

*Invisible
Roots*

by Barbara Stone

Energy Psychology Press
Santa Rosa, CA 95403
www.energypsychologypress.com

Cataloging-in-Publication Data

Stone, Barbara
Invisible roots / Barbara Stone. — 1st ed.
p. cm.
Includes bibliographical references and index.
ISBN xxx-x-xxxx-xxx-x
1. Xxxxxx. I. Title.
xxxxx.xxxxxx 2008
xxx.xx'xx—xxxx

2008xxxxxx
Copyright © 2008 Barbara Stone

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic, mechanical, including photocopying, recording, or by any information storage or retrieval system, without prior permission in writing from the author.

Cover design by Victoria Valentine
Photos by Barbara Stone unless otherwise stated
Typesetting by Karin Kinsey
Editing by Stephanie Marohn
Typeset in Ex Ponto MM and Bernhard Modern Std
Printed in USA
First Edition

10 9 8 7 6 5 4 3 2 1

This book is dedicated to Dr. Elisabeth R uf,
my beloved analyst at the C. G. Jung Institute in Z urich
who helped me understand myself.

When you eventually see through the veils to how things really are, you will keep saying again and again, "This is certainly not like we thought it was."

–Rumi

Contents

Foreword by Bernie Siegel, MD.....	ix
Acknowledgments.....	xxi
Introduction.....	xxiii

Section I: Earthbound Spirits

Chapter One: Mary's Trip to School.....	33
Chapter Two: Guardians Galore.....	41
Chapter Three: Waiting for Onalea.....	47
Chapter Four: Goodbye, Grandma.....	51
Chapter Five: Sinking in Ice Water.....	57
Chapter Six: Friends Forever.....	67
Chapter Seven: The Bridge.....	79
Chapter Eight: No More Taxi!.....	85
Chapter Nine: Vow of Poverty.....	93
Chapter Ten: I Can Only Imagine.....	97

Section II: Past Life Trauma

Chapter Eleven: The Little Prince.....	107
Chapter Twelve: Jamestown Colony.....	113
Chapter Thirteen: Unbearable Pain.....	117
Chapter Fourteen: Trail of Tears.....	121
Chapter Fifteen: Stonewalled.....	135
Chapter Sixteen: Sister Maria's Peace.....	139
Chapter Seventeen: The Fallacy of Humans.....	147
Chapter Eighteen: Everything Serves.....	151
Chapter Nineteen: Learning Self-Love.....	155
Chapter Twenty: Progression of Past Lives.....	159

Section III: Root Cause

Part One: Levels of Healing	172
Physical Body Level.....	175
Energy Body Level.....	177
Mental and Emotional Body Level	181
Intuitive Body Level.....	189
Spiritual Body Level.....	191
Part Two: Working with Intuitive Level Issues	194
1. Earthbound Spirits.....	197
2. Curses and Hexes	225
3. Ancestral Wounds	231
4. Family Constellation Issues	234
5. Archetypes	239
6. Dreams.....	243
7. Soul Loss	247
8. Energetic Cords.....	251
9. Vows.....	255
10. Evil Spirits and Entities.....	259
11. Past Life Trauma.....	269
12. Other—Put on Your Soul Detective hat!	283
Part Three: Protocol for Working with Couples on Their Past Lives Together.....	284

Appendices

A: Therapist Tips.....	293
B: Dowsing	297
C: Centering.....	299
D: Clinical Kinesiology/Muscle Testing.....	313
E: Thought Field Therapy (TFT).....	317
F: Energy Psychology Treatment Modalities.....	325
Glossary.....	331
Bibliography	337
Index	343

Foreword

We all need to open to and accept our experiences rather than close our minds to what we do not or cannot believe. Medical training focuses on diagnoses and leaves out important aspects of healing such as teaching physicians self-care and how to listen to the experiences of their patients. Due to this deficiency, many doctors close their minds and reject ideas that do not fit into their framework of reality. Quantum physicists accept the reality they see before them, even if they cannot explain how or understand why it is the way it is. I encourage everyone to be open-minded and do the same.

As a physician, my life changed when a patient asked me to help her to live between office visits. Seeking answers for how to live, early in my career, I sought out other open-minded physicians who practiced holistic medicine. I also found many poets and authors who wrote about their direct experience and awareness of the true nature of life.

Years ago, many doctors criticized me for asking patients who developed cancer and other illnesses what had happened in their lives prior to the onset of the disease. This was before research revealed that loneliness lowers immune function, while laughter improves survival statistics. Decades ago in W. H. Auden's poem "Miss Gee," a doctor points to the origin of cancer by saying:

*Childless women get it,
And men when they retire;
It's as if there had to be some outlet
For their foiled creative fire.*

In the early 1900s, Jungian therapist Elida Evans wrote that cancer is growth gone wrong and a message to take a new road in your life. Other doctors said I was creating guilt and blaming the patient; however, I was brought up believing that God redirected us at times and that the curse of a life-threatening illness could become a blessing.

Barbara Stone is a prime example of turning a diagnosis of cancer (in 1991) into a challenge to live life more fully and to heal the past. As part of this process, she followed the turn her psychotherapy practice took as her clients began to bring past life trauma and earthbound spirits into the therapy room.

Today, I see how much people benefit physically from creating a new life. Taking a medical history focuses more on what is wrong with a person than on what is happening in that person's life, dreams, and experiences. Health professionals need to open to what is right with people and become the midwives of life's labor pains to produce a new person! Stories contain the truth. When people know you are open-minded and can accept and listen to their experiences, they will share their stories with you without fearing criticism and rejection.

For many years now, I have known Dr. Ray Moody, the author of *Life After Life*, and Dr. Brian Weiss, the author of *Many Lives, Many Masters*. I talked to Brian about a problem I saw in the theory of reincarnation. Parents would tell me stories about a deceased child returning years later in some visible and/or spiritual context. At the time, my reaction was, "Your kid is a bum. He should be reincarnated by now, in a new body and in school."

But Brian explained to me, "There is no time when you are out of your body."

Gradually, my mind opened to new frameworks of reality. Though I did not seek paranormal experiences, many of them came into my life and opened my mind to realms beyond the physical. I will share some of these stories with you, starting with one from my childhood.

Near-Death Experience

One day when I was four years old, I was home in bed with one of my frequent ear infections. I took apart my toy telephone by unscrewing the dial, then put all the pieces in my mouth as I had seen carpenters do while working with nails. Before I could take the pieces back out, I aspirated them and went into laryngospasm. As I write this account, I can still feel my

intercostal muscles and diaphragm forcefully trying to suck air into my lungs. My mother was in the kitchen, but because my larynx was totally obstructed, I was unable to make any sounds to attract her attention. Then I was not struggling anymore and was above the head of the bed, perfectly comfortable as I watched the boy on the bed die.

As a four-year-old, I found being free of my body a fascinating blessing. I never stopped to think about how I could still see while out of my body. People born blind are also able to see when they have near-death experiences. The book *Mindsight: Near-Death and Out-of-Body Experiences in the Blind*, by Kenneth Ring and Sharon Cooper, discusses these cases. I agree with the words of author William Saroyan who described a dying young man in one of his stories as becoming “dreamless, unalive, perfect.” The drawings of patients tell me the same thing. When people with disfigured bodies, amputations, and colostomies suddenly draw themselves as whole and perfect again, I realize they are telling me they are going to die and be perfect again, free of their bodies.

Although I felt sorry that my mother would find me dead, I preferred my new state and intellectually chose death over life. Then the boy on the bed began some agonal vomiting, which had the same effect as a Heimlich maneuver, and all the toy parts came flying out. As he began to breathe again, I felt very angry. Against my will, I found myself back in my body. I can still remember yelling, “Who did that?” My four-year-old thought was that God had a schedule and had made the decision that I was not supposed to die yet. Apparently, an angel did the Heimlich maneuver on me.

More Miraculous Interventions

Twice people driving through red lights have totaled my car. Once I fell off our roof when the top rung on my wooden ladder snapped off. None of these accidents resulted in any significant injury to my body. After mentioning these and other near-disasters in a lecture, a man in the audience told me I had an angel, and he knew his name.

When I asked for my angel's name, the man inquired, "What did you say when the ladder broke?"

I responded, "I yelled, 'Oh, shit!'"

He told me, "That's his name."

I will add that my angel always shows up when I call him in an impassioned way. Quantum physics teaches us that desire and intention alter the physical world, changing the outcome of events. Now, when I have an accident, I call my angel's name and start laughing so that I am relaxed when I hit the ground—as after skidding on the ice while riding my bike—and I don't sustain any injuries.

Spiritual Energy Healing

My next experience was with the healer Olga Worrall. I had injured my leg training for a marathon, and the pain was not responding to rest or therapy. Olga was a guest speaker at an American Holistic Medical Association



Norman Shealy, MD, lecturing on spiritual healers Ambrose and Olga Worrall at the Toronto Energy Psychology Conference "Lighting the Way to Wholeness," November 11, 2006. Note the orbs of light in the photo: Over Norm's head is an orb that may represent his spirit guide. Over the head of the woman in the front row, second from the left, is an extremely bright orb. Several orbs of different sizes appear near the ceiling. On the screen is a beautiful orb of light between Ambrose and Olga.

conference. My wife encouraged me to ask her to heal me, but I was too embarrassed to ask and very frankly was a non-believer. Nevertheless, my wife pushed me forward. Olga sat me down in a chair and placed both of her hands on my leg. The heat from her hands was incredible. When Olga finished the healing, I stood up and was completely healed. The pain was gone, and I could walk normally. I became a believer!

Spirit Guides

A few years later, Olga and I attended the funeral of a mutual friend. Afterward, as we were standing in a deserted hallway, Olga asked me if I am Jewish. I inquired, "Why are you asking?"

Olga responded, "Because two rabbis are standing next to you." She went on to tell me their names and describe their garments, which included their prayer shawls and caps. Her description of them was exactly what I had seen in previous meditation and imagery sessions when I had met these figures.

While giving a lecture one evening, I could not follow my notes. I felt like someone else was giving the talk, and I was simply verbalizing it for him. Since his talk seemed better than mine, I just let it happen.

A woman came up to me after the lecture and reported, "I've heard you before. That was better than usual, and standing in front of you for the entire lecture was a man. I drew his picture."

Again, she drew the exact face and features of my inner guide. I have the picture hanging in our home.

Messages from Beyond

One of my patients revealed to me that she was a medium who communicated with the dead, and since she knew I wasn't a normal doctor, she felt she could talk to me about the messages she had received for me. At various times, she gave me messages from people who had died. She named the people and spoke with words and expressions that sounded like them.

One unforgettable message was from a doctor named Frank, a deceased member of our cancer support group. Frank communicated, "Bernie, if I had

known it was this easy, I would have bought the package a long time ago and not have resisted death so much.”

When I relayed this message to his wife, she exclaimed, “Oh, my God! That’s what he would say every time we left your group—I can’t buy the package.”

More recently, this medium called me after my mother died. The medium lives far from my mother and me and had no conscious way of knowing about my mother’s death.

She told me, “Your mom and dad are together and are happy and proud of you. They are being shown around by a woman who likes cigarettes and chocolate. Do you know who that is?”

Since I told her I didn’t, she continued, “Oh, it’s Elisabeth Kübler-Ross. She’s showing your folks around.”

This fit, as Elisabeth liked the items mentioned and was my dear friend and teacher before her death in 2004.

Synchronicities and Appearances

During one group therapy meeting, a woman was talking about the murder of her daughter. During her other daughter’s outdoor wedding, a bird interrupted the ceremony with an incredible amount of noise. Since the deceased daughter had loved birds, everyone felt that her spirit was in this winged one. As the mother told the story, a bird flew into our therapy room through the open window—the only time in all the years we used that room that a bird ever entered. Of course, we all thought, “It’s your daughter saying hello again.”

I look for pennies from heaven to tell me I am on the right path. When my mom died, we found more than three dozen pennies in and around the house, with no explanation for how they got there. I would pick them up walking to the mailbox, then find more on the way back to the house—pennies that were not there on my trip out!

Telepathic Communication and Nonlocal Consciousness

I totally believe that consciousness is nonlocal and not limited to the body. A few years ago, one of our son's indoor cats disappeared when a door was left open. After several weeks with no sign of her, I was sure she had been killed by a predator. I pestered a friend of mine, Amelia Kinkade, who is an animal intuitive in Los Angeles, to tell me the whereabouts of the cat. We live in Connecticut, and Amelia has never been to our home or our son's nearby home.

One day I received an e-mail from Amelia, saying, "The cat is alive because I can see the moon through her eyes." She detailed the other animals, and people who were presently involved with the cat. She also described our son's house and yard in exact detail. Amelia reported the cat was under the house, which made no sense since the house had a foundation with no open space under it. Nevertheless, the following day, I stood in my son's yard calling the cat's name and finally heard her cry from under an outdoor stairway with sides that came down to the ground. She had been hiding there to protect herself from the aggressive cats that lived in the yard.

I now talk to our animals. Recently, when I stopped for gas, an abused dog I had just adopted jumped out of my car and ran out into the street. When I got home, I asked him nonverbally, but consciously, why he did that. The dog communicated that his former owner was an abusive alcoholic. He would tell his wife he was going to take the dog for a walk, then go to a bar to drink and lock the dog in the car. Now the dog does not jump out of the car, even if I leave the car door open.

Past Life Memory

My next experience came during a phone call. I was telling a friend how busy I was, and she inquired, "Why are you living this life?" Her intention was to get me to slow down and travel less, but her question sent me into a trance. I immediately saw myself with a sword in my hand, killing people. My first thought was that I had become a surgeon in this life to use a knife to heal rather than to kill.

A few days later, while looking out an airplane window, I went spontaneously into trance again and saw a past life that felt like it happened in Ireland. The experience was like watching a movie in which I was acting. I was a knight, and the lord of my castle was angry at a neighboring lord for continuously infringing upon his land and not abiding by their property boundaries. My lord summoned me and ordered me to kill the other lord's daughter in retribution. I suggested he kill the neighboring lord instead of his daughter and inquired what would happen if I refused. He asserted, "Then I shall kill you." Well, my fear and survival instinct led me to consent, and off I went to the neighboring castle.

I told the inhabitants I was traveling through and asked to rest there awhile. They welcomed me in. I avoided the young woman to minimize my emotional involvement and learned the location of her room. I befriended her dog with treats so he would not be aggressive toward me. Then one evening, I quietly made my way up the stairs to her room and opened the door. I wanted to kill her while she slept so she would have as little pain as possible. As I opened the door, her dog came forward. I offered him a treat, but he sensed my intention and growled. I brought my sword down on his skull, killing him. The sound disturbed the young woman, and I turned quickly to kill her before she awakened, but I was too late. As she turned and looked at me, I saw the face of my wife in this lifetime and knew they were incarnations of the same soul. Nevertheless, I proceeded to chop her head off.

This past life memory devastated me. I sobbed for hours afterward and intermittently for days. At the same time, I realized why my wife's face has always had a hypnotic effect on me and why I am so involved in rescuing animals. Our home has always been a shelter for a multitude of animals of every species, and I keep rescuing more animals at our local animal shelter. No matter how upset or angry I feel with my wife, when she looks at me, the negative feelings evaporate. We met while working as counselors at a children's day camp and have been married for almost fifty-four years as I write this.

When I presented the young woman's head to my lord and asked him if it made him happy, he replied, "You did it, not me. If you had faith in me, the outcome would have been very different."

His response confused me and tore me up inside. How could I place my faith in someone who would make this kind of demand on me? My heart was heavy with sorrow and regret for what I had done to the woman and her dog, yet my only other choice had been my own death. This past life memory made trusting in my faith and decisions extremely difficult.

I remained very distressed until I was reading some of James Hillman's work, and his name appeared three times in articles I was reading. I called him, and he invited me to come and talk. Dr. Hillman is a Jungian analyst, and I learned later that he did a process with me that Carl Jung developed called "active imagination," in which one sets up a conscious dialogue with a figure from disturbing material. This interaction completes unresolved trauma and can lead to a breakthrough in consciousness. Hillman encouraged me to relive the experience to see what I could learn and to realize I was talking about my true Lord and not just the lord of a castle.

I went back into a trance, saw the memory in my mind's eye, and created a new dialogue. I said yes to my lord's request, with no hesitation. This shift in my attitude altered the interaction profoundly, and I realized that I had said yes to my true Divine Lord, as Abraham had, not just to the earthly lord of the castle. My true Lord put his hand on my shoulder and said, "Wait, my son."

I replied, "I am not your son. Why do you call me your son?"

My Lord assured me, "When you have faith in me, you are my son. Now go and bring the young woman and her father here to talk to me. I promise no harm will come to them."

I went back to the young woman and convinced her that I would give my life to protect her and her father. They agreed to come with me. When we stood before my Lord, he inquired, "Why are you standing in front of them?"

I responded, "To shield them from harm." He reassured me that no harm would come to them.

Then he said, "I can see you and the young woman have affection for each other. So I suggest that you two marry and that the land we are talking

about becomes your wedding present. Then we will become one family with no boundaries to fight over.”

Ultimately, this experience taught me to have faith in the true Lord. Like Abraham, Jesus, Moses, Noah, and others, I understand that what our true Lord asks of us is always for the greater good. And in this lifetime, I did marry the young woman and become one family!

I know that my wife and I have had several lives together, and I still feel the need to care for her and make up for what I did to her out of fear in that knightly lifetime. We have five children who may also have shared the past with us. After realizing that my choice to become a surgeon correlated to my desire to use a knife to heal rather than to kill, and then moving into an area of therapy where my spoken and written words became my instruments of healing, I was stunned by an art project our son Stephen did in school. He filled a canvas with the word “words” repeated over the entire area:

wordswordswordswordswords

In the center he wrote, “wurdz saying nothing.” This project hangs on the wall in our home, because it brought awareness that the letters can become:

swordswordswordswordswords

and that I, and doctors in general, can kill or cure with words or...swords.

Conclusion

I believe we bring unconscious awareness of the events of our past lives with us throughout our life experience. I believe that when the body dies, consciousness continues to exist and relocates or reincarnates into a new body in a circle of life. Just as a graduation is also a commencement, so death is also the beginning of a new cycle of life. Because of the brain wave patterns of a child, a parent’s words have a hypnotic effect on the child up until the age of six. Likewise, our past lives have this same unspoken, hypnotic effect, which we each bring with us at birth. The choices we then make are related to our past lives, even when we are not consciously aware of why we do things the way we do. Thus, the more we heal from our past life trauma, the better

the future will be—our future incarnations and the future of society and our planet as a whole.

I encourage everyone to read *Invisible Roots* with an open mind, even when the experiences of Dr. Stone's clients take you beyond your current belief systems, to see how the healing knowledge in this book can help you liberate yourself from the wounds of your past and step into the presence of your true, authentic self.

Bernie Siegel, MD

April 2008

Acknowledgments

Many contributed to the research and writing of this book and I am grateful to them all. Though space does not permit thanking all of the family members, friends, colleagues, teachers, mentors, analysts, health care practitioners, and authors who have opened my understanding, I will name a few.

First, I thank all of my clients and consultees for their courage in exploring the depths of their beings. I have learned so much from each one of you! Special gratitude goes to those who gave permission for me to share their stories in this book.

Next, I thank my partner, Bert Fellows, for his expert advice as a psychologist in shaping the manuscript, his editing skill, his wisdom during difficult moments, and most of all, for his loving support and patience while my attention was focused on writing this book!

I am grateful to my older sister, Johanna Mary Stone, for her influence on my life and especially for the increase in spiritual activity in my practice as she transitioned from her physical body into the Light. I also thank my mother, Rosa Stone, for her love of books, for supporting my education throughout my life, for introducing me to Jungian psychology, and for editing the earliest version of this manuscript and guiding the process with her broad knowledge of psychology.

I thank the many others who gave feedback and helped bring the manuscript to clarity: Dorothea Hover-Kramer, Greg Nicosia, Cindy Robinett, Sarah Courtemanche, Leonard Kilmer, Michele Seay, Evy Fellows, Mary Hammond, Diane Eyer, and Jane Beard.

I am deeply grateful to Dawson Church for believing in this book and guiding the publication process, and especially for his outstanding dedication to the whole field of energy psychology. I also thank my wonderful editor, Stephanie Marohn of Angel Editing Services, for her skill and appreciative engagement with my book. Heartfelt thanks also go to Bernie Siegel, MD, for his enthusiasm for this project and his willingness to step beyond his medical training into the fullness of human experience.

Gratitude also goes to my mentor and teacher Greg Nicosia for introducing me to energy psychology and for inviting me to serve a term as a board member of the Association for Comprehensive Energy Psychology (ACEP) and to all the ACEP members and teachers who joyfully spread their knowledge of the power of energy psychology to relieve human suffering around the globe.

And finally, I am grateful to all the Beings of Light who guide my path.

Introduction

The research for this book took my soul into places far outside my comfort zone. Past lives, discarnate spirits, hidden childhood trauma—neither my upbringing in a traditional Protestant church nor my professional education had prepared me for the emotional impact these volatile discoveries held as I searched with my clients for a path to true and deep soul healing.

The method we used was phenomenological research, which captures the richness of individual experience, then examines the essence of how this experience presents itself in consciousness to find its underlying principles. The ideas in this book will be new for some people and may seem initially threatening to others. Theories of healing outside of the current paradigm often trigger criticism.

In mid-nineteenth-century Vienna, physician Dr. Ignatz Semmelweiss met with opposition when he proposed that an infectious agent was responsible for the 16 percent death rate from puerperal fever, commonly called “childbed fever,” among women who gave birth in his hospital. Dr. Semmelweiss noticed that women who delivered their babies at home with midwives had a much lower death rate from puerperal fever. He postulated that the culprit was a tiny infectious agent, too small to see with the naked eye, present in the hospital.

People have a hard time believing in the existence of things they cannot see, and the colleagues of Dr. Semmelweiss ridiculed his theory. Later, when the microscope was perfected, we could see these tiny organisms. Now the existence of bacteria is commonly accepted, and we can defend ourselves from their harmful effects by washing with antiseptic solutions and using antibiotics.

Many people likewise do not believe in discarnate spirits because they cannot see them; however, we now have a technology that can photograph fields of energy invisible to the naked eye, called Polycontrast Interference Photography (PIP), invented by Dr. Harry Oldfield. A healer invited Dr. Oldfield to photograph her while she worked, explaining that her spirit guides

had invited him to take their picture. In the digital image on his PIP camera, Oldfield saw a nun and the face of a boy with red hair. Maintaining scientific skepticism, he inquired what her guides looked like. The healer responded, "I have a young nun who died when she was a novice, so she wears the white habit still, and a young boy who died in the nineteenth century on the wagon trains to California. He is a precocious youth with red hair."¹

Just as knowing about bacteria helped us protect ourselves from bacterial infection, examining the dynamics of past life trauma, earthbound spirits, and other issues that bind our life energy can help us protect ourselves from their detrimental effects.

Heresy!

Like the colleagues of Dr. Semmelweis in reacting to his hypothesis, I approached the theory of reincarnation kicking and screaming that it was an outrageous heresy! I grew up with the dualistic belief that after death a soul went to a resting place to await the final judgment, when good people went to heaven and bad people went to hell. When my younger sister started believing in reincarnation, I thought she was terribly mistaken and was pretty sure she was headed for the hot place!

As I did my own work in therapy, however, and searched the subconscious mind to find and release the structures that held trauma for my clients, I had to change my belief system to incorporate what I found. This detective work for the soul indicates that people behave as if the theory of the soul having multiple incarnations is true and as if consciousness survives after the soul is no longer connected to a physical body. Whether these paranormal ideas have objective truth or not, they are effective therapeutic tools.

Catalysts for Healing

Sometimes certain details from my clients' past life memories do not quite match what history books say happened at that time. Sometimes the names that souls ask us to call them do not sound like names from the cultural setting of the past life. Yet the stories that pour forth from the souls of

my clients carry tremendous emotional impact and act as powerful catalysts for healing present life issues.

In essence, I assume that what my clients tell me is absolutely true metaphorically, whether or not it has any objective, historical accuracy. We work to detect the structure of the emotional impairment that has brought the person into therapy and the soul story that needs to be treated to bring healing to the wound. Belief in the theory is optional.

Captain Robert Snow, a highly respected officer in the Indianapolis Police Department, was totally dedicated to rational thinking. At a party, he accepted a dare to be hypnotized just to debunk hypnosis. To his amazement, under hypnosis, he had vivid memories from the life of a little-known painter named Carroll Beckwith. Because he did not believe in reincarnation, Detective Snow launched an intensive two-year investigation aimed at finding some alternative explanation for how he knew so much about Beckwith. He even wrote a book about it, called *Looking for Carroll Beckwith*. In the end, the evidence for Beckwith being his previous incarnation was so overwhelming that Detective Snow had to revise his belief system.

Prevalence of Belief in Reincarnation

A Gallup survey from 2005 reported that about 75 percent of Americans hold some paranormal beliefs from a list that includes reincarnation, extrasensory perception (ESP), communicating with the dead, haunted houses, ghosts, and mental telepathy.² More specifically, Gallup indicated that 20 percent of all adults in the United States believe in reincarnation. Among U.S. Christians, 25 percent believe in reincarnation, including 10 percent of all born-again Christians.³

The doctrine of reincarnation was a central tenet in most ancient religions and is widely accepted in most countries other than the United States. The following statement about reincarnation is so ludicrous, humorous, and shocking that I quote it directly from its source in Newsweek: “In one of history’s more absurd acts of totalitarianism, China has banned Buddhist monks in Tibet from reincarnating without government permission.” This

law went into effect in September of 2007 and is aimed at letting the Chinese authorities choose the next Dalai Lama, whose soul is continually reborn to continue the work of relieving suffering in the world.⁴

Alternative Explanations

Following are some possible alternative explanations (not involving belief in reincarnation) as to why past life therapy works:

- Jesus often taught in parables, telling a story that taught a spiritual truth. Past lives could be considered metaphors, stories that come forth as parables, setting the stage for the emotions that need to be healed in the current life.
- Sometimes a life problem that shows up as a traumatic past life issue may actually come from the life of a forefather—a life in one’s genetic history. These ancestral memories of trauma may be imprinted into the DNA and passed from generation to generation, consistent with the biblical teaching that the sins of the parents fall on their children up to the third and fourth generations.
- Swiss psychiatrist Carl Jung theorized that every person who has ever lived is connected to the matrix of the web of human life through what he termed “the collective unconscious.” Every action taken by any one person resonates through the whole of humanity, whether for healing as with Mother Teresa, or for wounding as with Adolph Hitler. Everyone is linked into this collective pool of life experience. At times, pieces of this web may surface as archetypal patterns and feel as if they are “past lives” of an individual’s soul.
- Reincarnation may simply be “Archetypal Synchronistic Resonance,” a term coined by author Jeffrey Mishlove, PhD, to explain the synchronicities that lead people to the conclusion that their soul may have had a past life. The term neither accepts nor rejects the theory of reincarnation; however, it does say that at times a powerful bond exists between a current life and the life of someone from the past.

Dream Scribe

In my thirties, I went into Jungian analysis and began keeping a dream journal. In one dream, a scribe read me a list of people I had been in other incarnations. I did not believe in reincarnation at the time and vehemently resisted this idea. One of the people on the list was Simone de Beauvoir, a French author born in 1908. Since she was still living at the time of my dream, I decided my dream scribe had to be mistaken. How could Simone be my past life when she was still living? The concept of a soul being able to have simultaneous incarnations (as discussed in *Seth Speaks: The Eternal Validity of the Soul*, by Jane Roberts and Robert F. Butts) was even more foreign to me than the theory of sequential incarnations. Trying to find an alternative explanation, I reasoned that perhaps someone else in history had carried the name of Simone de Beauvoir before this well-known author. After all, my health insurance company had seven people named Barbara Stone in their system. I was not an author at the time of the scribe dream; however, I had always felt a burning desire to write a book.

Though I still have difficulty believing that Simone de Beauvoir was an incarnation of my soul, I see from my current perspective that issues in my own life resonate with threads in hers. Writing was the way she communicated, and her ideas broke new ground. Before her death in 1986, she wrote on politics, ethics, and feminism, including a landmark book about the status of women, *The Second Sex*.

The dream also seemed particularly ludicrous to me because one of the people on the list was King Henry VI of England. To prove this theory of reincarnation wrong, I set out to study the life of Henry VI. To my chagrin, I found that I do carry an “Archetypal Synchronistic Resonance” to issues Henry faced. His parents placed Henry in a monastery as a boy because they were too poor to maintain the servants necessary to run the castle. Henry grew up so pious in his devotion to God that he would not fight on Sunday. During his reign, the French, under the leadership of Joan of Arc, easily defeated the English in many battles on Sundays. Henry was not a very good king and lost all the English territory his father Henry V had gained. Henry

became mentally ill and had catatonic spells. He lost the throne and was exiled, fleeing for his life. His wife managed to get him reinstated eventually, but shortly thereafter, he was murdered in the Tower of London, stabbed in the back while praying. After his death, he was made a saint, and healing miracles happened when invoking his name.

How does Henry's life resonate to my life issues?

- Mental illness. I truly love finding out how mental disorders work and how to turn suffering into healing, and I have a special place in my heart for those suffering from schizophrenia.
- Devotion to God. This drive runs my life.
- Healing miracles. The new field of energy psychology has made possible rapid, deep, lasting healing for my clients, and each session feels like a miracle.

I remain with some challenges Henry faced and failed:

- How to live a spiritual life in a secular world.
- How to claim my power without misusing it.
- How to hold on to my sanity when the world seems to be falling apart around me.

God's Will

Being diagnosed with breast cancer in 1991 was a turning point in my life. My first book, *Cancer As Initiation: Surviving the Fire* (1994), is the autobiographical account of the holistic approach I used, including surgery, radiation, and chemotherapy as well as acupuncture, meditation, and a host of other complementary therapies. After I recovered, I dedicated my life to God, asking to be used according to God's will, not mine. Working with ghosts was not on my list of things I most wanted to do—but God had other plans!

Discarnate spirits started coming to therapy via attachment to my clients, and I had to figure out how to deal with this situation. When a spirit was present, I noticed that the room got very cold, my clients suddenly seemed to

take on someone else's problems, and their level of physical energy dropped extremely low, as if two people were running on a battery that had enough power for only one. I also had to figure out how to approach this subject without sounding like I had lost my mind. This challenge birthed the Soul Detective protocols presented in section III of this book.

Powerful Therapeutic Tools

The crucial and important lesson I learned from my clinical experience is that whether the stories my clients tell of past lives, spirit attachments, and childhood trauma have any historical accuracy or not, working as if they are true releases the trauma and helps people to heal.

A more complete list of theories as to why spirits remain earthbound appears in that section, but several major reasons seem to be the following:

- Being unable to let go of emotional attachments on Earth.
- Having strong negative feelings at the moment of a traumatic death.
- Fearing retribution for misdeeds.

In addition, people are sometimes so confused or disoriented at the moment of death that they do not realize the spirit has left the body. Consciousness remains after death, and a person can see and hear everything. Author Gary Leon Hill quips on the back cover of his book *People Who Don't Know They're Dead*: "Being dead is so much like being alive that many people die without realizing their condition." So if you ever find that everyone stops talking to you, acts as if you are not there, and that people walk right through you, consider the possibility that your spirit is no longer in your body—and look for the Light!

Book Preview

The first section of this book consists of ten chapters, each with a case history in which an earthbound spirit was the root cause of the client's emotional disturbance. In the case histories in the ten chapters of the second

section, the root cause of the emotional blockage was past life trauma. These detailed case histories show the varieties of human experience, both incarnate and discarnate, in this lifetime and throughout history.

The third section of the book outlines my method, which integrates and synthesizes the work of many other energy psychology teachers and healers. I call my form of therapy “Soul Detective” because it uses the client’s own energy system to detect how a targeted problem is encoded in the client’s soul, then systematically unlocks and removes each barrier to healing.

I began this journey of working with discarnate spirits with fear in my heart. Frankly, I was afraid of people without bodies! But as I have drawn on help from the spiritual world, the angels of healing have made this journey of working with past lives and rescuing earthbound spirits and helping them cross into the Light one of the greatest joys of my life. The following chapters tell some of the heartwarming stories of this journey. (Names and identifying details have been changed to protect confidentiality. All stories are used with permission.)

SECTION I

Earthbound Spirits



CHAPTER ONE

Mary's Trip to School



“Something is not right,” Margaret asserted over the phone. Her voice was urgent as she continued: “All of a sudden, for the past three days, I have had no energy, can’t think straight, have no appetite, can’t sleep, feel totally exhausted, and my voice is hoarse. I’m supposed to start my new job teaching first grade in a couple of days. Can I come see you for a psychotherapy session?”

Margaret and I had worked together for several years on family issues, and these symptoms sounded nothing like the well-organized, highly intelligent schoolteacher I knew. I wondered what on earth could be going on and responded, “I’ll get you into my schedule right away.”

One session of delving into the invisible roots of these symptoms surprised and amazed us both. The process stretched Margaret’s belief system and led us outside the commonly accepted framework of reality—and our work also helped a little girl named Mary even more than it helped Margaret.

Detecting Root Cause

Currently in her late forties, Margaret had suffered from a long history of Crohn’s disease. She had taken a leave of absence from teaching the previous year while attending to her mother’s final year of life. After her mother’s death, Margaret had gradually rebuilt her energy and was very happy to land this new teaching job. She feared her symptoms might be another episode of Crohn’s disease.

Margaret sensed that her energy field was not centered, because she could not think straight. When we checked the perimeters of the energy field around her body with dowsing rods (see appendices B and C), we found that her energy field had shifted backward, a condition consistent with feeling exhausted. We began with a quick centering exercise.

Then we set our intention to find and treat the root cause of Margaret's disturbances. To access the wisdom of her subconscious mind, we used a form of clinical kinesiology called "muscle testing," described in detail in appendix D. The basic premise of muscle testing is simple: A muscle tests strong to a true statement and weaker to a false statement. Muscle testing indicated that the best place to start therapy for these strange symptoms was an intervention to increase her vitality via a modality called NeuroModulation Technique (NMT; see appendix F). We further muscle-tested that a major source draining her vitality was an earthbound spirit.

Naturally, Margaret wanted to know how an earthbound spirit worked and whether it was the same as a ghost or being possessed. Every time this issue comes up in therapy, I cringe inside as the thought flits through my head that my client might think that I have dissociated from reality. After all, I hold a doctorate in clinical psychology and am about to tell my client that to get better we need to do therapy with a deceased person whose energy field is attached to hers. Even though I have done soul rescue many times with very good results, the scientist within me still holds the whole phenomenon of earthbound spirit attachment in the light of examination until I see positive results in my client's emotional life. Yet to uphold my dedication to providing client-centered psychotherapy, I need to address the problem the way the client's subconscious mind tells me it is configured, laying aside judgment on whether the situation has objective truth.

I explained to Margaret that some people die confused, afraid, or disoriented and do not know what has happened. Consciousness remains, so the person can see and hear everything. Not realizing death has come, the spirit might not follow the Light to reconnect with Source energy. These spirits who are bound to the Earth plane often wind up feeling very depressed and lonely since hardly anyone will talk to them. To add to their isolation, when

they try to get someone's attention, the person just walks right through them. They cannot figure out what is wrong. Since the human body generates energy, and since the earthbound spirit no longer has its own power source, the attachment of the earthbound spirit to a living person will drain the life energy of the host.

This situation is different from a possession, in which a spirit takes control of the mind and body of someone else. An analogy is that an earthbound spirit is like a passenger on the back of someone's bicycle, increasing the load for the person pushing the pedals. In spirit possession, a discarnate being takes over the handlebars. I explained to Margaret that her sudden unusual disturbances might come from the feelings of an earthbound spirit who had attached to her energy field. Also, this situation is different from loved ones who die, go into the Light, and then return in their new spiritual bodies to help people on Earth. Since these heavenly spirits have reconnected with Source energy, their presence is warm and comforting, like the presence of angels, Beings of Light who were never in human form.

Soul Detectives at Work

To find out more about Margaret's earthbound spirit, we followed the Soul Detective protocol I developed, explained in detail in section III, which uses muscle testing rather than hypnosis to access the contents of the subconscious mind.

First, we muscle-tested the statement "This spirit is male." The muscle went weak, indicating that statement was false. Next, we tested "This spirit is female." This time the muscle stayed strong, indicating the statement was true. Muscle testing further indicated that this spirit had been with Margaret for about three days.

Margaret wanted to know if the spirit was her mother, an appropriate question since her mother had recently died. Muscle testing indicated this spirit was not her mother and instead was a seven-year-old child who had died from an illness. Our hearts melted for this poor little girl who wanted us to call her Mary. Margaret had picked up Mary's spirit at the new school three days earlier, which was exactly when all of her symptoms had started.

I asked Margaret to tell Mary that we had some good news for her. She was going to get a brand new body! Margaret's heart opened up to this little girl, and she immediately made an intuitive connection with Mary. From here on, we no longer needed to use muscle testing to get information about Mary. Since Mary's energy field was attached to Margaret, their mental fields were like two computers that were networked. Margaret could "open Mary's file" and sense what was going on with her through mental telepathy.

Margaret reported that Mary did not know she was dead and insisted she was still in her body. We asked if she remembered being sick, and Mary did not remember any illness. But she did know that she was with Margaret. Although Mary's responses did not match Margaret's muscle testing that Mary had died from an illness, we went ahead with our Soul Detective work.

We next had Margaret look in the mirror to show Mary the body she was in. Margaret laughed and exclaimed Mary's thought, "The body I'm supposed to have is not this old lady's body!" We explained to Mary that since she did not have a physical body to generate energy anymore, her attachment to Margaret was draining Margaret's life energy. Furthermore, she was missing out on getting her new spiritual body. Then Mary got scared, as she realized she was dead and could no longer stay with the nice lady Margaret.

Since Mary felt frightened, we offered to help her feel better by tapping on a series of acupressure points (see appendix E) to relieve fear, calling it a "Tapping Game." Mary consented, so Margaret tapped the points on her body to show Mary where to tap and then visualized Mary tapping on herself. Even though Mary did not have a physical body, since she was attached to Margaret's energy field, she got the benefit of Margaret's tapping.

Meridian Tapping

Everyone knows that fear makes the stomach knot up. Tapping un-der the eye, which is the acupressure point at the top end of the Stomach meridian (energy channel, according to traditional Chinese medicine) unlocks this fear by bringing the line of life energy to the stomach into balance. See appendix E for more detail on the development of this new form of rapid release of emotional disturbances and a chart of the correspondence of treatment points to meridians and emotions.

We first had Mary tap under her lip to release the shame that was blocking her healing. Then we tapped under the eyes, arms, and collarbone to clear the fear from her Stomach, Spleen, and Kidney meridians. Mary felt calm after this tapping game. Now we were ready to help Mary find a guide to get back home to God. Since Mary did not know anyone deceased, we called an angel to help her get her new body.

Mary wanted to know, “Where are my parents?” We explained that since Mary was not in her body anymore, her parents had buried her body, stopped talking to her, and thought she was dead. Mary insisted she wanted them to know they could still talk to her. We asked for the names of her parents, hoping to locate them and fulfill this request. Mary replied, “Mommy and Daddy.” At seven, she did not remember their given names.

After a moment of disappointment, we scrambled to figure out how we could grant Mary’s wish, and an idea arose. Margaret and I prayed for Mary’s guardian angel to talk with the guardian angels of her parents and to send them a dream with three messages:

Mary was all right.

She was going to heaven to get a new body.

They could talk with her anytime they wanted.

After this prayer, Mary felt ready to go to heaven. To help with this important passage, we called an angel of protection, Archangel Michael, and also all of the guardian angels for Mary, Margaret, and me. When angelic presence is invoked, the quality of light in the room changes, becoming both brighter and softer at the same time. Radiant joy was present in the room as we invited Mary to take the hand of an angel and go home to God. Tears welled up in our eyes at this numinous moment. As Margaret felt Mary’s spirit detach from her and go upward, Margaret felt lighter and more energetic.

I asked Margaret to check inside whether she needed to know anything else about the situation. Margaret saw an intuitive flash of Mary being hit by a vehicle on the way to school. Not realizing she was dead, Mary had just gone where she was supposed to go—to school. We muscle-tested that this

accident happened ten years earlier. Since this cause of death differed from our muscle test that Mary died from an illness, we retested her cause of death. Again, the muscle held strong for dying from an illness, but it also held strong for dying from an accident.

Puzzled by this contradiction, Margaret did some internal intuitive detective work to figure out how both of these statements could be true. Margaret then relayed her sense that nobody knew this child's vitality had been compromised by an underlying illness in her blood. The accident would not have killed a healthy child, but because of Mary's weakened condition, it was fatal. Though her parents must have deeply grieved her death, if they had not lost Mary from this accident, they would have had to watch her die a slow and painful death, perhaps from leukemia. Their suffering would have been increased. We wished we could have comforted the parents with this insight and hope they will find this book.

Results

At the end of the session, we doused Margaret's energy field again and found it was totally centered and much larger than its original size. Although she still felt tired—she had been working with very difficult emotions—she no longer felt the exhaustion she had arrived with nor any of the other presenting problems. Margaret realized that much of what she had been feeling would be the way a seven-year-old might feel in Mary's situation. The confusion could have come from head trauma in the accident. The poor appetite and insomnia could have been signs of depression from feeling abandoned by her parents—an emotional issue that resonated with Margaret, who had been adopted. After the session, Margaret's skin tone took on a rosy color, and she looked refreshed, vital, and joyful. Her heart was filled with peace, knowing that she had helped this child even more than she had helped herself.

The next day, Margaret e-mailed: "I went to my classroom today with a friend to get things in order, and we accomplished a tremendous amount in an hour and a half. I did not get to rest, and I am still going at around 10:30 tonight! Thank you for all your work!"

Further Questions

This whole process brings up some important questions:

- How many people remain earthbound when they die?
- Why don't they all go back home?
- Why did Mary attach to Margaret and not to someone else?
- Will Margaret pick up other spirits?

Although some of these questions may always remain a mystery, the experiences that came through this pioneer work with my clients have led me to forge theories about what might be happening.

Doing classical scientific research on these questions would be difficult, as most of the data would have to be gathered from the deceased, and the scientific model usually excludes the concept of life after death. Here are some theories that grew out of my review of the literature and my own phenomenological research:

- Sometimes a person is not able to let go of someone who dies, such as a parent, partner, or child, so the deceased person remains earthbound to try to comfort the one who is grieving.
- People who come to Earth to be of service to others sometimes broadcast this intention on the spiritual level, and spirits who are in need take them up on their offer. Margaret is a very compassionate woman and loves children. Her heart goes out to these little ones who are suffering, and she wants to help them. But helpers will burn out if their own life force is drained by “hitchhikers.”
- The person who picks up a spirit attachment usually carries an emotional wound similar to that of the spirit. This wound in the host may be the portal through which the spirit enters. Margaret was adopted, and many children who are put up for adoption carry deep emotional wounds from not knowing why their birth parents gave them up. Likewise, Mary did not know why her parents had stopped talking to her, so she too carried feelings of parental abandonment. The web of life connects all beings in the Universe, and each person's healing affects us all, making the healing

process easier for everyone else with a similar problem. Mary's healing helped heal Margaret's heart.

- A person who dies may not realize what has happened. They cannot figure out why people stop talking to them and walk right through them.
- Psychiatrist George Ritchie's pioneering book *Return from Tomorrow* (1987) is a fascinating account of his death in an army hospital at age twenty and his return to life nine minutes later. While dead, heartrending loneliness set in as he realized other people could neither see nor hear him. His subsequent encounter with the Son of God and travel through other dimensions of time and space transformed his awareness. Raymond Moody heard Dr. Ritchie's remarkable story in 1965 when Moody was an undergraduate philosophy student. Coming from a well-respected physician, the account had credibility. Later, Dr. Moody began investigating near-death experiences. His book *Life After Life* (first published in 1975) contains over a hundred case studies of near-death experiences. The fact that this book has sold over thirteen million copies indicates people's hunger to know what happens after we die.

Invisible Roots continues in the next chapters with more examples of healing that came through releasing spirit attachments. Readers, please feel free to form your own theories of what might be going on in these true case histories.