

THE POLITICS OF REINCARNATION

Reincarnation draws the sting from fear of death and by implication, gives a purpose to existence. Why then, is there so little acceptance and belief in reincarnation, often instead the subject of scepticism or derision? There are several reasons, the first of which is the difficulty in accessing past life memories. We all suffer temporary amnesia on arrival here from the spirit dimension. What happens is that our vibrational rate lowers and this prevents us from accessing the memories of all our lifetimes, which we carry with us in the energy field which surrounds our spirit or soul. These we can access freely in our natural spirit state. A few people have spontaneous past life recall; most of us cannot access those memories consciously unless we take deliberate steps to do so.

A second reason is the influence of the Christian religion over many centuries. For control of the people purposes, references to reincarnation (amongst other things) were removed from the early bible when the Romans first adopted Christianity themselves. Church and State came together to censor what the public were allowed to know. A belief in reincarnation was recognised as too anti-establishment, knowledge which would lessen respect and weaken deference towards the hierarchy.

In the last two centuries, as the influence of religion has waned, science has replaced it as the major source of explanation and "truth". Because science has been hugely dismissive of metaphysical concepts, we, living in a rational-scientific culture, have been conditioned in our education and upbringing to be likewise dismissive. It is thus difficult to get to first base and realise we are spirit inside a body. A major misconception science has given us, is the belief that it is our brains that produce thought. It is in fact, our soul that does. The brain gives expression to thought but without a soul, a body cannot function and there is no life.

Another example of the way science blinkers us, is its refusal to consider the many documented out of body experiences as valid evidence that consciousness can exist independently of a physical body. There are now many investigations into so-called paranormal experiences, which hopefully will lead to an overturn in the current orthodoxy.

Many traditional cultures still retain acceptance of reincarnation. We in the West falsely equate technological advance with superior knowledge of everything, ignoring the spiritual.

To a greater or lesser degree, depending on one's spiritual age, part of the tasks of life on Earth, is to rediscover our true spiritual nature whilst incarnated. If we brought all our knowledge with us, the test of our spirituality would not be the challenge it is here on Earth. It would be like sitting an exam with the answer paper in front of you. We would undoubtedly pass the exam, but there would be no sense of achievement and no spiritual growth. Spirit too, might therefore be said to have a political agenda. Life does not come with a set of instructions, so that those who wish to do so, must work things out for themselves.

However, the time has now arrived when there is more and more remembrance of past lives and growing interest in the subject. More and more children are now being born with past life memories. In the past, these were suppressed because parents did not understand what they were. The changes are not only happening in children. More adults too, are recognising when they have a *déjà vu* experience. This is a temporary past life flashback, most often triggered by being in a place that has been known in a previous life. There can be other triggers too; certain people, situations, film clips and so on. The timing of these things is not accidental. It coincides with the start of a new cycle of evolution of the planet that began with the year 2000.

The nearest thing one can have to personal evidence of reincarnation is recall of past life memories. Sometimes these arise in meditation experiences, sometimes they unintentionally surface during spiritual healing, but most often they arise intentionally in a past life regression. We at the British School have carried out regression workshops over the last eighteen months at the time of writing, involving around two hundred people. Each regression has been different and fascinating. The time periods have varied from a hunter-gatherer era, far back in history, to people killed in World War Two, now reincarnated. What is most noticeable is that each person's past life biography consists of a variety of cultures, occupations, life circumstances and events. Just because one is English or British today, does not mean all lives have been lived in Britain. Nor are we always of the same sex, although we are predominantly one or the other.

To explain, the way we conduct a regression experience is through a guided meditation, which allows the mind to relax sufficiently to allow the participants spirit guide to raise the person's vibration so that the memories can be accessed. To dispel misconceptions, it is not trance, hypnosis or sleep – the participant is in control at all times. It is in fact, a state of heightened consciousness. Some past life therapists and regressionists may use a hypnosis technique, but our own method is a meditation combined with relaxation.

Perhaps to the surprise of those with Buddhist beliefs, I can report no one has been regressed by us to being other than human in Earthly incarnation. I get quite excited when we have witnessed regression experiences of lives on other planets, which I term E.T. lives, and when people regress to the spirit state. We in fact, spend most of the spiritual journey in the spirit dimension and only a small proportion of it inside a life-form. Spirit does however censor what we are allowed to see and will only show what the guide judges the person is ready to accept.

There is a great deal of indirect evidence for reincarnation when one stops to think about it. For example, why isn't everyone a Great Composer, Great Writer, Old Master and so on, when we are all surely born equally endowed? The answer is anyone with a great talent will have acquired that skill in past lives. That is why so-called genius can flourish irrespective of the same gift or lack of it in the parents and irrespective of an upbringing that may foster or hinder the development of a particular skill. If it is in the life-plan that a certain ability will play a major role in the life, then spiritual planning combined with

previous exercise of that skill is the explanation why genius is the exception and not the norm.

One does not need to witness supreme skill to spot brought forward ability. Anyone who finds themselves doing something easily that others might find difficult, having a “natural talent” or “innate skill” in a particular area, whether job or hobby, would most likely find on investigation they had exercised that skill in a past life. Sometimes one can quite surprise oneself with a talent. For example, we know of a young man in office employment, with no practical skills training, who found himself being able to build a garden wall to quite a high standard, delighting himself and his father. Unbeknown to him at the time, he had had more than one past life where his occupation had been that of builder. In the third film of the “*Matrix*” trilogy, “*Matrix Revolutions*”, the character the Oracle is played by a different actress from the first two films. She tells the character Neo “*Some bits you lose; some bits you keep. I still don’t recognise my face in the mirror*”.

Few of us can escape the influence of our past lives because so much of our personality and character derives from them. This is of course quite contrary to conventional thinking, that attributes explanation for personality to genetics and environment and nothing else. Do these alone explain why for instance, one person is drawn to have a deep interest in a certain period of history and another not so? Why do certain people go to the extreme of joining a re-enactment society and get a certain sense of belonging in doing so? My answer is because they lived themselves in that era. Similarly a person can feel a strong draw to visit a certain place without really being able to rationalise why. One or more past lives spent there is the “unscientific” explanation. If an individual is solely the product of nature and nurture, why in families do children sometimes turn out so completely different from each other, in intelligence, in the milk of human kindness, for example? The varying number of lives already lived, or their spiritual age, is a big part of the reason for such differences.

Besides a regression, another way of accessing past life information is through past life mediumship. Many questions have been put to us concerning an aspect of someone’s life that has defied explanation. The answer given was a past life one. The instances were many and varied. The most common category was that of fears and phobias. These included fear of birds, driving, fire, snakes, small spaces, the sound of a knife sharpening, stairs, spirit and ghosts, water and heights. To give one example, an enquirer had a debilitating fear of stairs, especially stairs in old buildings and castles and of open tread stairs. For her entire life she had been badgered by her family about her “unreasonable fear”. Through mediumship she learned she had previously had a life as a lady’s maid in France in the mid 1600’s. In the life, she suffered an accident whilst descending the stairs of the chateau where she worked. She had arms full of linen and the stairs were spiral, stone steps. She slipped and fell suffering terrible injury and as a result, could no longer work. The enquirer immediately felt better about herself because now she knew that the fear was not “unreasonable”. By elevating it to the status of reasonable fear, its thrall over her was diminished. (This was a double explanation for the enquirer, as she was unable to walk unless she could see her feet, so was unable to carry a tray or carry a basket of laundry). We have discovered most phobias lessen with age particularly once the age is passed that the event occurred in the earlier life.

I have listed seventy four such mediumship questions and answers in chapter four of my book, “*Nothing Happens By Accident*”. As a further example, I can relate that one lady we had at a recent workshop had just been on a cruise holiday. She had not enjoyed it at all, although could not explain why. She confessed that if she could have got off the ship, she would have caught a plane home. The first memory she accessed in the regression workshop was being on a quayside, about to embark on a very large ship. She knew it was the “*Titanic*” and recalled the sense of foreboding she had at the time of the embarkation. She was not allowed to see the ship’s fate, or her own, but she knew that

she had drowned. It was now no surprise to her that she had not enjoyed her holiday! In mediumship, she was given her name from that life and was able later to look it up on the "*Titanic*" passenger list. The understanding gained of her phobia made it much easier to cope with. She no longer needed to berate herself for not having enjoyed the holiday.

In the future, a respected branch of counselling will be centred around recognising past life issues as a source of explanation for current life problems. Unfortunately there are few actual practitioners at present, and not a great deal of acceptance, but the change in both these areas has already started and will increase as more and more people realise that past lives are not the ravings of the deluded or not quite sane, but a very real aspect of our experiences and character make-up. They can explain phenomena where mainstream psychology would I believe, struggle to do so.

Whilst a past life memory affecting the present inappropriately is exceptional, reincarnation is not. There are very few people on Earth who have not been here before, some have many times, as many as fifty times or over. In our workshops, the least number of Earthly past lives we have found anyone has lived is two, while the most is fifty-six. An average number is in the twenties. I have, with his permission, documented the twenty-five past lives of a young gentleman currently known as Alex Dorrens, as a case study. One can see from them, the huge variety in location, occupation, nationality and life circumstances. A black slave in one life and an Oxford professor in another, cannot be much more contrasting, for example. This information is tabulated as an appendix (It is also a testament to my partner Angela's mediumship skill.)

I am told it is on Earthly incarnation only that we suffer temporary blockage of past life memories. We do however possess a powerful mechanism inside us for accessing those memories. We use this in our natural spirit state, being able to freely access past lives, just as we can in our human state, access a childhood memory if we so wish. This mechanism cannot function when in the human body and explains why our dreams become so jumbled at times. We can only recall events of the day or the current life, because of the lower energy vibration when incarnated. The exception is when our spirit guide comes to our aid and raises our vibration so that either a *déjà vu* happens, or we have longer periods of past life recall, as in a regression experience.

How does one reply to the sceptic who says a regression is imagination, or a childhood memory, or the recall of a film one has watched? It is the emotional feelings associated with the images that counter such assertions. The participants "know" they have watched themselves and not merely imagined it. One cannot guarantee this, but often in Angela's subsequent mediumship, researchable facts, names, dates and events have been given to explain what was seen. This is not proof by itself, but one might ask, how did the medium have exactly the information that fitted and which could be verified, if she were not also accessing that same past life memory?

The sceptic leaps on the fact more than one individual has claimed to have been a famous personality in history, Napoleon or Cleopatra for example, to argue reincarnation must be a fantasy. There can be several possible explanations to account for this. The people concerned could be accessing a past life memory in which they were not the famous individual but they lived in the same epoch and were admirers of, or had connections in some way to that person, and this is the basis of their belief. Alternatively, the people may have had a spirit state association and this is what is being recalled. Anyone whose life is important to world events will have more than just their own spirit guide overseeing the life. The memory of that spirit connection could be the basis of the belief. A third, present life explanation is the person is just of unsound mind and it is indeed a fantasy! Scepticism is healthy; making the huge conceptual leap in overcoming it could be part of the challenges chosen for the incarnation. Some will succeed; many may not.

Because we have lost the knowledge of reincarnation in the modern West, we have the wrong view of history being about “dead” people, and the present life being solely what makes us who we are. Cultures that have risen and then disappeared have done so in a physical sense, but spiritually they are still alive in the memories of those spirits that once formed the people of those times past. In our regression workshops we have had recalled many Roman lives for example, as well as Ancient Egyptian and even lives as far back as Atlantis. The present is just one lifetime in the very many that make up the spiritual journey for all. Spiritually, we are the sum total of all our many lifetimes, the experiences and knowledge gained on the journey through the stages and levels that make up the syllabus, one that requires us to fully experience the multifaceted aspects of what I term “unconditional love”, in the absence of a better description.

There are many personal changes in perspective possible once one has an acceptance of reincarnation. Here are some of them:

1. It is one of the leaps in appreciation necessary to understand the meaning of life. We are all spirit on a journey that includes reincarnation and purpose. There is death of the body, but not the spirit or consciousness.
2. Grief is a necessary part of our experiences, but older spirit may see physical death as a celebration, a return to our natural spirit state.
3. Once you have acceptance of reincarnation then your whole world-view may alter in a number of ways. You may realise that all other people on Earth are similarly spirit on a journey of experiences. The differences we create between us because of race, creed, money and so on are superficial only.
4. We cannot escape the influence of our past lives. Our past experiences make us who we are. Some of those past trials can explain much of our character and personality. For some, that may not be important, but for others it is hugely so for self awareness and understanding.
5. Some of the key people in our current life will have been known to us in one or more past lives. This can explain why we have a close bond with certain people and not others. This previous familiarity can include our sexual liaisons. Sometimes we are drawn like moths to a flame into a relationship. It is the alchemy of past life association on an unconscious level that is the special factor. Past life association has many ramifications. For example, the love at first sight phenomenon; feeling comfortable with someone one has only just met; the antipathy we may feel about someone without understanding why; a jealousy or relationship difficulty otherwise inexplicable.
6. Our parents are sometimes our parents biologically only and may not have a spiritual connection. The family relationships that we value, or conversely, feel burdened with, are not necessarily more important than our spiritual relationships, that is, those relationships with our soul mate and other members of our soul group. Sometimes it is possible to find that someone who is a more distant relative or a friend can be more in tune with us than our biological family due to being a part of one's spiritual family or soul group.
7. We have an ancestry and blood line in the genetic sense only. This corresponds to our spiritual timeline at best only slightly. It is possible, and does happen, that we incarnate more than once into the same lineage, but those occasions would be unusual and a tiny fraction of our total lives.

8. Why some marriages are strong and lasting and others weak and short lived has a spiritual explanation. Those who have shared past lives who come together as partners will have a spiritual familiarity and understanding. This sometimes shows as both partners knowing the others thoughts and moods telepathically without the need for speech.
9. We have a spiritual age as well as a biological one. This can explain amongst other things, why some children can have greater wisdom than their parents, or why we can at times find ourselves surrounded by incompatible people – they are not of the same spiritual age as ourselves.

Similarly, one might look at our political leaders with spiritual eyes. Would for example, one place Nelson Mandela as the same spiritual age as George Bush? Reincarnation gives rise to some important implications on a global scale, not just for choice of leaders. Indeed, one of the changes necessary for the planet to be able to move on and become a higher evolved planet, is that there has to be in the West, a more general acceptance of reincarnation. Some of the global implications I see are:

- Reincarnation makes a nonsense of national enmity. Past life memory recall evidences our spirituality, and shows us our true nature is spirit, our human body merely a temporary container to have experiences. In our workshops, the fact humanity is all one, that we are all citizens of planet Earth, was dramatically brought home to us when we encountered Englishmen and women alive now, who had lives as Germans during World War Two. One person had been a factory worker in the Ruhr, killed by the famous Dambusters raid. Another had been a German fighter pilot shot down in the Battle of Britain. We have also met a German concentration camp guard (and unbelievably, together with a person he killed), both now English and twin sisters. In addition, we have met people killed in the London blitz, now back again.
- Acceptance of reincarnation would take the venom out of religious division and hatred. There has been a revival in so-called religious fundamentalism, but does anyone stop to counter one of the terrorists chief motivations, that of a belief in a reward in the after-life? Would they not falter in their resolve if they knew there was not in fact a reward in the after life, but they will return to live another time? Would they think again, if they realised those who they today perceive as an “enemy” might well have had a past incarnation in the same culture as they now find themselves and vice versa, they might have a future incarnation on the opposite side of the fence?
- The way we so pollute and destroy the environment might be lessened if we realised that this was not just a shameful legacy to our descendants, but we ourselves might be those descendants, and so must endure and not escape the consequences of our present greed. Homo sapiens is equal to, but not superior to, other life on the planet, which also is spirit within a biological container. Man’s present arrogance in exterminating other species is breathtaking.
- We will lose the point and expense of our armaments industries, based as they are on the fear of our fellow man, when we have recognised our true spiritual nature, that the differences we imagine exist between us are superficial only and not true differences. In the past, as was intended spiritually, wars have been fought over territory and resources. Now is the time to realise the planet’s surface cannot be divided up and claimed by human declaration. The planet belongs to the Creator and is the supporter of all life.

- Acceptance of past lives is an important element in the changes in our thinking and perceptions that the world must experience in order that it can “graduate” spiritually. The more people bring knowledge of past lives to others once they have memory of them for themselves, the sooner this important change can be achieved. The planet is now approaching the point at which its vibration is scheduled to change, but the population and the planet can only move forward in tandem, as the two are interlinked.

Those currently with a belief and knowledge of reincarnation find themselves very much in a minority, needing courage to make public their wisdom. To those I say, there is no spiritual growth without struggle. As Gandhi once observed when he toiled for many years for human rights in South Africa, the truth will always be the truth, even as a minority of one. To those who have not yet gained acceptance of reincarnation, I say life is not what it seems and neither is who you think you are who you really are. You are far more than the person named on your birth certificate! You just don’t know it at the moment.

It is our beliefs that determine our behaviour. If one looks back in history at the dramatic political changes that have occurred, one can see they quite often were preceded by an individual or a small number of thinkers and philosophers, considered initially as seditious or too radical but whose ideas took root and proved more powerful than any gun. This occurred for example, with Russian Communism, the French Revolution, the American War of Independence, Civil Rights in America, Independence for India, the end of apartheid. The next revolution will be non-violent and will be in our perceptions about ourselves, the discovery of our true spiritual nature, including the realisation we nearly all have been here before and will be here again.

The two portraits at the head of this article are of me in two of my past lives on Earth. They have been drawn by the very talented psychic artist, George Fryer. One is a life in Georgian times when I was a sea captain, a contemporary of James Cook who accompanied him as sister ship on his second world circumnavigation of 1772 – 1775. I have no conscious memory of that life, but have had a life-long interest in sailing. I now live on a converted wooden fishing vessel!

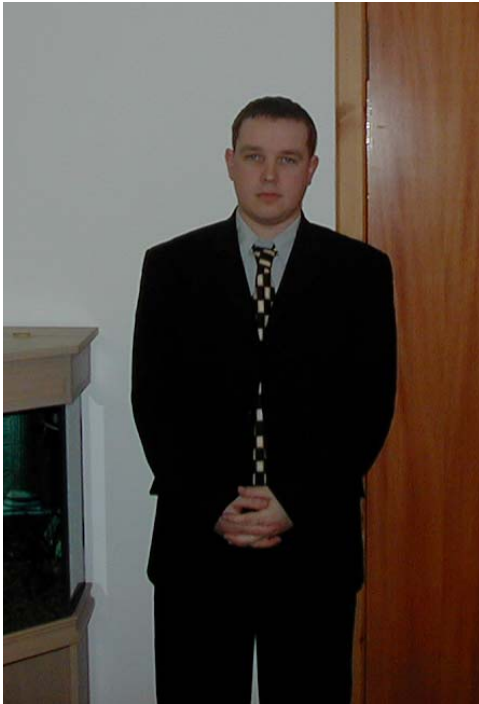
The other portrait is of a life in Elizabethan England, when I lived in Greenwich, and my occupation was scribe to a London cloth merchant. My profession in the present life has been not dissimilar, being that of accountant! The life was 1537-1603. My wife of that life is my current partner Angela. We had four children then, two of whom are also our children in the present life, one each by our first marriages. Thus they did not grow up together, but now have an affection for each other that defies conventional explanation.

Roger Burman, B.A., F.C.A.

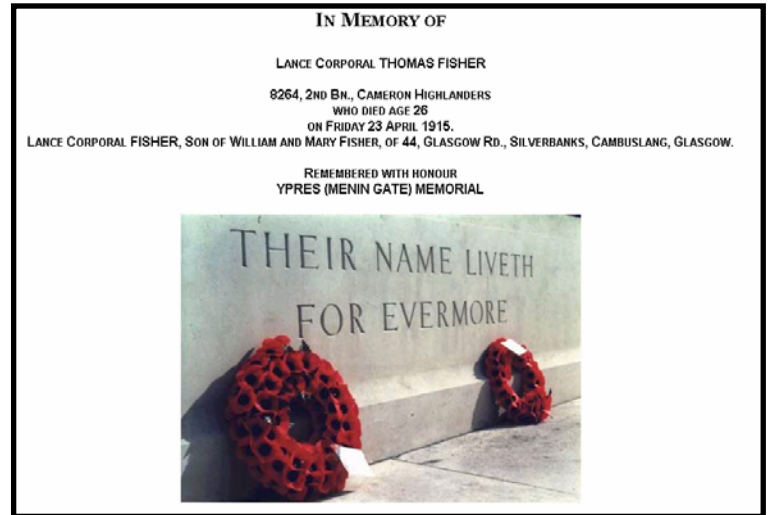
*(Roger Burman is co-founder of The British School of Spiritual Knowledge, whose offices are in Hull, East Yorkshire. He lectures on past lives, life-plans and the spiritual journey at events promoted by the School. He is author of three books of spiritual philosophy, “**Why Come Back?**”, “**Why Come Back, Book 2**” and “**Nothing Happens by Accident**”. These can be purchased from the school, or through any bookseller. To order the books and to have other articles written by the author, see the website, www.bssk.co.uk.)*

APPENDIX

The Earth Biography of Alex Dorrens



ALEX 2003 – PRESENT LIFE



ENTRY FOUND ON WEB – LAST LIFE



ODA NOBUNAGA – PICTURE FOUND ON WEB OF FATHER IN 1569-1604 LIFE



GREAT LIGHTHOUSE, ALEXANDRA, EGYPT - 297BC – PICTURE ON WEB RELEVANT TO 290BC LIFE

APPENDIX – THE EARTH BIOGRAPHY OF ALEX DORRENS

APPROX DATE	PLACE	NAME	OCCUPATION	NOTES
2008BC – 1976BC	Erlitou, China	Aik-Hau	Weaver	Erlitou was one of the first cities in China
1928BC – 1886BC	Greek Mainland	Sirom	Mycenaean settler.	with the first Mycenaean settlers to arrive on the Greek mainland
1383BC – 1341BC	El Amama Egypt	Nechoutes	Embalmer	El Amama became capital in 1363BC
1029BC- 982BC	Yucatan Peninsula, Mexico	Acolmiztli	Agriculture	Mayan
328BC – 290BC	Alexandria Egypt	Puyemra	Builder	297BC worked on building of lighthouse in Alexandria
285BC - 252BC	Roman	Olcinius Dardanus	Foot Soldier	1 st Punic War
243 BC- 204BC	Roman	Titius Acilius Caepio	Centurion	2 nd Punic War (under Hanibal)
52- 104AD	China	Chanh-Tin	Silk Merchant	Traded with Rome
582-638	Nebraska America	Mapiya	Female – food supply etc	. Sioux
970-1035	Fosse, Italy Grand Sassi Mountains -	Luchinus Balbus	Builder	In 1003 worked on the building of the church of Maria di Criptu
1126-1189	Northern Ireland	Adare O'Barrian	Whiskey Distillery (Bushmills)	
1202- 1208	Limassol Cyprus	Adara		Daughter of a baker
1323-1360	Hawaii	Ailani	Female – food supply etc	
1362-1396	Hungary	Ferenc Dozsa	Crusader under King Sigismund	Ottoman army at Nicopolis ended last great Christian Crusade
1420 - 1420	France			Stillbirth
1422-1428	France	Adelynn Gaudet	Girl Child	TB
1478-1523	Africa	Taj	Hunter	
1546- 1556	Shanxi Provence, China	Chun-Lam	Boy child	Earthquake
1569 - 1604	Kyota, Japan	Keitaro	Military	Son of Oda (GUIDE)
1620- 1666	London England	Carver Byford	Market Porter	Died of plague
1689-1753	Oxford England	George Lawrence	Lecturer Oxford	
1762 - 1775	Boston USA	Jane Bonner	Female	Died in childbirth during siege of Boston by British
1790 - 1792	Poland	Bialy Strzelecki		Died in infancy
1820-1862	USA	Jefferson	Slave – Confederate soldier	
1889 -1915	Scotland	Tom Fisher	Army (Land worker)	W.W.1 – Gas attack at Ypres

Other articles by the author:

- The Paragon of Animals
- The Meaning of Life – Unconditional Love
- Science, Spirit and Synchronicity
- Titanic Revisited
- Spirit Guides
- Alternative Therapies
- Why Get Ill
- The Ascent of Man
- Understanding Life
- Mediumship
- The Importance of Natural Earth Energies
- The Point of Change
- Spirit at the Movies