

Integrating Past-Life Therapy in the Work of a Medical Practitioner

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Index

1. Introduction – Terms

2. Fundamentals

3. Worldview – Models

3.1. Geocentric worldview

3.2. Heliocentric worldview

3.3. Today’s contradiction

3.4. Model of a holistic heliocentric worldview

3.5. Working hypothesis

4. Integration of the physician’s way of thinking

4.1. Three basic rhythms of creation

4.2. Perceptions

4.3. Spirituality and the “anatomy of the soul”

4.4. Karma

4.5. Medical Soul-Psychopathology

4.6. Dealing with the Christian topic of guilt

5. Integration of the physician’s way of working

5.1. The central attitude

5.2. The abilities of the Therapist

5.3. The four vital forces of a human being

5.4. The four abilities of a human being

5.5. The integration of all abilities as a way of healing

6. Work on the individual levels

6.1. Physical level

6.2. Emotional level

6.3. Mental level

6.4. Spiritual level

7. Case Studies

8. Conclusions

Integrating Past Life Therapy in the Work of a Medical Practitioner

1. Introduction - Terms

Before we enter into the actual topic, I would like to clarify some points for you. In particular we have to look at some terms, their meaning as well as their range of importance and we have to allow ourselves to ask questions without having to answer them immediately. We begin with the individual terms, which are contained directly or indirectly in the title of the following speech. You will be able to get used to the fact that I often raise questions which cannot be answered directly.

1.1 Everyday Life

What actually does everyday life mean? – It means the lining up of one day to another. The sum of all those days is called “everyday life”. – Who decides the daily routine? Surely we would like to think we do. But are we really capable to do so? Are we the only authority to decide what our everyday life looks like? Are we really as almighty as we would like to be?

1.2 Work

What does our work consist of? – Naturally it consists of all those tasks and duties we have to fulfill. How comes it that we can do those things? Where do we get those skills from – the skills we apply without even questioning?

1.3 General Practitioner / Doctor

What makes a human being a physician? How does a physician differ from other human beings who are also therapeutically active? What is a physician capable of what others cannot do?

Why does a human being become a physician? Why is he or she entitled to think of him or herself as being able to help others? Is it only the physician who helps or are there other dimensions supporting his or her work? Who does actually decide whether a patient is healed or not after the conclusion of the treatment? – What is needed to be healed?

1.4 Life

Is only healed life worth living? What do we expect from life? What is life? What do we need to live, to survive? – What does the human life consist of? – What defines human life? Why do we live? Why do we live on this Earth under the exact circumstances we find today?

1.5 Past Life Therapy

- = Is not a question of the correct or ingenious technique
- = Is much more a question of existential philosophy
- = Is an expression of confrontation with our life
- = Offers the chance to wrest some meaning from life
- = Offers the possibility to explore the hidden laws of fate and the foreordination of God
- = Is a gift to give us a small insight into the divine work with us human beings
- = Gives us an indication of the gigantic cohesion of cause and effect in which our and everybody's lives are imbedded.
- = Is a form of a grateful prayer

We can see that there are endless questions once we begin to ask. There are more unanswered questions than answered ones and we end up at the beginning of our existence. However, I believe that it is important to bear in mind the immense dimensions, which life, in general, we are imbedded in.

This is not going to be a workshop or a presentation teaching you a particular technique or to give you specific knowledge of details. I much more would like to try to talk about inner attitude, which in my opinion is of central importance for the work with reincarnation therapy. Any kind of technique represents a tool with which one can work. But much more important are inner attitude and disposition. Primarily I find it important to recognize the role we give ourselves in our work. How important or unimportant we are. To what degree are we really needed? Or can the world do without us? Do we take the role of an actor, or the one of a decider, or are we much more a small corn of sand in an endless desert, which only can fly with the wind?

The inner attitude demands a large amount of humbleness whereby we must not forget about our responsibility within the system of life. We must, however, not overestimate this responsibility. Our present situation in life is only a small dot on a long journey. Every past dot can have an influence on the present dot. That's why it is so important to know more about where we come from and where we're going. – But we are not alone. Around us are an immense number of people who also have reached their present point in life, who also have a long journey behind them. - It is obvious, though, that we all had different kinds of journeys and have been on our way for different lengths of time. We all experience today as a static condition forgetting that our whole existence is imbedded in an enormous dynamic – This dynamic, this process has a purpose, it has an origin, a progression, a direction, its own rules and rhythm, and one ambition. – Ideally we integrate all this in our daily life in a natural and casual way, just like some background music accompanying us, supporting us and reminding us of the essentials of our lives.

In other words – I will not be able to offer you something spectacular in my presentation, but I will try to point your attention towards things, which wrongly do not get enough of our attention.

Maybe you have expected practical hints from me being a general practitioner. You might have expected to learn about tools of my trade. But unfortunately I have to disappoint you. My tools are simple humbleness when interacting with my counterpart. Surely I am not a master of this tool as yet. But I try to become as proficient as possible, as much as my capability will allow me to do so.

My education is the one of a medical practitioner. For many years I was taught and told what to know and what to be able to do. As a result I had to take responsibility and take many decisions for the benefit of my patients. I was brought up to be a creator.

During my work in clinics I experienced very soon and painfully that this attitude reaches the patient's body only and very rarely only his or her soul, his or her inner ailment. This made me look for a better way of approaching my patients. With great joy I was able to experience how wonderful it is to progress, with the help of the classical homeopathy, from a Wright to a

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promoter. I was not anymore the one who stands above all, but I became a part of a team with my patients and was able to compile the process of healing together with my patients. But this still gave me the feeling of too much influence over my patients. Only when I integrated the thought of reincarnation, which I was intimate with since my later years of youth, only then I was able to become a “companion”.

Only the continuous reduction of the importance and role of my own person gave me access to the real treatment of patients, to their soul, to their immortality.

You might now understand why I will not be able to teach you an actual technique for the reincarnation therapy – but I will try to show you what is sensible to omit in order to concentrate on the essence.

The integration of past life therapy into daily life is very important to me because it is the biggest help for us all, whether we are on the giving or receiving side of the practitioner/patient relationship.

I ask you to follow me in the process of trying to evaluate the background in order to gain more specific knowledge about inner relations.

2. Fundamentals

2.1. Dimensions of the universe

Text from: “Peter Bruegger, Roche Magazin Nr. 62/April 1999.

“From intergalactic worlds of the universe to the micro world of atomic miniature structures we cross through 42 decimal powers, measured in metres.

Of these 42, six or seven create our known environment: From the small bug to mountain ranges. In relation to the 42 decimal powers on one pole you’ll find the so-called black holes. These black holes are several billions of light-years away from our Earth – on the other end you’ll find the subatomic range, the range of quarks, the components of protons and neutrons.

To comprehend these astronomic dimensions one has to look at some distances. The distance Rotterdam to San Francisco measures around 10.000 km. This is the kilometres distance which light will travel in the 30th part of a second given the fact that light travels at a speed of 300.000 kilometres per second.

To reach the moon light already will travel for a bit more than a second, the moon being about 400.000 kilometres from the Earth. If we send a beam of light to our sun, it will travel for about eight minutes, covering a distance of about 150 million kilometres.

To reach the nearest star in our galaxy, alpha centaury, light will need to take 250.000 times longer than to travel to our sun, it actually will take at least four light years. And so on.

Our planetary system is a minuscule small accumulation of material at the edge of one of the side arms of the Milky Way, our “home” galaxy. To cross the Milky Way light takes 75.000 years to travel; the sun (and therefore the Earth) is 25.000 light years away from its centre.

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Apart from the fact that the sun moves around the centre of the Milky Way in an elliptical way at a speed of 270 kilometres per second and still needs 220 million years to complete a whole circuit.

The age of the Milky Way is around 10 billions of years, dinosaurs stomped over our Earth about 100 million years ago, the first Stone Age toolmakers made their appearance only about 10'000 years ago. In other words – the so-called civilized human being is around one million times younger than the Milky Way, his cosmic home.

2.2. Foundations of Life

For human beings to be able to live on Earth there must be certain conditions. The four main conditions are the following ones:

1. Light
2. Water
3. Oxygen
4. Earth

Ad 1. Light

Without sunlight, no form of life could either develop or survive. The sun as the centre of our solar system is absolutely irreplaceable.

Light = sun
= origin
= centre
= source
= unique
= unapproachable
= irreplaceable
= unrenouncable

Ad. 2: Water

The very first life most likely developed in water. This central importance for the formation of life has never been lost. Without water no way of life is possible. The cycle of water makes sure water is provided where needed.

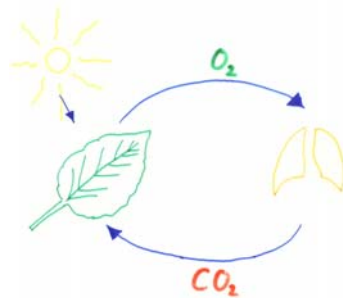
The central force keeping this cycle permanent in motion is the sun!



Picture 1:

Ad. 3: Oxygen

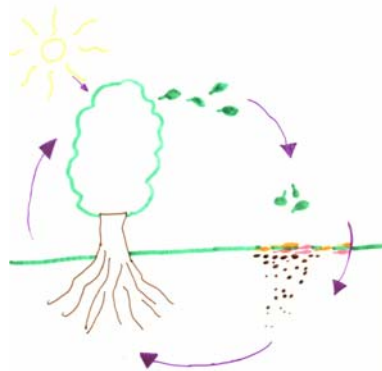
The evolution of higher forms of life was only possible through the existence of oxygen in our atmosphere. Because creatures consume oxygen it is important that it is replaced. Photosynthesis of plants converts expelled CO₂ to oxygen to ensure never-ending supply. And again – it is the sun which is the all-important force keeping this process going!



Picture 2 :

Ad. 4 Earth

The coming and going of organic vegetation on Earth creates over a long period of time, fertile soil. Without this fertile soil the majority of plants, of animals or human beings would not be able to survive. The Earth is therefore the foundation of fertility. And yet again – the driving force is the sun!



Picture 3 :

To recapitulate we can see that life on Earth is only possible because of the existence of:

1. A **centre** (the sun), which monitors, regulates, affects our life on Earth. The sun represents the **source** of life.
2. **Repeating cycles** (water, oxygen and Earth), which constantly keep up developing life on Earth. These cycles enable the **rhythm** of life.
3. The **alliance** of source and cycle create the necessary conditions of life, which makes us recognize the fact of **being imbedded**.
4. **A single sided dependence** between the Earth and its inhabitants in opposite to the source. This relationship however brings a feeling of **relief** from the individual importance of human beings.

If we can realize what enormous dimensions of space, time and dependency we are imbedded in, maybe we are able to also realize how insignificant and small our own existence as human being is. If, in addition to that, we become aware of the fact that the long way of evolution, starting from a single cell and developing to a human being with mental, rational and analytical abilities, has only been covered in the last few “seconds” of history, we again may put in perspective how small and insignificant our existence is compared to the dimensions of the universe.

However, if we are so insignificant and powerless, what is it that regulates and directs the “whole”, life, the solar system, the universe, evolution and so on...?

Since in the physical world there are such clear interrelations of:

1. **Source**
2. **Rhythm**
3. **Being imbedded**
4. **Relief**

Certainly one has to ask whether:

1. There is, apart from the physical and measurable existence, something else, and something non-physical, immeasurable?
2. And whether there are the same interrelations?

Hypothetically, it is not unreasonable to assume that **above the physical world** the following also exists:

1. **A centre, a source: God, Allah, and Nameless...etc.**
2. **The centre acts rhythmically, according to certain laws**
3. **This source has constant influence on us – we are constantly imbedded in its sphere of influence**
4. **The knowledge of these interrelations brings us relief.**

3. Worldview - Models

3.1. The geocentric worldview

In our occidental culture the idea of the geocentric worldview was dominating the view of the people. Within that view Earth was seen as the centre of existence. This “disc” was surrounded by water (oceans). Anything outside this dimension was unknown. Overall there was a ruling “sky roof”. One was able to see that the stars moved with certain regularity but it was not possible to comprehend those regularities.



Picture 4 :

3.2. Heliocentric worldview

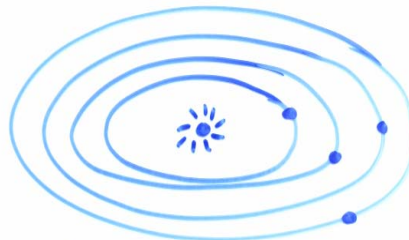
In the heliocentric worldview, which was publicized by Copernicus in 1543, the sun becomes the centre and the planets circumnavigate it on predetermined tracks. This model shows new elements:

There is a centre, which is not Earth

Earth/We are part of a whole system

Regularities are observable

Our perceptions are subjective parts of aspects of a continuous, objective whole. (Day/night summer/winter etc.)



Picture 5:

3.3. Today's contradiction

Physical:

- High level of knowledge about our solar system and universe with wide overview of its dimensions.
- High level of objectivity
- Realization that we (Earth/us) are integrated in an enormous process

Which all means a “**heliocentric**” way of thinking!

Christian-religious:

- Earth, our life is the centre
- Life comes from somewhere and goes nowhere
- Conceiving and dying are “beginning and end”
- We are not integrated in a cycle, we are “unique”
- Thinking is dominated subjectively
- The centre of our perception is trapped in our own subjectivity

Which all means “**ego-centric**” way of thinking!

3.4. Model of a holistic heliocentric worldview

A modern and open-minded worldview ideally should feature a heliocentric point of view, both physically as well as religiously:

Both Earth and human beings and their soul are imbedded in a superior system of ongoing sensible cycle with a centre as source and origin.

Next to visible and real perceptions, there are invisible but still real perceived dimensions, which are ruled by the same law.

3.5. Working hypothesis

- Human beings are imbedded in a sensible superior system.
- This system contains several forms of cycles and energy contributing centres.
- Abiding by this system enables a process of transformation, maturation und development.
- The tool needed for this process is called: Perception.
- Each individual keeps it's autonomy as long as the basic conditions of the system allow it to.

Important annotation:

The personal experience of a seeker:

Every seeker talks about his or her own perceptions, experiences and realizations which he or she has collected during their studies of life always bearing in mind:

- That knowledge represents the momentary level of misapprehension.
- Knowledge is always an impression of the personal point of view.
- Knowledge is an extremely relative term.

4. Integration of the physician's way of thinking

4.1. The three basic rhythms of creation – nature

From our observations of nature and its manifestations one clearly comes to the conclusion that not only planets and stars are moving rhythmically but everything, which develops, in fact life as a total can be traced back to the three basic dimensions.

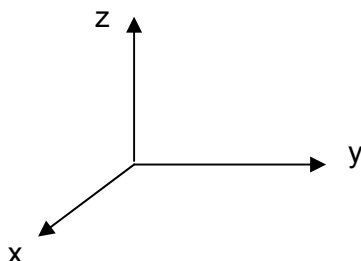
“Dimension zero”:

In the beginning there was the ultimate beginning, the beginning of everything and all, the first point: This got involved in a change, a process, and a process of motion.

From the moment of making from the beginning there is the encounter with the “new” but also the yearning for the “old”. A feeling of “eviction from paradise” resulting in permanent longing for return.

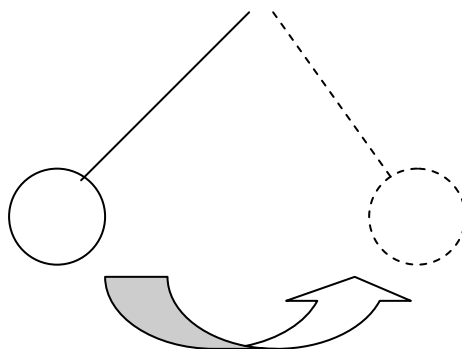
Just like Adam and Eve who have been evicted from paradise and had to enter the sphere of Earth.

As a matter of fact Earth extends in to three dimensions: Exactly those three dimensions (x, y, z) we find within all steps of the human evolutionary process.



First dimension: The direct: (in nature this is always a bent direct)

Polarity: Corresponds to the **thinking model of a pendulum**



Picture 6

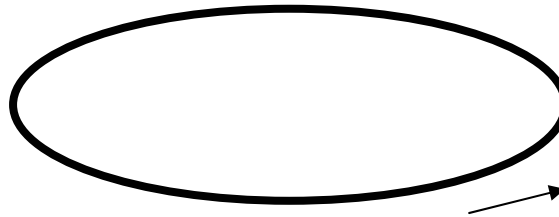
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The pendulum swings back and forth and moves between antipodes. Reaching the opposite point always brings the opportunity to return to the initial point. But one never returns to the exact initial point, only nearly.

If a second force is added sideways (2nd dimension = Area), a circle, which equally oscillates rhythmically, is created.

Second dimension:

The cycle: based on the **thinking model of a circle**



Picture 7

The circle symbolizes all our cycles in which we are imbedded. This way we often return to the point where we have started. If we divide this circle into topics and tasks we realize that we, over and over again, meet the same topics and tasks. Even if we think we have left them behind by now.

If we really would get back to the exact point from where we started we'd become quite frustrated. The creation that has avoided this is manifested in the third force:

Adding a 3rd direction "z" a rhythmical, circling motion along a cone is created:

Third dimension:

Growth/maturation: According to **the thinking model of a circle-like movement following along a cone.**



Picture 8:

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All movements within the first and second dimension are contained within, both the back and forth movement as well as the circling motion. (One can easily observe this looking at the shadows thrown by this motion).

The upward trend represents the elevating of the path. Almost the same path is taken but only a slightly higher level. – All lived experiences “elevate” us and give us the opportunity to live again what we already experienced but from a higher and more experienced perspective. – All those dull repetitions start to make sense – they teach us how to slowly grow in an upward circling direction. There is no short cut possible, only an increasing state of realization where the long journey will lead.

The tip of the spiral represents a point just like the point of the ultimate beginning. It symbolizes God. Our path leads to God, or at least close to God.

The terrestrial path of human kind consists of the path of elevation towards God.

The destiny of humans can be seen as the in- and exhaling of God. – From where we originate and where we’re going.

Therefore even the smallest moment in our life has its own and deeper significance – It is not up to us to judge (the smallest moment), but only to experience and to convert this experience into awareness.

4.2. Perceptions

We now know that we are on our way to God and that we have to master the long path. We also know meeting many situations and circumstances makes sense and have significance on our journey. But how do I recognize the opportunities to experience situations, which help us to develop on our journey?

The key lays in the perception. We experience everything within and around us as facts in order to perceive “our” reality – the reality that uniquely is our reality and ours alone.

To do so we have acquired our senses, which evidently – “make sense”.

Perception is a lively, sensual experience, which is perceived differently from individual to individual.

The rational thought can allow this perception to be the truth or, under false pretences to deny it as the truth.

Therefore the prevailing scheme of thinking decides over the truthfulness of perception.

Possible perceptions: some samples:

- Perceptions, which point towards a connection with the source, the creation
- Perceptions which are useful for the maturing, the development of the soul
- Perceptions which are based on our own free will
- Perceptions which happen beyond the limitation of space and time
- Perceptions which dissolve the polarity between man and woman, good and bad, culprit and victim, light and shadow, etc.
- Perceptions which let us realize how influential yesterday’s experiences in regard to tomorrow’s can be

Four inner levels of perception in consciousness:

If a human being concentrates on the inner in order to arrive at a meditative stage, he or she can take a journey to the inner self. – On this journey he or she wanders through four levels:

1. Level: With clear will and mind he or she tries to imagine a clear picture. This corresponds with the outer familiar reality.
2. Level: This picture of will can be modified with fantasy. With the help of perception, changes, which not necessarily reflect the reality, are possible. – With enough skill the pictures can be given their freedom and to develop by themselves. But still, these pictures do not represent the reality but they can have symbolic or allegoric character.

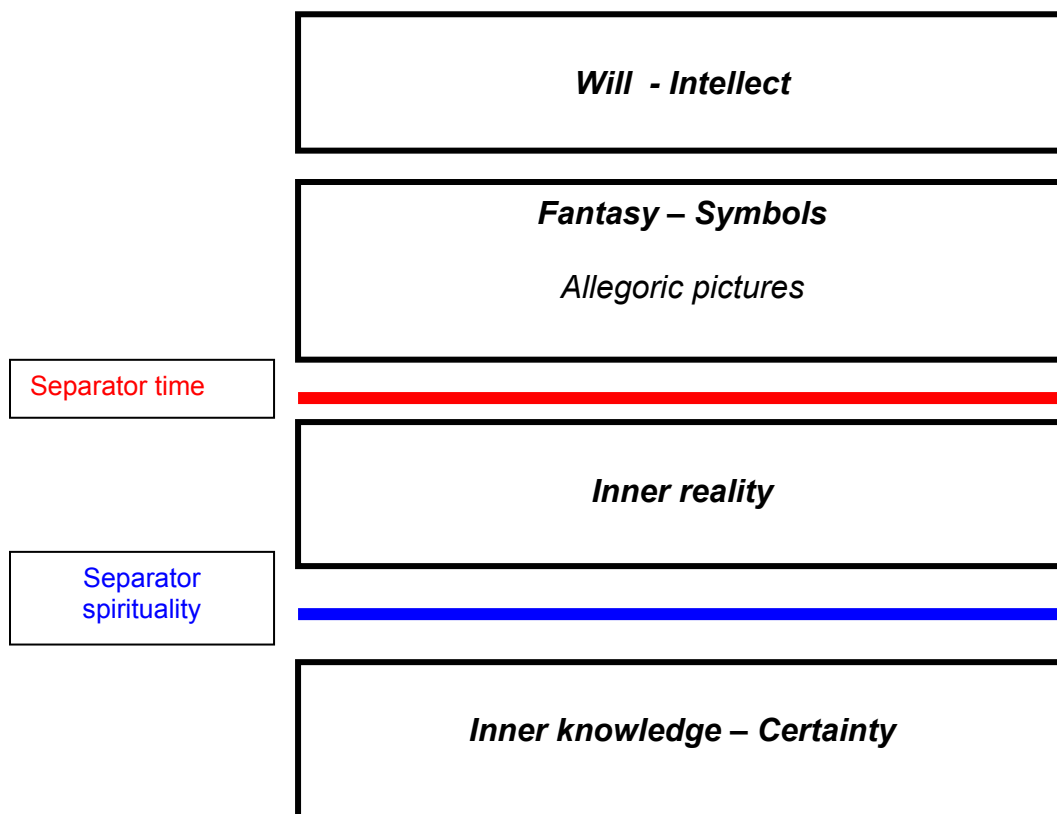
Often with a symbol of transition, such as a gate, a door, an opening or similar, a sudden “true picture” develops – a picture with its own distinguished character of truth. This represents the crossing of the “time barrier”.

3. Level: A scene beyond our “time barrier” can be experienced with our senses as being “the present”. It enables a parallel perception of past and present. All feelings and thoughts now can be perceived as real and authentic. A rational processing of these feelings is possible at the same time.

Again with help of symbols of transition, like light, angel, feeling of being carried, indescribable fulfillment, being one with the source or similar, a perception describable as “mystic” can be reached.

4. Level: Based on the experiences in the 3rd level a sense of insight into the depths of the soul develops which is not based on rationality but which represents psychic (soul) knowledge. As a result of the connection with the source the soul comes to the insight, which goes way beyond what can be achieved with understanding and rationale. This insight makes us “blessed”.

Fig. 9: Four levels of inner awareness:



4.3. Spirituality and the “Anatomy of the Soul”

Spirituality = opposite of Materialism

Spirituality describes the doctrine that:

1. The spirit only is reality
2. The body is only a manifestation of the soul

From that we can deduct that the human life consists of two parts:

- Spirit and body
- Visible and invisible
- Permanent and transitory

These facts represent polarities, ending points.

As a consequence we can define life as follows:

Life = joining of polarities

The purpose of several, repeated lives (reincarnated lives) lays the sensible goal oriented joining of those polar lives.

Examples: Culprit – victim
 Active – passive
 Alive – being lived
 Creating – admitting
 Mighty – powerless etc.

The age of the soul

- The reoccurring chance to live is the mercy of God
- This way each soul gets the chance to make necessary experiences and to learn about the conditions of becoming a true human being.
- Every human being gets as much time as he or she needs for the development towards a „whole human being“
- By accumulation of experiences a treasure of know-how is obtained
- This inner wealth is also described as maturity of the soul
- The more mature a human soul is the more it has, as a human being living on Earth, experienced during its own actions.
- The mature soul differs from the immature soul by having „completed“ more human polarities
- Every human being therefore has two „ages“:
 1. The age which is described in years since his or her last birth
 2. The age which is the sum of collected experiences during all lives up to the present (soul age)
- Each degree of the development of the soul requires different abilities and insights.
- Therefore the soul age of a human being always has to be taken into consideration to avoid that the individual is not asked too much of, but also not under challenged.
- The soul age, the inner maturity can be derived from the way a human being thinks, acts, argues and lives. In addition to that, the eyes can reflect an enormous amount....

4.4. Karma

Life encourages us to act: on our learning life journey we are allowed to make acting experiences.

1. Every act is a creative act accomplishing something
2. With every act something is put in motion
 - We sow – something grows
 - We push a ball – it rolls
 - We throw a rock – it flies
3. Every act is followed by something:
 - A plant has grown
 - A ball bounced on several spots
 - A rock hits something
4. Every act changes something, dissolves something
5. Every act has a reaction, either visible or invisible
6. Out of every act and its consequences a new situation arises – a situation, which encourages new actions....
7. As a series of reactions a chain reaction develops

Conclusion: **Each act is cause and effect at the same time.**

Law of Karma: **1. Encouragement to act (Karma = act)**
 2. Each act is linked through cause and effect

Three forces determine human life considerably:

1. The pressure of evolution (on the way from dark to bright): suction of the future
2. The law of cause and effect (causal alliance): Pressure of the past
3. Free will of human beings: power of the presence

Karma = Is not a system of threat or punishment
 = Is much more like a path of restoration of the equilibrium which, through our own actions, has lost its balance

The three kinds of Karma according to old sources

1. Sanchita: The sum of all past actions with karmic consequences
2. Prârabdha: Represents a topic which is influencing the momentary incarnation
3. Kriyamâna: The effect of the daily acts

Karma is our “educator “:

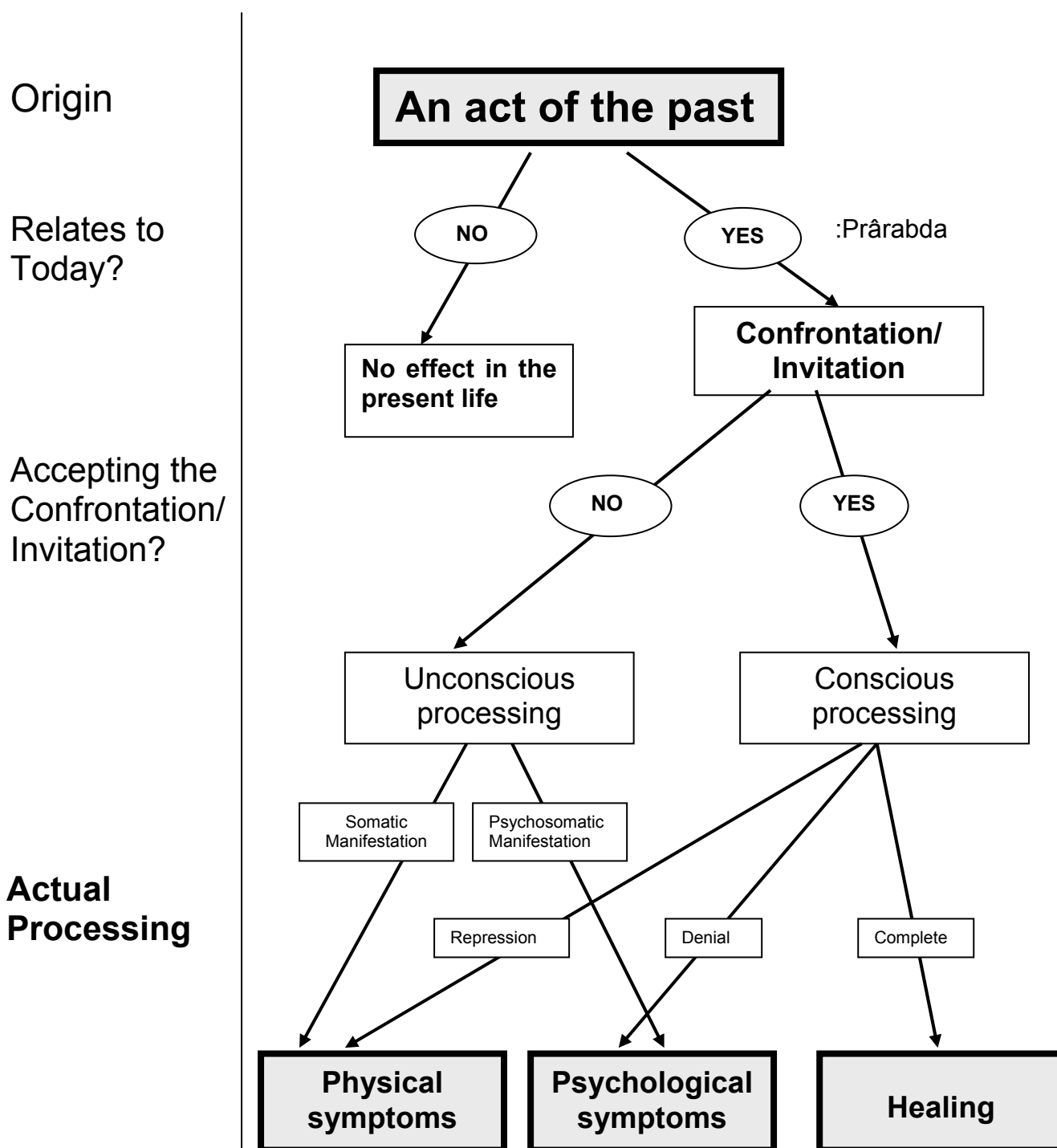
- Everybody reaps what he or she has sown
- With each cause we also create the effect
- Cause and effect are opposite sides of the same coin
- Whatever we experience is caused by our own actions
- This is neither punishment nor reward
- This is the result of our own actions
- The result can be either pleasant or unpleasant
- When we disturb nature it will recreate its balance even if it bears negative consequences for us

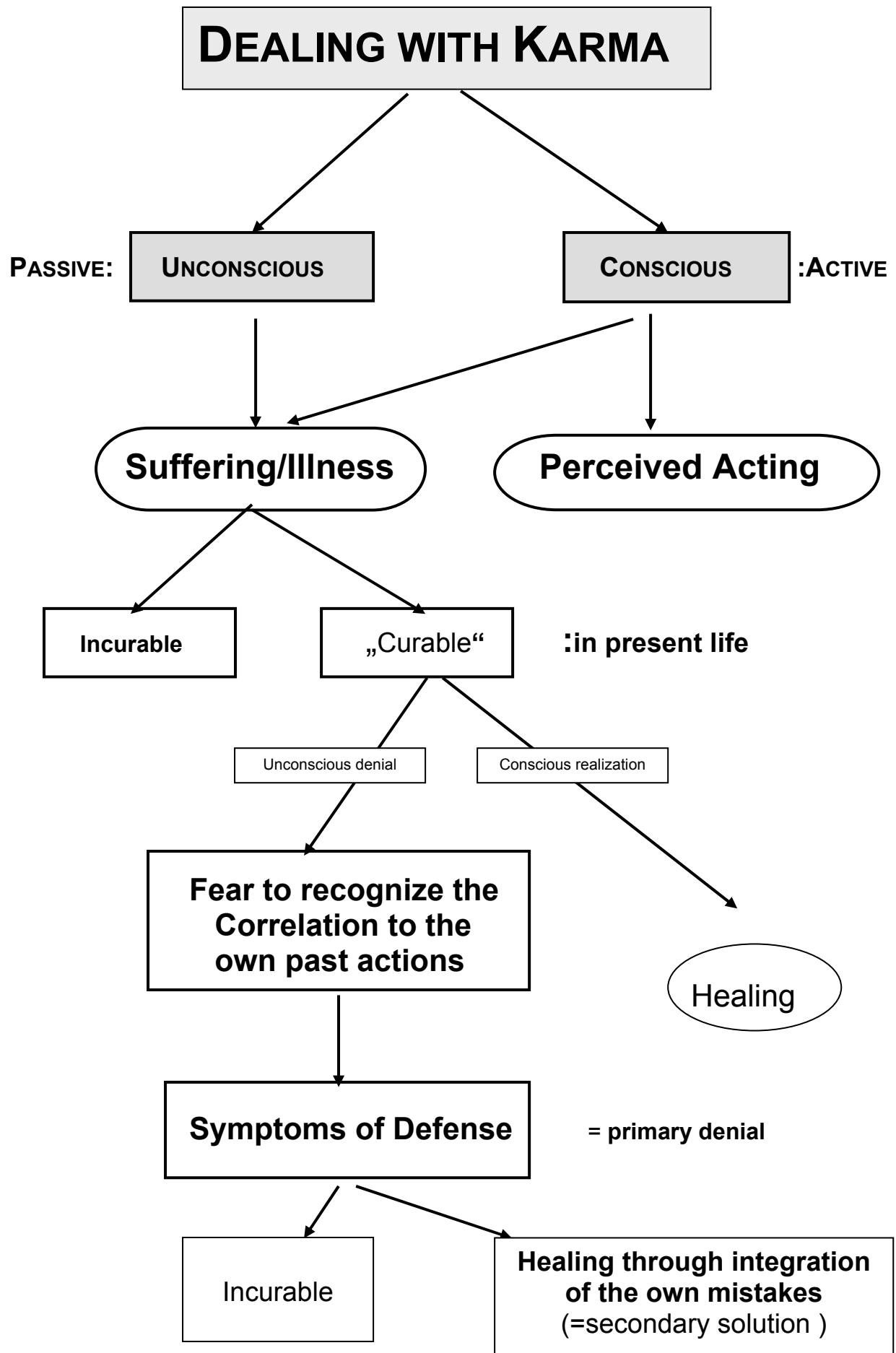
As a consequence we are invited to:

1. Act during our daily life
2. Become aware of:
 - Ourselves and our own completed path
 - The laws of the nature and the creation
 - Our tasks and abilities
3. Enhancement of our ability of perception
4. To access our shadow, the darkness of our soul

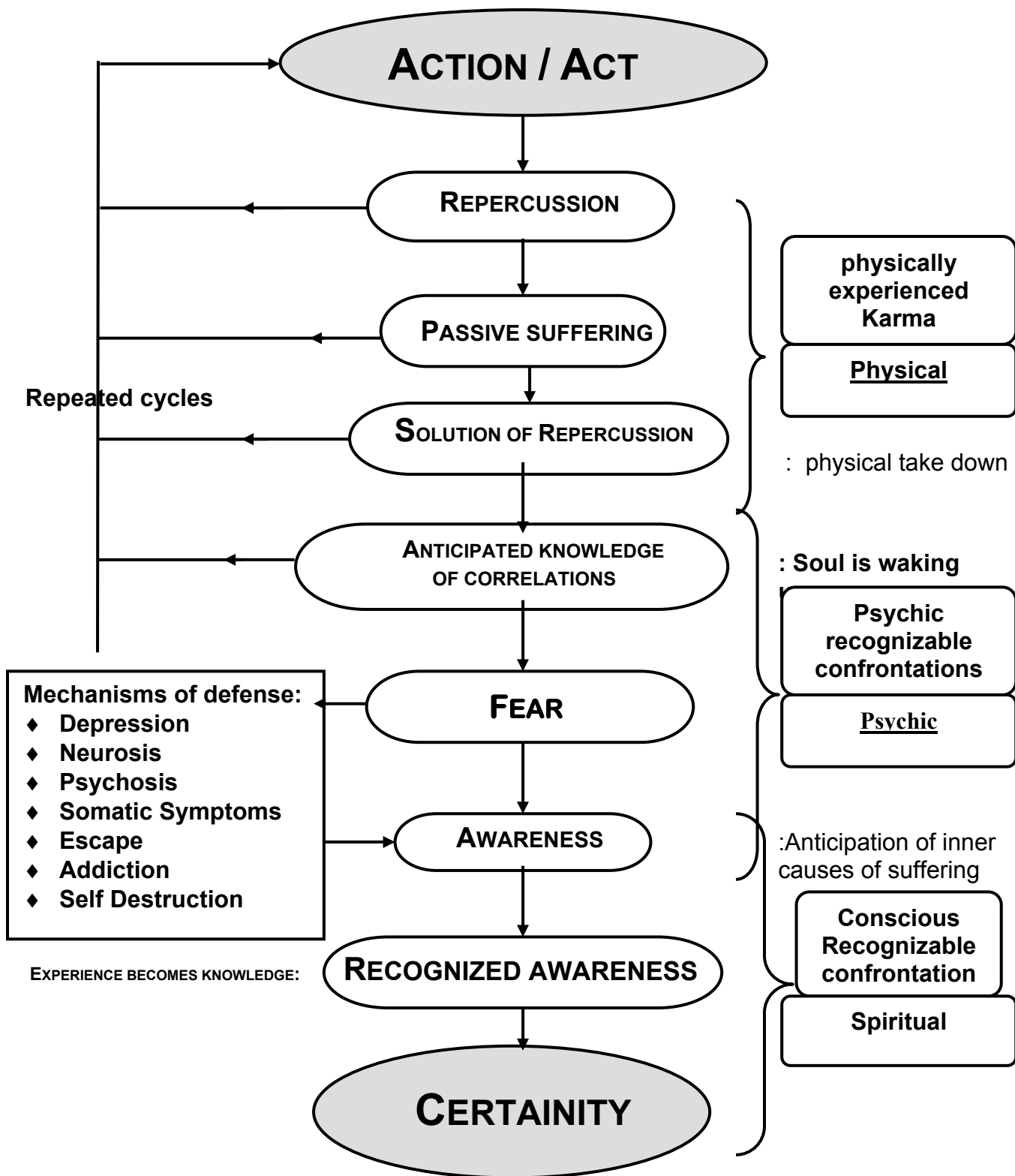
4.5. Medical Soul-Psychopathology:

ENCOUNTER WITH THE PAST, WITH KARMA





The phases of confrontation with the own past



4.6. Dealing with the Christian topic of guilt

Definitions :

guilt = the condition of being responsible for a wrongdoing

Sin =

1. Common theological perception:

-Offense against God and his will

-Human beings try to free themselves from the sin by:

*Absolution, penance, inspiration, awareness, washing

*Becoming one with God

2. Catholic faith:

*A personal guiltiness accepted with free will against God's will
(order of Creation and revelation of the Word)

*Complete repentance and the sacrament of penance relieve the
distancing from God

3. Evangelic-Reformist faith:

*Starting point: human being has fallen from God

*Rebel against God, which is manifested in disbelief and
egocentricity.

Sin = Self imposed fate (=original sin) + personal guilt

I.e.: The fact of being a human being is also the surety of being guilty!

Catholic: Baptism liberates human beings from the state of disgrace.

Evangelic: only God's grace can liberate human being from this state.

Original sin:

= original sin committed by Adam and Eve, handed down to human kind as
condition of:

1. Disgrace before God
2. Mortality
3. Ignorance
4. Lust

Original sin: = fall of mankind:

= Sin committed by Adam and Eve

= Violation of God's commandment through inquisitive craving for God-
like insight.

➔ Loss of connectivity with God

➔ Need of salvation for human kind

Comparison – traditional christianity and past life thinking

	Traditional Christianity	Mixed Picture	Past Life Thinking
Closeness to God	-Unachievable for human beings -Only granted by God (mercy)		Achieved, with God's help, by accumulation of a large sum of lives (acting, perception, development).
Being human	A product of original sin		A spiritual creature on the active way to God
Life	A condition in which God's mercy enables release from sins.		A section of a long journey during which acting and deciding brings closeness to God, small steps at a time.
Acting	Can contribute to attract God's attention and mercy	The right deed brings me further, the wrong deed brings me misery	Necessary drive to advance on the long journey
Guilt	-Part of life from the moment of birth -Always enforced by own behavior	Occurs by acting wrongfully, advancement is slowed down	Does not actually exist: Advancement on the journey requires polar acts and experiences
Bad conscience	Overshadows each and every act	Only those who are on the wrong path get it	As a result of one's own actions there is insight of the correlations and consequences of human acting

5. Integration of the physician's way of working

5.1. The central attitude

The so far debated theoretical facts represent the most important part of my work. The knowledge of all the correlations results in a **central attitude** of the therapist. He or she collects the knowledge in the preposition of a therapy in order to be able to devote him or herself to the heavenly hierarchy when encountering his or her patients. It is important that special theories and techniques don't burden the mind – the mind must be able to empty itself. It focuses on his or her spiritual guide, with whom he or she lives, as intensively as possible, consciously or unconsciously, supported by his or her charkas, energy, spirit and soul. He or she tries to join the flow to interact with the spiritual, timeless world. He or she becomes a channel.

The patient is asked as well to meditatively relax, to open him or herself and to guide his or her consciousness towards his or her spiritual guides.

Fundamental is the fact that the relation between practitioner and patient is based on the bringing together by the spiritual hierarchy (spiritual guide) in order to contribute to the introduction of the curing knowledge on Earth.

This open and relaxed attitude of practitioner and patient creates a new, so to speak **“third” dimension** which allows healing through awareness. This third dimension also can be called **“inner doctor”** who can heal by enabling to let flow what has to flow from the point of view of the spiritual hierarchy.

Not the wishes or expectations of a patient nor the practitioner's planned outcome are the working forces, but the **total devotion** towards all that stands high above us.

The rational aspect of expectation both of patient or practitioner can be irritating. Much more is it important not to want an aspect which seems to be unusual – especially since we are all so proud of our level of knowledge of psychology which has been acquired over long periods of time. At first glance this almost seems to be impossible. But I can assure you that **the process of accepting what should be** is an enormous mercy, both for practitioner as well as for the patient.

And exactly out of this grace, mystical experiences can develop – experiences, which exceed those of rational insights, several fold.

The conscious devotion and subordination towards the whole timeless creation with all its laws, to find one's own right place of belonging - that is THE challenge.

The four levels of knowledge:

- | | |
|--------------------------|---------------------------------------|
| 1. Unconscious ignorance | I do not even know that I do not know |
| 2. Conscious ignorance | I know that I do not know |
| 3. Conscious knowledge | I know that I know |
| 4. Unconscious knowledge | I do not even know how much I know |

We are getting educated on level 3 but ideally we're working on level 4. On level 3 we hold on to all of our knowledge, but on level 4 we can let go again and allow anything that's possible, even beyond our knowledge.

5.2. The Abilities of the Therapist

The fundamentals of acting as a medical practitioner are made from the knowledge of the various correlations between the several levels of a human being:

<u>Level of human being</u>	<u>Necessary ability of the therapist</u>
1. Physical level	Basic medical knowledge of physiology and pathology
2. Emotional level	Ability of reflective compassion
3. Mental level	Knowledge of psychotherapy and speech therapy
4. Soul (psychic) level	Accompaniment of the karmic obligation relative to the inner age

5.3. The four vital forces of a human being

When treating patients we have several possibilities to use. One is to recognize and cultivate the available potency and resources of a human being. There are several different points of view and theories to do so. For myself, I have found the following categorization quite useful and workable:

- 1. the knowing force**
- 2. the feeling force**
- 3. the allowing force**
- 4. the focusing and sense-spending force**

5.4. The four abilities of a human being

The above-mentioned forces are also associated to the abilities of a human being:

The knowing force:	The ratio
The feeling force:	The emotion
The allowing force:	The intuition
The focusing and sense-spending force:	The vision

5.5. The integration of all abilities as a way of healing

Based on the openly receiving attitude of therapist and patient each single level can be processed jointly. At all times the practitioner's abilities, as well as those of the patient, are important contributing factors.

If possible, each single level of the patient has to be perceived in order to evaluate what hurts, where it hurts, why it hurts or why it attracts attention.

To analyze the background of an illness or pain and draw conclusions during this process, it is not always the first step to use past life therapy. The mental background is evident anyway, even if it is not elaborated on. On this basis a trustful relationship between therapist and patient develops – a relationship, which allows the patient to decide on which level he or she wants to collaborate with the therapist. The common goal: to find out more about the reason for an ailment and to integrate the findings in the future of the patient, must never be left out of sight.

The path and technique of the procedure are secondary – it is much more important to have a common visionary goal – the allowed approximation to the source of light of creation.

6. Work on the individual levels

6.1. Physical level

First of all, the level of the patient's health has to be established. It is very important to get an accurate picture about the body, as well as about the soul of the person in front of us. Depending on the physical condition, it might be necessary to concentrate on the "building" first before one can start to work on the "inventory".

It may well be that the patient does not want anything else than ask a few questions regarding his or her body, to get some therapeutic help and then afterwards move on by themselves.

It is of utmost importance to respect the patient's wishes and to only help him or her as far as he or she really wants to be helped!

It is very clear to me that past life therapy cannot be forced upon a patient by prescribing or ordering it but recognized as a possibility by the patient themselves. Only the soul wishing from within itself to encounter its soul-mirror should do so. Otherwise, past life therapy can produce deceiving pictures of fantasy or astral world pictures. It can also lead to astray, which cannot be processed by the current state of mind and cause unmanageable disturbance.

In the real encounters, human beings are approached from the outside – exactly the same way a doctor has to follow his or her therapeutic path. First, assess the outside and concentrate on the current needs.

From time to time, the awakening on the purely somatic level is an important aspect which should not be underestimated. It often gives a closer insight to the pain inside the body.

From the psychosomatic point of view, the body expresses what it is not able to express otherwise yet. A young child, for instance, which cannot express itself in a differentiated way, would not be forbidden to express itself simply because it is not articulate enough. We rather would support the child and assist in gaining more practice. Only through practice, we reach perfection.

Each experience on body level, each somatic suffering is a form, a way for the soul to express itself. It (the soul) should be taken seriously. It is never up to us to judge or minimize this experience. We should rather give it our full attention because it contains already vast amounts of information of the soul.

By being attentive we can become an interpreter of the body language and therefore of the soul. Often two parties are unable to communicate because they do not speak the same language. A translator can then be of great help – simply by translating respectfully and exactly. Often this is all that is needed to bring about a solution to a conflict.

Already to openly listen can accomplish movement in the patient's conscience. This movement is an invitation for the patient to continue his or her path on their own.

Often the biggest help is not actually providing help but allowing help to happen by itself.

Persisting disorders and/or the outspoken wish by a patient warrant the move to the next level.

6.2. Emotional level

The abdomen is the place of feelings. We feel many different kinds of feelings inside our abdomen. Rage, joy, anger, longing, disappointment, lust, jealousy and so on. All those feelings manipulate us in different ways. Some make us so happy that we feel like flying away, others make us feel so heavy and depressed that we almost cannot bear them. – Every feeling tries to find a way to emerge on the surface of the conscience. - The more we allow that to happen, the easier it becomes. It gets difficult when this expression is boycotted or fought against. The result is a true battlefield of emotions.

At the very beginning of evolution, the soul already is fulfilled by getting a chance to be able to inhabit and therefore live (or vegetate) in a body existing on earth. However, the soul after a while is not satisfied with the purely physical senses. It seeks and wants more on its spiral way towards the light. It seeks more insight and

Integrating past life therapy in the work of a medical practitioner - copyright: Dr. med. A. Gosztonyi
perception. This way the soul gets the chance to increase its awareness. It more and more can enter the field of feelings. Slowly but surely.

Through an immense number of lives, a soul can find it's way into new dimensions of experience, into battles and into chaos that subsequently can lead to "headless" feelings.

An anecdotal saying goes like this: When building a house nobody can leave out the second level and continue with the third after having finished the first. Just air holds nothing. Everything needs a foundation which is solid and sustainable.

A soul therefore has to live through all the possibilities held in store by the extent of feelings. The only consolation though, is that we have the "use" of an immense number of lives.

The doctor's first duty therefore is to recognize the emotional level of the patient and to allow it emphatically. Secondly, accumulated, blocked, exaggerated or underdeveloped feelings can be helped to express themselves.

It can be helpful to make use of the integration of the three lower chakras that can express much about our inner state of soul.

The three lower chakras symbolically represent the three lower levels of development of human kind. On these levels, feelings are dominating whilst in the beginning the ego is self-centred but later on tends towards the "you". The big step however is taken when changing from the third to the fourth level (heart chakra). On this level, the true ability to love has to be acquired.

Just like with soma, the next step has to be to gain more insight into the blockages and confusions of the emotional level. This wish has to come from the inner soul itself and leads to an actual regression.

6.3. Mental level

On this level, extended knowledge about psychotherapy will be applicable. Beginning with the cognitive methods, moving on to behavioural therapeutic aspects and systemic and resource oriented points of view, many possibilities are open.

It is important that the therapist has a deepened and solid knowledge in his or her own field.

If requested by the patient, knowledge can be enriched by adding concept of past life therapy. This can be on a general theoretical level where laws and correlations of reincarnation are discussed and evaluated. Alternatively, it can be evaluated based on the patients own situation, but still on a theoretical level. To be responsive, according questions to the patient's, level of fear and refusal will be lowered. It is at all times up to the patient to what extent he or her is willing to open up toward this topic.

We all know though that we have to acknowledge our independently thinking patient and that we have to take his or her psychological capabilities serious. No matter how

sick or healthy he or she is. We therefore are obliged to accept him or her in exactly the way he or she wishes to present him or herself.

6.4. Spiritual level

The actual process of past life therapy takes place on this level. In order to avoid misunderstanding we will have to discuss the term psyche a bit more thoroughly. Looking at the origins, the term psyche is to equivalent to the term soul. My feeling is however that the term psyche has been watered down continuously. I actually have the impression that today it is regarded as a mixture of mental awareness, conscious and unconscious capability to think as well as all bio-chemical brain processes and their effects. – For me though, the term soul is more the part of a human being, which, after physical death occurs, continues to live on. Within the soul, we find the accumulated knowledge from all preceding lives, or, one could say at least, that the soul represents the place where access to both, one's own, as well as superior knowledge from all times, is possible.

In dealing with the soul (soul in the sense as mentioned before), one leaves the limitation of space and time and enters a superior dimension. In this dimension, one gets access to an almost immeasurable store of knowledge. Just like handling other precious treasures in life, our souls, when worked with expect to handled with utmost care, precaution and humility.

Within the regression therapy the soul is prepared to take upon itself the work of it's shadow. Accepting the fact that each act performed has a deeper sense, the human being tries to see today's effects as a result of past acts. This correlation brings enrichment to consciousness and tomorrow's life.

In past life therapy the healing is not necessarily the only expected outcome, but by integrating past acts into today's life the mental attitude, which either is resolving the actual illness or which makes it, through enriching the senses, more bearable.

7. Case studies

7.1. Man with cancer of the thyroid

A young man, not much older than 30 years, arrives in a broken down condition. He reports that he is suffering from thyroid cancer for more than 5 years. He has refused all therapies recommended by his doctor and followed his own way. He has obtained help from several different gurus and masters from India and Europe. According to his opinion, he was just about to be cured even though he was reduced to merely skin and bones and his whole body was riddled with metastases. Apart from that, he was extremely frightened of dying which had caused constant agitation.

With one single regression session he was able to see the cause of his illness and had to realize that in the past few years he had been running away from himself. The fear of death was the expression of what, so far, he was not prepared to face his own reality.

After this encounter with his soul and it's knowledge he was calming down and was able to take the next step into death in a relaxed and peaceful way.

7.2. Woman with breast cancer

The location on her breast where the tumour grew was exactly the same spot where this woman in an earlier life had pushed a knife into somebody else's body. The realisation that today's illness is congruent with her former act was a key to look at other past issues and to tackle many unresolved issues and subsequently make changes in her current life. With the additional help of various conventional medical therapies the woman was not only able to conquer the disease but also to make important changes in her own life. The chance of Destiny.

7.3. Man with tinnitus

A young man suddenly suffers under severe tinnitus in both ears which nearly drives him crazy. He seeks the help of several kinds of therapists but nobody is able to help him. He is not ready yet to work on his inner self and therefore is not able to accept the fact that in a previous life he participated in torturing prisoners and that his speciality was to pour liquid lead into the victims' ears. From the outside the victims did not show any signs but the now deaf persons were suffering enormous pain which drove them almost crazy.

7.4. Man with back pain

A no-good person found it too hard to work. He preferred to ambush others who were walking through "his" forest and rob them of their belongings. With a well aimed throw of a lance to the back of his victim he was used to make a good haul without putting himself in danger or being recognized.

The man suffering strong pain in the centre of his back has received those pictures. After reflecting on his past acts and the integration of his current knowledge this man was able to see that his back hurts whenever he wants to impose himself on others.

Through the emotional realisation of his still encumbering will he was able to work on himself. Today he hardly ever suffers from back pain and when he does it is a helpful hint to curb his own will.

7.5. Woman with arthrosis of her fingers

Continuous and steadily increasing pain of the middle finger of her right hand motivated a woman to find out more about the cause of her discomfort. During the process she was able to learn that in a past life she was a very successful abortionist. With great flair and precision she was able to free many mothers from unwanted pregnancies. Her middle finger was her most important tool. – Although

she was not freed of her pain she learned to handle her discomfort better and the disease did not progress further.

7.6. Man with high level of anxiety for the dentist

A man fell unconscious when sitting down in the dentist's chair after being told that due to cavities, his teeth needed immediate attention. After regaining consciousness he indicated that he had a high level of fear of dentists. But it was not actually the dentist he was scared of at all but possibility of inflicted pain. Since his early youth he reported to have fallen unconscious when seeing blood, being vaccinated, watching operations or even only overhearing conversations containing those subjects.

Since his teeth needed attention urgently he finally had to do something about his suppressed anxiety. After only two sessions of past life therapy he was able to recognize that in past lives he has inflicted significant pain to others. The culmination came during the third session when he realized that he used to be a member of a medical-scientific group of SS-doctors undertaking experiments and examinations on prisoners.

Apart from light sweating the patient had no more complaints when being faced by the dentist repairing his teeth.

7.7. Woman with recurrent heavy coughing

The patient has suffered bronchitis, especially since the birth of her first child. At times she needed up to 10 antibiotic treatments in one year to get rid of her illness which came back with regularity. Her life history also showed that she was suffering from deep sadness and the wish to be close to her father – a relationship which successfully was undermined by her mother. In retrospect, she was able to gain an overview of the close relationship to her current father over a good number of previous lives. They were together as twins and also were in relationships during several lives. In some of the lives her current father was unreachable – either for the reason of him being in a pontifical position or because of other rivalries. On several occasions the rival was her present mother to whom she has, as we know, an ambivalent relationship.

Already after the first regression she was able to get rid of a three month lasting cough which has not returned since. Through further work on her internal attitude she could decrease the level of her sadness (Chinese teaching tells us that the lungs are the seat of sadness). As a consequence she experienced progress not only in her physical but also in her spiritual and emotional level.

7.8. Man with tendency to paedophilia

A man who has been convicted for dealing indecently with young boys realised that the therapies he had to go through as a part of his sentence did not bring any relief or clarification about his condition. During regression therapy he was able to gain insight into the abnormal practices in diverse monasteries which surpassed his actual fantasies by far. He felt great concern about all the suffering. From a juristic point of view, he was told to find a more "sensible" therapy instead of such useless regression.....

8. Conclusion

The integration of past life therapy in the daily practise of a doctor brings significant enrichment both for patient as well as doctor.

In several cases this method brings relief in situations where conventional therapies did not succeed in healing or relieving ailments.

Through realization of the fact that human beings are harmonically embedded in the entire creation / existence brings relief in itself.

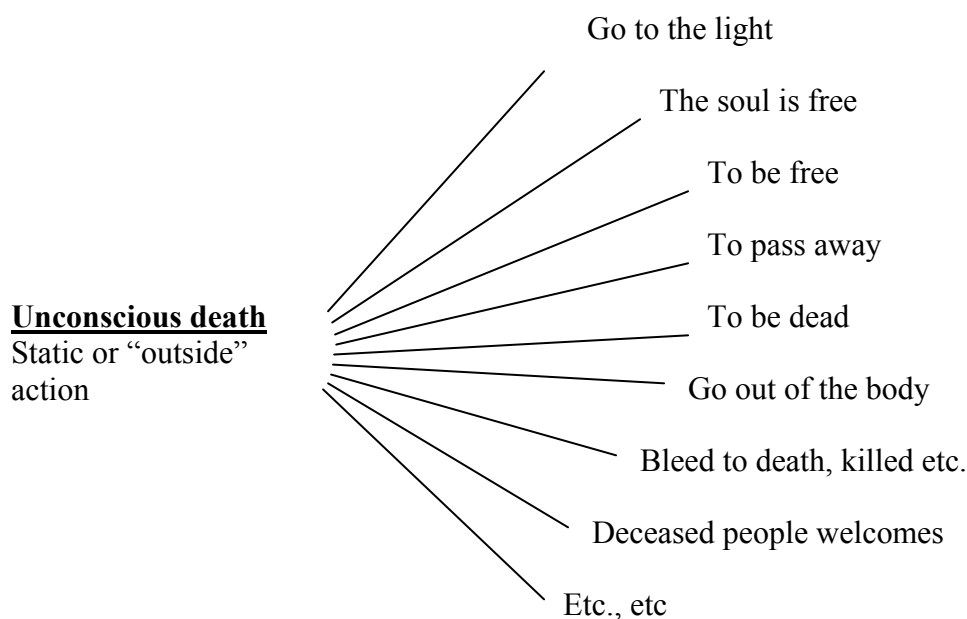
The recognition of the laws of human development, of the abundance of incarnations lets human beings deal with their destiny in an easier and more relaxed way.

Through the mirror of self responsibility the sense and purpose of life become newly defined.

The invitation to awareness of the gift of life, the privilege to grow and to develop makes people more tolerant and insightful when dealing with themselves or others.

It does not matter whether one is a doctor or a patient on the way to light – both take the same path and both need, apart from somebody else's help, the affectionate support from the entity which reigns above all existence.

Only the connection to our source brings us life and salvation.



Conscious death: to die
Dynamic “inside” action

Appendix:

Encounter With The Spiritual Guide

Group meditation

Everybody please take a relaxed position, either laying down or sitting. We try to leave everything behind us, which kept our minds busy until now. We open our charkas and centre in our middle. – To support this process we can think of a sunbeam that comes directly from the sun with a light sphere at its end – just like a laser sphere. This ball can penetrate anything without destroying. It can, in addition to that, leave an open channel through which the light of the sun, the source of our life, can shine into the depths of inner self. This ball enters at the zenith of our head and penetrates through our head, throat and chest all the way to the centre of our abdomen. There it rests and helps us to centre ourselves and to connect with our source. In order to be undisturbed with a few deep breaths we support, when exhaling, to give everything away we don't need at the moment. We try to be as pure and bright as possible.

We imagine walking on a narrow path through meadows – a path that leads straight into nature. We leave our civilization behind and immerse ourselves totally in the nature in front of us. We follow the path passing fields of blossoms and rich meadows; see the shining sun, the blue sky and the birds. We enjoy the vastness in front of us and feel lighter and easier the further we go. The landscape changes continuously and confidently we follow our path. – Now we enter a large forest. The air gets cooler and moist, the ground softer and we hear birds sing. We still follow our path and get deeper and deeper into the forest. – In the middle of the forest we find a small clearing with a pond fed by a spring. We can drink the fresh water and clean ourselves as much as we feel comfortable with. After a short rest we carry on our path. We now start to climb and notice that we enter a mountainous area. The path gets narrower and with time even steeper. The trees change, get smaller and smaller, until we reach the tree border. Far ahead we can make out a mountain hut that our path leads to. We can see that the windows are open and there is smoke coming out of the chimney. As we get closer to that hut we can see from afar that there is somebody standing in the door – somebody who is waiting for me.....

.....Everyone now please carry on their path and allow anything that may happen.....

.....The more courage, trust and confidence I have the more I can experience, the more I can be shown.....

At the end: We follow the same path back and centre ourselves within our body.