

PROJECT ONE:

INDIVIDUAL REGRESSION SESSIONS
QUANTITATIVE STUDY

n=300 (m 118, f 182)

Using the relaxation method for previous lives regression on a number of people and drawing some conclusions about it.

PROJECT TWO:

INDIVIDUAL REGRESSION SESSIONS
QUALITATIVE STUDY

n=10 (m 5, f5)

Finding as many previous lives as possible with a restricted number of subjects, and drawing some conclusions about these findings.

PROJECT THREE:

COLLECTIVE REGRESSION SESSIONS
QUANTITATIVE STUDY

In progress

PROJECT FOUR:

HISTORICAL VERIFICATION

In progress

PROJECT FIVE:

REGRESSION THERAPY

THE METHOD: RELAXATION - HYPNOSIS

- 1 TENSION OF THE MUSCLES
- 2 RELAXATION OF THE MUSCLES
- 3 CONCENTRATING (FOCUSSING)
- 4 CLOSING THE EYES
- 5 PROGRESSIVE BODY RELAXATION
- 6 PROGRESSIVE RELAXATION OF THE MIND
- 7 SUGGESTIONS TO GO 'BACK IN TIME'
- 8 DIALOGUE
- 9 POST-HYPNOTIC SUGGESTIONS
- 10 'COMING BACK'

PROJECT ONE:

INDIVIDUAL REGRESSION SESSIONS

THREE 'TRIPS'

- 1 Going back (to another place, another, time, another body), no further suggestions
Whatever.
-> connections for statistical research
- 2 Going back, concentrating on a present-life topic:
likes, dislikes, people, abilities, anxieties, problems.
-> connections for therapy
- 3 Going back, concentrating on being 'an important person'
-> connections for historical verification research

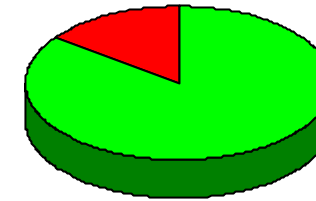
CONCLUSIONS ON PROJECT ONE

1) Most people (85%) are able, by means of hypnotic relaxation, to get impressions of their previous lives. They see and sometimes feel themselves in another place, another time, another body. There is no difference between male and female subjects.

2) Most people (70-74%) are able to get a complete overview of a 'previous life', in which the most important life stages from birth to death can be relived.

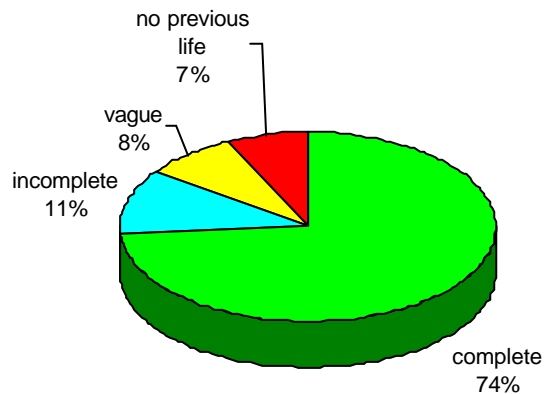
how many subjects can visualize a previous life?

no previous
life
15%

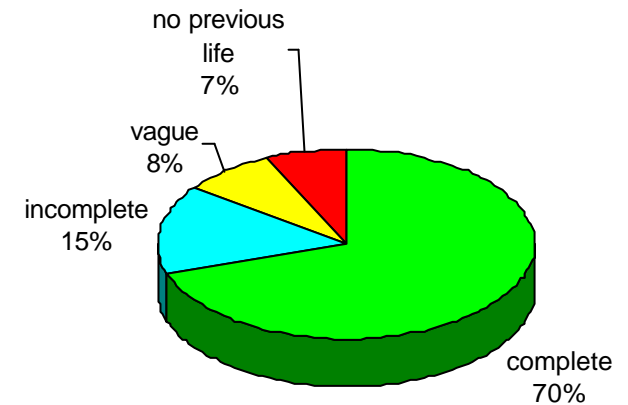


previous life
85%

details of previous lives (women)

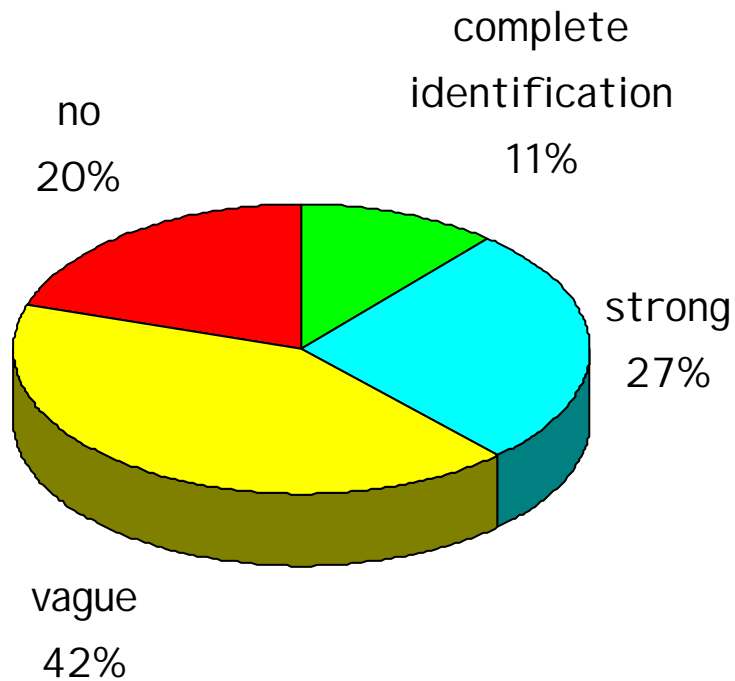


details of previous lives (men)

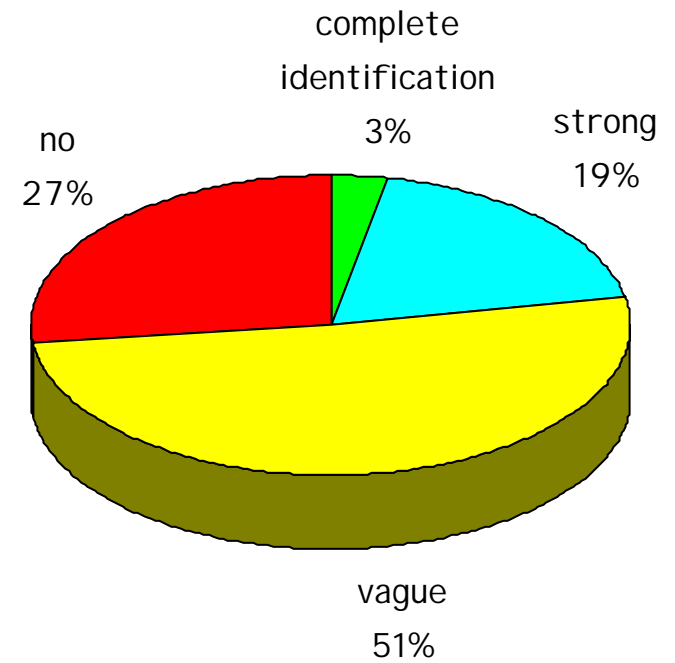


- 3) The emotional impact during these regressions is commonly stronger among women than men. More women (11%) than men (3%) seem to be able to get a complete identification with their former personality.

emotions during regression (women)

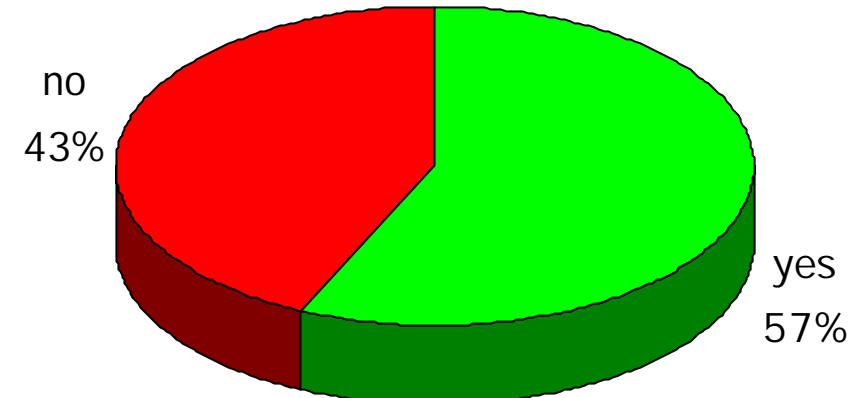


emotions during regression (men)



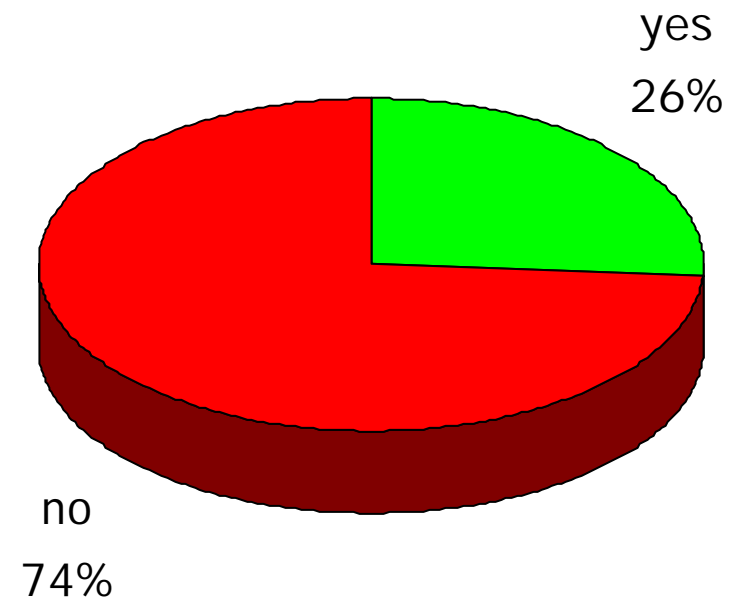
- 4) Regression to the baby-age (including memories of the birth or in the womb) in this present life seems to be more difficult than regression to previous lives, using the same technique. It only succeeded in 57% and there was no difference between men and women.

regression to baby (present life)

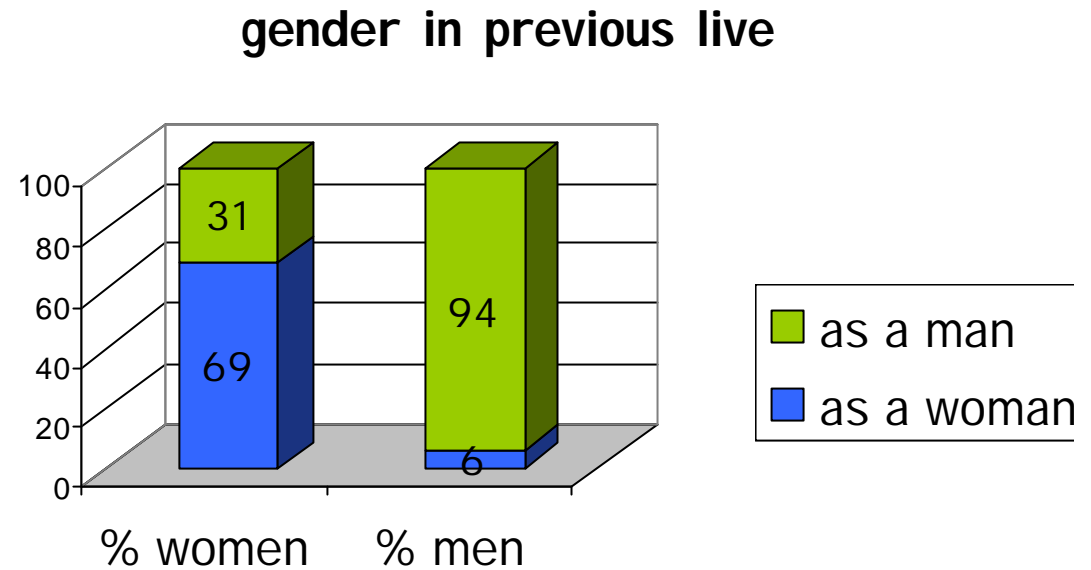


- 5) Regression to a stage between two lives is even more difficult. Only a quarter of all the subjects were able to get some faint impressions of an afterlife.

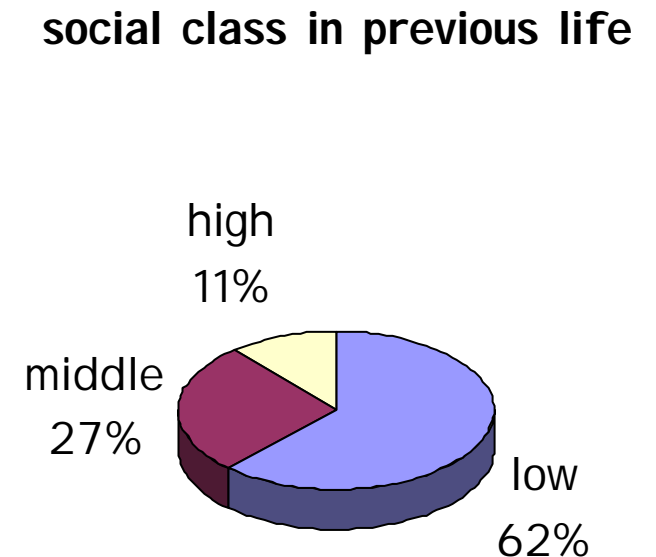
regression to 'afterlife'



6) Most of the people see themselves in the first regression in the same gender as in their present life. And yet 31% of the female subjects were able to see themselves spontaneously as a male. Men (6%) have definitely more trouble to experience themselves in a female incarnation.



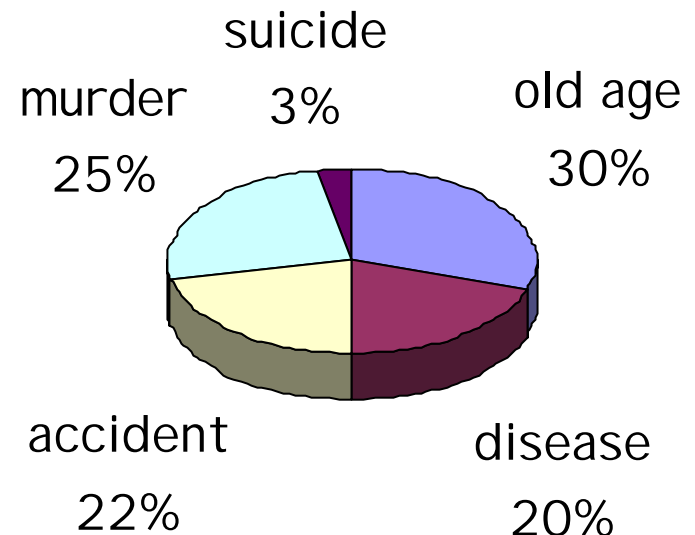
7) The distribution of the social classes we could obtain in the first regression by a number of people look very much alike the distribution of the social classes in all times. A majority (62%) see themselves in the lower class (workers, farmers, soldiers and their housewives). Only 11% see themselves in higher classes (nobility and rich people).



8) Old age seemed to be the most common cause of death in the remembrance of my (non-therapeutic) group of subjects (30%). But also a quarter of the people remember a violent death.

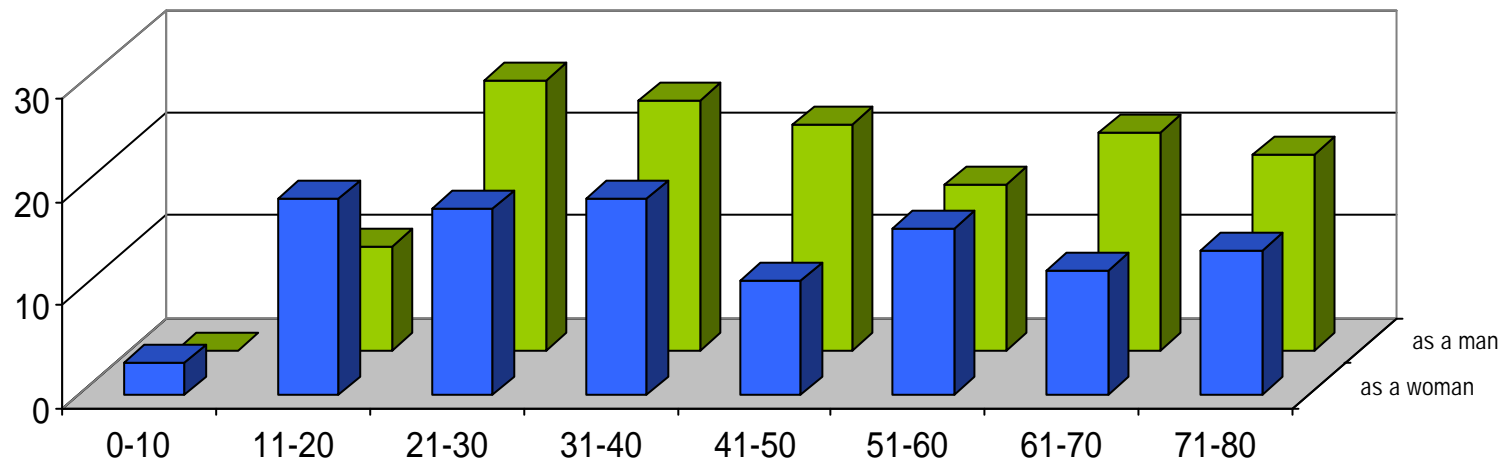
Those were bloody times in the past! More men were killed (28%) or could remember being killed as a man (35%) than was the case among women (20-18%). More women committed suicide (7%) or remembered suicide (5%) than men (2-1%). More women died by disease than by the sword. We see the opposite with men, who were more engaged in war and battle throughout history.

cause of death in previous life



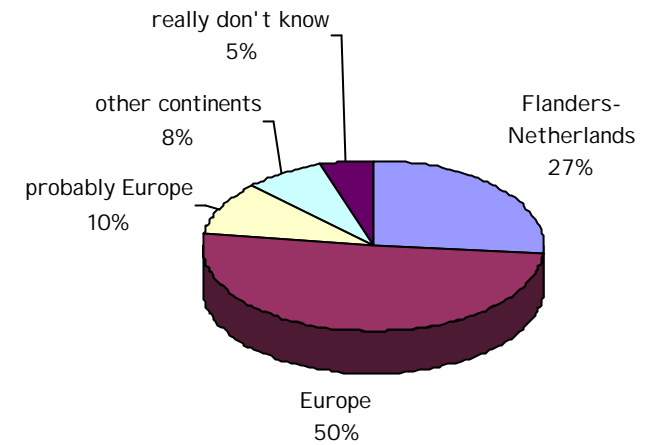
- 9) Lives that ended as a child emerge seldom in the first regression. Most of the regressants see their previous life come to an end between the age of twenty and sixty. Women seem to have lived slightly longer than men (as it is also today).

age of death in previous life



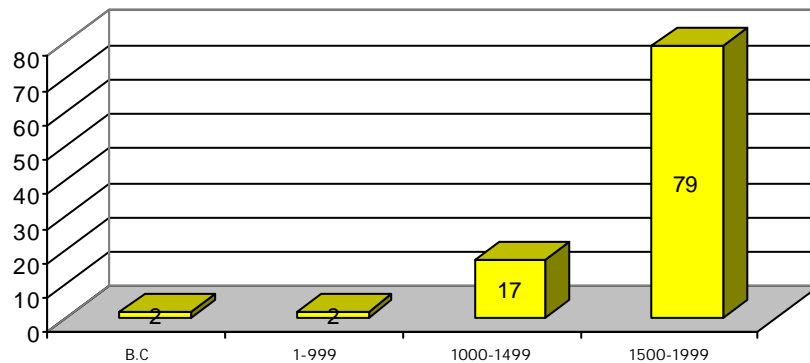
10) By far the most (88%) of my European subjects produced a European life in their first regression, a quarter even in the lowlands (Flanders, Netherlands). There was no significant difference between men and women.

location of previous life

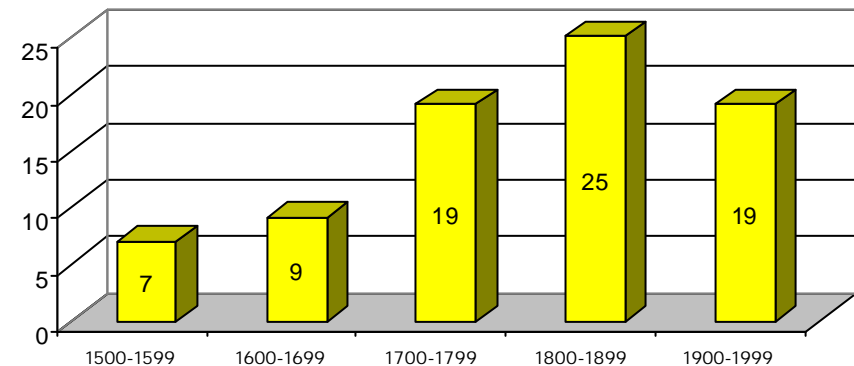


11) Most of the lives that emerged during these regressions happened not so long ago (79% between 1500 and now). Most subjects (25%) of this group could remember a life in the nineteenth century.

period of previous life (%)



period of previous life 1500-1999



CONCLUSIONS ON PROJECT TWO

- 1) **Most people** are able to visualize themselves in a state of relaxation in another time, another place, another body, and sometimes in another gender or race. These impressions also occur to these persons, who don't believe in reincarnation.
- 2) **Personification:** these impressions are **relived as real memories** (sensations of the body, reflection of the own self, change of voice, emotions and catharsis). Very often anxiety and behavior in the present life are related to trauma's relived in regression
- 3) Sometimes **strange abilities** appear during the regression: skills, unexplainable knowledge, xenoglossy (to speak in an unknown tongue).
- 4) Previous lives as an **animal** or a plant are very rare in past life regressions. More than 99% of our findings indicate previous lives as a human being.
- 5) Previous lives in **advanced technological cultures** (Atlantis?) or on other planets are very rare (3%) but there might be evidence.

- 6) The **lives** described in these regressions are mostly **banal** and **anonymous** (peasants, shepherds, workmen, soldiers, housewives) and they all seem to fit in the related period of time. Historical figures are extremely rare.
- 7) By plural regressions with the same persons it seems possible to obtain a **fixed chronology of definitely separated consecutive lives**. These lives tend to emerge without changes, time after time – even after years – even with different therapists, and even when the memories of these regressions are post-hypnotically wiped out.
- 8) All people seem to have lived hundreds or maybe thousands of previous lives. We seem to reincarnate more often than we ever dreamed of. The period between two 'lives' are rather short: only a few years in afterlife is no exception.
- 9) **Gender**: we seem to change gender from life to life. Or rather: a series of consecutive lives in the same gender follows a series in the other.
- 10) **Location** on earth: there is a slow but sure migration on the planet earth from life to life.

- 11) **Evolution:** There is no obvious evidence that human beings ascend to a higher life form from life to life. A life as a simple person can follow a high-principled. A gentle priest can become a mean criminal in the next life. There might be some evolution in larger cycles, but I could not find much evidence for it. On the other hand there might be some evidence for the laws of karma.
- 12) All subjects who are able to give a description of an afterlife give almost **identical statements** of what may happen **after death**. These experiences are totally independent of the religious conviction of the subjects and seem to correlate with findings of spiritism, near death experiences, death-bed visions and out-of-body experiences.
- 13) **Collective memories:** some regressants spontaneously recognize acquaintances in their present life during or after a regression. Sometimes it was possible to get confirmation of these regression stories in a session with these subjects, even when they were unaware of being recognized by the former regressants.
We all seem to travel through time in groups or clusters of 'soulmates'. In some lives we meet each other again in a equal circumstances or in a totally different kinds of relationships (as a relative, as a friend, as an enemy). Mutual attraction and karmic relations of these souls might be an important trigger to for us to reincarnate and to migrate around the world.

- 14) **Historical verification** often produces confirmation of historical facts. **Anachronisms are very unlikely.** People have memory of things like they were in the period of time indicated by the regression, and are unaware of changes which might have taken place since that time. On rare occasions there even was identification with a person who really existed as an historical unknown person.
- 15) **Aurareading:** some 'psychics' are able by means of a specific sort of 'clearvoyance' to get impressions of previous lives of other people. These impressions sometimes are a complete affirmation of the lives told during the regressions, even when the 'aurareader' wasn't informed about these lives. Several psychics might even be able to describe the same previous lives in full detail, independent from each other, and without knowing about each other's observation.

PROJECT FOUR:

1100

1200

1300

1400

1500

1600

1700

1800

1900

2000

