

Health PRE Table (2) (Profound Relaxation Table)

Paul Solomon Source Reading 9573 Japan

May 28, 1992

Q-1. About my past life. How many times have I reincarnated on this planet? Also where have I lived in these incarnations? Please tell me now how many persons other than my family have I had close relationships with in a past life, or any persons with whom I have lessons to learn, any relationships to past lives.

A-1. Yes, we have the record of the soul's journey before us. Now to speak of the number of times of the return we will speak first of not reincarnation in the most literal sense, for your first visit to this sphere, this school that is Earth. Your first visit was in a form that was not of the flesh, thus not incarnation as such, although, you were alive, aware, and able to move about the planet in that day, and that time.

Now, this is a time, to be sure before history. It is often known as the Day of Lemuria, or the Day of the Plant, The Plant Day. In the evolution of the Earth, this was the period just following the period of the Mineral Kingdom. The Plant Kingdom had its day of development, and during this period of time you were a sentient being, and thus able to experience and learn.

You learned most from observations of life as it developed and evolved. And, you learned, as well, of physical sensations through your ability in that time to place yourself in consciousness within an expression of life, whether a plant or a stone, or even the trees that had begun their majestic growth in that time.

The second time of return, the period of Alta, which is referred to as the Day of the Animal Kingdom, and in this time it was a period of learning, but it was of learning not in the sense which relates to karma as you speak of it today. For this reason, during this period of development of the species, those who came into the body in these times were learning to relate to physical bodies, movements to relate to the environment, and were learning survival, survival reproduction, and even self-discovery: discovery of self-consciousness.

Thus, there were two periods of entering here before the cycles of life involving karma began. Subsequently, the times of return from that period until now have been according to era, through five eras, which in turn would relate to five incarnations of your soul. Then, in the most recent era, in which you now live, souls are returning much more rapidly than in earlier times. Thus, you had six, now seven times of incarnation or experience on Earth.

As to your question concerning those in which you were most affected in growing, encountering lessons, and forming karmic relationships, we would take much more time than we are able to maintain this state of consciousness to go through each of them. We will pick these times which were of importance to you.

You were a child of a ruler in the area known as the Fertile Crescent in the Sumerian Period. In that time

you learned of the laws of order and organization of people in orderly manners, the establishment of laws among people to govern their growth and such. That period of time, your brain itself began to form patterns which are present even today, karmic patterns which influence the nature of your character and your personality as it has developed. The root of your nature, personality, character, comes from the Sumerian Period of the, we will refer to it here as a golden age of growth, for much, much occurred here which affected the development of many cultures down through time.

Here was developed writing and instruments of writing, although you were not allowed to learn those skills in that time; there was not so much a class system as such in the most formal sense, and yet, of course, people did tend to relate in strata, or spheres of influence. However, the reason you were not allowed to learn writing was simply that you were female in that time and only certain of the males, even then few and of privileged families, were allowed to learn of such.

You were allowed to learn only such skills as mothering and that of domestic nature, as well as of music, dancing and entertainment. As to forming relationships which have influence in this period of time, we will not use individual names here, go into records of those we are not, have not permission to examine and convey too much that is personal of their nature.

We will mention here that there is one who is associated with the school where you teach, a man with whom there is an uncomfortable relationship. This comes from that period and from an incident, more than a single incident, but beginning with a single incident in which you were forced to entertain a group of people, primarily men, with only women serving them. There was, and there remains, some feeling of karmic lesson to be learned, accepted and developed in this lifetime, and the overcoming of it will come only through developing a sufficiently high regard for yourself in terms of self-love, self-worth, self-esteem, and such that the opinions of others, their prejudices cannot cause you hurt or resentment, but instead, because of your strength of character, of love, and appreciation of self, will give you the confidence to stand and to do as you wish to do with your life in this time, and this is a primary karmic purpose of this lifetime.

This is a lifetime in which you will be challenged with overcoming many ancient experiences of prejudices and even virtual favoring of men over women. And as the growth of women, and the recognition of the validity of their intelligence, their productivity, their worth and value as individuals, opinions, leadership, as all these begin to emerge in this land in this time, you will find yourself more and more easily setting aside and leaving behind yourself the karma of resentment, which in several lifetimes was directed toward men.

Now, let's see. We're looking to see if we've responded to all that you've asked here. Quite a great deal within this question, the number of incarnations and where and when, kinds of growth. The people of this period of time who related to you in that, we'll answer as best we can.

We are getting here glimpses, pictures, images of a period in which you lived a life of some privilege, and this in Japan much more recently. For we find the images of the gardens surrounding your estate or compound, the image we saw coming from the records - there was a pleasurable moment on a bridge with the clear water and the colorful fish, the pleasantness of that lifetime, which was quiet and in

which you experienced quiet, privilege, beauty, exposure to art, opportunity to learn, all of which were delights to you.

There was one factor missing from your life in that time that would have been a regret. It was that you did not live long enough to have a marriage and a family. The life was relatively short. You grew to be a young woman of almost thirty years in that lifetime. As we give other times and karmic relationships, we are going to wish to deal more directly with the challenges that you have before you now and their sources, rather than reading through a series of past lifetimes as small biographies, which would serve much less purpose.

Let us go instead to a time of difficulty and we, - there is such a hesitation even to describe this occurrence. And, we ask you to understand that in every life, every human life, in every record that we might read from there, [there] have been tragic and bloody experiences. Man has been at war virtually from the beginning of time. There has been unkindness upon unkindness experienced in these lifetimes. You, as others, have had some devastating and painful, difficult memories. We attempt as we read from these records for every soul to assist in remembering the better, the more supportive life- times in which you may grow.

We do resist reading from the records in such a way as would cause it to sound as if you are being punished for some incident of the past. Yet, we find one here of sufficient importance that we believe that we must make you aware of it. You were a daughter of David, king of Israel, a half-sister to Solomon the king, but born of a different mother. Your brother in that time took advantage of you sexually, the punishment for which was death, and yet he, being the favorite son of David, was cast out rather than a sentence of death. He then turned upon his father, attempting, as it were, to overthrow him. He was caught in a tree by his hair, which was fabled as his 'crowning glory' of which he was vain and too prideful. Against his father's wishes, he was killed, then, slain in this disadvantaged condition.

Now, this relationship, as it would appear to bear directly upon karma in this lifetime, we do not suggest that you rejoiced at his death or that you acted other than might be expected of one whose life was virtually ruined as a result of losing virginity, to being taking advantage of by your brother. Deprived you of the opportunity of a proper marriage and was [the cause of] suffering throughout that life. And, of course, it would pose a simple and fair question: Why would I suffer in this lifetime a loss of hair? Yet, it was decided, the karma was created even by your own Higher Self, for such is not imposed by God in the sense of a capricious ruler looking down and punishing.

However, when one, you or another feels in the heart that you have experience a cruelty, and you feel a strong sense of guilt, there is in that moment very often in your own judgment against yourself, there is established a strong belief that you must experience something to balance, to come to peace with the hate, the hurt that you have put out, and so in a sense, in some instances the karma is much more like a self-judgment, a self-punishment, but in its true form karma is nothing more than the opportunity of the soul to learn [how] to handle difficult situations, and in this lifetime the karma with which you've been faced, and has been difficult, will serve you if you will overcome it by growing sufficiently in self to establish, and establish very well self-love, self-worth, self-esteem, self-confidence, and an awareness of

your attractiveness, despite the unusual disease that you experienced.

Now, we realize that there are many more lifetimes that we could describe to you. You've returned in some which have been lovely and beautiful experiences in which you have grown, in which you have been in one instance the mother, as it were, of a community, a matriarch who was both the prophetess, the spiritual leader of the people and the healer of the people. For you were so gifted in that time in the knowledge of herbs and the manner of creating a soothing balm of inner cleansing, methods of overcoming toxicity, even methods for growing antibiotics through the use of a tiny portion of dung from a donkey being placed in water, very small amount, and turned in the water, stirred one hundred times in each direction. Produced a homeopathic antibiotic substance with which you treated serious illness successfully.

This came then from a previous period in which you had studied under him who in this time is your father. You studied at a place, a school in Greece called Dodona, and were one of the girls of Dodona who were called the 'Doves of Dodona,' called this because of their early training, virginal training in learning to read the signs of nature in every way, signs of nature of such skill that you knew the location and habitats of all animals. You knew the spirits of nature, and you were trained to loose consciousness in a trance-like state and perform work as an oracle, and you learned there laws of healing which had been brought from the places of Qumran and the underground city of Petra.

We are moving quickly through these karmic relationships to give you a picture of the past that has brought you to this day, and one, which we consider important is that time in which you learned that music itself is not simply for entertainment. It is in fact a key factor, a key factor in healing, healing the human body, mind, and spirit, and especially the human mind.

We invite you in this lifetime to look, to study a bit further, to examine the discoveries most recent of the brain, which is related to receptivity, to music. For the recent discovery of the structure of this portion of the brain and its amazing resemblance of a piano keyboard. We ask you to study that for the reason that you may well grow beyond your current work into working as a music therapist.

We will ask you please that you make a study, and we will do what we can through this channel to assist in your finding sources of information for this study, that you become a music therapist, for the healing techniques of even the near future lie in the use of the movement of music as vibration through the body to release the weaknesses of the body which make it susceptible to disease.

We have very nearly a scene of excitement here in that there has been a great deal of work already through this channel and others in the development of an instrument for passing music, pure sound vibration of music of highest quality through a bit of water in a mattress at every level including plantar audition, hearing with the feet, from the top of the head, through the body, throughout.

We will take the time from this reading to say what you may read and study of it in greater detail as it is provided for you. We wish to mention this. This is somewhat a source of excitement and pleasure to those Witnesses who are here who can read these records, that you will be a part of reawakening an ancient practice of healing with music, even as Jesus the Christ himself was trained upon the harp to use

it for healing vibration.

Now, returning. We have done much work through this channel, collaborating with others to produce an instrument which has the capacity of putting pure, musical vibration through the body at every level to affect muscles, nerves, glands, organs, tissue of the body of every sort, to remove the knots and crystalline, hard structures placed in the body by thinking.

Let us mention quickly in this way that it is not possible that you think a thought without moving a muscle. This is a physiological reality. Now, just as it is true that with every thought that you think a muscle moves somewhere in the body, it is also true that every negative thought that an individual thinks, every thought of worry, stress, fear, anger, vengeance, negative thoughts produce only muscular contraction, never expansion. Thoughts of joy, of music, of healing, of peace, of love, of laughter, these thoughts always produce muscular expansion, and a freedom, freeing the chi to flow through the body, freeing the body in such a way that the body has and can maintain its own healing mechanism, its innate healing wisdom for the body. The human body is designed to be able to heal any form of disease which can attack it. If the immune system, the healing system, 'innate healing awareness', if it is not damaged, if it is fully alive and uninhibited, it can heal the physical body.

Now, as you will see from that we say, every negative thought of fear, worry, and such contracting muscles, leave those muscles, many of them tiny, miniature muscles which constrict and dilate the veins in the body, those which surround nerves, those in particular which run the length of the spine; of all in the body, these are the most important.

Then, as thoughts of negativity and worry pass down this passageway of the spine, it is scientifically observable that deposits form along this passageway of the spine as a result of embodied negative thought forming crystalline, crust-like substances of calcium and other minerals, but also muscular spasms of even the tiniest muscles which choke of the blood and the nerve supply to organs, glands and such, which in turn make them available for all manner of disease.

We have described to you here in as short a time as we can what we propose as a New Medical Paradigm. We've described it to you so that you might use your musical education along with some further research to become an authority. As your life's work, you've an opportunity to develop, to encourage, to develop the very text of the musical paradigm, the New Medical Paradigm and its possibilities for healing.

This we would describe as your life work and mission. We ask that should you find yourself sufficiently confident, excited, and attuned to this which we declare was the purpose for your entering this lifetime, the purpose for your study of music and such, we declare that you have opportunity to make a difference in history through the study, research, and proof, the establishment of this New Medical Paradigm and its relationship to what is called the Profound Relaxation Experience Table.

Now, we've gone astray from the questions as you have posed them to us for in reading these records of your relationships with others we have been brought to the discovery of this: your study in Dodona, your previous experience with music even in that ancient time in the awakening of your soul in the

Temple Beautiful. And, [as] to the work for which you've entered now in this time, and your question concerning the ideal job for you, career for you in this time, this then we've been drawn to cover.

We will go now to cover the question concerning Alopecia and its manifold appearances, reasons, relationships and such, and we will point out to you that although little is known, very little is known scientifically of Alopecia, we will give you perhaps more information than is known currently, scientifically, relating to Alopecia, and the best that we might offer from these records for your relationship to it.

First, the Alopecia is almost always triggered or caused as you might say by a sudden and extreme stress situation. Now, there are other causes, not one single cause of Alopecia, but several, including heavy metal poisoning which is common from pollution in this period of time. There are genetically inherited examples of Alopecia, although these are few. There are instances of which within the next five, ten years and further, you will find that doubling, tripling and more Alopecia caused by radioactivity as result of the tampering with the so called nuclear power radiation devices, and there are nutritional causes of Alopecia.

Now, in your particular instance, a combination of two factors, one of them nutritional, and the other you may find difficult to believe, for your memory does not readily return to this moment. Thus, it is hard to understand for you at this moment, and yet it was a stress reaction of a very young child to suddenly being no longer the single focus of attention in your family. The discovery of the birth of a young brother was sufficient to trigger the stress syndrome reaction which triggers Alopecia.

Now, in most instances, Alopecia triggered in such a way does normally repair itself, re-grow after the stress has been understood, relieved and such. It did not self heal. It did not perform as a self-limiting disease as should be normal for the type of Alopecia onset that you had. Thus, we look at the records for the reason why was this not self-limiting.

We can easily establish the stress cause. The question then, why was it not almost immediately self-limiting? And the answer we find there is toxins within the water and food supply of that time, which virtually destroyed your ability to use carotene and other proteins properly. This poisoning, primarily heavy metal poisoning, we would anticipate you may correct to some extent at least through leaching from the body, heavy metals, using particularly trace metals, and a mega-vitamin program of detoxification.*

What we must look at is whether the nerves are damaged at the level of the follicle, whether there are viable follicles which we may be able to reactivate. Now, this we would ask of you. It is your desire not only to be healed of Alopecia and have the wondrous experience of growing your own hair, you also have a very compassionate heart which wishes deeply to reach out to others who have similar experience and find common means for overcoming this syndrome.

Now, we must declare to you first that there is not a single cause, and for that reason there also is not a single treatment. There are multiple causes and several approaches to treatment. We will give you what we think will be the most effective broad spectrum, not only for yourself, but one which you may share

with others and assist them in the program of establishing and demonstrating the effectiveness.

First, understand that your best source of the nutrients you need for regrowing hair are found in greatest concentration in the potato, the common potato, Idaho or Russet, so called Irish potatoes and such, and the greatest concentration is in the skin. Although the entire vegetable is healthy enough for the eating, do eat the skin itself, careful of where they are grown, and what possibility of toxic agents were a part of the growth, even to the extent that you might encourage here a growth of organic, chemically safe, bio-dynamically safe source of potatoes.

Also, please, from our reading of records from a year past, one who grows and markets organic vegetables here, please recover that name and make it available here. Now, in addition to the skins of the potatoes, these by the way need be steamed, not overcooked. If you wish to eat the entire potato it must be cooked through to the center, and a word of warning. Wherever there appears a green area on the surface of the potato remove it. Take this away. Do not eat this area of the potato, for the green there indicates that the skin has been exposed to sunlight during growth, which in turn develops in that skin oxalic acid, which is poisonous to the body. It will not be found throughout the potato. Remove only the green portion.

Now, in addition to this in the diet- all available sources of beta-carotene and even supplements if desired- carotene, those vegetables of orange and red colors primarily carry the nutrients that you seek the most. Now, add to this daily, and we are aware that from the medical scientific world you will be told that it has no particular benefit. Yet, we recommend that you do follow this, that you use with each meal a packet of unflavored gelatin, stirred into a glass of juice or even water or such, and also may be taken in the form of jelled salads and such.

Take gelatin daily with these nutrients, that they may be facilitated to get through the system to provide the nutrients for re-growing hair. Now, our challenge is to stimulate then the growth. This is the challenging portion.

We must ask you here that you learn and learn very well. We'll give you sources of looking at material on this. Initially, we'll say this. Use as you can learn it, the Seven Terraced Mountain meditation, particularly for its focus on visualization and the use of the other higher senses, in addition to learning this then, reawakening visualization and the psychic senses, taking a step further with the writing of Dr. Bernie Siegel on visualization and healing, and perhaps even refer to the work titled "Mind Your Body" by Admiral Shattuck of England, and from these sources learn power, including the Simonton Method, we should have mentioned.

All these. Learn the power of your mind to activate, stimulate, heal, repair, re-grow tissue within your own body. Your mind is the creator. Within your mind there is a portion described by the Jungian discoverers of this element, this personality portion of your mind called the Inner-Self Helper, discovered earlier by Palmer and called the Innate Healing Awareness, spoken of through the centuries by those of religion, called, God in you, Christ in you, the Holy Spirit, the Higher Self, whatever.

This creative portion of your body is ready, willing, and able. It is non-assertive. Thus, it must be asked. It

must, with all your heart, soul, and mind, without reservation call upon the inner creativity within you to begin to activate and re-grow, rebuild even, the follicles that have lost viability, ask that they be recreated. Then, visualize, taking in these substances that are for the providing of nutrients for growing hair.

Visualize the experience of activity, then growth. Add to this the use of the still experimental but somewhat effective stimulus referred to as Monoxidil. And, even for those who have not had good results with Monoxidil in the past, do make the point to them that the mind is the builder, creator. And, it was the mind that was traumatized which created the onset of Alopecia in most of the instances you will find, most often a result of a strong stress reaction, although some onset, toxicity, and other matters.

Learn and teach. Help realize. Mind is the builder, can rebuild even the follicles that are not at this moment viable, can be made viable again. Then, use your creative power of mind to overcome this syndrome for which there is no explanation medically. Nor is there a treatment apart from Monoxidil and some forms of vibratory therapy and massage which brings blood

circulation to the scalp, and this by the way you can stimulate by the use of niacin, which will cause vasodilation at the surface of the skin. The skin surface will feel hot, even burning and itchy. Do not be concerned with these side affects. They are harmless, not toxic. Use them for increasing the blood supply to the surface of the skin, and even use the reverse posture techniques that allow the flowing of blood to the head, all of this, this along with Profound Relaxation, which in itself will increase exponentially your ability to visualize and to believe in, not imagination, but image creation, telling your body what to do.

Recreate your ability to have the 'crowning glory' of hair. We believe from what we see of these records and of your body, and the state of your mind, we do believe that you can reverse this effect and that you can help others to do so.

Now, you have remaining questions regarding your brothers and their relationship with the mother, karmic and such. We have only time to make this observation that you will find that this is the age of their attempt to express, to discover and to assert individuality. There is the resentment of any attempts to control their behavior. Thus, the disrespect. Even that may be too strong a word, but that you see in them, which indicates a less than perfect relationship. Consider this to be a natural result of growth, hormonal change and the preparation of the consciousness for establishing an individual and independent identity, to assert itself. Now, whether or not we have covered all written questions, we have searched this record. We have given what we find here we believe of most value and encouragement to the extent that we can. May we be allowed then, if there are factors you have not had opportunity to have answered...

Conductor: You seem to have addressed all the main questions.

Yes, then forgive us if we have not gone into the detail that you sought. We have given what we've considered the most important to pass to you. Do not feel guilt for the past. Forgive yourself. Know your

beauty. Establish your self-worth. Reinforce it with the tapes and scrolls for that purpose if you wish. It will be effective and quite helpful, not only for you.

Let us make this point. We believe this is important. Get these kits produced by ... (Name) ... Get these into the hands of the sufferers of Alopecia. For virtually every one of them will have self-image problems which may well be healed through this process. As that is healed, further methods, techniques, and approaches will be much more effective.

Now, we bless you. We have found it a pleasure to read from these records. There is much here to be digested, and we encourage you to develop music therapy, research, and its application in this time. We are through with these records for this time. Go in peace.

© 2009 The Paul Solomon Foundation

*This Reading is an extract from *The Readings of the Paul Solomon Source Book 1* available at www.paulsolomon.com/trpss1.htm