



*Take Control Of Your Life With Hypnosis:  
Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! This is the 21<sup>st</sup> issue of Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: [www.hypno-health.net](http://www.hypno-health.net)

**July 2012**

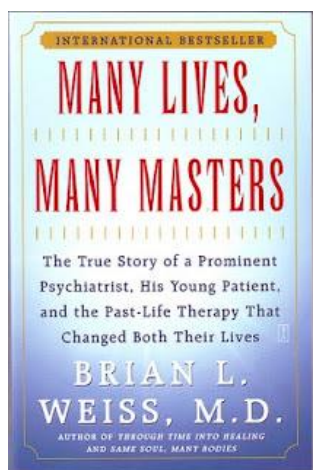
## **PAST LIVES**

Past lives are just what they imply: living and dying in a time and place before this life. A variety of theories attempt to satisfy differing beliefs about lives before the current one. Some people vehemently deny the possibility of previous lives. Others believe we all have led past lives and point to unexplainable events or knowledge that could only be understood from a past life perspective as a way of defending their belief. Still others believe when one goes to a past-life experience (s)he taps into universal energies that perhaps exist in the “between lives” state. There are others who believe we simply create past-life experiences in our sub-conscious minds.

Psychoanalyst Carl Jung coined the phrase *collective unconscious*, which suggests: “In addition to our immediate consciousness, there exists a second psychic system of a collective, universal, and impersonal nature which is identical in all individuals. This collective consciousness ....is inherited....and consists of pre-existent forms, the archetypes, which can only become conscious secondarily and which give definite form to certain psychic contents.” [1] Jung connected the collective unconscious “ with Sigmund Freud’s ‘archaic remnants’ – mental forms whose presence cannot be explained by anything in the individual’s own life and

which seem to be aboriginal, innate, and the inherited shapes of the human mind.”  
[2]

Many books have been written about past lives. One of the earliest and still very compelling is *Many Lives, Many Masters*, written by Brian L. Weiss, M.D. in 1988. This book details Dr. Weiss’s thorough training to become an M.D. and psychiatrist and the clinically precise methods that characterized his psychiatric practice. With one patient, who provided the material for *Many Lives, Many Masters*, success using traditional methods was very limited during the first eighteen months of treatment. When Dr. Weiss decided to try hypnosis with his



client it led to numerous past life experiences. The woman stated she had experienced 86 past lives and “became a conduit for messages from Master Spirits.” [3] Information gleaned from those past life experiences produced expeditious healing in the client. Initially very skeptical, Dr. Weiss grew to accept what he had witnessed. His established beliefs having been challenged, he wrote *Many Lives Many Masters* to share his findings with colleagues and the rest of the world. He has since written other books about past lives.

My experience with past lives began at the 1993 National Guild of Hypnotists Annual Convention. I attended a group seminar on Past Lives and volunteered to be a “subject.” I was hypnotized and asked to go to a past life experience. I became aware of a stark, white landscape and a figure dressed in furs. As the figure enlarged, I felt it was me and I was an Eskimo, pulling a sled. I was completely at ease in that environment and everything was unfolding in the present tense (just as in hypnotic regression, present tense represents re-experiencing, while past tense means remembering). I eventually chopped a hole in the ice and waited with my

spear for a seal to rise up for a breath of air. When no seal appeared, I headed back to my igloo. Since that first one, I have returned to past life experiences (at the convention and on my own) as a sailor on square-rigged sailing ships, a Roman gladiator, a native in the Amazon jungle, and an American colonist captured by Indians and made to run a gauntlet.

Whether or not one believes in the possibility of past lives, I have seen clients utilize what they believe was revealed through their past lives to make healthful changes in their current lives. The most important aspect of past life experiences for me is the potential we have to change the impact of karma that is brought forward. While karma can be both positive and negative, negative experiences, feelings and energies that seem to affect us in this life can be changed, released, returned and replaced with positives. In that perspective, the past life itself is less important than the release of its affect on the person today, thereby enabling her/him to “heal” in this life.

Most people I have helped experience past lives have had an awareness of, a connection with, a vision of, or a curiosity about a past life. Once in a great while, a person in hypnosis may spontaneously return to a past life. One client did so and began speaking in a Scottish brogue. As a sickly child in Edinburgh, Scotland he died at a young age and the karma brought forward seemed to result in him expecting to die early and starting to smoke as a way of making that happen. He released that expectation - and his twenty-five-year smoking habit. Another client returned to a mid-western setting in the mid 1800s. While waiting for her “picture” to develop, she began to see the image of a woman in a long, flowing dress. The woman became clear and represented a Spirit Guide who spoke and gave advice and support to the client. Another client had experienced tremendous anxiety and worry, plus a heaviness in his heart, his entire life and felt it was from another

lifetime. He returned to a life “before technology” and experienced a very traumatic event concerning his lover. When he released the impact of that on him today, he felt a tremendous lightness in his heart and his anxiety/worry dissipated.

If a past life resonates with you, it could be the answer!

[1] C.G. Jung, *The Archetypes and The Collective Unconscious* (London 1996) p.43

[2] C.G. Jung, *Man and his Symbols* (London 1978) p.57

[3] Brian L. Weiss, M.D., *Many Lives Many Masters* (New York 1988) p.11

### **HEALTH TIPS**

#### *Lose the To-Do List*

Plans and lists are great ways to get things done. But scheduling every moment of every day prevents you from enjoying the pleasures of spontaneity and surprise. Give yourself the gift of time with nothing on the agenda and let your desires guide you in your activities. Put yourself and favorite activities on the "to-do" list. It's all about keeping balance in your life.

For more tips regarding work-life balance see: <http://www.wholeliving.com/135874/how-find-right-work-life-balance>



Happy Health!

*Hugh Sadlier*

**Hugh Sadlier, M.Ed., BCCH  
Board Certified Consulting Hypnotist**

**Portland Office:**

Integrative Health Center of Maine

Suite 102

222 Auburn Street

Portland, Maine 04103

Phone: (207) 773-5200

**Blue Hill Office:**

1280 Morgan Bay Road

Blue Hill, Maine 04614

Phone: (207) 773-5200

**Remember:** *Hypnosis can be done in the office, by phone, and via Skype.*