

Dr. Okuyama

Good morning ladies and gentleman. Thank you very much for coming to my workshop I feel honored and very happy to see you all here. The theme of my workshop today is “Dialogue with the Light”.

At first I would like to talk about the current situation in Japan from the psychological and metaphysical point of view. Then I would like to explain the process of my regression work in my clinic. At the end of the seminar, I would like to do the group regression to experience the past life which will give you understanding of why you all gathered here.

In the Japanese culture, traditional people would not mind paying money for physical treatments such as a blood test, injections, medication and X ray examinations, but therapies which treat the invisible aspects of man, the mind and emotions, have been ignored for a long time. We are not paying attention to take care of our inner well being and psychological therapies are not acknowledged either politically or economically.

For both Japanese people and Japanese society, ‘effort’, strong will, ‘spirit’ and patience are the important virtues. Let me tell you an example. Someone who does not work because of his mental disability or illness is considered to be just lazy. A raped woman is blamed because she carelessly created an opportunity for the man to rape her. The people or the group that has power is always right. This kind of “the logic of the strong” had been accepted in Japanese society up until recently.

After the ‘bubble economy’ burst in the 1990’s, this value system of the ‘strong’ also collapsed. At the same time, Japanese people lost their trust in money, power and honor. Streets were full of people who did not know what to believe in. They just got lost.

Crimes, murders and suicides were increasing. Then the “Aum Incident” occurred in 1995. The cult called Aum Shinrikyo killed many people randomly. They scattered toxic gas called, ‘sarin’ and indiscriminately murdered people in subways and in other places. Aum Shinrikyo started its activity in 1984, at first as a Yoga circle.

In 1989 it became a religious cooperation consisting of 10000 followers. They were practicing mainly meditation and Yoga, but along its way, followers worshiped Shoko Asahara as their absolute leader. Based on their philosophy of “the end time” they committed the Sarin incident in subways in 1995.

From the psychological point of view, this incident explains characteristics of Japanese mentality very well. Japanese culture was homogeneous and it was developed on farm land. We settled in one place and did not move. This meant that the important thing for this kind of society was to keep harmony in the group. If anyone stood out above the others then the thinking was, “If a nail sticks out it should be hammered down”. It was so important to be in the group and follow the group order. Uniqueness and creativity of individuals were denied from very young age. The one and only way to bring order and peace to the family and the society was to follow the person in power. The leader’s roll was to protect the men who obeyed then and were loyal to them. Reward for their service was paid through land taxes. They had the right to take money from their people and the people received safety and assurance in return. Here the relationship of strong codependency was created. And this tendency of relying and depending on a strong leader continued for centuries, until the break down with the Bubble economy.

This codependency continued after World War II. After the War the Japanese economy was resurrected like a miracle. Also it is said that a practical socialism has been successfully

practiced in Japan. I can see the Japanese innate characteristic of strong dependency at the base of this success.

With the fall of the Bubble economy, Japanese people lost their mental support. We lost interest in material things and lost leaders to depend on. In 1980's and 90's many people strayed looking for religions to depend on. Particularly people with high academic background were not satisfied with orthodox traditional religions and joined radical cults such as Aum Shinrikyo where followers devoted themselves to a strong guru, trying to fill up the emptiness in their hearts.

Dr. Brian Weiss' book, Many Lives, Many Masters was translated into Japanese in 1991 by Mr. and Mrs. Yamakawa. This book introduced the method of the regression therapy to Japanese people for the first time. After this book, they translated the series of Weiss's books and other spiritual books like, Alchemist, by Paulo Coelho, Shirley Maclaine's, The Camino and James Redfield's, The Celestine Prophecy and so on. Mr. and Mrs. Yamakawa created a group of people who were searching for mental support. The couple is still translating many books in the metaphysical field. They give lectures and workshops of Spirit dance and meditations. They introduce past life regressions for their readers who need therapy, but they do not regress people themselves.

The Yamakawa's influence is quite big in the Japanese metaphysical field. They recognize that past life regression therapy is one of the great tools to heal the heart and soul of people, but they are not particularly trying to expand and spread this method to the general public. They are open to any spiritual healing and therapies.

Dr. Weiss' book was introduced in the early 90's at the same time of the fall of Bubble economy. The book became a best seller. Large displays of Many Lives Many Masters were put in the best place in book stores. Those who were looking for something to believe in found the book. The idea of reincarnation resurrected in the minds of the Japanese people as a brand new thought.

In 1996, Mr. Fumihiko Iida published the book titled, Creating the Value of Life. Mr. Iida is an assistant professor of Tsukuba University and teaches business administration. In his book he talks about a new value system using the cases of reincarnation reported only by medical professionals. From the viewpoint of business administration and management, he discusses how we can motivate ourselves to live our lives in a positive way. With the examples of case studies, Mr. Iida accepts the concept of reincarnation and gives the conclusion that the life of each and every person has its own meaning, value and purpose. Every mistake, every suffering has its own value and lessons to learn. After his first book, he wrote other books following the same theme of his first book. His thoughts appeal to many people who have doubts about a Spirituality that previously appeared irrational to them. As a result, people who support Mr. Iida's idea formed another big group in Japan. He gives lectures about reincarnation using case studies of past life regression.

Past life regression therapy has been practiced by private therapists since the latter half of 1990. The word "therapist" in Japan does not mean a licensed therapist officially approved by the Japanese government or accredited by the educational system. In the worst cases individuals can put up a sign "Counselor" or "Therapist" after taking some weekend training's provided by a private seminar company. After they start practicing, those "therapists" are not supervised or controlled by any organization. The quality of "therapists" is not questioned or examined. As a matter of fact, to get a driver's license requires more responsibility and discipline than to become a therapist in Japan.

In 1988, the official license called “Counselor of Clinical Psychology” was created by the government. In order to be qualified to take this examination, one has to finish four years education at university and has to graduate from the department of psychology of graduate school. By 2002, 8799 therapists acquired this license. The number of psychiatrist in Japan is 9077. There are not enough to support mental, medical treatment. The licensed therapists are mainly working for big companies, hospitals and universities. As past life regression is not acknowledged as legitimate method yet, only a few licensed therapist practices it.

A few doctors have been inspired by the book of Dr. Weiss. Yet, there is no opportunity to learn past life regression therapy except by attending private seminars given by seminar companies. The few, courageous, doctors who do past life regression therapy have to give up their pride and stand in the scornful eyes of their associates. Even if a doctor learns how to properly do past life regression therapy, there is no chance to use it for patients. If a medical doctor dares to do past life work with a patient, the tone of the voice from in the medical profession changes. The voices of contempt and anger and blame are heard. Several doctors practiced past life regression therapy privately, but all of them were discouraged and stopped doing it.

Now I want to talk about myself. I started to take those metaphysical seminars including past life regression in 1998. Before that, I became a medical doctor and specialized in neurosurgery, finishing my internship in 1987. I was working in the hospital at that time.

I was working in the opposite world of metaphysic until I opened my own clinic. When I decided to open my clinic, I read many books about business management. The books written by founders of SONY and Panasonic were related more to philosophical or religious themes than to business facts. They were very metaphysical. So, after I opened the clinic, I went to metaphysical or spiritual seminars feeling like I was attending business seminars. I felt medical treatment plus business administration equaled metaphysics.

A Japanese home doctor treats patients in the morning and in the evening. Therefore, I had free time in the afternoon. I started to practice regression therapy on patients who had psychosomatic symptoms. When I was working in the hospital I had to work weekends. Now that I had my own clinic, I could take days off to attend weekend seminars.

I met Ms. Trisha Caetano in 1998 in Tokyo when I took her seminar. Her training's of Past Life Regression and Inner Child Healing gave me a lot of insight. The most important thing that I learned from her was to be in the center of myself, to be here and now.

I began doing private sessions in April of 1999. People who believed in Professor Iida started to take my sessions. I did two sessions everyday in the afternoon. The telephone bell kept ringing to reserve sessions and finally patients had to wait for three years before I had time to do sessions with them!

In November, 2000, Mr. Tida and I co-authored the book, “Dialogue with the Light”, based on the case studies of my patients. After publishing this book, my busy days really started. This book officially declared that there is one doctor who did past life regression publicly.

Unfortunately, because of this book and the work I was doing, I lost almost all my friends in the medical field. I was the ‘nail sticking up’ in the medical world. When I attended the class reunion of my university, I was ignored. Doctors in Japan do not recognize Spirituality or metaphysics as medical science and these topics can become a subject of attack.

The ordinary patients of my clinic did not show any change after I started to do regression therapy. I already applied Chi-gon and Chinese medicine in the usual treatment plan so it was

not a big impact when I added regression therapy. Many patients were not interested in the regression therapy, but did not think it was dangerous or suspicious.

There were times when meditation and Chi-gon were thought to be dangerous because of the Aum incident, but in a way Chinese medicine has been widely accepted in Japanese society in the form of acupuncture and Chinese herbs. Although the teachings of Buddhism and Shintoism are not taught properly, the concept of reincarnation is natural to Japanese people.

The Aum incident was a big shock to the spiritual world of Japan but seven years have passed since the incident. Japanese people have the tendency to forget things easily so I think the time has come for Japanese society to accept guided meditations and regressions without any preconceived ideas.

Because the concept of reincarnation and Chinese medicine has deep roots in Japanese consciousness, I believe once the flower of Spirituality starts to bloom, it will soon make a beautiful flower garden. So, today I came here as a messenger to announce the advent of spring.

Now I want to talk about the characteristics of my own regression method. Basically, I follow the view point of Gestalt therapy and Trisha's method of integration therapy, including guided meditation. As I told you before, my clinic is the only clinic that is practicing past life regression therapy publicly in Japan. At this moment clients have to wait two years to have the session. Because of this situation, I can not see the same patient constantly for a long period of time. It has to be only a one time session. Because of this I can only use two hours to let the patients attain as much awareness for their problem as possible. I try to bring patients awareness from both past and future to "Here and Now" to help them stand on their own feet.

The motto of my therapy is "Open Your Heart."

Mainly, my patients are influenced by Mr. Iida's philosophy. As well as desensitizing the trigger of their problem, one of my jobs in the session is to help patients find their own purpose of life. They would like to know who planned their lives and how they can find the value of their lives.

Some of the patients who are influenced by Dr. Weiss book have big expectations of instant change. They want to experience magic. I keep thinking out various methods to help those with expectations. How can I help them to open their heart, gain realizations and stand on their own feet?

I found the hint for my own method when I was doing a practice session using Trisha's method. The patient went through the death experience of the past life and floated above. Then she said, "When I look up, I can see big bright light. I am going to be absorbed into the light." Within that light there was a master and that being gave the patient appropriate answers to her questions.

After that session, I began applying my new understanding to my past life regression work. First I continued with my standard methods, the patient did the lifetime, then the death and going above the lifetime, looking it over for understanding. Then I asked the patient to bridge the past and present lives. After that was finished, from the position of above lifetimes, I guided patient to look. Usually they find light, or the moon or the sun. Sometimes they only see the blue sky or white clouds. There are cases that patient only sees darkness, but if I continue to guide them to go up higher and higher, they start to see one or several stars in the dark universe. This small light represents the breakthrough point of their closed heart. When this happens, I tell them go directly to the light.

This process allows the therapist to go into patients' heart with the patients' minds' eye. As a therapist, I can feel how closed or how rigid the patients' heart is, or I can see their conflict at or problem this moment.

They meet masters in that light, but I want to skip interpreting those beings, since it requires deep religious explanation. Unfortunately I do not have enough time to go into this now. Basically I think it can be called Higher Self or God.

The essence of those beings is the unlimited inner universe within each of us. The principle of their inner universe comes through the Dialogue with Light. Some patients can reach the state where their Inner and Outer Universes become one. Those who experienced this state have become aware of the meaning of Light and felt a direct connection with God. They could experience "the moment of Enlightenment." A therapist can also feel the warm and expanded feelings with the client when the patient is going through this process. When this happens therapists can expect for the client a great improvement in the session and their personal lives. But there are not many people who can reach this stage. Right now the ratio of the Enlightenment experience happens is one out of five hundred patients.

While clients are in the Light, I guide them ask the light the cause of their issue and how to solve it. Then I let them ask the purpose of this life. Some can access to the core of the issue like peeling the layers of an onion with this process.

When the light answers something like, "You know the answer to your question," I stop this part of the questions. Then I ask the patients, "How many times have you reincarnated so far?" As a specialist as you are in this field, you know this question does not mean anything. But this is one of the favorite questions of my patients and it is important for those who believe in the reincarnation. Some can find the value of their lives by only finding the answer to this question, so I found this question valuable to the end result.

The next question to the light is,

"Who planned this life?"

"Is this life is going ok so far?"

Almost every patient receives the answer similar to, "You planned your life." And to the second question, "Is this lifetime going as you planned?"

According to Mr. Iida's theory, every lifetime is planned by the person who is going to live that life. Even though the condition of the life is miserable, it is going on as planned, so always there is something to learn from the situation. Each person has power to clear the problem or the situation. But as the person does not realize that she or he has such power, they just suffer. So these two questions are really significant for Mr. Iida's philosophy and many clients are relieved receiving the answers.

Prior to the session I ask the client to tell me three questions they would like to ask the Light. So I ask the light for the clients those three questions. Even if those questions do not make sense to me, for example "How many life times have I experienced as a cat?" I, without judgment, ask questions as they are given to me. Like a Samurai in a duel, a therapist should always stay in a nonjudgmental selfless state. Many patients want to ask the light about their relationships with their partners or parents or children. Then following their questions I ask questions like, "What are you learning from the relationship with so and so? How many lives have you spent together? Etc." If they ask the questions about their child, I ask, "Who chose who before this incarnation?" Does the child chose the patient or does the patient attract the child, or is it a God decision? The intention of these questions is to strengthen the bond between client and their child.

When they ask the cause of their illness, the answers tend to relate to emotional issues of the present life. I call these emotions, “the dark side of heart”, such as sadness, anger and fear. Often physical illness is not the karmic issue or physical cause from outside such as smoking or drinking.

The key to cure the illness is love and forgiveness. In this process many patients cry and seem to understand the meaning of their disease. Unfortunately, sometimes after the patient leaves their session, some think that they just made up those answers and put away the seed of enlightenment into the refrigerator.

The power of the “dark side of heart” is very strong and comfortable for us. I have felt that my energy is not strong enough to support the client to overcome that dark power. I believe that the key to the happiness in all of us are learning is to “Let go.”

After all questions to the light, I guide patients to face the ‘past self’ who came up together with them. Then I lead them to ask their ‘past self’ to give them a message or advice. Almost all those messages are positive and give them insight. This process is to review the message from the light from the different aspect.

If I do not sense any danger, they hug or shake hands with their ‘past self’ and let them feel the energy from ‘past self’. This process will help clients to anchor the awareness they got from the past life they experienced and to stand on NOW. Then I direct the ‘past self’ to go back into the light. Even they had a really miserable past life, the ‘past self’ is willing to go back to the light.

Then I guide them to ask the light to show them their ‘future self’ who has already achieved the purpose of this life. They usually see some visions. It might be their ‘future self’ or they might see a different person. Then the patient asks the ‘future self’ to give the ‘present self’ any message or advice. Often the realization which occurs here is not very big, but the patients are able to have hope of a better future if they could go through the present situation in a positive manner. This process helps the clients who worry about their uncertain future.

At this stage patients understand that the future vision they see is one of the options that they can choose. Or they can believe that if they keep going like an innocent child, this future vision will come true. That is their decision. Then the patient shakes hands with their ‘future self’ and brings positive energy to the ‘present self’. Then they put the positive anchor to their future to support NOW.

The image of putting anchors both into the past and the future is like the image of a sailing ship. The ‘present self’ is the main mast. The anchor to the past is the rope between the mast and the stern. The anchor to the future is the rope tied between the bow and the mast. If the ship has only one mast, it will fail down when a storm comes, but if the ropes are tied firmly, the mast will be safe even if the sailing ship is violently swayed on the ocean.

I believe in ‘Differential Theory’ of time and space. This allows us to differentiate because time and space are converging upon as we live Now and in Oneness.

I then direct patients to go closer to the Being of Light and shake hands. If it is ok with the patient, I ask the Light to hug them and allow themselves to experience the energy of the light. This is so moving that many patients cry at this stage.

Often patients ask things while they are surrounded by the light, for example they ask, “Are you going to watch me and protect me from now on?” “Am I loved? Do you love me?” Answers to these questions are all “Yes.” Those who feel isolation are deeply healed with these words.

Then I guide the patient to ask the light, "Please give me a word to support me like a walking stick to go on in my life." This word is a recap of all the realization. Sometimes clients get confused with too much information, so this word is useful since it is simple and easy to remember. It is best to use as a mantra when they meditate. It is a magical staff to move closer to their own spiritually.

At the end of the session patients ask the light to give them a 'spell' to open their heart. When they get the spell I guide them to say the words of the spell to their own heart three times, out loud. The first two times they say the words with the Light Being but the last time they say it out loud all by themselves. The purpose of this part is to be able to continue opening their heart after the session, every time they recite the spell.

Then I guide them to look into their own full, open heart with the Light Being. They can feel their own light and express it with color, shape or sound. I say to patients, "Now the light will breathe into your heart. With the breath, dust is blown away from your heart and you will see your pure heart." They will see their pure heart and express it with words and feelings. Then they will receive a message from their true, pure heart. This message is the theme of their life, the backbone or the foundation of this lifetime.

After this process they let go of the light and then we do the closure.

As I explained before, maybe the focus and intention of my work is different from that of Trisha or from you here in this room. But I believe that we share the same idea for the patient sitting in front of us. Our common goal is to help to heal the client's heart and soul.

I now want to talk about using tapes for patients to do regression work. I started making a video tape of a guided meditation to go back into a positive past life. I did this for the patients who are waiting for the session for two years or for those who do not have such heavy issues. I suggest to my clients that they practice with the tape before their actual session. As a result of using the tape, they are able to relax deeper and it becomes easy for them to see their past life. The success rate among individuals who practiced visualization before the actual session with me has passed 90 %. Also, a lot of people begin to experience past lives and have conversation with the light and receive messages working only with tapes.

So, the tapes are an advantage. The problems that can occur when people use the tapes by themselves is, that they can fall asleep or they can easily give it up because they cannot see a lifetime. Regardless of these problems, I think that making these tapes is a very good idea to make past life experiences available to people. Also, I find that the tapes are an effective way to develop talents in this life which we already used in our past lives.

Regarding mental illness, as a medical doctor I think there is a possibility to use this method to bring a total cure for psychosis and schizophrenia. So far it is said that this method is not effective to treat these illness, but I think in the future I will be able to report to you a positive result. Always, the improvement of the technique and method makes the impossible possible.

In the Japanese medical society this field of past life regression has been ignored and might be ignored in future. Yet, there are some people in the medical profession who have started to become interested in this method. The number is definitely increasing. They want to learn how to do this work. Last year I asked Ms. Trisha Caetano to start Integration Therapy training, including past life regression methods, for medical people. Within three years the first class will be graduating and new therapists will be born in Japan.

I think this field does not belong to the department of either psychiatry or conventional medicine. I think this creates a new field in medicine. I would like to call this kind of

metaphysical medical treatment, including regression therapy, “Theoretical Psychiatry.” I would like you to see this work develop in Japan and in Asia.

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Well, now let us do the group regression.

The theme of the regression today is “The past life which will give you understanding of why we are all gathered here, now”. I did a regression using the same theme with a group of medical people and it went very well. I believe that you will understand why you all came to attend this congress. You might find someone in this room in your past life. What kind of relationship was it? Well, it sounds interesting, doesn't it?

Usually I use a longer process of relaxation, but today you are all professionals so I will make the relaxation process shorter. I will use the same procedure that I just explained. After getting into the past life, please take time and explore your past life freely.

Before we do the group regression, do you have any questions?

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Well, please feel comfortable and easy. Turn the light down please.

Let us go back to the past life which will bring you understanding why you are here together.

Please close your eyes and breathe slowly and deeply. Become aware of your breath. Breathe in slowly and breathe out slowly.

As you breathe out, blow out your stress from your body. Your stress is like dark smoke. Each time you breathe out, dark smoke is leaving your body. When you breathe in, breathe in bright particles of light around you. Breathe out the dark smoke of your stress and breathe in bright light deep into your body. Relax.... Now particles of light are in you and surround you. Keep breathing in and out at your own pace.

The bright particles of light are now changing into white clouds. A white cloud is gently supporting you and surrounding you. You are deeply relaxed on your white cloud.

Now feel your feet. Your feet are deeply relaxed. The warm and relaxed feeling is now filling your feet. This relaxed feeling is expanding. Now it is coming up to your legs and to your hips. This comfortable relaxed feeling is now coming up and fills your stomach and chest. You are deeply relaxed. This relaxing feeling is now filling your throat and face. This warm and relaxing feeling is now filling your head. Your brain is now relaxed. You are relaxed deeply. Become aware of your forehead. You are feeling that your inner eye is opening.

Visualize your own safe space at the center of your forehead or with your inner eye. Create your own safe space which only belongs to you. You are feeling safe and calm in your safe space. Feel yourself standing at the center of your safe space. Create your protection all around your safe space. No one and nothing can come into your safe space unless you invite them. You are protected and very safe.

From your feet, a strong tree-like root is going down to the center of the Earth. It goes all the way to the center of the earth and warm loving energy of the Earth is coming up through the root to your feet and comes into your Hara, your abdomen. The warm earth energy is now filling up your abdomen. Your abdomen is full, your root is coming back to you. Now close your feet.

Now become aware of the top of your head. A tube is going up and up to the center of the universe. Beautiful energy of light is coming down through your tube, into your chest and heart. Your chest is now full of beautiful light of the universe. Then your tube is now coming down to your head. After it comes back, please close your top of your head.

You are standing in the center of your safe space. The warm energy of the earth fills up your Hara and beautiful energy of the universe fills up your heart. Now two energies are mixing at the center of your body. The two energy are now become one. It is beautiful, warm and loving light energy, expanding within you. New bright energy and light is expanding your being.

As this beautiful warm loving light energy connects your physical body, it transforms you into a body of light. This warm loving light is expanding and filling you like a fountain of light. Now you are so bright. You are shining. You are so bright that you cannot see you with your eyes. You are shining. Within your own light, your soul of light exists.

Decide in yourself that you are going back to your own past life which brings you understanding why you are all gathered here in this place. You are going back to your own past life where you can understand why we are here together. After you declare this, look down on the ground of your safe space. This is the entrance of a tunnel going down into the ground. The size of this tunnel is just big enough for you to go down. Inside of the tunnel there are steps going down. It is a stone made stairs. It is wet and slippery.

You are standing in front of the tunnel. You know very well that this tunnel will lead you to your past life which gives you understanding why you are gathered here.

Feel the wind coming up from the tunnel with your body of light.

Step into the tunnel. You are going down to the tunnel step by step. You are going down to your past life which brings you understanding why you are gathered here.

The tunnel curves to the left. You are also turning to the left while going down the stairs. Then you will see the exit far away. Keep going down the stairs. The exit is coming closer to you. Again declare to yourself that you are going back to the life which brings you understanding why you are here together.

There are 11 stairs to go till you reach the exit. Let us go down together. 10. Next, 9 , You are going back to the life which brings you understanding why you are here together. 6,5,4,3... Then 2,1 and Zero....

Go through the exit into the light and feel yourself standing on the ground. You are back to your past life that you are ready to explore. Slowly begin to walk in the light. Little by little as the mist becomes cleared, the light is getting thinner and you begin to see your body. You feel your body and see the scenery. Now you can see the ground.

Feel your feet on the ground you are standing. What kind of ground is it? Stand firmly on the ground and look down on your feet. What are you wearing? Are you wearing anything?

Feel your body now. What kind of clothing are you wearing? If you are wearing any thing, what are they? What color is it?

Feel your arms and hands. Do you have anything in your hand? If so do you have in your hand? Are you wearing anything on your finger or hand?

Are you wearing anything on your head? How is your hair? What color is your skin?

What is your body like? Big or small?

Are you male or female? Are you wearing anything around your waist?

Please feel yourself in your body. You will see through this person's eye and hear sound through the person's ears. You can feel his or her feelings.

Where are you now?

What time is it now? Is it light or dark? How is the weather?

Look around yourself. Is there anybody around you? If somebody is there how does the person look like? Please look at the person. What color is the person's hair?

Look at the person. What is your relationship with him or her? Do you know the person from your current life? If so you will know immediately. While you are experiencing your past life, if you meet someone like this please check as you just did. Please do this in your own pace.

Well let us forward the time of that day. As you are watching the video, you are experiencing the rest of your day. Do you start to walk? Where are you going? What happened next? What are you doing? Please experience that day freely.

Then go forward to the time when you start to eat dinner or supper on that day. Where are you eating your meal? Whom you are dining with? Who are they? Do you know them from your current life?

While you are eating, ask yourself how old you are. The number comes up into your mind.

What is your name? What are other people calling you? If you do not get your name, it is OK.

Next, let us move to the happiest experience in that life in the same body. Locate the happiest experience in that life and move to the beginning of that experience.

How old are you when you are happy? Where are you and what are you doing? Why are you so happy? Take your time and in your own pace experience this.

In that happy experience, move to the scene when you are going to eat your supper. Where are you now? Who are you eating with? What are your relationships with them?

Where are you spending your time? You will see the world map and the place where you are spending happy time shows up in bright color in the map. Where is it? Which country? Which town?

Then in that life, locate the experience which brings you understanding why you are gathered here. 3,2,1,0. You are moving to the experience which gives you understanding why you are gathered here.

Where are you? How old are you? What are you doing? In your own pace experience this incident.

Then move to the place in the life just before you are going to die. You are dying. Where are you? How old are you?

Why you are dying?

You are dying now. Is there anybody around you? Who are they? Do you know them from your current life?

Just before you die what are you thinking? What are you feeling? Just before you die, you are looking at your life. What kind of life was it? What do you feel about your life?

Experience your physical death. You are leaving your body. Did you die? Did your spirit leave the body? Where are you? Are you floating? Look down. Do you see your body? When you leave your body, did you make any decisions?

Then you are going up, up, up. Go up higher and higher. Look down and you can see your life as a path way. Now you can see and remember all things happened in that life. You know what you thought and felt in that life. Do you want to understand anything from that life?

Go up, up, up further. You are going up higher and higher and higher. Now please look down to see two lives next to each other. The past life you experienced just now and your current life. As if you are looking down two path ways. Looking at two lives, is there any thing that you can understand? What do you feel? What do you realize from looking at two lives at the same time?

You are looking down now, but please look up from where you are. When you look up, what can you see? If you see something bright or light you are begun to pulled up to the light. When you see the cloud, please go up and go through the cloud.

You are above the cloud. Do you find anyone on the cloud? If not it is all right. On the cloud, please look up. Is there something light or bright up there? The sun or the moon or a bright star? Please go into the light.

If you only see the blue sky or just what you see is darkness, it is also all right. Go up and up through the blue sky or darkness. If you are in the universe, do you see any star that calling you? Go into the light.

You are now in the light. What do you feel in the light? Naturally you are pulled into the center of the light. Is there anybody or any being at the center of the light?

Become aware of the being who is in the light. Look at the being and it will become clear to you. Who is at the center of the light? What is it look like? What kind of expression does the being have on the face? If you do not see anybody, you are going to stand at the center of the light. You will be surrounded by light and that light will answer your questions.

Well please ask the being in the light or the light itself.

“Light, light, please tell me why I came here to the Netherlands?” “What am I going to learn here?”

“Light, light, please tell me what do I need most right now?”

“Light, light, am I supposed to meet someone here? What am I going to learn from that person?”

Ask the Light being or the light itself,

“Light, light, what is the purpose of my life this time? What am I living for?”

“How many incarnations I have so far?”

“Am I doing all right so far in my life?”

“Who made the plan of my life?”

“Could you tell me about the relationship with my mother? What am I learning from her? Did I choose her to be my mother? Or my mother brought me as her child? Or did God decide this?”

“Could you tell me about the relationship with my father? What am I learning from him? Did I choose him to be my father? Or my father brought me as his child? Or did God decide this?”

Now in the light also your Past-self that you experience just now came up to the light. Ask the person who once you were.

“You just live the life which brings the understanding why we are gathered here. Do you have any message for me? Any advice?” What kind of messages does that person have for you?

Ask that person,

“Why you are gathered here?” What does the person say?

Shake hands with your Past-self. What kind of energy do you feel from him or her?

Feeling the energy, ask that person, “Will you look after me and protect me from now on?”

“I am going back to my life, but could you give me one more message or advice to live my life?” What is the answer?

In the light your Past-self is going back to the light. Turn back and you are facing the Light Being or the Light. And ask the light again.

“Light, light, please show me my future self when I have accomplished my purpose of this life. “You will start to see your future self when you have accomplish your purpose of this life in a digest version. What do you look like? What are you doing?”

Ask your future self now.

“My Future-self!, my Future-self ,Please give me your advice or message!”

What is your Future -self telling you?

Ask your Future-self, “Why am I gathering here with all the other people? Please give me understanding why I am here?”

Now go closer to your future self and shake hands with him or her. What kind of energy do you feel? If you feel that energy is comfortable, please bring it back with you. Ask your future self to protect you and to support you from now on.

Then ask your future self, ”Future-self! I will go back and start living my life again, so could you please give me any message or advice?” What is your future self telling you?

Now your future self is going back to the light. Turn back and face the light or the light Being.

Ask light or the being, “Light, light! I will go back and start living my life again, so could you please give me any message or advice?” Now you are moving toward to the light or the light Being. The light Being is hugging you tightly. Light is embracing you now. Surrounded by light or hugged by light, what kind of energy do you feel? Take that energy back with you.

Ask the light, “Light, light! Could you please protect me and support me?” Light or light Being hugs you very tight.

Ask the light again,

“Please tell me why we are gathering here?”

Ask the light,

I will go back and start living my life again. Please give me words for me to go forward in my life. The words to support me like a walking stick.”

What words or a word did you get? Remember the words.

Again ask the light, "Light, light. Am I loved? Do you love me?" The light embraces you tightly. The energy from the light is now flowing to you. Now you are floating in the energy of the light. What are you feeling right now?

Feeling love from the light, ask the light, "Light, light! Please tell me the spell which will open the door of my heart!"

Then the light speaks to your ear the spell to open your heart. You will say the spell together with the light.

The door of your heart starts to open slowly. Feel the door is opening. Again in and with the light, say the spell together. The door of your heart opens more. Feel it.

Now for the third time you will say the spell by yourself. The light is listening to you. Now your heart is fully opened. Please feel your open heart. The light blows its breath into your open heart. It blows away all the dust or stains you stored in your heart. Now you can see your pure heart. With the light, please look into your heart. How does your pure heart look? If it has a color, what color is it? If it has a sound, how does it sound? Feel your pure heart within yourself. Then ask the light "Is this OK?"

Ask the light now. Your heart is still fully opened and you are fully embraced by the light.

"Please show me my Present where I am supposed to go back." The light clears the light under your feet. Then under your feet you can see your planet, Earth.

Your consciousness is going back to yourself who is in this room. Embraced by light, you begin to see yourself sitting in this room. How does she or he look sitting in this room to you?

Now your consciousness is back to yourself sitting in this room and look up yourself held in the light. How does she or he look in the arms of the light?

Now both of yourselves are merging into one. Now it is becoming one. You are integrating your consciousness. Feel your consciousness is integrating. It becomes solid. Your body feels just perfect.

Then please go back to your safe space. You are now back to your safe space. Feel grounded in your safe space. Are you back there?

Feel your body. If you feel uncomfortable, let it drop. Energy that you bring back here, if you do not feel good about that energy, please let it go here.

Then come back into this room. Bring back your consciousness to this room. When I count from 3 to 0, you will come back here refreshed. You will bring back your memories and bring them back. 3. You will wake up refreshed. 2. You will remember every thing you experienced during this process. 1. You are refreshed and cleared. You can bring back your memories of this experience.

0.

Now you are back here. Move your toes. Your body is waking.

Now move your hands.

Take a nice and deep breath. Take another deep breath again.

Now your consciousness and your body are fully wake. When you are ready open your eyes.

Are you OK? So this is the end of the process.

Are you back? If you need any help, please raise your hand. Turn the light up. If you need to go to the bathroom, please do.

Workshop Dr Okuyama at Worldcongress of Past Live Therapy

(If there is 10 min left) Let's create small groups and share your experience.

(Only a short time left) If anybody wants to share your experience, please do!

Thank you for sharing!

Well, this is the end of my session. I feel grateful deeply for each of you who participated my session. Also I appreciate very much for Trisha and the members of this congress to bring me such a wonderful opportunity.

Also I want to say thank you to my staff of my clinic, chief nurse Mutumi IRIGUCHI, nurse HANAI, KUROKI, KATAOKA, clerk TAKASU, YANAGIHARA, assistant of rehabilitation_ mother IRIGUCHI, KURODA

- They allowed me this experience possible.

At last I want to thank you Mis Yunko Ohno, who translated this script into English. Without her, Trisha's dream for Japan could not become realized.

I believe she is the translator in metaphysical field in Japan who has the deepest understanding.

Thank you ladies and gentlemen. I hope this congress will be expanding greater and greater and wish that the time will come when everybody in this world talk about this subject with a big smile!

Thank YOU!