities when you die. Through the process of regression you will inevitably find any entities that you have and they will be cleared and you will also clear your own astral body. The clearing of your astral body will ensure that you don't leave any entities behind to become parasites on others.

Cords

Cords have been briefly discussed in Metaphysics which you should be familiar with.

Just like with entities the regression technique can find cords. At the beginning it will be like any other spot but it will feel different to a samskara or an entity. With a cord you will get a sense of your relationship with someone. There will be a point in your astral body where the cord meets and when you go into this spot you will feel various emotions that are associated with the person on the other end. With a cord there is always an interplay of emotions and energy between the two people. This interplay will be mainly subconscious but when you begin to explore the cord you will see exactly what has been happening and you will probably realize that you knew that was happening all along.

Often when a cord is found it can be seen with the third eye. Some cords that have been there for a long time and have been used for much negative emotional transfer look quite gross and can be very thick and disgusting but others that are not so negative or that are quite new may just look like a thin cord of energy. The vision of the cord will vary depending on your level of experience and how developed your third eye is. If you cannot see the cord that's ok because what is most important is feeling. You should always follow the feelings and emotions, visions are secondary

and are not essential. The main thing is to explore the interplay of emotions and recognize what has been going through the cord and why. There is always a give and take and although you may easily see what the other has been taking from you very clearly it is important to see what you have been getting out of the relationship.

Cords are not always negative and are usually created for good reason. For instance the cord between a baby and its mother is essential for the baby to receive what it needs on an emotional level and to feel safe in its new world. Another time a cord is often created is when two people fall in love. The two people want to begin sharing themselves with one another and desire a certain amount of merging. The cord is an excellent way to achieve this and keeps a feeling of being with the partner even when you are not together physically. Of course in most cases this all happens subconsciously. These types of cords are fine as long as the emotions remain positive and nurturing. Problems do arise when neediness and other emotional issues exist or when the cord remains past its usefulness.

Most people do have emotional issues and therefore most relationships will involve these issues. It is very hard for someone with emotional issues to carry on a relationship with anybody without these issues becoming a part of the relationship. Neediness, jealousy, distrust, fear of loss etc are just some of these issues. There is likely to be a feeling of comfort that comes from the cord as each individual becomes used to the flow of energies. The more needy and negative the relationship the more gross the cord is likely to become and so when it comes to mother/ child cords it may not be cleared at the appropriate time. Around the age of three is when the mother/ child cord should be removed and usually this will happen automatically as the child desires more independence and the mother is happy to let go. The more negative or needy the relationship becomes the more likely it is that the cord will remain intact. It is quite possible for the cord to last well into adulthood and if it does it will certainly put strain on the relationship and interfere greatly with both parties emotional lives and growth.

With a loving relationship a cord that becomes overly negative can cause large problems. As one party is constantly drained by a needy partner it will not take long before they become angry and fed up. Indeed any emotional issues between two partners are amplified by a cord which is why loving relationships can become so

intense. With a relationship that does not involve a cord such as between workmates (although it is possible for a cord to be created here as well) it is easy to get away from any emotional issues between parties. For instance you don't get on with a workmate because they try to intimidate and put you down or whatever. At the end of work you go home and forget about it completely and are not affected to any real degree. When there is a cord however you cannot escape the emotional transfers and so even while away from your partner the issues remain, although delegated to the subconscious. When a cord becomes gross and begins to affect partners in negative ways it can lead to a break up and even hate of each other. If the cord is gross enough it can last for a long time after a break up and can make it very hard to move on as the emotional and energetic exchange is still going on.

Luckily cords can be easily removed through the same clearing process as entities which will be covered later. When you find a cord it is a good idea to watch it as you would an entity for at least a week. Once you have seen it during regression it will be easy to see it during ordinary consciousness so watch it closely for a week. Before clearing a cord you want to understand its action fully, when it was created, why it was created, how it has changed and how it affects you and your relationship. It is up to you whether you want to clear the cord but it is usually a good idea to clear it if it does involve any negative exchanges. Even if it is between you and your partner that you love it may be a good idea to clear it as this will make way for newer and more positive ways of relating. While a cord exists it will be hard to change your emotional patterns and so by clearing the cord you are given more space to work on your own issues without the constant impulse of negative emotions that aren't your anyway. Clearing such a cord does not mean that you want to get away from your partner just that you desire growth. If you stay together another cord will likely form which will hopefully be fresher and more positive.

As with all metaphysical phenomena you will only really understand cords when you have seen and felt them. If you do not have any you can also observe them in others when your powers of metaphysical vision awaken.

As a last point you should also be aware that it is possible for entities, other non-physical beings or even groups of people to attach with a cord. Keep an open mind when using the regression technique and always follow your feelings and vision. It is

impossible to cover all possibilities in a book and so you must necessarily be your own guide. This is the path of experience, not the mindless learning of information.

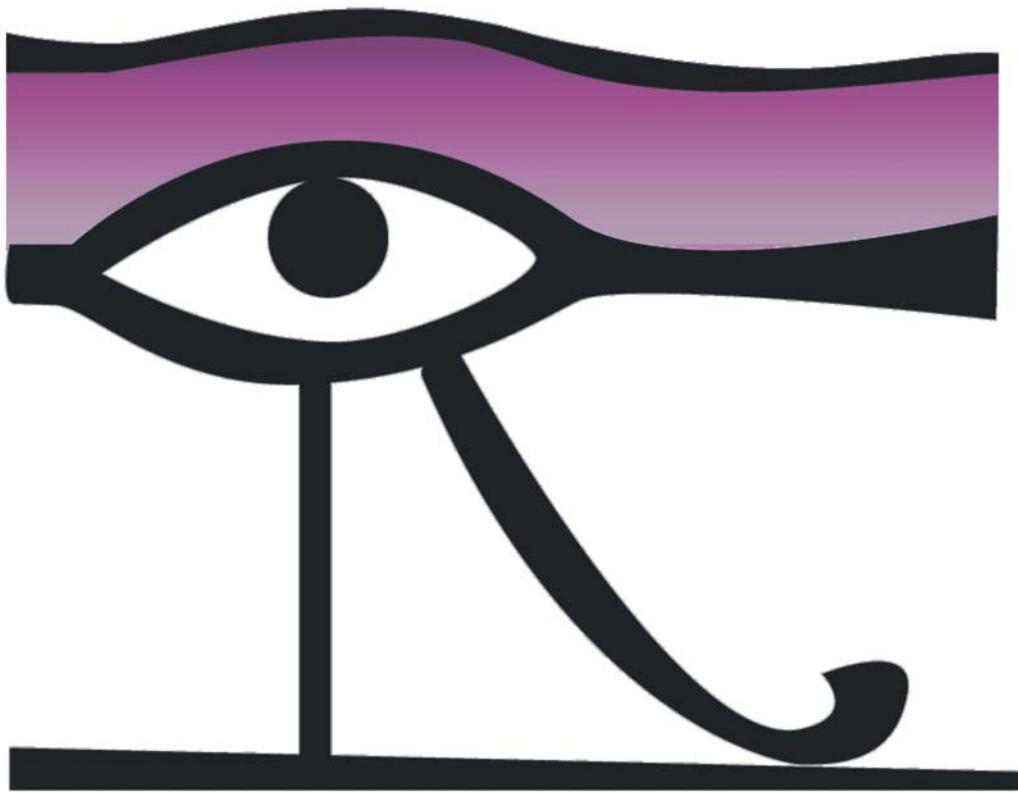
Chitta

Chitta is the envelope of energy that surrounds the head and interacts directly with the brain. It is where thoughts take place and is also where mental conditioning is stored. The samskaras in the Chitta are much smaller and subtler than the ones in the astral body but they have a huge impact on how you see the world and yourself. All belief systems are held in the Chitta whether they involve beliefs about life and death, your environment or yourself. By using the regression process and meditation you will certainly become aware of blockages in the Chitta and you can begin to dissolve them. Often the main samskaras in the Chitta that form its foundations are related to the large samskaras in the astral body. When you clear one of these large samskaras in the astral body its corresponding blockage in the Chitta will also be dissolved.

If you are meditating or using regression and you feel a blockage or some pressure in the Chitta it is quite easy to clear. Just use the same process as with the astral body accept while you are looking for feelings you also look for the belief itself. It will not be hard to do this. You should look at how the belief affects your life and the way you see the world, where it came from and why you hold on to it. It is also a good idea to remember a time when you did not have the belief to see how it would feel if it was not there. This can help you to see the samskara even more clearly as it gives you a higher vantage point where the samskara itself is not biasing your awareness. Once you get into the samskara and see and feel it clearly it will begin to release just like any other samskara. Just continue going into the spot and it will soon be healed by some higher dimensional light. You will find that although the samskaras in the Chitta are relatively easy to clear there are a huge number of them. For each large samskara in the astral body there may be hundreds of small ones in the Chitta which form a structure of beliefs. To clear this structure in the Chitta will be very hard without first healing the large astral body samskaras because while the large samskaras exist they will lead to smaller ones being formed in the Chitta. Note also that by clearing the Chitta the physical brain is also rewired.

While clearing the Chitta will naturally happen as a result of meditation and regression it is the astral body that is our main concern. Meditation will clear many samskaras on its own including much of the Chitta. The main purpose of regression is to release and clear the large samskaras of the astral body as meditation may not succeed in their clearing on its own. The tangled and structured Chitta often becomes more and more structured and blocked throughout life and is the main barrier between you and the vision and knowledge of your third eye. While the Chitta remains a mess it is not possible for the third eye and higher dimensional forces to incarnate fully. As the Chitta is cleared it is transformed by the higher dimensional light of your light body which then allows the third eye Chakra to incarnate more and operate through it.

Higher Dimensional Beings



As discussed above there are many possibilities when using the techniques of past life regression. It is a technique that will awaken your non-physical and spiritual vision to look inside yourself and outside into the world around you. It will also begin to clear your astral body of samskaras, entities and cords and incarnate your lightbody. As you progress the technique will become easier and you will have no trouble exploring new and varied phenomena. Your powers of vision and all other psychic abilities will increase dramatically; you will meet guides, angels, ET's and many other beings. You will remember that you are actually one of these higher dimensional beings merely incarnated in a physical body for a time and that you have chosen to be disconnected from your true self and its inherent knowledge.

During this process you will have contact with many beings from higher dimensions who will work with you. These beings have many powers of healing and will help with the transformation of your subtle bodies and the incarnation of higher energies. By doing the third eye meditation or the regression technique you are actually giving permission to your guides and other beings to help you. By choosing to implement these techniques you are showing a desire to be transformed and to awaken to who you really are so in a sense you are asking the universe for awakening. It is a very good idea to actually ask specifically for help from your guides and other beings as this will give them permission to do even more for you.

The way it works is that these beings respect your free will and they will not help you unless asked. The reason for coming to earth in the first place was to learn and experience disconnection so if these beings were to just help whoever they thought needed help it would stop us from learning what we originally came here for. To learn more about our purposes on earth please go to www.ANewMythology.com. Seeing as we chose to come here and to experience whatever it was that we came here for these higher beings will not interfere with you or your world. They do however have some impact on all of us because we gave them certain guidelines before incarnating. They will not do anything contrary to these guidelines unless asked to do so.

So if you do desire the help of these beings, which is really essential if you want fast and effective spiritual transformation then you should ask. The best way to ask for help is to first use the third eye technique either sitting or lying down and enter the

space. Once in the space simply ask that your guides and any other beings of the light who are interested in your highest good to be present. You can ask out loud or just in your head it's up to you. Now wait for a while and feel the space around you. Depending on your level of experience you may or may not feel their presence. Whether you do or not is not all that important as it will work either way. Now simply tell them your desire such as "I desire to be free from all past conditioning and to incarnate my higher self" or "I desire to remember who I am and to clear all that is not truly me" or "I desire spiritual enlightenment" etc but make sure it is from the heart. As well as telling them what you want ask them to help in any way that they can as long as it is in accordance with your highest good.

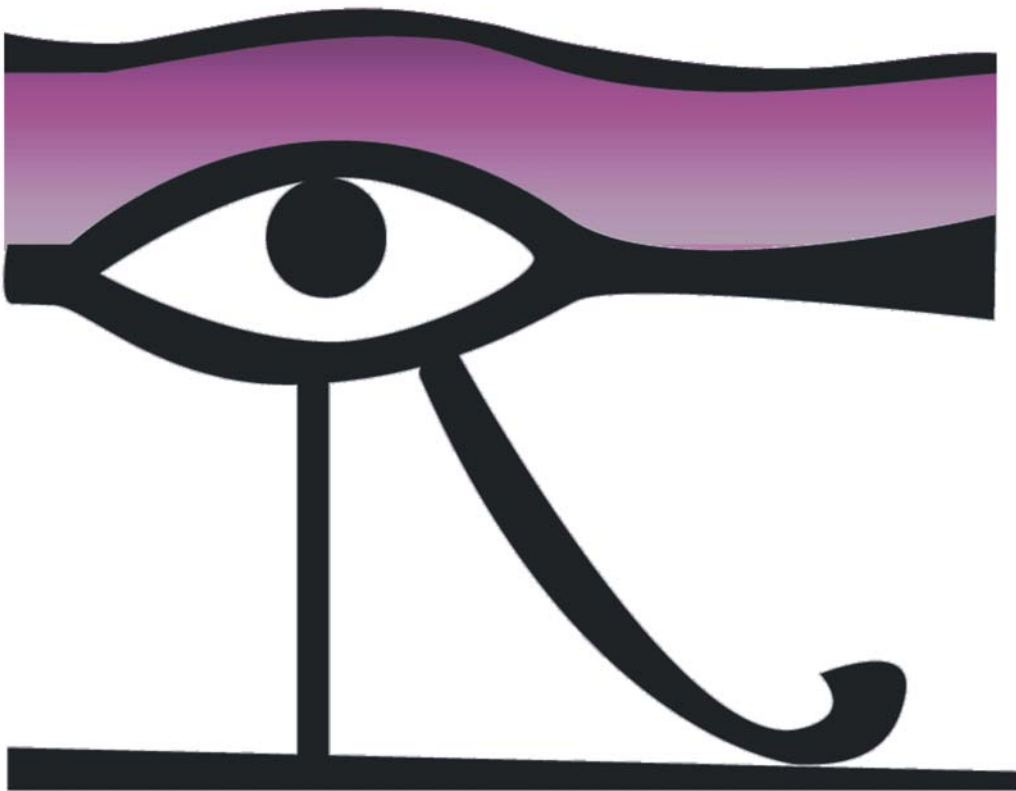
It is important to always specify that you only want beings who are of the light and who are interested in your highest good. Likewise when you ask for help you should always specify that you only want help that is in accordance with your highest good. The reason for being specific about these things is that there are beings out there that would like to interfere with you and your progress and if given any sort of permission they will do just that. Say you put out a call that you would like to become rich at any cost. You will attract beings that can and will help you do this but they are not interested in what is best for you. There are probably not too many beings of light that would answer this kind of call anyway as something like this would not be in your highest good.

To ask for something without specifying that you only want help if it is in accordance with your highest good is also a bad idea because you will have many desires that are not in accord with this. Our desires often stem from samskaras and negative conditioning so pursuing these may not be beneficial. The point I'm trying to make here is that when you ask higher beings for help you should be careful to not ask for what is not best for you and to not ask the wrong beings. It is a truth of life on earth at the moment that what we think we want is often not what we really want at all and getting it may not be good for our overall growth. In the beginning when you cannot tell the difference between your guides and some other possibly negative beings it is important to be specific. Later on you will be able to feel the presence of the beings and easily know whether they are of the light or not. At this point you will have a relationship with the beings that are helping you and you will easily feel the presence of negative beings so you can tell them to go away.

There are many beings around and there is no need to be scared of negative ones as they really cannot harm you. You can actually look at them and explore them like you would any other phenomena. They cannot harm you unless you allow them to. If you ask them for something you open yourself to them so as long as you do not ask them for anything and you have decided that your goal is spiritual awakening they cannot touch you. There is truly nothing to be afraid of. They can be interesting to tune into though. Many of us do have a fascination with evil and so it is better to remain curious about it than to be scared of it and try not to see it at all.

During regression work or meditation you can always ask your guides, angels or any other beings you have a connection with to be present and to help with the session. You will get to know various beings and groups of beings that you can call on at anytime. When you do get to know some beings such as your guides you should remember what their presence feels like while you are asking them to be present with you. The best way of communication in the higher dimensions is not through thoughts or language but through feelings so by feeling their presence you are calling them in their own language. By practicing with this type of communication you are retraining your psychic abilities. Psychic ability is all about feeling not thinking.

Clearing



Clearing processes are essential when it comes to safely removing Entities and Cords. It is not possible to clear these things on your own and if attempted in the wrong manner problems can arise. For this reason it is absolutely essential to put your faith in your guides and some higher beings that will perform the clearing for you. These higher beings reside in a higher dimension and are able to bring down a huge living light that can remove entities and other foreign energies. It then purifies them and sends them where they should go. Some people call this light the Light of God.

For cords the energy is simply removed and recycled so to speak, becoming clear astral substance once again. For most entities which have come from the shattering of someone else's astral body the same thing occurs. For other entities such as nature spirits or other non-physical beings, they are removed and taken home or to the appropriate place for them. The process is quite pleasant and you will certainly enter a very deep space where you will likely feel and see the great light. It is not uncommon to actually feel the entity or cord being lifted out of your energy and being drawn into the light. It is also common to go into such a deep and relaxed space that you fall asleep. This is normal and when you wake up the clearing will be over.

The process can be done with or without The Meditation Solution, it is up to you. If you would normally use it for your meditations then I would suggest using it here, but it really comes down to personal preference.

The Process

- Lie down flat on your back with arms by your sides.
- Go into the space through the third eye as you would for meditation or regression.
- Once you are deeply in the space ask in your mind that your guides be with you and that they help with the clearing.
- Ask any other beings that can help with the clearing to be present.
- Ask for the clearing light.
- Ask that the specific cord or entity be cleared completely from your energy.

- Allow yourself to go deeper into the space and become aware of the space around you.
- Become aware of whatever you feel, you may feel a warmth in your body or you may see a light, whatever is happening just become aware of it and allow it to happen.
- Become aware of the entity or cord that is to be removed and feel its boundaries. By doing this you help the higher beings and light to isolate the entity or cord from your energy.
- Just remain aware of the entity or cord, allow yourself to go deeper into the space and allow the light to do its work. Surrender to the light.

Now you must remain in this state for as long as it takes. Some of you will actually feel the entity or cord being lifted out of your energy quite tangibly while others may not. It is quite common to fall asleep during a clearing so if you do that's fine, when you wake up the clearing should be finished. For those who do not fall asleep and do not feel the entity being removed you should give it around an hour. After an hour has passed feel for the entity or cord to see if its still there. If you have thoroughly explored the entity or cord you should be able to feel if it is still there. If it is not then you can finish. If the entity is still there you can keep going or you can stop and do it again another time.

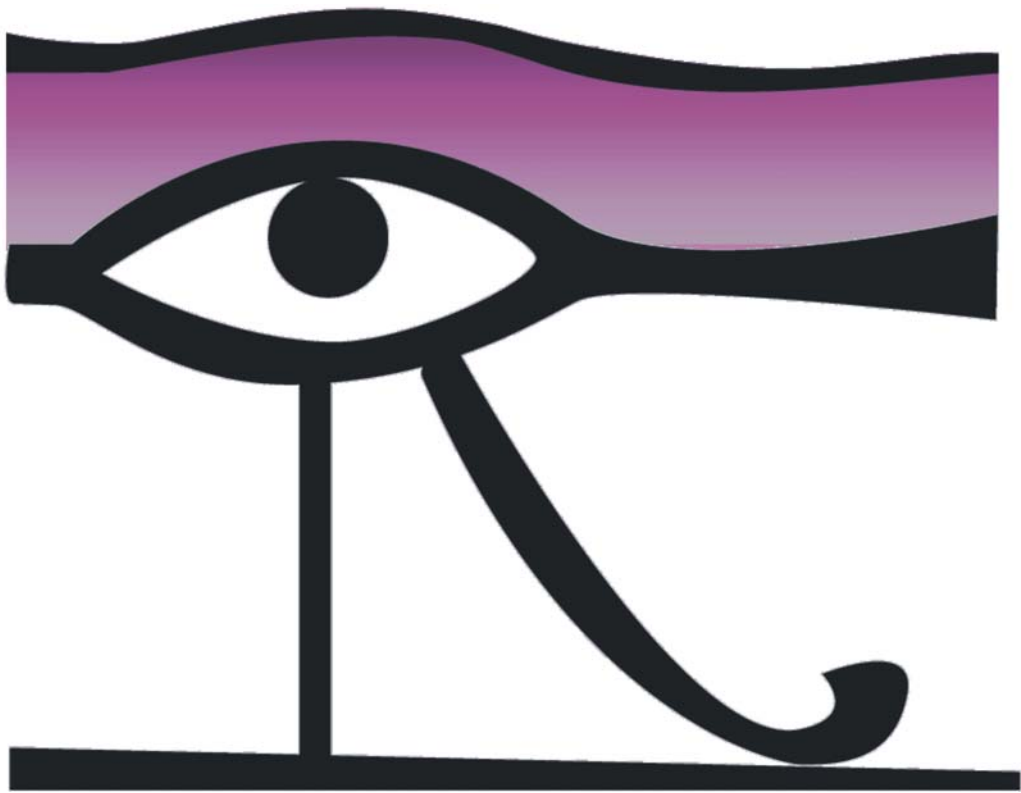
It is common to feel spaced out after a clearing so you should ground yourself and seal your aura at the end. For most people the removal of a cord or entity is very tangible afterwards. They feel lighter and it is very clear that whatever was there is now gone. After days or weeks the symptoms caused by the entity or cord will have disappeared which can have quite a dramatic affect on the persons wellbeing and state of mind.

If you feel as though the entity or cord is still there after the clearing you should continue exploring it and getting to know it better. It is important to have a good sense of what is you and what is the entity before you do a clearing so you should work on this before your next attempt. Don't be in to much of a rush to get rid of it, much spiritual growth comes from the exploring of entities and cords. Do not worry as the clearing process will certainly work, you just need to explore and become aware of more first.

After a clearing you should visualize golden light where the entity or cord was during daily meditation for around a week. You can do it for longer if you like. This will help to rebuild and strengthen your energy in the location.

When you clear a cord it is not necessary to remove it from the other person. You only need to clear your end of the cord and it will be automatically cleared from the other person. After a cord has been cleared you will probably notice that your relationship with the other person changes for the better. If it was an ex lover you will be able to let go and move on far more easily.

Spiritual Transformation



What you have just learned is a very powerful way to explore all dimensions of yourself and the universe. By using this technique regularly you will be transforming your astral body into a more refined substance. Where the normal astral body is full of samskaras which block you from experiencing your own higher consciousness the transformed astral body is free of samskaras and is merged with the light body which is the vehicle for your higher consciousness. Your higher self is a consciousness from the very high dimensions that incarnates into a lightbody which can travel throughout the many dimensions of light. It can then incarnate into the astral body of a human being but only if the Astral body is cleared of all samskaras and refined by higher dimensional light into a clearer substance. For this incarnation into physical substance to occur there must also be a regeneration of the etheric body and the physical body. The etheric is regenerated, strengthened and its vibration raised through Tantric practices taught in "Tantric Secrets". The physical body is greatly purified and regenerated by the etheric's rise in vibration and by the transformation of the astral body. As the light body gradually merges with the astral body it affects the etheric and the physical bodies profoundly. Although the physical body is greatly influenced by these subtle bodies it is also important to work on the physical itself. The clearing of samskaras leads to an increase in etheric vibration, but when combined with specific etheric cultivation you will have even more dramatic effects in raising your vibration, which is extremely important when grounding you lightbody.

As there are astral and etheric energy centers that correspond to the Chakra's of the light body there are also physical centers that correspond to these centers. The organs and glands all play a huge role in the incarnation of higher energies and if they are not in good shape these higher energies cannot incarnate properly. If the physical body is in bad shape it is quite possible that while meditating you will reach amazing states of consciousness and you may transform the astral body to a great degree but when you stop meditating you will lose your higher consciousness. If the physical body cannot contain the higher forces you will not be able to retain higher consciousness during ordinary waking consciousness. For this reason it is vital that you work on the physical body also. Yoga is an excellent idea and indeed its purpose is to get the body ready for the incarnation of higher forces. There is a method of Kung Fu that will shortly become available which is great for working on the physical body. The outcomes of this method are truly amazing! For more information on this please go to www.freepowerkungfu.com.

While you use the method of regression here it is very important that you meditate daily. Using the meditation solution is an excellent idea and is strongly recommended. Also it is important to begin cultivating sexual energy with the Tantric Sex techniques available at www.tantricsecrets.com. The Kung Fu methods will be available soon and these are also advised. What is available here is a complete method of transforming all of your bodies and remembering who you really are. You are a multidimensional being with parts of yourself in many dimensions of reality. Once you are working with Tantric Sex, Regression and Meditation you will soon be ready for some more advanced meditation techniques that will activate your lightbody and increase its incarnation. To learn more please go to www.multidimensionalbeing.com.

One last and very important point: By following the processes you have just learned you may at times unlock some intense emotions which can hang around for a while as they are being released and cleared. It is important to realize that these emotions are coming from your samskaras and are not a result of your environment. It is easy to assume that these emotions are coming from our circumstances in this life even when we have released a samskara and know where it comes from. Once back in ordinary consciousness it is a habit to assume our emotions are caused by our environment. The process will be easier and faster if you remind yourself whenever necessary that the emotions are just from a samskara and are not coming from your relationship, work, parents, friends etc. These things may seem to be the cause because they activate the samskara. When you assume that something in your life is the cause of your negative emotions it is much harder to release them because you are assuming that they can only be gone if your life changes first. Your life will change when you change, so by seeing the true roots of your emotions you can let them go and they will be cleared. Remember also that whatever does come up as a result of regression will definitely be cleared completely if you continue working on yourself. Another thing to keep in mind is that the worse you feel as a result of releasing repressed emotions the better you will feel when they have been cleared and the more you needed it in the first place.

Good Luck and remember, the more you do the more you get.

For Related Information Please Visit Our Websites:

www.AlchemyRealm.com

www.TantricSecrets.com

www.PastLife-Regression.com

www.MultiDimensionalBeing.com

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