

Paul Solomon Lectures

Emotions

USING REINCARNATION FOR SPIRITUAL GROWTH

I think the real purpose for coming together in this conference is not to hash out whether reincarnation is a fact, but what can we do about it if it is, how can we use it, how can it be meaningful. It is a meaningless concept unless it goes to work in our lives in some particular kind of way, and so I would like to try and get a look at how the average person, someone who hasn't had a Reading and someone who hasn't had past life recall, what does reincarnation mean to them? How can we get in touch with the karmic effects of having lived here before? How does it affect the present life and so on?

In order to make that concept meaningful, I think we might just start out with the idea of the two laws of cause and effect that govern our lives in relation to the past and the present, our actions. The law is called Karma and Grace.

The ancient teachers often said, "The Law of Karma always bows to the Law of Grace." And I think that is the most important realization that we can have concerning reincarnation or the present and the past. But in order to understand that, we need to understand both the Law of Karma and the Law of Grace.

The most popular idea, I think, of karma is that karma is something that we have done in a past life that returns to us in this life to punish us for doing it. And I think that is a rather poor concept of karma. The whole idea of punishment in relation to karma seems to me to be quite wrong.

Karma would better be understood as setting a cause in motion which produces a natural effect. It is a natural cause/effect relationship, and that is important for people to know, people who have not perhaps had a Life Reading, who haven't had past life recall, who don't know who they were in the past or what their past lives were like. So how can we deal with karma in the present? Everything that goes wrong seems to be karmic. How do we know if it is karma or not?

Well, first of all I think that we can give you one little test to see whether any of the aggravating situations that happen to you are karma. One little test that you can apply, -- if it happens, it is.

So you can end that argument right there. There's no further testing needed. If it happened, there was a cause behind it. That's all it really says. If an effect took place, then there was a cause.

Now from the effect, perhaps we can find the cause or more importantly, perhaps we can and we should respond to the effects a little more appropriately.

The lecture this morning by Dr. Cranston, really left an opening for all of the things that I am going to say tonight because she said so many of them, and what I will be doing now is illustrating, I think, what she said this morning.

She said that in the karmic effects on your life, there is a direct link between that and its cause, and that is the best way to remember a time passed. If you want to know what happened in a past life, start with an incident in this lifetime that is not the result as far as you can see of something that you did in this lifetime. Something that happened to you without any good reason, some situation that you found yourself in that seemed needlessly cruel to you and that you cannot find a source for in this life.

Then, ask what could be the cause of such an incident? What is the other side, what is the opposite half of what is happening to me now? And if you can see what a person might set in motion that would produce that kind of a result, and then try to remember, you might find the source of it.

Finding the source of karma or remembering past lives is simply memory. The whole process of going into the Akashic Record is memory because the Akashic Record is memory, it is the stored memory in the skein of time and space of all thought and action.

As we think or produce an action, it produces itself, it fastens itself onto matter around us, and recalling it or reading it, as we say, is very much like calling to memory any other thing. It doesn't appear like words on a page. It comes to the surface as if recalling.

Now, to get the Law of Karma into better perspective, we said it is not punishment for something done in the past, but a need to learn something in the present, a cause/effect relationship.

Let us illustrate that by a karmic effect in a single lifetime, and that should be pointed out, too, by the way, that just because a thing is karmic doesn't mean that its roots were in a past life. In this lifetime, I can set a cause in motion that will produce an effect in this life.

Let's illustrate it in this kind of way. I'm going to make a very simple diagram of a way you might see a person if you broke down his consciousness. You could say, this is the conscious self, the level of the five senses. In this level of consciousness, a person takes in all of the information through one of five senses.

And this sensory input is taking in more information than we can use in any given moment. For example, right now as you are listening to me, all five of your senses are taking in information. You are taking in information about the temperature of the room, the texture of the chair, the odor of your neighbor's perfume, and whatever else is available. And much of that information, you don't want to act upon; you don't want to think about at this moment. And because you don't want to think about it because it would be distracting, you take it and push it down to a deeper level of mind which in effect creates another part of consciousness which we are going to call the subconscious mind.

The subconscious mind is primarily a storage space for information that is not being used at the present, information that may return to the surface.

Now much of what is called creativity in our day and time comes from this subconscious mind. It isn't really creative. It is a matter of putting together stored memory in a new way, perhaps. It is more of a computer-like effect.

Real creativity comes from a third level of consciousness we are going to call the Superconscious mind. The Superconscious mind is that part of self that pre-existed the body, perhaps. It was there before the body was made and made some decisions after the color of the hair and the eyes and the talents, the abilities the person would have in this lifetime, and it brought forward some memory of purpose of this lifetime. Perhaps the soul record is there.

Now obviously there is a very close connection between these two (Subconscious and Superconscious) and it is a little difficult to differentiate between one and the other at times, and as a matter of fact, you can't really differentiate because all of these are one. It's really one single individual consciousness, and we can't split the consciousness neatly into such spaces, but we can realize this.

The purpose, apparently of this highest self or the Superconsciousness, the purpose is something like a teacher who cares what kind of result I get from this lifetime.

I am here to learn. I am here to master the laws of this plane, earth, and lessons come at me every day of my life. If I could call this Superconscious self a teacher, just cast it in that role as a teacher, then I could say, perhaps, that no person ever comes into my life, ever, that isn't carefully screened by my teacher. Every person that I will meet today comes into my life for a specific purpose, and my teacher knows what that purpose is.

Now that means that you are valuable to me. You have more value to me as a person because I know my teacher brought you into my life for some reason that has to do with my soul growth. I will see more of myself, more of my purpose, I will understand God better if I use the fact that you came into my life today.

Now actually this concept of this higher self as a teacher screening everyone who comes into my life may not be true, but even if it isn't, it works.

It works because I care more about other people who come into my life, I am curious. I want to know who they are, why they are there, what they mean to me. People have value. But more than that, I assume that that teacher selects every situation that comes into my life today, every frustrating situation, every trying situation, every hurtful situation. I assume that he chose it and put it there for a reason. Not one single frustrating situation can come into my life that wasn't screened by my teacher. In fact, he selected and set it up.

Now, when I walk into these situations, situations that could have destroyed me previously, and I look at them now and realize, "Hey, this is a set-up. My teacher put this person here to act the way he's acting because he knew that I needed to respond to that, and this furious person, who is yelling and screaming at me, the person that before I might have hated and despised for the way he is acting, returning evil for evil, I now have a different feeling him. He is doing that for me so I can grow. You poor fellow, having to go through all of that for me! I will now have a total different attitude toward those who might be abusing me if I know that could not be happening in my life if I didn't need it.

Now, that is the idea of karma, that there is a higher part of my own self, a superconsciousness that watches me today in my thought and action, sees my relationship with you, and notes carefully how well I handle that relationship. And if that isn't handled well, if I don't get from you what was there to receive, then my own higher consciousness, the highest that is within me, my own judge, the Lords of Karma as I spoke of this morning, will make a little mark, "That needs to be responded to again."

And so I'll meet somebody just like you in a very short time and have another opportunity to react to the situation that you set up for me.

And karma is very much like that. I keep drawing to me again and again situations that I am not through with. Now think about this for a moment. It will really give you a perspective on reincarnation if you think about this. Think about your own lifetime in the present and think about the fact that the situations that frustrate you are the same ones over and over and over and over. Are they the same ones that you dealt with 1,000 years ago?

You are still dealing with those situations in this lifetime? We can carry these lessons on and on and on just because we are too stubborn to make the change in the way that we respond to a silly little frustrating situation.

Now, this is where the Law of Karma and the Law of Grace come together and where the Law of Grace can be a way out, a beautiful opportunity for you and me if it works this way.

Consider this, these three circles that we have up here, let us say that they are a teenage boy, a young man. This is a very American illustration, by the way. This young man has just received his first car. Never owned an automobile before, but his grades were very good in school and his dad was proud of the way that he was helping his mother in the home, and because he had handled things so well, his father bought him a new car. He's delighted. It's the most important thing in the world. He forgets about everything else. It's bright red, of course, and a convertible, and he makes sure that if anybody meets him for the first time, he is sitting in that car, so they associate him and the car together and realize his self worth, you see. And pretty soon, he forgets all about his school work. His grades go down. He quits helping his mother at home. He doesn't have time. He's polishing his car or driving it too fast down the street. Everything has suddenly taken a turn. His sense of values has gone down the drain. He doesn't care about anything except that automobile.

And here's what happens. His Superconscious self gets a little bit worried about this situation. So the Superconscious talks to the Subconscious and says, "Listen we're going to have to warn him about this. He's lost all sense of values. We are going to have to get him back on the right track. Let's give him a dream.

So the Superconscious programs a dream which floats up to him from the Subconscious as he sleeps that night. All night long he dreams that his car is chasing him, trying to eat him alive.

The next morning he comes running down the stairs saying, "Hey mom, I had the craziest dream last night." His mother is a member of an ARE dream study group, you see, and she says, "You better tell me the dream because those things have meaning. It's important." He says, "Aw, ma, I don't believe in those things." He jumps in his car and drives off.

Well that day, his Superconscious self was having tea with the Superconscious from up the street, and this Superconscious says to the other Superconscious, "My human just won't listen. He has lost his sense of values. He's got himself a new car for the first time. He thinks that's all that matters in the world. His grades have gone down. He doesn't help his mother any more. It's really awful. I don't know what I'm going to do about his spiritual welfare."

The other Superconscious says, "Listen, my human is the same way. He's all tied up in business. He doesn't care even about other people's rights. He just barrels through without looking either way, without paying any attention to anybody.

So one Superconscious self says to the other Superconscious self, "You have your human on the corner of 12th and Vine headed south, and I'll bring mine in from the east, and we'll just make this a karmic situation."

Both cars are destroyed. Both of these men come face to face with their lack of putting things into perspective. They have to deal with their sense of values. They have to deal with each one of the lessons they had out of perspective. They are forced to deal with it by the situation. That's karma.

Now the Law of Grace, on the other hand, would have occurred if at any point this young man had realized that his values were out of perspective, that his grades had gone down, that he wasn't helping his mother. If he had changed his consciousness because of the realization then he would have been a different person, a person who did not need a karmic lesson. Then the karmic lesson would not have come.

Now that essentially says that it doesn't matter what you did in a past life a great deal. It doesn't matter if you were a murderer, a robber, a jealous person, or whatever, in the past. The only thing that matters is that the seeds of the past situation will be in the present, you will have the same tendencies in the present. And having those same tendencies may cause you a great deal of fear and if so you may draw the results of that to yourself, or you may even repeat the same thing over again.

But in either case, the important thing to do is to watch the karmic situations that happen right now and not question so much, "Did this come from Egypt or was this from my lifetime as a ... whatever?" Simply notice that this effect is happening right now.

The fact that it is happening means that it had a cause. The cause is something inherent within and I have drawn this lesson to myself now.

Now this means that I might see this lesson as something that is destructive, hurtful, painful, frustrating, or if I recognize this in the perspective of eternity, I might look at the situation coming at me and see pure gold. I see pure gold because I know that any karmic situation coming to me is an invitation that I have set a cause in motion and here comes the effect. If I respond appropriately to that effect, I have cancelled the cause and I no longer have that karmic situation to deal with. I no longer have need of it in my life.

Then instead of wishing that we could find out about our past lives, instead of trying to dream and recall and remember, we should remember what Dr. Cranston said this morning, that the other end of all of those lives, the outcome of those lives is in the present. They are all revealing themselves to us now. We do, in fact, as she said this morning, have memory of them. We have a memory that causes us to set up a situation to respond to the causes we formerly have set in motion. We remember all that we need to remember in order to create for ourselves the situation that we need to respond appropriately to from our past lives, and to continue and complete the lessons that were set in motion at that time.

Now, how can I be sharp enough to be sure that I catch these karmic lessons, to be sure that I respond to each one of them, and know that in fact it is karma? I think the best way to do that is to assume first of all that the people who are around me now are very likely people that we have had relations with in the past. There are probably very few people in my life right now that I didn't interact with at some earlier time in history. And I have come together with them in this time, and very often I can feel that when I meet them. Very often I can feel, as a matter of fact, that there is something not finished between me and them, and that it is going to require some balancing, some doing, some loving, to overcome the residue. And when I feel that, knowing that I have something to complete, there is an opportunity already there. Now this realization can breed one of two things. It can breed fear, "Oh my, there is something between me and him from the past and I am going to have to act that out, and he is going to be cruel to me, and we are going to have to all of these things." And as sure as I set that fear in motion, I've got myself a real karmic lesson to go through.

Or, I can instantly feel that there is something out of balance between us. I can feel that that person already doesn't like me. He doesn't even know why he doesn't like me. He just doesn't like me and he is going to try to do something to express this dislike for me. Then I should know immediately that we have interacted before. We started this some time ago. If I had finished it then by loving him, I wouldn't be dealing with this now. But what is the purpose of saying, "If." What about now? In this moment, now, can I be strong enough in myself to know, I am loved already. I am filled with love and I am secure in love. Therefore his loving me or not loving me doesn't threaten me either way.

My concern then is not for whether I am loved, but whether he is. And whether I can give my love to him unconditionally, not requiring that he return anything. If I can give love so unconditionally, then whether he deals well with this karmic debt or not, I have dealt with mine. And in order for him to finish his, he is going to have to find a duplicate me because it doesn't involve me any longer.

If I can finish a relationship by bringing it to completion so that I have no further need of responding to that lesson, then it is an obsolete lesson, and I don't need to interact with it anymore.

The Law of Karma always bows to the Law of Grace. If I would prefer to change what I am so that I become a new person, a person who would not act that same way in any given situation, a person who does not have that tendency, then I become a different person than the person who committed that act, then I am not the person who owes that debt.

Now that is an important thing to think about. Reincarnation does not suggest that you were once somebody else. It only suggests that you haven't quit being who you once were. You are still the same person until you change, and changing doesn't mean changing bodies. Changing means a new birth experience. A new birth experience in the sense of becoming a new kind of spiritual being or a new kind of being in relationship to spirit, a new kind of being in relationship to the universe and to the lessons.

You know the same thing applies to disease. There are a number of people here who are healers, and the question always comes up in regard to healing. "What if it is a karmic disease? How do I know that I am not taking away this person's opportunity to respond to his karma if I take his symptoms away?"

Well there is a little test for knowing whether or not it is a karmic disease. If they are ill, it is. So that is simple enough. Now that we've got that over with, what do we do then, rob the person of his symptoms so that he doesn't have an opportunity to meet his karma? No, as a matter of fact, if you rob a person of his symptoms, all you have done is taken away his language. You haven't taken his disease. You've only taken his means of telling you what his disease was.

No healer should get overly concerned with symptoms. Get concerned with cause and make that person a new being who doesn't need to display such symptoms, then you have dealt with the karma, and the symptoms become obsolete.

If you want to look good, healers, let me tell you something. Obsolete diseases are easy to cure. Just make sure that the person becomes new inside in his relationship to himself, to his environment, to you and to others. Which means that he is in love. Make sure your patient is in love, in love with himself, in love with you, in love with life, the spirit of life and as he is developing that new love relationship, his symptoms will look obsolete. And then you can look good, put your hands on him and all of the things disappear.

Diseases are, in fact, karmic. All of them. But you know, disease is not something that just happens in the flesh. Dis-ease is, for example, a chronic bad relationship with neighbors. Do you know that there are some people who are treated in a specific way by almost everybody they meet? There are some people who are criticized by everybody. If you are one of those people and you blame other people for the way that they treat you, pay attention to this. Everyone, everyone in your life, treats you as you told them to. We are putting out messages all of the time.

Now when I say we, when I say you, I am really talking about the Super You, the Source of your being, your own Higher Self. That is really you anyway. So there is a part of you that is setting up situations every day of your life. If you begin the day by assuming that every single thing that happens to you will happen because your teacher, your higher self, your source, has selected a set of lessons for you today. Get up in the morning to face the day knowing that a set of lessons is designed and will pop into your life one after another, and as you go through life meeting each individual, be alert in thinking, "This is a karmic relationship. I am meeting this person for a reason. I want to see all that I can see in this person. What are they displaying to me? What do I see in their faces? Is there happiness? Are they radiating? What are they thinking? What kind of backgrounds do they have? How much can I care about him? You know, if you do this, you are going to have peculiar side effects, I should warn you.

One of the peculiar side effects of becoming that interested in other people is telepathy, in this way. If I want to know what you are thinking, the only thing that I really have to do is care more about what you are thinking than what I am thinking. If I care more about your thoughts and opinions than my own opinions, I will give up my opinions and hear yours, whether you speak them or not. I will feel and I will sense what is coming from you if I care enough to care what you are thinking, what your needs are, what your concerns are, what I can do for you, how I can relate to you. I will assume that my teacher put you in my life today for a reason because I needed to learn from you and because I needed to respond to you in some way. What can I do for you?

If I meet people in this way, I will understand people in a new and deeper way. I will form new kinds of relationships, and most of all I will be alert for that moment when something goes wrong in the relationship. I meet somebody and I am all happy and cheerful, smiling, and they turn around and snarl immediately. Now what I am likely to do in the old life is snarl right back. As a matter of fact, society says that that is the thing to do, "Stick up for yourself." Which really means that you have a perfect right to poison your body with adrenaline just like he did his. Big deal. Thanks for the favor. I want to be sure that I have the right to poison my body by becoming angry because somebody else did. How silly can you get?

Better I should notice that person snarled at me for two reasons. One, he has a need and he is displaying to me a symptom. I am a healer. He is displaying a symptom. If I am a healer and he is displaying a symptom, how much sense would it make for me to say, "You're putting out a symptom. I'm going to give you a symptom right back."

That's not coming from the place of being a healer. If he is displaying a symptom of his discomfort then it is my opportunity to take the energy of that symptom and transmute it, change its nature, and put more good energy into the world I would like to create for both of us to live in. And even if he doesn't choose to live in the beautiful world that I live in, I will live there anyway. I'll give him an option to join me in a beautiful place. I'll give him an option to use me as an opportunity to change whatever he is feeling.

Obviously he can't express his anger to whoever was the source of it. It was probably his boss. He can't snarl at his boss. So here I am. That's all right. "You have a need to snarl, don't you? It's okay, but as soon as you get through, let's both have some fun, okay? Let's both enjoy this instead."

By the way, I want to warn you about this lecture. This lecture starts all kind of problems for people because people will sometimes sit there and think, "You know, I'm going to do that. I'm going to live that way. I'm going to go out of here and I'm not going to be angry any more. I'm not going to return evil for evil. I am going to realize that everything is a lesson. I am going to live that way. And this little higher self sitting over your shoulder says, "Oh yeah. We'll see about that." And as soon as you leave, you will find a lesson waiting for you."

Now that is all right if you recognize that you set that up. That lesson is your first opportunity to really prove that you are now handling your karmic lessons in a different way. This is your first opportunity to respond to karma with grace instead of having the karma wear on you and wear on you until it finally changes you or breaks you. You know, that's the awful thing about karma, -- it's a make or break proposition. Those lessons just keep coming.

Someone was saying to me this afternoon, "Doesn't it seem discouraging that we can go on and on and on for thousands of years and never seem to be making any progress?" I mean how far have we come since the days of Abraham. We are still fighting the same old fights. It's really true. But it can change in the present, now. Look at the opportunities that are coming towards you and decide that instead of having that hurt wear on and on and on, you're going to turn it into a situation of grace instead of karma. Look for the lesson in each situation that comes. Instead of being angry or hurt or disappointed or falling into confusion, - think about that for a moment by the way, confusion is another symptom. It is not excusable. It is a cop out. We think that it is all right to be confused, but what we are really doing is simply refusing to deal with the opportunity to make a decision. So don't run around saying you are confused because people will notice that what you are really saying is, "I'm copping out of my opportunity to make a decision."

So don't fall into confusion. Don't fall into despondency, they are inappropriate responses to a stimulus, and you know, it doesn't matter really. If you want to do it, do it, but just remember this. If you are falling into depression now because of situations coming at you, just remember that those situations are going to come back again because you responded to them with depression. You want another depression and another?

If we learn to live in the now right now, responding to life. You know, we don't have to become psychics. We don't have to learn these mystic abilities. We don't have to be clairvoyant. Respond to the life that is before you, the psychic gifts will come. They will take care of themselves when they are needed, if they are needed. They are always there. Don't wait to be psychic. Don't wait to develop some kind of super gifts. Respond to life as it is before you right now because life is telling you all that you need to know.

Your karmic lessons are presenting themselves one right after the other in front of you, and if you respond to them, you are responding to life, and if you respond to them beautifully as if each one, each situation, however frustrating were a gift, and the frustrating ones are a gift, as a matter of fact. If we turn them into opportunities to change instead of reacting as we have before, if we turn every frustration into an opportunity to change, then each little situation comes as a gift of gold and life become precious and worth the living.

The past is meeting you now. You have created it. If you are curious to know where you have been, who you have been and what you have been doing, you need only to look at the things people tell you about yourself as you respond to them.

People you meet every day will tell you just what you have been busy doing in your past lives. They will mimic it. They will bring it up just as a pantomime and put it before you, and if you can just remember to put your face on them and thank them for telling you how you treated them or somebody else in the past, then you will know how to respond to life in the present. Respond as you think they should have responded if they had done it right.

It makes it easier that way. It makes life an opportunity to grow, and it means that life serves you. It takes you another step. It means that you are not a victim. It means you are the creator of all of the things that you experience and that is an important eternal perspective. When you find out that whatever happens in your life now, even the things that other people are doing to you, are things that you yourself have created,

have designed and have drawn to you. Then you will be aware, "I am a creative being. If I have created this situation, I can create it differently."

Creating it differently is moving into the Law of Grace, and when we begin to live in grace in all situations, the laws of Karma are cancelled in each specific situation that we operate, that we face in a new and different kind of way.

I think I would like a dialogue with you if we have a few minutes left, so we can take some questions and answers, and we can discuss some of these ideas.

I did promise someone that I would address the concept of soul mates, and so I probably should answer that as a question first.

I want to address the concept of soul mates in this way. The idea of soul mates comes from the feeling that almost every soul is born with in this lifetime.

As we begin to grow up, there is a feeling that part of us is missing. Almost everyone has that feeling, that impression, that somehow there is another part of me and if I could just be joined together with the other half of me I could become whole and complete and be all that I am.

And I think there are two reasons for that feeling of being incomplete, but I think that it is much more important than finding some member of the opposite sex to join with and become whole. It's more important because the other half of our soul is more important than living with someone else in this lifetime.

The other half of the soul is that higher half that we need to join with, and I think our first concern for soul mates is finding the other half of ourselves that is not incarnate and become whole by joining with the highest that is within us. Become whole in that manner. Then from the point of view of the whole person, then I should find my life mate which is much more important to find than a soul mate.

Theoretically a soul mate is an opposite half of me with a mirror of what I am. According to theory, beings were all androgynous. They had male and female characteristics. When they were split into two, male and female separated and incarnated in that manner. So there is theoretically another side of me that I could come together with. That may or may not be true, but what is true is that there is someone in this life, very likely, who can provide the lessons I need to respond to in this life, precisely the lessons I need. That person may best be called my life mate and it is a person I ought to find and join with for most of my life. But it might be important to know that that person may be either male or female. It doesn't mean that I am going to marry that person. It means I am going to interact with that person because they carry within them the lessons that I need to respond to, so it may be a business partner. It may be a husband or wife; it may be a child, a son or a daughter in your life. The important thing to look for if you are looking for a life mate is that it is the person who has the greatest ability to push the most buttons.

Now that may spoil the whole romantic notion that there is a person there that I am just going to be fascinated with because they are the other half of myself. Listen, the person who can provide you the most lessons is not necessarily going to be the most fascinating person you know, but it will be the person most useful to you in overcoming the lessons.

Question: Is the Superconscious of all individuals in contact with one another?

Answer: Theoretically yes. Carl Jung postulated the idea of the Universal Unconscious, which would be like a pool of the Superconscious of all of the various individuals. As a matter of fact that might be what Jesus referred to as the Holy Spirit or a common spirit that men can draw on that knows the will of God and knows the purpose of man. So we could really say that each individual has a Superconscious, but is in contact with the pool of Superconsciousness, that is the pooled consciousness of other individuals, and yes, apparently there is group karma. Karma is met in groups quite often. There is national karma and there is universal or race karma.

Question: Do we make only bad or negative karma for ourselves? Can we also make good karma?

Answer: Absolutely, you could say that talents are good karma.

Question: inaudible

Answer: No I didn't say make them good. I did say don't focus on physical symptoms, focus on changing their relationship to themselves, to their environment, to others and their symptoms will go away. Primarily, whatever is being expression through the symptoms will have been changed and the symptoms then become obsolete.

Question: Could not the medical treatment be a part of the karma?

Answer: I didn't mean to imply that we should not treat symptoms or that we should not treat disease, but even the treatment, medical treatment should not be centered around symptoms. It should be centered around cause, and any medical treatment that focuses only on the symptoms and doesn't take into consideration the cause is not complete medical treatment.

So I'm not suggesting that we avoid medical treatment. I'm suggesting that treatment of all kinds whether it is from a psychic or spiritual healer, from a medical doctor, a chiropractor or whatever should be focused on finding the source of the complaint, in fact if possible, see if you can respond to the symbology of the symptoms, what the patient is trying to tell you through the symptoms, and respond to that as well as relieving the symptom.

Question: Can the Superconscious do wrong? The Superconscious as I have it diagrammed here?

Answer: I would say no, however, you need to take into consideration that the ego and the personality are masters of disguise and very often like to appear as a spirit guide, a Superconsciousness, or a master teacher.

On the other hand, I personally don't believe that anybody can be fooled without wanting to be. We never lie to ourselves without knowing it. So any time a message comes, - you know people get all sorts of messages in meditation and probably nine out of ten of them are delivered straight from the ego, straight from what we preferred the answer to be before we entered into meditation. That is the most likely source of our answer.

But if we really want to know and in meditation we ask, sincerely, honestly, is this coming from my ego? We'll get a feeling inside that says, "Well ---, and when that feeling comes, we should have the spiritual discernment to know where our information is coming from.

But if this Superconsciousness is our link to the Source of Consciousness, I am theorizing here and I may be very wrong, I'm theorizing that my intelligence proceeded out of a Greater Intelligence. Some Greater

Intelligence must have given birth to my Superconscious and I am connected to that Source like some kind of umbilicus. That Source must know why I am here, what my purpose is, what my needs are.

If I can go beyond my own intelligence to its Source and ask, I don't think the answer can be wrong. I can go to the wrong source, but if I go to the Source, the answer won't be wrong.

Question: Where would you put the soul on this diagram?

Answer: This diagram doesn't really lend itself to diagramming the soul within it unless you would say that the soul is all of this. The soul is really the vehicle of evolution through which I come that makes for itself vehicles of manifestation.

The soul, through the Superconsciousness, will create a body and a personality. The body and the personality are what I usually call my Self, but they are definitely not my soul. As a matter of fact, they are not even my Self. They are vehicles through which Self can manifest.

The problem that most of us have in life is identifying with the false Self rather than with the real Self. The false Self is body and personality. Both of those are results, not causes. If I can withdraw from the results and identify the cause, I will identify with the soul, and I would put that in the realm of the Superconscious, except that it would probably take in all three of those.

Question: If we associate the soul with this Superconscious self, what then happens to the dark side of the soul that comes into incarnation?

Answer: I think what you are referring to here as the dark side of the soul is what I have just referred to as a false Self. It isn't really real. It is a vehicle for expression and it is a response toward society and the world around me, and so on.

But again, I said this diagram isn't diagrammed to diagram the soul. I wouldn't create the soul, I wouldn't put the soul on the diagram as a being that is perfect or that has perfect information every time. So it doesn't fit necessarily where the Superconscious is. If we were going to put the soul in the place of this, then we would have to say the soul is where the Superconscious is and from there is a cord, an umbilicus to its Source. The Source of the soul is what is infallible, and not the soul itself.

Question: Tell us a little bit more about dream incubation.

Answer: We have a tendency very often to ask God a question and expect an answer. But the problem is we say something like, "Lord what will you have me to do?" And then your mind immediately starts in and says, "Is it this? Is it that? How about this? I could do this. Maybe I could do that."

Dream incubation is nothing more than asking God a question and then shutting up long enough to listen. And the best way to do that, the best way to become quiet in the personality and the lower self is to go to sleep, be receptive and listen.

Now I should say this about dream incubation, that once you have dealt with dreams over a period of time, you can fool yourself in dreams just as you can in meditation. You can incubate any answer you want, if that is what you want to do. But you can also incubate the truth and respond to that if that is what you seek.

The best way to know where your information comes from either in meditation or in dreams is to know what number you dialed. Who did you ask? If you went to the Source of your being for the answer, that is where the answer is likely to come from, but if you asked your question holding a specific preference for the

answer you have dialled ego, or self, or appetites, but not God. If you release the answer, if you release personal involvement in the answer, then dream incubation is best done, I think, like this.

When you go to bed at night, do everything that you normally do to get into bed. You probably take off the same shoe first each night and then you have the same ritual that you go through, and if you alter your ritual it will cost you some sleep. So go through your whole ritual right up to the point where you get under the covers, and then just before you get under the covers, kneel down beside your bed. That is a trigger mechanism. When you kneel down beside your bed, your subconscious mind is going to say, "He's going to pray." It is a trigger mechanism that says you are aiming this thought or this question as a prayer. You can either kneel down or you can do it in bed. The important thing is to go into a meditative state of consciousness, which means get your mind away from the room and the bed. Put your consciousness in a Separate Reality.

In other words if you are thinking, "Here I am lying on this bed trying to get an answer to this question, your consciousness is still with you, it is still associated right there with this sensory reality. Put yourself in another place by projecting your consciousness to another place. Even if it is a fantasy meadow or a mountain or a temple, some place that is quiet and beautiful that is far removed from your bedroom, put your consciousness there.

Now your visualizing is not meditation but it will begin the process of meditation by getting your consciousness away from the physical, the sensory reality.

Once you have gotten there in the quiet, then pray. Pray in the sense of saying, "I am talking now to the Source of my being, whoever and whatever that is. Wherever I came from, who ever I need to get this answer from, I am talking to you and this is my question. And say the question, and then repeat the question again and again like a mantra as you fall asleep. And fall asleep with the question on your mind.

When you wake up in the morning before you get up from under the cover, write down the answer to your question.

Question: Isn't it possible that the Superconscious responds to events rather than manipulates events? And what about the Superconscious of the other people if the Superconscious is setting up all of these?

Answer: First of all I think it is much more complex than I have stated, in that the superconsciousness of all of us is working together as a group consciousness and is providing opportunities, but this doesn't take away the fact that it also is responding to my assertion of my will and is providing opportunities. What the Superconscious will do is use my own assertion of my will for a specific purpose, and if it has set up a situation and I refuse to go into that, it simply sets up the situation again. Obviously situations follow me around and I can keep ignoring them, but they just keep cropping up right in front of me, so I'm not sure it's manipulation by the Superconscious - except that we really can't separate the Superconscious from the Conscious. It is always operating through our consciousness, so we really are setting up our own situations and we are setting them up in response to our needs and in response to the needs of others. But I think a lot more communication is going on between us than we are aware of.

Question: When a person has a phobia, isn't it possible that the phobia could come from something that happened in the womb in late pregnancy rather than coming from a past life?

Answer: This is one of those questions that need not be answered either/or. I think it very well might be answered both/and. That the person had a past life experience with that fright and the source of it awakening in this life is an incident in late pregnancy.

Question: Does life on other planets come into this picture at all?

Answer: I am aware of Readings in which people were told that the reason that they entered this lifetime with a particular disposition is because they entered from Venus and encountered people who entered from Mars. And in one specific instance that I am aware of, these were Vietnam War protesters in the United States who had a clash with a Martian named Nixon, and the thing that was being expressed in the Reading was that they were of a Venusian nature which was a love nature, a peaceful and quiet nature whereas the war mongers or the hawks were of a Martian nature and inclined to conflict.

However, there are those who say that that doesn't really mean that they came from that planet. It means that they came under that planetary influence, and I wouldn't argue either way. I think for us to think that we are the only occupied planet in all of the billions out there has to be the ultimate ego trip

Question: In the case of a retarded child, is that the child's karma or could it be the parent's karma to have that kind of relationship?

Answer: I think a better answer might be given in this way. I did a Reading for a little girl in California who was diagnosed with cerebral palsy. She is, I suppose, between three and four years old. She couldn't walk when I met her. She really smiled. She was one of the most beautiful little girls that I had ever seen in my life.

She came into the life of a stockbroker and his wife who were very much social climbers well on their way to success in California, very much interested in getting to the top of the heap. When she came into their life, suddenly they had a different reason for the money that they had. They made several trips to Europe to try to find specialists who could work on her.

In a very short time, they didn't have all of this money that they had had before from the social world. But their life had changed to the extent that now they were spiritual seekers.

When I did the Reading for the little girl, the Source said this, "Here is a person, a soul, who has mastered most of the lessons available to it. It has a relationship with these two people, a love relationship and is very much concerned. She came into this lifetime as a teacher, having specific lessons to teach. She very carefully constructed a physical vehicle appropriate to teach those lessons. How dare you call it disease."

Question: Is it possible that someone else could have a closer awareness of your Superconscious than you yourself?

Answer: I think it is not only possible but is very likely. I think other people almost always know our lessons better than we do ourselves because we disguise the lessons from ourselves in order to protect our ego. So even when the lesson is right before us and is as clear as black and white, everyone else can see it and we say, "I don't see what I am doing to produce this." Everyone else can see what we are doing to produce the very lesson that is before us.

This is the reason I say to the people that I work with that I would much rather teach them to get their own answers than do a Reading for them because if you get a Reading from someone else, however valid, it is valid for this moment. But if you learn to tap the Source yourself, then you have information for the rest of your life, and not just for the moment, but that doesn't mean there is never a reason to get information from somebody else.

When we hear information from someone else even about ourselves, what we get is the way we look through another's eyes, something that is not ever available to us, even from within, and that can be invaluable.

Reincarnation.

I have found that in talking with people who believe in reincarnation almost everyone has a story of their former life. Now, I always find it amusing to ask them, "What has that to do with the present? Is it applicable? Has it benefited you to learn of that life or is it just an anecdotal thing that is interesting? Is it just ego fascination? Is it useful? Has it done any good to learn about your past life?"

I like to speak of these cases in which it has done some good to consider the possibility of a past life, and I should say this. It has been quite a struggle to deal with the concept of reincarnation. I grew up in a very religious home. My dad was a Southern Baptist minister and I suppose that I should explain to you here in England what that means. In the south of America there is a denomination that doesn't believe in smoking, drinking, cussing, going to the movies or dancing. They are called Southern Baptists, and they are the strictest of the strict. They believe in a very, very literal interpretation of the Bible, and the most horrible thing that we could speak of is to accept such a heresy as reincarnation.

So it wasn't discussed in our home, and when I left high school and college, I went to seminary, and it wasn't discussed in seminary either. Southern Baptist seminaries are interesting places where you do not study comparative religions at all. You study the Southern Baptist religion. And if you have an interest in comparative religions, that is a suggestion of heresy already. So I didn't inform myself very well and I was perfectly happy with that until that didn't serve me very well and then I rebelled against the whole thing. I got mad at God and bought a pack of cigarettes. I smoked all of them. It made me very sick. I developed a three pack a day habit, and then I started on beer. I had never tasted a beer before, and I liked it, and from there I went onto sex and all of the other things. I tried to make up for all of the lost time that I had spent in seminary. And I spent ten years going that way.

This was a very important period in my life for a reason that I would like to share with you. If you read about people who have made a breakthrough, usually it comes in moments of emergency or great stress or great depression. For me, I produced ten years of rebelling against God and society and my parents and everything else. Just getting it all out of my system until I produced for myself what I call a dark night of the soul. It meant I didn't like me, I didn't like anyone else and I didn't want to talk to God. That was the last thing that I wanted.

It was during that time that I quite accidentally discovered the ability to lose contact with my Conscious Mind by becoming unconscious, in a state that was exactly like going to sleep, at least that is what it felt like. It felt like just going off into a sudden sleep. And when I would wake up, I would find out that I had given a discourse on some spiritual subject.

It was very disturbing at first. As a matter of fact the first thing that concerned me was whether this ability was of God or the devil because I wasn't on very good terms with God at that moment, and I couldn't imagine it being of Him. But here was this voice talking about concepts that I had never accepted. They used terms like Akashic Record. I had never heard the word. I hadn't the foggiest idea what it meant.

One of the early discourses during this period was about the physical health of a young man who happened to be present and the Source described the conditions in his body, which attracted a lot of attention. After that there were people coming every day for Readings and then the idea of reincarnation came into the picture.

And the first time reincarnation was mentioned in the Reading, they mentioned an experience of my own. Once it was brought up, I was very curious. Had I ever been here before? Do I have past lives and if so what can you tell me about them?

So in the first communication they said, "in your most recent appearance on this earth, your name was William Munsey," and they gave the birth date and the place of birth and they said, "You were a Methodist minister, quite well known in Virginia for preaching about hell." And the interesting thing was his birth date was exactly the same as my current birth date, except 100 years earlier, so I was born to the day 100 years later.

Now that is interesting in that when the A.R.E. did research on reincarnation and found one case history to study, they also found that the woman's current birth date was only one day off from her former birth date 100 years before. So she had returned in a cycle of 100 years and one day.

Now, when I investigated this man, William Munsey, I found a book of sermons he had written in which he spoke about the same things that intrigued me in this present lifetime. He used the same illustrations, the same words, but to prove a different point. I had come from one way of thinking in that life to a new way in this life, but we were both intrigued by the same things and obviously had a very, very similar personality.

When I read those sermons, I started on one that particularly appealed to me. It was so poetic in the way the words were put together, I closed the book and put down and then I went ahead and quoted it from memory. I remembered that sermon well enough to go ahead and deliver it without the book.

After that, this memory of being this particular minister came alive for me to the extent that I could remember the death. I remembered dying and I remembered what it felt like. I remembered a feeling of being drawn to some kind of a shining place that I interpreted as a shining city and feeling that I wanted to go there, and feeling at the same time that I had to go back and present what I had said from a different view point. I felt very much torn between going to the shining city and going back to the people that I had preached to all of my life because suddenly I saw all that I had said in a different context.

So now watch this, because I think this is an important point when we talk about reincarnation and the purpose of reincarnation. Although outside the body, I had a new and different perspective, when I came into the body again and started to grow up, I redeveloped some old perspectives.

Now I think that happens quite often in the incarnation experiences and the point that it makes to me is that the importance of knowing about the past is to realize how important it is to make progress in the present. It may very well be that at the end of this lifetime you will see your life from a new perspective, but seeing it from outside the body and putting it to work in the body is a different thing.

I have now come to the perspective that I developed while I was out of the body, but I had to grow into it. It is not something that I was born with. I was born with the same perspective that I left with, so that I grew up with the same attitudes and ideas concerning Hell that I had preached in the last lifetime, and in between the lifetimes I saw a different perspective.

Let me go on with that same theme for a moment to develop it a little further. In Greensboro, North Carolina, I met a man who was introduced to me as a schoolteacher. And knowing nothing more than that about him, I did a Reading for him. He wanted to know about past lives. And the Source named only one life from the past that was important to him at the moment. He was described as having been a scientist in Atlantis and in Atlantis his work was described as being in weapons systems. The Source said that he developed systems that could destroy huge numbers of people and when it came to the point of really

realizing the potential of what he had developed, he suddenly dropped the work and became something of an evangelist, trying to change the minds of the people and turn their consciousness to other business rather than building weapons systems. And the rest of that life was described as being one concerned with teaching and ministering to people in a new kind of way, and being very much anti war.

After the Reading, I woke up and talked with the man, got acquainted with him a bit, learned who he was. His name is Dr. William Beidler. He is a professor of Eastern philosophy at Guilford College in Greensboro, North Carolina, and he told me a really interesting story after that Reading. He said, "For fifteen years in this lifetime, I was a bio-chemist for the United States army." He said "I worked with chemical and biological warfare and one day in the lab, I held up a test tube and realized that the contents of that tube could kill as many as 5 billion people." He said, "I put down the tube, resigned the job and went to India. There I studied with a guru and returned to the United States, went back into the university systems and tried to teach the young to find some greater purpose than fighting and destroying one another."

My question became then, if he made that same advancement in Atlantis, why was he repeating that same pattern now? Why did he go back to weapons systems if he had made progress beyond that in that time?

I think the important thing to find from reincarnation stories is how often we repeat patterns over and over until we become a different kind of person. One of the most shocking things about discovering past life memories is the similarity of your last lifetime to this one in the things that you had the opportunity to learn.

And if you think about it, in the sense of stringing one lifetime together with another one, as on a chain as if there weren't any separation between them, you might see that it would be so, in that we have had 30, 40, 50 years in this lifetime to change, and how different are we in values and abilities in the development of self than we were 10 years ago? If we cannot take this moment and change ourselves, how is it that between times we would expect to change?

I think it is more important to realize that what we build in this body we will find carried right over into a new body. In fact it might be said this way. If you understand what the personal Akashic Record is, you might find that in this moment while we are talking and sharing here, there are cells, molecules within your body that are dying and being replaced with new ones. As a new cell is born while I am talking to you, it is born in a particular matrix. The matrix is made of the electricity produced by your brain in thought.

The thought that you are thinking now, becomes a part of the permanent record of your body and it is impressed right into the cells. As you think a thought, you create an electrical charge. The atmosphere of this room is tenacious of its equilibrium, so you are disturbing that equilibrium and forming a new cell or molecule within that equilibrium, and that cell or molecule has impressed upon it the state of the atmosphere within your body at that moment. In other words, you are building a record literally into your body; you could say your body literally is the record of thought and action that you have built in this lifetime.

Now, that is interesting but what about past lives? Where does the memory of that come from? Where is the Akashic Record of my past?

Interestingly, every new cell that I build in this body now carries not only the record of the moment in which it was formed, but it also carries forward the record contained in the cell before it. So it duplicates the previous record and adds to it the current moment. And I think that you will find that all of that stored memory, when this body is finished and when I make the cycle and return here to take a new body, I will bring with me that record, a cell, an Akasha, and in that very first cell that is formed from the DNA protein

chain, I will have a record of what I have built before and that will be the beginning of this new body. So this body is built literally with the strength and the weaknesses of the last body.

One of the most vitally important things that we might learn about reincarnation, if it is a fact, is that right now by our actions, by our thoughts, by the way we are using our body and our opportunity, we are at present building our future body, opportunity and relationships.

It has been said, by people discussing reincarnation, that you choose your parents. You choose the conditions under which you enter and perhaps you choose the group that you enter with. I don't doubt that that is so, but how is the choice made? Are there groups of prospective parents lined up and you say, "I pick that one?"

As a matter of fact, the people you are going to return with are being chosen in the present moment. Right now, by the way that you are treating someone in your life, you are very possibly choosing your future mother in law. If you don't finish the job that you started with your current mate, that is where they will be in a future time. The whole point is to learn that now in the present moment, I have an opportunity to change.

Now the thing that seems most important of all to me about reincarnation, is that the future depends on what I do now, and that what I am now is a result of past opportunities and experience. Just the consideration of that can make the present moment much more worthwhile for me. It makes it of much greater concern to me to use right now to change in order to become what I would like to be in a return, to treat my body in such a way that I will have a healthy instrument upon my return, to care for things that are given me, to appreciate them so that I will carry that appreciation with me into a new time. And know that if change can happen, it is going to happen now.

You know, I don't know whether reincarnation is a fact or not, nor do I care a great deal. I do know one thing, considering the possibility has changed my life, has made the present moment more important, more worthwhile and has made relationships more important.

Speaking of choosing your life in a future time, let me tell you one more story that deals very much with what we were discussing this morning, - group incarnation.

I was in North Carolina and did a series of Readings for a number of people, three people in the same family. First the husband came for a Life Reading, and he was told of a very adventurous life when he had lived in England, had travelled from England to India and had been a friend of a very well known explorer. They didn't explain who the explorer was, but they told him several things that were the background for the current interests in his life. He is a builder. He flies his own plane, and he doesn't like to be tied down. There are lots of similarities between this life and that life.

But there wasn't anything of outstanding importance it seemed in that lifetime except they did give him a name, which meant that maybe there was a possibility of tracing that life. Not much more was said about it until his wife came for her Reading and her Reading was very interesting. She asked the question, "Why am I so concerned with women's liberation in this lifetime?" She was one of these outspoken advocates of the rights of women in the United States, and she was wondering where this developed. It isn't in her family. Her parents weren't that way. Her mother, her sisters don't have particular interest in it. She wondered why she had such an interest.

And the Reading said, "You lived in Calcutta, and you were the sister of a ruler there, a sultan. And during that time women weren't very well recognized, had hardly any rights at all. You had to keep your face covered with a veil and you very much chafed against all of these restrictions upon your liberty and your expression. The Source went on to describe an incident. "You were at a dock and saw some Englishmen coming off a boat and you lowered your veil in a flirtatious way. The Englishmen followed you to the palace and spent all afternoon with you. It became quite a famous friendship and you lost your life because of it. The sultan had you beheaded because of your friendship with these Englishmen and because you had desecrated womanhood in that time. And it was because of this that you have come back in this time with the determination to liberate women from those kind of bonds."

A couple of days later, her husband's brother came for a Reading, and then the story pieced itself together. The Source said, "Your name in that lifetime was Austin Henry Layard, an explorer from England who went to India," and the Source described a number of his travels. The incident in Calcutta was again described, when he had met a sultan's sister, gone to the home and become familiar with her and how she had lost her life because of it and so on. So all of these pieces of information tied together.

Now this brother was an historian and an archaeologist, so he was very much interested in this past lifetime, especially when he heard that Austin Henry Layard had been an archaeologist, by accident, actually. He was an explorer who had stumbled upon the ruins of Ninevah and had begun the excavation of the ruins there. So in this lifetime he comes back interested in archaeology, continuing what his interest became in that lifetime.

The interesting thing is that in looking up the archives of this family, we found a personal diary of Austin Henry Layard, and in the diary was written the story of the sultan's sister. So he found a record of both his friends, who he had travelled from England with, one is now his brother, and the husband of the girl that he flirted with in that lifetime and caused her to lose her life. A tangled mess.

I had some really interesting experiences dealing with the concept of reincarnation and coming to my own acceptance of it as meaningful in my life. My dad still is a southern Baptist minister and while he is interested in what we are doing, he is not particularly interested in reincarnation. But we did have a family incident that caused us to have to deal with the idea of reincarnation. It happened like this. We teach a study course that Sir George [Trevelyan] made reference to a few moments ago, Inner Light Consciousness. And in Inner Light Consciousness, we teach the technique for asking a question at night just before you fall asleep and receiving an answer in your dreams. It is called dream incubation as we mentioned earlier.

My dad took the course, and he decided to try dream incubation. So that night he did his question and he fell asleep, and the next morning I met him at the breakfast table and he said, "Well son, I tried your technique and it didn't work."

I said, "Oh really. You didn't have any dreams."

"Oh, I dreamed all right, but it didn't answer my question.

I said, "What was your question?"

He said, "I asked about this silly business of reincarnation."

And I said, "Would you like to tell me the dream?"

He said, "I dreamed I was walking down a country road and in a field beside the road there was this beautiful young blond haired girl with long pigtails, and she had been murdered, just brutally murdered in that field. It was just really awful." And he said, "I went on down the road a little ways, and on the other side, the left hand side of the road was a little red schoolhouse and this same girl came skipping out of the schoolhouse, laughing and singing and looking very happy." And he said, I asked her why she was so happy, that I had seen her get brutally murdered just down the road a little ways," and she said, " Every time I get murdered, I get good grades."

He couldn't imagine any connection between that and reincarnation. He wasn't about to accept that dream as having anything to do with reincarnation, so we let it go for a while, didn't discuss it much but he always brought it up.

We were sitting at lunch one day and suddenly he said, "I think you are doing a really good job with what you are doing, but I still don't buy this reincarnation business." And I thought, "Here we go again." But just as he said that, something started happening inside me and I felt this overwhelming realization of who he had been in a past life. And I looked at him for a moment and I said, "Dad for as long as I can remember when I was growing up, when I used to hear you teaching Bible, you spend a lot of time on Solomon's temple and you described it in exquisite detail which I have never found in Scripture. You have always had more knowledge of how that was put together than I have been able to look up in my research." I said, "Could it be that you were one of the builders in that temple?" And suddenly tears were flooding down his face, and he said, "I don't want to talk about it any more."

Unfortunately for him, my mother remembered a past life right after that, and so for her the idea of reincarnation is real, the memory of the past life made eternity real for her, made it real and believable.

Now, there are dozens of other case histories from the Readings that I would like to share and we may have more opportunity to talk about some of the others. I am fascinated with how many of them were in England as a matter of fact, and one not so far from here.

There was a doctor in Virginia Beach who had a past life in Bristol, England, and this was a life that really made a difference in the present because when he got his Reading he was told, "You were a doctor in England..." and very few other details were given, but the Reading did say, "You were interested in unorthodox healing in that time and developed a great ability to use colored lights in producing healing and it would be a good idea for you to pursue that again in this time."

He had subsequent Readings that gave him more information about the doctor he had been, so he looked up the records and he found a painting of himself. He has it hanging in his office now. They look like duplicates. He looks just like the painting. He has found books that he had written in that time. But most interesting of all, he set up a color research laboratory in his office and began to work with it. He became very well known in the United States for using color therapy for retarded children, he got really interesting results with these children who were able to function better by using this concept of light therapy.

For me, the answer still comes back to the same thing. Something that I describe like this to see if it can put the idea of reincarnation into perspective.

If one of us should die while I am talking now, perish the thought, but I think what you might experience is something like this. Suddenly your body would become heavy, hot, tired and restrictive, like last year's overcoat and you would very much want to get out of it. And when it got too much to hold up, too much to bear, you probably would slip it off and come right out of it and your body would tumble over onto the floor. All the rest of us would freak out and you would wonder what we were getting so excited about. You

would be standing there free and feeling good, and thinking, "Why are they making such a fuss about that old thing. I took it off because it wasn't comfortable any more." And then you would try to tell us, "Don't worry about that thing."

And the next thing that would happen is, to your horror, you would realize that you can't communicate with us, there might be a medium or two in the group but they may be too busy with the body at the time to pay any attention. And suddenly you would become aware that everything that you had invested your time and energy in is now in another dimension. And looking at your life, you would begin to think, "Why in the world did I work so much on acquiring this and acquiring that, all of which are now on that other plane of existence. Here I am still living and I didn't put any time into developing where I go from here? What did I do about soul growth and the things that are really important from an eternal perspective?"

And then soon, probably, you would find yourself in front of a tribunal, a group of distinguished gentlemen called the Lords of Karma, and standing before these Lords of Karma you would say, "Listen, just give me another chance. Let me have another body and this time I promise, I won't get distracted with my bank account and cars and owning my own home. I'll work on it, I promise I'll work on it." Do you remember saying that? I strongly suspect that is how we got here.

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