

## **Case Study 1:**

### **"Many Lives, Many Masters" by Dr. Brian Weiss**

As a traditional psychotherapist, Dr. Brian Weiss, M.D., graduating Phi Beta Kappa, magna cum laude, from Columbia University and Yale Medical School, spent years in the disciplined study of the human psychology, training his mind to think as a scientist and a physician.

He held steadfastly to conservatism in his profession, distrusting anything that could not be proved by traditional scientific method. But when he met his 27-year old patient, Catherine, in 1980, who came to his office seeking help for her anxiety, panic attacks, and phobias, he was taken aback at what unfolded in the therapy sessions that followed, which jolted him out of his conventional ways of thought and psychiatry. For the first time, he came face-to-face with the concept of reincarnation and the many tenets of Vedic Culture, which, as he says in the last chapter of the book, "I thought only Hindus... practiced."

For 18 months, Dr. Weiss used conventional methods of treatment to help Catherine overcome her traumas. When nothing seemed to work, he tried hypnosis, which, he explains, "is an excellent tool to help a patient remember long-forgotten incidents. There is nothing mysterious about it. It is just a state of focused concentration. Under the instruction of a trained hypnotist, the patient's body relaxes, causing the memory to sharpen... eliciting memories of long-forgotten traumas that were disrupting their lives."

During the initial sessions, the doctor regressed her back to her early childhood and she strained and stretched her mind bringing out isolated, deeply-repressed memory fragments. She remembered from age five when she swallowed water and felt gagged when pushed from a diving board into a pool; and at age three when her father reeking of alcohol molested her one night. But what came next, catapulted skeptics like Dr. Weiss into believing in parapsychology, and in what Shakespeare had said in Hamlet (Act I scene 5), "There are more things in heaven and earth... than are dreamt of in your philosophy."

In a series of trance-like states, Catherine recalled "past life" memories that proved to be the causative factors of her recurring nightmares and anxiety attack symptoms. She remembers "living 86 times in physical state" in different places on this earth both as male and female. She recalled vividly the details of each birth – her name, her family, physical appearance, the landscape, and how she was killed by stabbing, by drowning, or illness. And in each lifetime she experiences myriad events "making progress... to fulfill all of the agreements and all of the Karmic (from Hindu concept of Karma) debts that are owed."

Dr. Weiss's skepticism was eroded, however, when she began to channel messages from "the space between lives", messages from the many Masters (highly evolved souls not presently in body) that also contained remarkable revelations about his family and his dead son. Often he had heard his patients talk about near-death experiences when they float out of their mortal bodies guided towards a bright white light before reentering their discarded body once again.

But Catherine revealed much more. As she floats out of her body after each death, she says, "I am aware of a bright light. It's wonderful; you get energy from this light." Then, while waiting to be reborn in the in-between-lives state, she learns from the Masters great wisdom and becomes a conduit for transcendental knowledge.

### **Voices of Master Spirits**

Here are some of the teachings from the voices of the Master Spirits:

- "Our task is to learn, to become God-like through knowledge... By knowledge we approach God, and then we can rest. Then we come back to teach and help others."
- We have to be on "different planes at different times. Each one is a level of higher consciousness. What plane we go to depends upon how far we've progressed..."
- "We must share our knowledge with other people. We all have abilities far beyond what we use. ...you should check your vices... if you do not, you carry them over with you to another life... when you decide you are strong enough to master the external problems, and then you will no longer have them in your next life."
- "Everybody's path is basically the same. We all must learn certain attitudes while we're in physical state. ...charity, hope, faith, love...we must all know these things and know them well."

- “Everything is energy... Humans can only see the outside, but you can go much deeper... To be in physical state is abnormal. When you are in spiritual state that is natural to you. When we are sent back, it’s like being sent back to something we do not know. In the spirit world you have to wait, and then you are renewed. It’s a dimension like the other dimensions...”
- “The fear of death...that no amount of money or power can neutralize” ...remains within us. “But if people knew that life is endless; so we never die; we were never really born, this fear would dissolve.” We have “lived countless times before and would live countless times again
- “Acts of violence and injustices against people do not go unnoted, but is repaid in kind in other lifetime.”
- “Everything comes when it must come. A life cannot be rushed... we must accept what comes to us at a given time... life is endless... we just pass through different phases. There is no end. Time is not as we see time, but rather in lessons that are learned.”
- After death “we get to the spiritual plane, we keep growing there, too. When we arrive, we’re burned out. We have to go through a renewal stage, a learning stage, and a stage of decision. We decide when we want to return, where, and for what reasons...Our body is just a vehicle for us while we’re here. It is our soul and our spirit that last forever...”

Dr. Weiss believes, under hypnosis, Catherine was able to focus in on the part of her subconscious mind that stored actual past-life memories, or perhaps she had tapped into what the psychoanalyst Carl Jung termed the Collective Unconscious, the energy source that surrounds us containing the memories of the entire human race.

Dr. Weiss’s experience and Catherine’s transcendental knowledge might be awe inspiring to the Occidental, but to a Vedic Thinker, the concept of rebirth, cycle of life and death, and this divine knowledge is natural. The holy ‘Bhagavad Gita’ and the ancient Vedic scriptures embody all this wisdom; and these teachings form the primary tenets of Hinduism. Therefore, Dr. Weiss’s mention of Vedic culture in the last chapter of the book comes as a welcome acknowledgement to a religion that has already established all of his new-found experience.

## Case Study 2:

### Witchcraft in previous life

In 1977, a television station in England broadcast a live program that viewers are likely to remember for a long time. Millions watched in amazement as Joe Keeton, a hypnotherapist, put a volunteer into a hypnotic trance and "ran her backwards in time"—back to a previous life in sixteenth-century England.

Twenty-three-year-old Jan (not her real name) became eighteen-year-old Joan Waterhouse, on trial for witchcraft in a Chelmsford courthouse. In her trance, Jan became almost hysterical as she repeatedly clenched her fists and grimaced in such apparent pain that Keeton felt obliged to bring her out of hypnosis after only a few minutes of questioning.

Yet in those few minutes Jan had revealed that in her alleged past life she had been tortured with pins and forced to undergo trial by fire—an ordeal in which a suspected witch had to grasp a hot iron bar. In her regression, Jan seemed to relive all the anguish of a real torture victim. Jan's performance, if we may call it that, was very convincing. It surpassed anything an actress could have done. In her normal consciousness Jan had never heard of the Chelmsford witch trial. Joe Keeton, and no doubt the television audience, was especially impressed by the detailed corroboration of Jan's recollections found in the Encyclopedia of Witchcraft and Demonology, which contained an account of the actual trial. The book happened to be in the studio library. Later, Jan's experience was further corroborated by a record of the trial found in the library of the Archbishop of Canterbury. Jan's hypnotic regression to an apparent past life is one of thousands that have been conducted over the past thirty years. Joe Keeton has done more than nine thousand such regressions.

## Group Discussion:

*Can you come up with a few stories or incidents that you may be aware of with regard to reincarnation? Please draw conclusions about reincarnation based on the above case studies*