



Whose Program
Are You Running?

CLIVE SIEGNER

Have you ever looked at a friend of yours and thought he/she talks or acts just like his/her mother or father? Chances are they have been programmed by them or by others from early in the womb to about age seven. During this time, everything perceived by the infant goes into the subconscious part of the brain and is considered absolute truth. This is similar to the program you put into the hard drive of a computer. You cannot change how they run unless you know how to change the computer.

All of us to some degree have been programmed by others in this manner. A lot of it is positive and necessary for our growth and protection. However, some of it may be negatively programmed by others and our early life experiences.

The problem arises because these negative programs are stored in our subconscious mind. The subconscious mind uses about 95% of our brain's capacity. This leaves little room for the conscious mind to recognize you are using someone else's program. This book will give you some insight on how to recognize unwanted subconscious programs and how to change or eliminate them.



WHOSE PROGRAM ARE YOU RUNNING?

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Contents

Introduction	5
1. Whose program are you running on?	13
2. How can I tell if I have been programmed by others?	19
3. How do I overcome unwanted subconscious behavior?	21
4. How does Psych-k work?	27
5. Why does muscle testing work?	35
6. What does science say about Psych-k?	37
7. Subliminal programming can affect your life choices	39
8. Does reincarnation affect life choices?	41
9. Do previous lives affect our current life?	47
10. What does science say about reincarnation?	51
11. Does science say there is an afterlife?	63

Introduction

I was born in a City in Southern Ontario, Canada and until age 6 lived there with my parents and my younger brother and sister. I have mainly good memories of my early life until the time my parents started to disagree and eventually decided to go their separate ways, when I was age six.

My parents were both born in the small village of Tavistock, about 60 miles from where I was born. They went to school together and fell in love and decided to get married not long after graduation.

When they decided to split up my mother kept my younger brother and sister and it was decided that I should go to live with my father's parents (my Grandparents).

My Grandmother had a large influence in my life at that time. She had a strong Christian background and played the organ at the Church, which was just across the street.

As a result I became what I call a “Programmed” Christian. I went to Sunday school and Church every week and later in my early teens was a leader at Church camp.

I continued my affiliation with the Church for at least 10 more years. However, I had a growing problem with accepting the writings of the Bible as literally true. I therefore decided to read the Bible through completely and did so on two separate occasions.

I came to the conclusion that there were too many places where the lessons being taught could have entirely opposite meanings. In addition they completely disagree with the teachings of modern science. I therefore became an “Atheist” and had nothing to do with religion.

As an atheist I believed that after our life as a human ends there is no consciousness. I believed that after we die we experience nothing. However, luckily I was not close-minded on this subject. I would listen to arguments against my position with an open-mind but was not convinced to change my position.

All this changed when I came across a book written by Sheila Ostrander and Lynn Schroeder titled “Psychic Discoveries behind the Iron Curtain”, published in 1970. This book chronicles the research work done by the Soviets in this field.

I found this book fascinating. One of the tests done by them really leapt off the page at me. It involved a mother rabbit who was nursing her babies. They took the babies from their mother and put them in a Submarine down in the ocean hundreds of miles away. They put a brain scanner on the mother rabbit. At agreed upon moments they killed a baby. At those precise moments the brain scanner on the mother registered a response. This meant that some form of communication was sent from the baby to the mother at the exact moment each baby died.

This shook my Atheistic beliefs to the core and I then became an “Agnostic”. Not sure what was true but willing to look further into the subject.

When a person decides to look for the truth in something, synchronicity often plays a role in providing the answer. As a former “Programmed Christian”, I

believed that some things in the Bible were true, but what? The answer for me came in the form of a book “How the Great Religions Began” written by Joseph Gaer. This book showed me that all of the great religions have as their core belief Love and Forgiveness.

This is where they are all the same and is the basis of the teachings of Jesus. However, from that point of mutual agreement, they all start to differ in their interpretations and this difference is the source of many of the troubles our world has experienced. Ego has played a large part in this.

After I graduated from High School, I started to work in the Actuarial Department of an Insurance company. I was very good at Math and English and they needed help in performing some of the less complicated mathematical work.

The majority of the people working in that Department were either Actuaries or Actuarial Students working on their Actuarial Degree.

All of them had graduated from University and their thinking was definitely Darwinian by nature. Some of this

definitely was a factor in changing my early Christian Programming to Atheism.

I was now an Agnostic and definitely wanted to learn more. I wanted to know the Truth about our existence. However, whatever I learned I wanted it to be scientifically proven, and started to look for information that could be proven scientifically.

I was determined to learn more and started to read anything I could about research in the Paranormal, particularly from a scientific point of view. After many years of research, including the work being done by frontier science, channeling from psychics, past life hypnotic regressions, energy healing and working with a Pendulum, my belief of the various stages of our spiritual growth follows.

I now firmly believe that we are all Spirits having a Human Experience. Almost all of us have reincarnated a number of times. Some people will say, “What is the point of becoming human when we have all we need as Spirits?”

As Bruce Lipton would say, “Can a Spirit tell how chocolate tastes without experiencing it as a human?” More on Reincarnation follows later.

This is my interpretation of life and the afterlife according to my experiences, research and beliefs over the last dozen years. I can’t prove all of it, but it helps to understand why bad things happen to good people, why children suffer, and why God allows the tragedies and sufferings of innocent people to exist. Although it doesn’t make negative experiences any less tragic or difficult to endure.

Many people do not realize that their positive and negative experiences are the result of the choices they made before reincarnating. Therefore, in no way can we make light of anyone’s suffering or hardships or suggest that we should stand idly by and watch people struggle. We should always do what we can to ease the burdens of others. I believe there is a Spiritual purpose to all of life’s challenges.

By understanding that we learn to know love as much by experiencing hate and suffering as we do by kindness and compassion, it helps to make sense of this world

and trust that every person's suffering will be relieved and rewarded in the end.

In my search for the Truth which follows, I use a statement borrowed from William Buhlman to keep me on the right path:

“ASSUME NOTHING IS TRUTH and QUESTION EVERYTHING”

In addition, all that I have learned came at various times during my own journey to the Light; some at the beginning and some very late.

1. Whose program are you running on?

Most people do not realize that much of their current behavior has been programmed into them by others, starting from in the womb to about age seven.

From in the womb to about age seven the brain is running on the Beta Mode. This means that everything a child perceives during this time is implanted in the brain, something like the hard drive of your computer.

The relative strength of each program implanted in the brain depends upon the number of times it is repeated and relative emphasis put on it by the originator.

For example, if Johnny is told by mother to wash his hands before eating and if father finds out he has not done this and takes down his pants and spansks him with his belt, which program will be the strongest in little Johnny's brain?

During the first six years of life a child unconsciously acquires the behavior needed to become a functional

member of Society. This amounts to our “basic operational software”. Parents and others serve as the “mirror” we use to perceive our own personal individuality.

Before the age of seven, remarks that parents and others make about personal traits (both positive and negative) are downloaded into the subconscious mind as facts. These facts become the perceptual filters (software) through which we define our personal reality.

These perceptions define us as worthy or worthless, powerful or powerless, self reliant or dependent, masters of our own destiny or victims of our circumstances.

While the conscious mind may hold one’s self in high regard, the more powerful subconscious mind may simultaneously engage in self-destructive behavior, acquired through negative childhood programming. Therefore, if you got more “you can’t” messages as a child, you are probably having more “you can’t” experiences as an adult.

One of the problems with this situation is the subconscious behaviors are programmed to engage

without the control of, nor the awareness of the conscious mind. Since most of (about 95%) of our behaviors are under the control of the subconscious mind, we rarely observe them or much less know that they are even engaged.

Studies show that our reactions to various stimuli are decided before they consciously become aware of them. Dr. Emmanuel Donchin, director of the Laboratory for Cognitive Psychophysiology at the University of Illinois states, "As much as 99% of cognitive activity may be non-conscious." The sad truth is that as adults we spend most of our time subconsciously responding to life rather than consciously creating it.

Author James Carpenter's "First Sight Theory" suggests, "When psychologists try to understand the way our mind works, they frequently come to a conclusion that may seem startling: people often make decisions without having given them much thought - or, more precisely, before they have thought about them consciously.

When we decide how to vote; what to buy; where to go on vacation; and myriad other things; subconscious

thoughts - that we are not even aware of, typically play a big role.

Research has recently brought to light just how profoundly our subconscious minds affect our day-to-day interactions. Most of us still carry and operate on subconscious programs created by others. I know that I do.

For example when I was between three and four years old my mother decided I was going to like liver. She kept stuffing it into my mouth and I did my best to comply by eating it.

However the taste and the feel of the meat made my mouth start to water and I started to sweat and eventually brought up the whole thing all over the table and on her. That was the last time she ever asked me to eat it. To this day (many years later) that feeling repeats every time I even think of eating liver.

Many people who understand the principles of imprinting children use this knowledge to gain control over them as adults. Many children can live their whole life without the knowledge that much of their behavior was programmed into their subconscious by others.

It is my belief that the imprinting of subconscious beliefs, whether done in innocence or by those seeking to control others, is the root cause of much negativity in our world. It is also a huge hindrance in the Spiritual Growth of humans.

If you ask someone why they act and behave in a certain manner they may reply that their parents taught them the behavior and they do not question what they have been taught. They accept what they were taught as truth and will not question it.

Years ago the Jesuits would say, "Give me a child under age four and that person will belong to the Church".

If the programming received by an individual is based upon the basic positive teaching of all religions (love, forgiveness, do unto others as you would have them do unto you, responsibility of your choices, etc.), the individual will have a much better chance of making the correct positive choices in later life.

On the other hand, if that programming is negative (based on hate, revenge, greed, lust, etc.) then the odds favor that individual to make choices based upon these

negative emotions. How do you think a suicide bomber was programmed?

2. How can I tell if I have been programmed by others?

The question arises, “How do you make people aware that they may be operating on the programs of other people?” The important thing to remember is that all people in some respect have been programmed by others and most certainly in the very early part of their lives.

You often react to a situation from a gut feeling, which can be positive or negative. People react positively when the situation results in a gut feeling of love within them. On the other hand negative feelings bring out a gut feeling of fear and consequently, negative reactions.

Mr. Trump, in his rise to the Presidency of the United States, consistently used fear to inflame the negative emotions of the people with promises of action to help them overcome these feelings.

Before you react to any situation you have a brief moment to think about your reaction before acting on it.

For example, if your parents had repeatedly told you that people with different colored skins were inferior to you and to be avoided you would be a Racist.

The first time you saw a person whose skin color was different from yours, you would probably feel revulsion, even though you knew nothing about that person.

However, before your subconscious behavior takes over, there would be a brief instant where your conscious mind can question your reaction.

3. How do I overcome unwanted subconscious behavior?

If you are aware that you have an unwanted behavior, one way to overcome this behavior is to use repetitive positive statements. Suppose you are required to speak in public and you have a strong subconscious fear of public speaking.

One way of overcoming this is to stand in front of a mirror and repeat the positive phrase, "I have no fear of Public Speaking" over and over again for a period of time each day for a number of days, eventually you will have no fear of public speaking.

This is something similar in trying to radically change your golf swing. If you repeat the pattern long enough over a period of time you will gradually change the unwanted program.

As mentioned earlier, children up to age seven operate in the Beta phase of the brain. Everything they perceive is like having it programmed into the hard drive of your

computer. The program will run as if it is a hard fact. The Beta stage is also the stage the brain reaches when a person is Hypnotized. Therefore, Psychologists can use Hypnosis to determine the reasons for negative behavior in a person's life.

Hypnosis puts the mind in the Beta state (the mental state we are in to about age seven). Once the source of the problem is determined the individual can often overcome it.

Another way to overcome unwanted negative behavior is to use self help tapes and CD's to help reprogram the subconscious mind. When someone is falling asleep, at the point just before deep sleep occurs the brain is in the Beta mode and can be reprogrammed.

If a person is aware of unwanted behaviors he/she can create a tape or CD which repeats the wanted positive behavior. The positive statement is repeated a number of times and the tape or CD is run when the person is preparing to sleep. When the Beta stage is reached, the positive statements can permanently change the person's behavior.

Eldon Taylor markets a whole range of behavior changing tapes and CD's (called Hemi Sync) that can be very effective. Another source of these types of behavior changing tapes and CD's is the Monroe Institute.

Retrogressive Hypnotherapy has also been used to determine what was done in a previous life. In this modality a person is hypnotized and is regressed to a lifetime prior to his/her current life. This can also include the planning that was done prior to the current lifetime. This can uncover the reason for problems in the current life which can be very healing.

This can often answer the question as to why a person chose his/her current life. However, it also brings up the question, "Is there scientific proof of Reincarnation?"

Fairly recently I had a Retrogressive Hypnotherapy session where the Hypnotist asked me to go back to a previous life that is the most significant to me today.

I was asked to look at my feet and observe what I was wearing. I saw hand-woven moccasins and I was wearing a rough brown robe that went down to my ankles.

I was then asked to look around me and observe where I was. I saw an ornate wooden paneled building with lots of shelves and many books. It looked about two stories tall and seemed to be the library of a Church.

I was then asked to go outside and look around. I saw many poor people walking and some wooden carts pulled by donkeys.

I was then asked to go to the most joyous occasion in that life. I went to a ceremony where a child was being baptized. I felt it was a niece or nephew. I was part of the ceremony but was not conducting it.

I was then asked to go to the evening before the day I died. I was sitting at a rough wood table, reading the Bible by candlelight.

I was then asked to see myself just after I had died. I saw myself lying there looking very peaceful.

I believe this experience explains why for the past 10 years I have devoted my time to learn the truth about the afterlife.

There are also different modalities that can be used to help a person determine if his/her current beliefs

coincide with the subconscious programming of their brain.

The problem in knowing what your negative programs are is that you may feel strongly that you will react positively to a certain situation but find that you are unable to do so.

An example of such a Modality is “PSYCH-K” which uses positive belief statements combined with muscle testing to determine what is programmed into the subconscious.

Once known, unwanted subconscious behaviors can be changed fairly easily. I am a certified Practitioner of PSYCH-K.

There are other Modalities that can be used to replace unwanted subconscious programs. For a complete list I suggest you go to Bruce Lipton’s website (www.brucelipton.com).

I will be discussing the Psych-K modality of which I have some experience in clearing up some of my own negative programs and those of others.

4. How does Psych-k work?

Rob Williams, who is the founder of Psych-K, states that the processes used in this modality were downloaded to him from the world of Spirit. Much of the following is borrowed from the Psych-K user manual.

Psych-K has been characterized as a kind of spiritual process with psychological benefits. Psych-K is the result of a, “Series of intuitive leaps of consciousness” generated by years of research and thousands of sessions with individuals and groups.

It is a simple and direct way to change self-limiting beliefs at the subconscious level of the mind, where nearly all human behavior (both positive and negative) originates.

Psych-K’s overall purpose is to accelerate individual and global evolution by aligning subconscious beliefs with conscious wisdom from the world’s great spiritual and intellectual traditions. It makes wisdom a self-fulfilling prophecy instead of a day-to-day struggle.

The practical application of this wisdom in a person's personal and professional life brings a deeper sense of peace and satisfaction, mentally, emotionally, physically and spiritually.

Your reality is created by your “beliefs”. These beliefs, usually subconscious, are often the result of lifelong, “Programming by others”, and represent a powerful influence on human behavior.

Studies in neuroscience indicate that as much as 95% of our consciousness is actually subconscious. It's the subconscious mind that is the storehouse for our attitudes, values and beliefs.

It is from our beliefs that we form perceptions about the world and ourselves, and from these perceptions we develop behaviors. Usually it is the self-defeating behaviors we wish to change.

Often the most effective way to change a behavior is to change the subconscious beliefs that support it.

Based upon years of split-brain research, also known as, “Brain Dominance Theory”, Psych-K provides a variety of ways to quickly identify and transform beliefs

that “limit” you into beliefs that “support you” in any area of your life.

Many people harbor self-limiting subconscious beliefs in the areas of spirituality, self-esteem, health and body issues, financial abundance, relationships, or career. Many of these self-limiting beliefs were programmed into their subconscious mind by others.

A Psych-K balance is a process designed to create a balanced identification with both hemispheres of the cerebral cortex. This “whole-brain” state is ideal for reprogramming the mind with new self-enhancing beliefs, reducing unwanted stress, and helping you to reach your “full response potential” in meeting life’s challenges.

The results of a balance may be felt instantaneously or may evolve over time (hours, days, weeks or longer), for example a fear of heights can be cleared in a very short time or the fear of applying for a job may take weeks or months.

Balances seem to last until they are no longer useful to the subconscious mind, or until you decide to balance for a new goal.

A great deal of research has been conducted for decades on what has come to be called “Brain dominance” theory (also known as split-brain research).

The findings of this research indicate that each hemisphere of the cerebral cortex tends to specialize in and preside over different functions, process different kinds of information, and deal with different types of problems.

For example:

THE LEFT HEMISPHERE OF THE BRAIN

- * Uses logic/reason
- * Thinks in words
- * Deals in parts/specifics
- * Will analyze/ break apart
- * Thinks sequentially
- * Identifies with the individual
- * Is ordered/controlled

THE RIGHT HEMISPHERE OF THE BRAIN

- * Uses emotions/intuition/creativity
- * Thinks in pictures
- * Deals in wholes/relationship
- * Will synthesize/put together
- * Thinks simultaneously/holistically
- * Identifies with the group
- * Is spontaneous/free

While our natural ability is to simultaneously utilize both sides of the brain's hemispheres, life experiences often trigger a dominance of one side over the other when responding to specific situations.

The more emotionally charged the experience (usually traumatic), the more likely it will be stored for future reference, and the more likely we will over-identify with only one hemisphere when faced with similar life experience in the future.

Do you recognize some of these common "limiting belief statements":

- * “No matter what I do or how hard I try, it is never good enough”
- * “The decisions I make usually turn out wrong”
- * “If people knew the real me they would not like me”
- * “I am afraid of flying”
- * “I am terrified of speaking in public”
- * “I blame others for my problems”
- * “What I do is not really important”
- * “I love myself” (a high percentage of people test negatively to this one).

Changing limiting subconscious beliefs is similar to reprogramming a personal computer. Psych-K uses muscle testing (Kinesiology), which is like a keyboard to your own mind.

This process can create cross-talk between the two cortical hemispheres, thereby achieving a more “whole-brained” state, which is ideal for changing unwanted subconscious beliefs.

In addition, when right and left hemispheres are in simultaneous communication, the characteristics of both hemispheres are available to maximize your full response potential.

For the beginner, muscle testing is usually done with someone who has experience with the procedure. However, once learned, muscle testing can be performed by yourself.

Therefore, Psych-K helps you communicate quickly and easily directly with your subconscious mind, and by using methods of brain integration, to change old self-limiting beliefs into new self-sustaining ones that support you, in just minutes.

5. Why does muscle testing work?

It is well known that when the brain disagrees with a spoken statement, the first reaction upon the body is a weakening of the muscles. Therefore if your brain disagrees with a statement you make (e.g. “My name is Frank Sinatra”), the immediate result is a weakening of your muscles, which shows up clearly in the muscle test.

This is a test you can do for yourself with a little help from a friend. Stand up and extend your strongest arm out to the side of your body. Have a friend put one of his/her hands on your shoulder and the other on your wrist.

The pressure put on your arm should be firm but not strong enough to cause any pain or force your arm down. You will find that your arm will not go down easily. Hold your arm firmly and say, “My name is (use your true name)” and ask your friend to press down gently on your arm.

You will note that your arm will remain firm because the statement made agrees with your subconscious mind.

Next say, “My name is Frank Sinatra”, and ask your friend to press down gently on your arm. You will find that your arm will drop because your subconscious mind does not agree with the statement you just made.

6. What does science say about Psych-k?

A few years back I attended a conference in San Francisco. This conference featured Bruce Lipton who talked about, “The Biology of Perception” and Rob Williams who conducted a training session on Psych-k.

Since I was previously certified as a Psych-K Practitioner, I was asked to help with the muscle testing done with the new Trainees. During this process a very interesting experiment was performed.

A young lady was selected for this experiment. She was asked to make positive statements like, “I love myself unconditionally” or, “I am a winner”, etc. When she made a statement that tested negatively using the muscle testing technique, a special test was made.

An EEG harness was placed upon her head and as she made the statement that tested negatively, a picture of her brain activity at that moment is taken.

A Psych-K balance is then performed and when she muscle tests positively for the same question for which she tested negatively previously, another EEG picture of her brain activity is taken.

The first picture shows that the brain activity is not in balance which indicates that the subconscious mind does not agree with the statement made. The second picture shows that the subconscious brain activity is now in balance and agrees with the statement made.

To me this is scientific proof that Psych-K does in fact change our subconscious brain patterns.

The Scientist who performed this test is Jeffrey L. Fannon PhD from Glendale Arizona. He has written a paper explaining his work and the results with Psych-K.

7. Subliminal programming can affect your life choices

Another way your Subconscious mind can be programmed by others is through the use of subliminal audio/video messages imbedded in advertising or almost any message to produce an emotional response in people. Polar examples are Martin Luther King and Donald Trump.

The dictionary defines subliminal as, “Inadequate to produce a sensation or a perception” or, “Existing or functioning below the threshold of consciousness”.

The effectiveness of subliminal stimuli is based upon the persuasiveness of the message. It can often be used in commercials promoting a specific drink or food showing people enjoying the product and creating desire in the receiver to use or continue to use it.

How many times have you looked for a product and bought the one that you saw recently advertised? This in

spite of the fact that the same cheaper product would be just as effective.

Subliminal words can also be hidden in a message that are not consciously heard through your ears, but are recognized by the brain. The process is called, “Auditory masking”.

Subliminal messaging is prohibited in the United Kingdom.

8. Does reincarnation affect life choices?

I believe that we are all beams (or photons) of energy that reach out from God (the Source of all), like rays of light that reach out from the sun. When we first leave the Source we are blank slates, eager to have experiences that will teach us all there is to know.

At first, our energy is low and dense because we are new and inexperienced. As we have experiences that teach us universal wisdom, our energy vibration (our frequency) increases. Then slowly, after many lives and many experiences, our vibration slowly increases so that we work our way back to the Source – the One with the highest vibration.

I believe that we increase our energy and our knowledge by experiencing the polar aspects of all there is to know. Our knowledge gives us an appreciation and understanding that makes us ever more complete with

each new experience. In other words, we learn from experiencing both sides of every possibility.

In order to fully understand and appreciate kindness, we must experience cruelty. In order to fully understand and appreciate joy, we must experience depression. In order to fully understand and appreciate health, we must experience sickness.

In order to fully understand and appreciate comfort, we must experience discomfort. And so it goes for every possible experience that exists, we experience both sides of the spectrum in order to understand and appreciate the opposite.

As we reincarnate from one life to another, we can only take on so many experiences at one time. In one life we might learn about loneliness and poverty. In another, we might grow to understand addiction and codependency. In another, fame. In another, companionship. In another, being needed and taking care of someone in need. In another, mental illness, etc.

Sometimes one major lesson may be all we can take and our life may be very short. And some lives may be strictly for the purpose of helping someone else's

spiritual growth; although we always benefit energetically whenever we help another soul in their journey.

As we complete each lifetime, our energy frequency increases and we grow closer to the Source. After several lifetimes, we are vibrating at faster speeds and we have gained an understanding and appreciation for many facets of being.

If someone finds they are passionate about helping the homeless or foster children or the mentally impaired, they have likely experienced that condition in a past life.

This is why they have compassion in this area for these people, because on a cellular and subconscious level they understand and appreciate the circumstances and conditions that these people know. This is why our Source, has unconditional love, compassion and understanding for us. God knows all sides of every experience.

Some people may chose not to return to earth for another lifetime because lessons can also be learned in the spirit world.

We can help people on earth as spirit guides ourselves, assist in helping souls cross over, comfort pets while they await their earthly owners to return to heaven, or any number of possible “jobs”.

However, I believe we reincarnate because spiritual growth is much faster here on earth. Similar to the “no pain, no gain” philosophy regarding physical fitness; the struggles we endure on earth are like going to the health club to exercise. With each grueling workout (each life) we return with rapid growth.

Every time a life is ended, our spirit returns home to heaven. Each time we return to the spirit world, we are instantly freed of all pain, sickness, disability and all fear of earthly concerns. We are instantaneously bathed in the comfort, joy and love of the ultimate Source.

Regardless of how difficult our last lifetime was, as we discover the immense growth we gained from that lifetime and think, “Hey, that wasn’t so bad, I can do that again”, and before we know it we are planning our next human journey.

With each lifetime voyage we are even closer to reaching God's vibrational frequency - the ultimate final destination.

Then, at some point, we know all there is to know and have experienced all there is to experience. We have the highest understanding and appreciation attainable. And upon the last lesson, the final earthly lesson that completes us, our souls merge again with the Creator to an eternity of euphoria and ecstasy.

This, as I said earlier, is my interpretation of life and the afterlife according to my experiences, research and beliefs over the last dozen years.

I can't prove all of it, but it helps to understand why bad things happen to good people, why children suffer, and why God allows the tragedies and sufferings of innocent people to exist.

Although it doesn't make negative experiences any less tragic or difficult to endure.

9. Do previous lives affect our current life?

I believe previous lives certainly do affect the current life. In my own case my previous life as a Monk provided me with the inspiration to find the Truth (is there an afterlife and if so what is the purpose of it). I believe that I would not allow myself to be closed minded about anything, is directly related to this.

Often life challenges chosen before our birth are not successfully overcome in our current life. We therefore may decide that we must incarnate again to try to overcome the problem.

Before we decide to incarnate as a human there are usually a number of choices we can make concerning our parents, and the type of situation we will be born into that will give us the best chance to experience the challenges (both positive and negative) we hope to experience.

For example, suppose in a previous life we were an alcoholic and our main challenge as a human was to overcome the addiction. Unfortunately, because we have free choice, we were unable to overcome the addiction and died because of it.

Therefore if we decide to incarnate once again we will probably decide to become addicted and to overcome the addiction. In this case we would chose a family where our initial programming in the early years would likely put us in a position to chose addiction once again, and then hopefully overcome it.

It seems to me that while we are planning our next life, it is something like producing a movie. We determine what challenges we want to meet in the next life and then with the help of other spirits we decide who will play the parts of parents, siblings, friends and acquaintances.

Now the parts others play in our next life are based upon personal choices by them. Some may do it out of love for you. Some may do it as an example for others. Some may do it because it fulfills some personal need of their own. Some of them we may meet only once in our life; others may be with us for all our life.

So, before we incarnate we have a script of how we want our next life to unfold. Unfortunately, we don't carry this script with us when we are born. What complicates the matter is, as humans, we all have FREE CHOICE of our thoughts and actions.

Since we don't have a script to follow, it is sometimes very difficult to make the correct decisions based upon our pre-human wishes and plans. However, our pre-birth planning will likely put us in the best position where we *can* make the choice we planned for.

Does Psych-k and like modalities interfere with this process?

In our planning for this life we are probably aware that modalities like Psych-K may become available.

Chances are we will be made aware of this sometime during our life and if we choose to use it we may resolve the issue we planned for.

For example, if we planned and actually became an Alcoholic again in our new life, Psych-K and related modalities could help get rid of this addiction; and this would make the choice of giving up Alcohol a lot easier.

10. What does science say about reincarnation?

Many young children tell stories to their parents of having lived a previous life. They often give very detailed descriptions of their previous name, where they lived, who their parents, siblings and friends were, and how they died.

They will often give dates and names of people at significant times in their previous lives, including their own death. When the information given is checked out, it is often found to be correct.

Most of the past life remembrance cases involve children and occur between the ages of two to four. In addition, most of these cases involve a violent death of the previous life. Between the ages of seven to eight, the memory of these past lives decreases.

One very interesting example was documented by Dr. Ian Stevenson and was featured in a BBC documentary

entitled, "In Search of the Dead". I understand this documentary is still available on Youtube.

Dr. Stevenson relates that a boy tells his parents that he was a pilot in World War 2. He gives them his name and rank and the date he was shot down in a raid over Iwo Jima in Japan.

He gives them the names of his fellow crew members and where his plane crashed.

His parents are astonished but believe he is just making this up. However, the boy keeps repeating his assertion and even provides more details.

Finally, in order to prove that the boy is just imagining this, they decide to investigate this further.

After checking this out with the military they discover that the information provided by the boy is correct.

They find a picture of the flight crew of the doomed aircraft. The boy sees it and identifies himself and the members of his crew. They go to the site of the crash and the boy identifies it.

The following is a brief description of the case, as related by Miles Edward Allen.

Dr. Ian Stevenson, Dr. Jim Tucker, Carol Bowman and other researchers have uncovered hundreds of cases of children who inexplicably can recall living and dying as other people.

The most impressive and thoroughly documented case yet, however, was brought to light not by the efforts of believers or even open-minded, objective scientists, but by a no nonsense businessman, a stringent Christian, whose upbringing had hardened his mind against the idea of reincarnation.

Bruce Leininger reveled in research, a trait which had served him well as a human-resource executive, handling personnel crises and developing corporate compensation and insurance packages.

When James, his two-year-old son, started screaming and thrashing about in the middle of the night, Bruce dismissed it as no more than a nightmare, likely triggered by the unfamiliarity of his son's bedroom in their new home. James had been moved just after his birth on April 10 1998 to Dallas Texas, but he was too young to remember.

James' mother, Andrea, provided nightly support and therefore was an eyewitness to her toddler's nocturnal hysterics. She could not so easily write them off as a normal childhood nightmare. Up until that night, James had been an unusually happy and contented child who rarely cried or even fussed.

She discussed this with her husband but he was indifferent to the problem. His lack of concern would, no doubt have been proper if James' performance hadn't been repeated with increasing frenzy. However after two months these occurrences were happening 5 out of 7 days per week.

At this time she realized that James was doing more than just shrieking and thrashing about. She dragged her annoyed husband from bed but that quickly vanished when she heard the words, "Airplane crash, plane on fire, little man can't get out". These phrases were repeated over and over again, just like a fighter pilot trying to kick his way out of a cockpit.

In another incident, Andrea gave James a toy Airplane. "Look", she said, "There's even a bomb on the bottom". "That's not a bomb, Mommy", he replied, "That's a drop

tank”. Neither Andrea, nor her husband, knew what a drop tank was.

In the next months James revealed much more information about his previous life. When asked who the little man in his dream was, he replied, “Me”.

When asked what the little man’s name in his dream was he replied, “James”.

When he was asked what type of a plane he flew, he answered, “A Corsair”.

When asked from where his plane took off, he replied, “A boat”.

When asked the name of the boat, he replied, “Natoma”.

Feeling that his religious beliefs and his role in the family were under fire, Bruce began a campaign to reaffirm both.

Using tenacious research, many long hours of research followed over the next few years, as James revealed more and more information about his previous life.

This research revealed that all the information given by James about his previous life was confirmed. He was a

US WW2 pilot who died in a plane crash while fighting the Japanese.

In all a total of 17 statements were made by James of his previous life that later were proved to be true by the investigations of his father.

If you wish to read the complete story of this amazing proof of reincarnation, check out the book: "Soul Survivor: the reincarnation of a WW2 fighter pilot", by Bruce and Andrea Leininger.

If you wish to read a more detailed summary of this case please look up, "Association for Evaluation and Communication of Evidence for Survival" by Miles Edward Allen, on the Internet. In addition, there are 23 other cases listed there which show that this type of evidence exists.

Another one of the cases that I find most interesting is the one where, "Retrospective Hypnotherapy" revealed the cause of a phobia. The file shows that:

Some phobias can be fairly simple to live with. Many folks have a fear of spiders and still manage to get by well enough. A fear of enclosed spaces, on the other

hand, is a true handicap in this modern age of elevators and airplanes.

Likewise a fear of water can be most inconvenient when one wants to join friends at the beach, or needs a bath.

Bruce Kelly, of Glendora California was just such a soul when in November of 1987 he visited hypnotherapist Rick Brown.

He disclosed that whenever he was on an airplane he was overwhelmed with terror the moment the cabin doors were latched. He could think of no reason for his fear, nor could he explain why he was so very afraid of water. He could only shower if his back was to the spray and he was simply unable to climb into a bathtub.

On the few occasions when he had been immersed in water he had become dizzy and nauseous and suffered from trembling and cramps. On top of all that he was regularly troubled by stabbing pains in his stomach and chest and no doctor had been able to explain.

Rick Brown was a Certified Hypnotherapist who had successfully treated many patients complaining of inexplicable maladies. Although only about one percent

of his patients experienced past life recall while regressed, he felt that Kelly could well be reacting to events that had occurred in a previous lifetime.

He hypnotized Kelly and asked him to recall the time and place where he was first affected by the terror. Kelly responded, "I'm in a Submarine...I'm dying". His name, he said, was James Edward Johnston.

Then he told a fearsome story of death by drowning in a small, lightless, metal chamber on the 11th of February, 1942. He said his submarine, the Shark, SS-174 was submerged near Celebes island when it was attacked by depth charges for the second time in two days.

This time he was not on duty because he had been confined to his bunk with two broken ribs suffered during the first attack. This second time the Japanese were more accurate, and he was caught in a rush of seawater as he tried to reach his station. He and all the crew were dead before the submarine had settled on the ocean floor.

These specific details and more were revealed during Kelly's first past life regression. Not only were they all confirmed by extensive research, the session was

successfully therapeutic. His fears of closed spaces and water faded away and he no longer experienced the pains in his torso (apparently caused by his past life rib injuries).

Although the goal of the hypnotherapy had been reached, the therapist was intrigued by the case and wanted to see what else might surface.

Although Kelly was a born-again Christian at the time, and could not accept the idea of reincarnation, he was likewise curious and agreed to further sessions.

These sessions filled out the life of James Johnston with confirmable facts in a way rarely accomplished. Brown was able to confirm the Johnston personality description of the battle theatre that included such facts as the names or numbers of four other US subs nearby, their base of operation, the mission of the Shark, and the full names of two other crewmen who went down with him.

That's hardly the end of the story. In trance, Johnston described much of his youth and the events that led up to his joining the Civilian Conservation Corps and being sent to Tule Lake in California, and Scottsboro and Guntersville in Alabama.

Born in Jacksonville, Alabama on February 1, 1921, he was raised by his unwed mother in one rented bedroom of a company-owned house in the Profile Cotton Mill Village.

His mother died young in March of 1936, and he recalled a cousin named Elizabeth, in Alabama, and a girlfriend, Molly Lassiter, in California. Also he remembered being especially fond of eating the ends of bread loaves, just as Kelly is currently.

Rick Brown made three trips to Alabama researching this case. The trip was filmed and was shown in part on a segment of Unsolved Mysteries.

When Kelly visited the house where Johnston was raised, he recalled that Johnston was only allowed to enter or leave the house via the back door.

When they met Johnston's cousin, whose name was indeed, Elizabeth, she confirmed that the boy was not allowed to use the front door. Then she asked if he remembered always eating the ends of bread loaves.

It is interesting to note that with only one tiny exception, no statement out of hundreds has been contradicted by research.

Another interesting point is that General Patton stated under Hypnosis that he had six previous military lifetimes.

As I stated earlier I have also had a past life regression where I was a Monk trying to understanding the writings of the Bible. This explained the ten years I have spent in researching the Truth and my desire to share it with others.

There is much more evidence of Reincarnation but it is not my intention to cover more of it in this book. To do that would cover many hundreds of pages which is far too much for this short book.

If you are interested in learning more, there are many sites on the Web or on Youtube that talk about the many examples given. For example, on Youtube, you can watch “8 Reincarnation Stories that will open your mind”.

11. Does science say there is an afterlife?

There is much evidence today that proves to me that the afterlife is scientifically proven. Some of this using double-blind testing, that gives evidence that the human body may die but you will not.

You will continue your journey as a Spirit back to the place you originally came from, which we call the Afterlife.

Two books that will convince any open-minded person of the existence of an Afterlife are:

* A LAWYER PRESENTS THE EVIDENCE FOR THE AFTERLIFE by Victor and Wendy Zammit. (This book is a best seller on Amazon).

* YOUR ETERNAL SELF by Craig Hogan

Of course, if you are closed-minded, you have wasted your time reading this far.

I hope you have learned that all of us, to some degree, have been programmed by others to run their programs. Our challenge as a Human is to recognize this and to change those programs that are limiting our Spiritual Growth.

I leave you with the most important message I can give you:

**ASSUME NOTHING IS TRUTH AND QUESTION
EVERYTHING**

(Including what I have told you in this book).