

LIVE, DIE,
and
TAKE NOTES

**Discovering Other Worlds and the Purpose
of Living through Past Life Regressions**

Anat Weinstein

HIGHER CHOICE PUBLISHING

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Table of Contents

INTRODUCTION	1
SESSION ONE	7
<i>A Viking without Conscience</i>	
SESSION TWO	11
<i>The Colorful Planet</i>	
SESSION THREE	25
<i>A Thief and a King</i>	
SESSION FOUR	38
<i>Flowing with Many Waters</i>	
SESSION FIVE	56
<i>A Pharaoh in Disguise</i>	
SESSION SIX	67
<i>It's Too Bad I'm a Tree</i>	
SESSION SEVEN	79
<i>Born to Grow Rice</i>	
SESSION EIGHT	91
<i>A Self-conscious Mouse</i>	
SESSION NINE	95
<i>Slave and Master</i>	
SESSION TEN	105
<i>Projecting Pictures and Characters</i>	
SESSION ELEVEN	113
<i>Gorilla's Guilt</i>	
SESSION TWELVE	123
<i>Merging Clouds</i>	
SESSION THIRTEEN	131
<i>Killing Her Brain</i>	

SESSION FOURTEEN	137
<i>Bubbles in a Wall</i>	
SESSION FIFTEEN	145
<i>Trapped on a Spaceship</i>	
SESSION SIXTEEN	153
<i>The Power of Thoughts</i>	
SESSION SEVENTEEN	163
<i>A Planet of Crystals</i>	
SESSION EIGHTEEN	171
<i>Nothing to Fear, Nothing to Worry About</i>	
SESSION NINETEEN	181
<i>The Courage to Want</i>	
SESSION TWENTY	189
<i>A House Made of Lights</i>	
SESSION TWENTY-ONE	195
<i>A Cockroach with Hands</i>	
SESSION TWENTY-TWO	203
<i>Parting with Perfection</i>	
SESSION TWENTY-THREE	211
<i>Hovering Skeletons</i>	
SESSION TWENTY-FOUR	219
<i>A Hidden Colony</i>	

INTRODUCTION

ONE DAY I woke up from my life. I woke up the same way you suddenly realize, late in the afternoon, that you have been watching TV for so long that there is not much left of the day.

I was in my mid-thirties. I looked at my life and saw that I had spent it all on the story of myself. And I realized that there had to be more to life than that. At that time I was in the habit of spending about eight hours every day in a cubicle, working as a mechanical engineer. The economy was going downhill, and the company I was working for did not have many projects to work on. As a result, I spent many hours each day in that cubicle without much work to do — at least not the kind I was supposed to get paid for. I had a lot of free time to think. For whatever reason, my mind chose to focus on the mystery of existence. I kept asking myself: *Why am I here? Why am I alive? What is life, anyway?*

In an attempt to find answers, I did what I usually do to find information: I googled “the meaning of life.” I did not find any satisfactory answers that way. Looking into religious materials did not even cross my mind. I grew up in Israel, where there is no separation between state and religion. I had to study the Old Testament at school, but it never made sense to me. I found too many contradictions in it and could not believe in a violent and vengeful God. I then proceeded to read about Einstein’s Theory of Relativity. According to that theory, time does not actually exist, and if time does not exist that means space does not exist either. As Einstein famously put it: “Reality is an illusion, albeit a very persistent one.”

From there it was easy to deduce that I did not exist and neither did Descartes. He only *thought* he did. But what did all this mean? I felt as if a deep part of me knew the answers, but somehow I was unable to reach them. I felt as if I had amnesia, as if I did know but could not remember. Then the idea of hypnosis came to mind. I did

not know much about hypnosis, but I thought it was a way to remember things that had been forgotten. I ordered a couple of books about self-hypnosis online.

Increasingly obsessed with the meaning of life, I kept asking myself: Who am I? I felt that because I could not remember why I was here on earth, I could not know who I was. I am not my name; I am not my memories; I am not my job. I am not even my thoughts or my emotions. Finally, I am not my body. *Then who am I?*

I had tried discussing these issues with a few friends, but no one seemed to care. The topic did not seem to hold anyone's interest but mine. While other people seemed to be busy with their day-to-day lives, I was consumed by the absence of apparent meaning in life. I continued to go to work and participate absent-mindedly in my everyday life, but my heart and my mind were elsewhere.

Even though I perceived myself as an atheist, I found myself bargaining with some higher power I did not even believe existed. I made a list of all the things I was willing to give up in order to know the Truth: my money, my job, my friends, and my life. If I had been convinced that by ending my life I would get to the bottom of it, I would have ended it. I was not depressed or suicidal, only determined. I started to make vague threats to no one in particular: if someone did not show up and explain to me exactly why I was supposed to get up every morning and play my role in a script I had never agreed to, I would just stop. I would not participate in life anymore. I would stay home and not move or make a sound until I understood. *That's it, I thought, I'll quit.* I was pretty sure, however, that this kind of "quitting" would end up with me in a straitjacket somewhere. Not an appealing thought!

This went on for a while. Then somehow, without me even realizing it at first, my cry for help was answered.

My journey to discover the Truth began over ten years ago. This is not the story of that incredible journey. This is about other stories, stories that are parts of the Truth I was seeking.

As it happened, I never did read those books about self-hypnosis that I ordered. But more than three years later I started to study hypnosis and got professional training.

Now I use hypnosis to search and find my answers. They might not be everyone's answers, but they mean a lot to me. They mean so much to me that I feel compelled to share them. If there are other people out there who are seeking, I hope they will find this book worth reading. And those who are not seeking might find it interesting as well. Sometimes people search even though they don't consciously know it.

Several years ago I finally walked away from my old life as an engineer. I'd become a mechanical engineer because I was always fascinated with physics; I always wanted to know how things worked. As soon as I realized that physics and the laws of nature might be only localized phenomena determined by our limited perceptions, I had to enlarge my viewpoint of life and reality. In the process, science lost most of its appeal. Instead of being curious about *how* things work, I needed to know *why*.

The question of *why* opened a door to a new world for me: the spiritual realm.

I became fascinated with past life regressions. I wanted to know everything there was to know about reincarnation and the world beyond the physical realm. I use hypnosis to gather information and find answers to many questions.

One of the most fascinating sources of information came from an unexpected source: a person I have known most of my life, who wishes to remain anonymous. We will call him Ben.

I was born and grew up in Israel. I live in New Mexico, USA. On one of Ben's visits here, I asked him if he wanted to try a past life regression. I needed the practice, I told him. I had just learned a new technique I wanted to try. Ben was an engineer. He had no knowledge or exposure to New Age ideas or any background in spirituality. He agreed to try, but said he didn't know if he believed in reincarnation and expressed doubts that he would be a good candidate to practice on. We decided to try anyway.

In our first session, he went back to a life as a Viking. I kept that session simple and did not ask many questions. After that session, Ben said that he didn't know if he made that life up or if it was real; perhaps he'd concocted it from ideas and images from movies or TV.

My opinion was that it didn't matter. As long as he received useful information from the session, the experience had value.

Since that session seemed to be a success, we decided to do more. In the second session, I was astounded by what he came up with. After that, I couldn't leave him alone. I kept asking him to do more and more sessions. The sessions in this book were conducted over the course of five years. To this day, he says that he is not sure whether he made it all up or if it was real.

It is not my intention to prove that reincarnation is real. There are other books about that. In this book the focus is not only on other lives, other worlds, or on the idea that we never really die. The content reveals a broader perspective on reality and life than we are normally aware of. Our world, as we experience it, is inundated with injustice and chaos. The same world, viewed from a larger perspective, can be better understood. In this book, stories about different experiences are used to impart lessons about life, consciousness, and the purpose of living. It is my intention to share these powerful ideas, so they will inspire you and enable you to live a better and happier life. These ideas and lessons just happened to surface in past life regressions.

The sessions in this book are in chronological order and have been translated from Hebrew. There are a few omissions from the original transcripts, mostly personal information that would be of no interest to the reader.

I have decided to present the sessions as they are and not include too many of my own personal interpretations or ideas. I believe it would be best for readers to relate to the ideas in their own way and let the messages speak directly to them. I see the sessions as works of art or poetry, and therefore it is not my place to offer explanations. At the end of each session, however, I do offer a brief commentary and a few questions, in the style of a study guide that may help you deepen your understanding of what you've read, and how it might relate to your own life. I also offer a few affirmations that are related to the sessions in the hope they may help you implement some of the ideas presented.

It is my sincere hope that if you happened to pick up this book, it would speak to your heart just as the revelations in the sessions spoke to mine.

ABOUT REINCARNATION

When the physical body dies, the consciousness that inhabited it continues to exist and moves on to a different physical existence, a reincarnation.

Different religions teach different versions of this concept. Some believe that consciousness, or the soul, always reincarnates as a human being. Others believe that the soul can also experience existences as animals or plants.

According to some traditions, the type of body that the soul is assigned to is determined by *karma* defined as the sum of a being's actions in this and previous states of existence. It speaks of progression from lower forms of existence (plants for example) to animals and then humans. The better the karma, the higher level of existence the soul experiences.

Belief in reincarnation is widespread in the East. It is increasingly more popular in the West in recent years, and many popular books have been written on the subject.

According to the sessions in this book, the soul's incarnations are not limited to human lives, animals, plants or even to existence on Earth. This striking aspect of these sessions reveals a broader cosmic vision of consciousness.

ABOUT PAST LIFE REGRESSION

In a past life regression, an altered state of consciousness is induced using hypnosis techniques. The person is then guided to relive experiences from past lives. The idea is that we all have a part of us that remembers our experiences in different incarnations. For most people, the conscious mind only remembers experiences from their current lives. In order to remember a past life, a different state of awareness has to be experienced. In an altered state, deeper parts

of consciousness become more accessible and memories from different incarnations can be recalled. The awareness of the current life might still be present to varying degrees and affect the perception and interpretation of past life information. The person going through a recollection of a past life, experiences the events and information mostly through the perspective of the consciousness he identifies with at the time. I chose to leave the stories as they were originally told and not modify them to better fit into a modern “politically correct” worldview. It is important to clarify that it is not the intention of this book to offend anyone on the grounds of race, gender, social status, or anything else. According to the information presented in the sessions, we all take turns in living and being anything and everything that exist anyway. We are all one consciousness.

In the sessions presented in this book, I used various techniques of inducing hypnosis and facilitating recollections of past lives.

Every session except the first one is divided into two parts. The first part is the recollection of past lives. In the second part of the session, I speak to the part of the consciousness that is aware of all the lives the soul experienced, asking for explanations and interpretations. Whether or not one believes in reincarnation, the lessons drawn from these various experiences are significant and useful.

SESSION ONE

A Viking without Conscience

THIS is the first session I had with Ben. At this point I was “testing the waters” to see if he would come up with any past life at all. Thus I kept the session simple and did not ask many questions.

Ben: I am a man, about thirty years old. I have light skin and long brown hair. I’m wearing a fur coat, fur shoes and carrying a shield and a sword. It seems I’m a Viking. There are other people watching me and working. We’re sailing on a Viking ship. It is medium size, like a large yacht. I am in control. I am the commander.

A: Move forward in time to a significant event in that life.

B: It is nighttime. I’m on land with my people. We are conquering a village. There are many screams of women and children. There are fires all around. I feel indifferent; this seems normal.

A: Move forward in time to the next significant event in that life.

B: I’m in a government building. There is a trial for what I did, for the pillaging. I feel indifferent. I don’t understand why they judge, what the problem with that is.

A: How is the trial conducted? Do you have a lawyer?

B: No. It’s only me and five people in front of me, asking questions. They’re asking why I did what I did. I’m saying that’s what I thought had to be done. They are saying that there are proper ways to do things and that is not the way.

A: And how do you feel about what’s happening?

B: Indifferent. I can’t connect with my feelings. I seem to realize that this is not the way, and I understand I have a problem in the brain; I have no conscience. I’m afraid of the verdict.

A: Move forward in time to the outcome of the trial and tell me what was decided at the end.

B: It was decided to send me to prison for ten years.

A: How do you feel about that?

B: Not good. I understand that the punishment is appropriate, but it's as if I don't deserve it. I don't have control over who I am. The 'I' that does things is actually not me. It's only my actions; it's not me. As if I'm not responsible for my actions because I was created without willpower. I do things for no reason and not because I want to. I feel some disconnection between me and myself. Like I'm not a man, like I'm an animal triggered by instincts. I feel there is no point to life.

A: Move forward to the next significant event in that life.

B: I'm about sixty years old. I'm wearing simple work clothes. I'm helping people build houses. I feel good about it.

A: Are you friends with those people?

B: No, I'm not. I'm just helping them.

A: Do you get anything in return?

B: No.

A: What is important to know about this event?

B: I'm still disconnected from myself. I'm helping them not because I want to. It's a kind of atonement for what happened. Like I'm still not connected to what I want.

A: Move forward in time to the events that lead up to your death in that life.

B: I'm ninety years old. I'm with my wife and a doctor. I have pneumonia because it is very cold.

A: How do you feel about your wife?

B: I love her.

A: Move forward to the last moments of that life and connect to your thoughts and feelings.

B: I feel my life was wasted. I was in prison, and I was indifferent. I felt like an animal, unsatisfied with my life.

A: What decisions are you making now about yourself or about life in general?

B: That I have to do soul searching, to find myself, instead of acting like a robot or like an animal. I decide not to hurt anyone anymore. I'm glad to die because I no longer have to be who I am.

A: After you leave your body, become aware of all the important information you need to know.

B: I'm being shown all that I did, all the bad things I did. I cannot understand why I did evil. I feel like I was destined to do evil. As if I was destined to not be aware of myself, not be connected to myself.

A: Find out why you had to experience that. What was the lesson?

B: To show me that when you don't take control, everything is bad. Then you're not a man anymore.

A: Control — you mean, taking responsibility for your actions?

B: Yes.

A: How is that life affecting you now?

B: I still feel disconnected, not in control, like a leaf floating in the river.

A: How can you change that in your present life?

B: Try to make decisions.

A: Is this the lesson from that life that is relevant to your current life?

B: Maybe, but I feel there is something else, but I can't seem to know what it is.

A: Connect to the knowledge again. What was the lesson in that life?

B: I think to know myself. To know what I am, who I am, and what I want.

A: Find out what you're supposed to do in this present life.

B: Perhaps more meditation, listen to myself more, do external things less and be more creative.

A: How to be creative, for example?

B: Draw.

A: How do you feel about these things? Do you want to do them?

B: Yes.

COMMENTARY

This session describes a life as a Viking without conscience or compassion. He was disconnected from his feelings and thus did not assume responsibility for his actions. He did not understand his own

motivations and felt that his life was not worth living if he did not know himself and was driven purely by instincts.

MESSAGES

1. When one does not take responsibility for one's actions, there are consequences.
2. To know oneself is essential to fulfillment in life.

STUDY QUESTIONS

1. Are you in touch with your own feelings enough to feel compassion for others?
2. What helps you to connect to yourself and know yourself better?

AFFIRMATIONS

1. Because I take responsibility for my actions, I am constantly learning and growing.
2. Because I love and accept myself completely, I do good and kind things for others.

SESSION TWO

The Colorful Planet

AFTER a successful first attempt at a past life regression, I decided to try a technique I had learned from Dolores Cannon. After a person experiences a past life, she asks to speak to what she calls the “subconscious,” although that level of awareness may actually be what some people refer to as the “superconscious mind” or the “higher self.”

With Cannon’s technique, the person writes down a list of questions ahead of time, focusing on any issues they might be struggling with, from health, to relationships, career, or even life’s purpose. By writing down these questions, people give the subconscious mind a direction toward which past life would be most beneficial for them to explore. After exploring the past life, the hypnotherapist calls forward the subconscious and asks the list of questions the person came up with.

This is the first session I had with Ben in which he wrote down questions, and then I asked his subconscious mind to come up with answers.

One of the issues he wanted to ask about was a lump in his body that a physician had said might be cancer — but there was no way to know until he had surgery to remove it. He had to wait a couple of weeks until the surgery and experienced great distress and fear during that time. The surgery revealed that the lump was a hernia, and he was otherwise healthy.

About a year later, he again had a lump and had to go through the whole ordeal again, with the same result. So he wanted to know why he had to go through those experiences. Further questions appear in the session. While I was focusing during the session on asking the right questions and trying to understand his descriptions, it was not

until afterward that I realized I had received answers to my most nagging questions: why are we here on Earth, and where did we come from?

Ben: I am on a different planet. It looks very colorful, like plasticine with lots of colors, colored stripes. The entire planet is kind of half-liquid, half-solid. I'm standing, and I'm a part of the planet; I'm a being that is merged with the planet. I'm also very colorful, and all the beings are protrusions of the planet. My body is part of the planet, connected to the planet.

Anat: How do you move?

B: I have legs? Not legs... I'm moving like someone who is connected to the ground, but still moves, while merged with the ground.

A: What are you doing there on the planet? What do people do?

B: Moving with the planet all the time. I don't see any houses or anything like that. I only see a huge surface of colors, mixed together. Everyone is moving. After pausing next to each other, we continue moving on.

A: What happens when you stop next to each other? Do you communicate with one another?

B: There's some type of communication. Perhaps telepathy...

A: Do you know the other people? Do you have any relationships with them?

B: No relationships. They all seem the same size. Everyone is actually a mixture of colors.

A: How are you feeling?

B: I think I like it here. I feel good and always in motion. Moving all the time and looking for interactions, talking to people, being next to someone else, exchanging information, and then moving on.

A: What type of information do you exchange?

B: I'm stopping next to someone, a being. The being is a part of the planet. He's telling me about life on other planets. He's been to other planets, and he's telling me about others who have been to other planets. I envy him because I haven't been to other planets yet, and I want to.

A: How can you make it happen?

B: When I look around, I see other figures disconnecting from the planet like missiles. Not everyone is able to disconnect. Some try a little, but only a little. Their connection with the ground becomes narrower, like rubber or chewing gum, but they don't succeed.

A: What determines whether they succeed or not?

B: It depends on willpower and the readiness of that being to disconnect.

A: Move forward to a point in time when you manage to disconnect from the planet.

B: I finally succeed after trying for a very long time. It was hard. After I disconnect, I'm beginning to fly up very slowly. I fly up into space and see other beings flying around me. They are also from the planet, but they are not with me. Each one flies his own course, not in groups. There are no groups. Each one is alone. I'm flying, and I see all kinds of planets above, and I need to decide where to fly. There are a variety of planets in different colors. I'm taking my time. I'm simply flying. I feel good because I'm going to see new things after a long time.

A: Move forward in time until you choose a planet.

B: I choose a light colored planet. It is the color of sand, like a desert, but not as hot as a desert. I reach the planet and land there, but no one can see me. I don't know why, but no one sees me, while I see other beings. All kinds of people... not people, but we'll call them people. They are all brown, like sticks. Their bodies resemble human bodies, but they are longer, taller and thinner. They are not wearing clothes. There are others, animals with four legs, and the people are hitting them to make them work. The animals are like slaves. I feel very bad about the animals. Why are the people hitting them? The brown people are evil.

A: What are you doing?

B: Nothing. I can't do anything. I have no physical interaction with this place. I'm like a ghost. I'm staying there for a while.

A: Move forward in time until you decide to leave.

B: I decide to fly away from the planet. It's easy to fly away from here. I'm not connected. No willpower is required. I'm flying up.

Everything is black and there are stars. It's difficult to decide whether to continue to another planet or return to mine.

A: Can you find your own planet and return to it if you want to?

B: Yes, because it's always visible, always colorful. I decide to return to my planet. I land and connect to the ground. I'm starting to go, to move. I'm meeting other beings, telling them about what I saw. I saw evil. I'm asking a being if all the planets are evil. The being tells me that they're not all evil, and that there are other types of planets. So I say that I want to see such a place, a good place. The being tells me how to get to such a place. I decide to go there, so I'm disconnecting from the planet again.

I'm flying up. I get to a planet where everything is a shade of blue. I land there. Again, I'm not physically connected to the planet. I'm only observing, and I see beings that look human. All the beings are pretty. They're talking and laughing. There are animals, and no one hurts the animals.

I feel that I want to live in a place like this. I want to experience it and experience more than just information.

A: So, what happens?

B: I can stay here on this planet, but I can't be a part of it. I can only observe. I'm not allowed to be a part of it because I'm a different type of being. I can only experience information, and I don't feel good about it.

A: So what do you do?

B: I decide to remain on that planet longer, to observe and to learn.

A: Move forward in time until you are done observing and tell me what happens.

B: I'm taking off and flying back to my planet. I land on the planet and tell others about what I saw, and how much I would like to be there. I'm told I cannot because I'm a different kind of being. I don't feel good about it because that's a place where I want to live, and I can't.

A: Move forward in time until something significant happens, something that's related to your desire to live on that planet.

B: After many, many years, I'm offered an option to die. They ask me if I want to die. If I die, I can become a being on the planet I liked. But if I die, I can no longer be myself, no longer who I am now. Everything I had experienced, everything I had observed, would all die with me. I would lose all the knowledge.

A: Who offers you that?

B: There are other beings like me, perhaps a bit larger than me.

A: Then what happens?

B: I tell them I've decided to die. They tell me that in order to die I have to sink into the planet. I have to enter the planet. So I do, and it takes a lot of willpower to sink into the planet and become absorbed. It feels like I'm falling asleep. After I fall asleep, I become a child on the blue planet.

A: How do you feel?

B: I feel good, like a normal child.

A: Do you have any memories from the other planet?

B: No, I don't. Everyone is blue. They look human, but they're blue.

A: How is life there?

B: Life is normal, good. People swim in the pool. We don't have jobs. We eat fruits and vegetables. Everyone is playing together. Nobody makes the other angry. Everybody is nice. We live in families of four or five people.

A: Move forward in time to a significant event in that life on the blue planet.

B: I'm looking at myself and I'm no longer blue.

A: What color are you?

B: I seem to be brown.

A: Where are you? Are you still on the blue planet?

B: I am on the blue planet, but I'm looking at my hands and they're turning brown. I don't understand why I'm brown while everyone else is blue. I'm afraid it's because I've had bad, unhappy thoughts. Maybe I'm not good. Maybe I'm not happy like everyone else, so I'm becoming brown, becoming evil. I don't know whether others notice that I'm turning brown. I don't see anything different in my environment.

A: What thoughts do you have?

B: I want to hurt other people, kill them... take things for myself...

A: Do such things happen on that planet?

B: No. Never. Not outwardly. I haven't seen anything like this before. Everyone is blue. I'm beginning to think that maybe there are other brown people, not blue, and I just don't see their true color. If I'm brown, there might be others. I don't know...

A: Move forward in time to the last day of your life on the blue planet.

B: I'm an old man. I have a family, grandchildren and great-grandchildren. It feels like I'm going to die.

A: What color are you?

B: Light blue, very light blue.

A: How do you feel?

B: I feel that I don't know the truth about my essence, about the other beings on the planet, about their true color. I'm not brown now. I'm very light blue, almost white. I don't know whether I'm good or evil.

A: Move forward in time to the last few moments before you die. Tune into your thoughts and feelings and then tell me.

B: I'm thinking that I want to get another chance to live on that planet and be blue the entire time. I think I was brown for a long time, many times, and that wasn't good. It's like I sinned, so I want another chance.

A: Move forward in time to the moment you leave the physical body. What are your thoughts and feelings after you leave your body?

B: I'm happy because I know I'll get another chance to be what I want to be.

A: What happens after you leave your body?

B: I go back to the colorful planet. I get reborn there by emerging from the ground like a bubble, and I become a colorful being again. I feel good because I know that all the options are open for me. I know I can experience whatever I want to.

A: So what do you do? Are you staying there?

B: For now I'm staying because I want to visit more planets, so that I can decide where I would like to live next.

A: Move forward in time until you decide you want to live on Earth. What happens to make you choose Earth?

B: After talking to other beings, I find out that there's a place called Earth, where it's possible to be all different colors. It's possible to experience it as well as observe it and gather information. Life there is not long, so when you die, you return to the colorful planet. I decide that I want to try it.

First, I fly there to see what it is, and what it's like there. By using a lot of willpower, I disconnect from the planet. I fly to Earth. I see all kinds of people, streets and buildings. Everyone is busy, shouting and laughing. I decide I want to live there at least for a short time on a trial basis, so I go back to the colorful planet and tell them I want to die. Then I simply die. I connect with the planet and sink into it. I become the planet. I feel as if I'm falling asleep. Then I find myself on Earth. I'm an Eskimo. Everything is white. I feel good. It's a little cold, but I feel alive, even though it's cold, snowy and white. I feel alive when I care for the dogs, and I go fishing.

A: Do you have any memory of the other planet?

B: No.



A: May I speak with Ben's subconscious?

B: Yes.

A: Why did you choose to show Ben the colorful planet?

Subconscious: To show him that everything is temporary, and you don't really die. You just do different things every time you live. There is much information in all the different lives. If you want, you can also experience lives instead of just collecting information. You can share information from these experiences and also experience things based on the experiences of others.

A: Why is it important for him to understand it now?

SC: So that he won't take things so hard. Everything is temporary. Everything is meant to be experienced and then turned into information, to show others that they can also have the experience if they want to. Whatever is experienced is temporary, so it should be taken lightly.

A: Why did you show him the light colored planet with the brown people, where he saw evil?

SC: The reason for that came later. The purpose was to show him that blue people could be brown people without anyone knowing. He knows what it means to be brown because he saw the brown people. If I had turned him into a brown being without first experiencing the brown planet, he wouldn't have known why he was brown. When he became brown, he realized he had evil thoughts. He now understands that a person may have both positive and negative traits.

A: Were the blue people really blue, or did they also have brown traits?

SC: Ben only saw himself as brown. He concluded that if he was brown then there were probably others who were brown, without his knowledge. He couldn't be certain, but in fact all the people are not only blue. They are also brown. It is impossible to know. A person, a being, cannot know that about another. Beings can only know about themselves. They can only speculate that others are brown.

A: Is the colorful planet his home? His source?

SC: The colorful planet is actually his base. It is the eternal place and eternal time he will always return to. He will be reborn inside the colorful planet and always receive information from other beings.

A: Does everyone have such a base?

SC: Everyone has a base. That is everyone's base actually.

A: The same planet?

SC: The same colorful planet. Yes.

A: So all the people here on Earth, they are all connected to the colorful planet?

SC: Yes.

A: What is the purpose of life here on Earth?

SC: The purpose is actually to be the brown planet and the blue planet at the same time and to see that sometimes other people are brown. On the blue planet, Ben couldn't see brown people, but on Earth he is able to see brown people and blue people and all the

colors in between. He can deal with his own colors, his own brown, his own blue, and other people's brown and blue. He can experience and feel what it's like to be brown and to be blue, and what it's like to receive brown or blue from other people. What he saw on the brown planet and on the blue planet are two extremes. Here on Earth, there's less uncertainty because it's possible to see the brown and the blue of other people. In a sense, it's a little easier than on the blue planet because here it's possible to see the colors sometimes.

A: Why is it important to see the colors?

SC: Because one should know when one is receiving brown from someone. It is important to know how to handle and accept it and also know that it's all okay. Ben chooses how to perceive things. Whether he is given brown or blue, he should not take it so hard. He should be less preoccupied with what color other people are and focus on what happens when he receives certain colors, so he knows how to deal with them.

A: Why is that important?

SC: To make him feel better. Ben feels bad when he doesn't know how to deal with the colors he receives from outside.

A: So, is Ben's purpose in this life to feel good?

SC: The ultimate goal is to feel good, but the goal on Earth is to know how to make himself feel good.

A: Just before he died on the blue planet he was a different color: very light blue, almost white. What was the meaning of that?

SC: He looked at himself, and he didn't know whether he was good or bad; whether he was brown or blue. I made him that color so that he would want to know what color he is, feel all the colors and be on Earth in order to know his true color at any given time.

A: Is his true color the one he chooses to be?

SC: His color is ultimately whatever he chooses, but sometimes I select a color for him. Because I select it, he doesn't always understand the reason for that choice. I do it to help him learn the reason. He will have to search within himself for the understanding of why he is a specific color.

A: So this is actually a way to encourage him to do some soul searching?

SC: Yes, so that he will understand and know why I chose that specific color for him.

A: In the previous session we had, he saw a life as a Viking. Was that a real experience?

SC: Yes, it was.

A: Why did he see that life?

SC: Because he needs to see what it is like to be brown. He was on the brown planet, and he didn't like being there because he saw that everything was bad. There was slavery, and the beings were brown and evil. I let him be brown, completely brown, to experience what it's like to be brown. Sometimes, when you are brown, it is not because you want to, but because I want you to. This is done, so he can connect to himself better and to all the colors he can be.

A: Do you mean he should know why he is every color?

SC: Yes. Every time he experiences certain emotions, there is a reason for it. Sometimes the reason is to experience the color and its significance. There may be other reasons. When Ben doesn't do what he is supposed to, or he procrastinates, I make him feel bad. He may not know why he feels bad, but if he reaches deep within himself, he will realize he wasn't doing what he was supposed to. Certain things, like skipping exercise in the morning, for example, make him feel bad. If he doesn't have breakfast, then sometimes he will feel bad in the morning. He won't understand why he feels bad unless he makes a real effort thinking about it.

A: If he tries to understand, will you help him figure out the reason?

SC: Yes. If he asks questions, I will try to answer.

A: What would be a good way for him to ask questions and get answers?

SC: He should close his eyes and attempt to talk to me. He should meditate and listen to himself. He should make time for me.

A: Doesn't he make enough time for that?

SC: No. He doesn't make any time for that at all. Instead of making time to understand why he feels bad, he tries to feel good. He does this by using distractions. So he skips the understanding about the bad feeling. Instead of experiencing the bad feeling, he "goes to sleep" and doesn't try to understand why the bad feeling is there, or

why I made him feel that way. It would serve him better to understand that he doesn't have to feel bad, and he doesn't need distractions in order to feel good.

A: So what's the best way to feel good?

SC: To understand why the feelings are there, or why I made him feel bad. He should seek to understand what causes me to make him feel that way.

A: About exercising... he had those surgeries for the hernia. He said that he is afraid to exercise because of it. Is there any reason not to exercise because of that?

SC: No. It is safe for him to exercise. There are no restrictions.

A: Why did the hernia and the surgeries happen to him?

SC: Because I wanted him to experience real fear. Ben is afraid of many things that are not real. He is afraid of a lot of things he imagines, so I wanted him to know real fear. So that he can distinguish between the real and the imaginary.

A: Why did he have to experience it twice?

SC: Because he still didn't understand after the first time.

A: And now?

SC: Now, he understands better.

A: Then he will not have to go through that again?

SC: (Laughing) I hope not...

A: Speaking of his body, he's been suffering from hemorrhoids for years now. What's the reason for that? Is there anything you can do about that, to make him heal?

SC: Yes. I can cure him. The hemorrhoids are there to remind him that he is not doing what he is supposed to. As long as he doesn't do what he is supposed to, the hemorrhoids will not go away.

A: When you say, "what he is supposed to" — can you be more specific?

SC: Whatever he has to do in order to talk to me or to connect with me; things like meditation and creative activities. As long as he remains in his current state, I will leave it as a physical reminder.

A: So this is a reminder to talk to you?

SC: Yes.

A: When he does what he is supposed to, like meditate, draw and try to connect with you more, will you heal him?

SC: Yes, I will.

A: He said that many times he feels a little anxious. For example, it might happen right before a meeting at work, before he interacts with people, when he has to do something new or change something. He said it happens a lot.

SC: Yes, sometimes Ben feels a slight anxiety. It is to let him know that it's time for him to get ready for the interaction. When Ben was on the colorful planet, everything was about the exchange of information between one being to another. So Ben wanted every interaction on Earth to be a feeling, unlike on the colorful planet. He wanted to experience the interaction. Somehow Ben translates it into a feeling of anxiety. He doesn't have to do that. It is simply a feeling, a feeling of interaction. He asked for it.

A: Can you help him to experience it as something other than anxiety, and perhaps more pleasant?

SC: Yes. I will help him with that.

A: I'm sure he will be glad to hear that. And the last question he wants to ask is: why is he so afraid of change?

SC: On the colorful planet it was very difficult for him to disconnect, even though he wanted to discover other worlds. He was afraid to die and wanted to stay somewhere on the colorful planet, so he retained some of that fear. He needed it to feel as if he did not die and was still connected to that planet. The fear of change on the colorful planet was simply reborn with him on the new planet, on Earth.

A: Then is it actually the fear of leaving that planet?

SC: Yes.

A: Is there any way you can help him now in this life, to leave that fear of change where it belongs, on that planet, so that he will not have that in this life or have less of it?

SC: Because this fear is strong in Ben, I can reduce it, yes. I will leave it on the colorful planet. I will help him.

A: In his session as a Viking, he said he felt emotionally disconnected. He still has the same feeling in this life. Is there anything you can do to help him with that?

SC: Ben is emotionally disconnected because he doesn't try to talk to me. As soon as he talks to me, he will connect emotionally.

A: Before I bring Ben back, do you have any messages for him?

SC: Yes. Take things lightly because everything is temporary.

A: Is that the most important thing?

SC: Yes.

A: Ok. Thank you...

COMMENTARY

In this session the colorful planet is introduced. It is described as the base everyone on Earth comes from. We venture off that base to other planets, so we can have different experiences and then report back. We choose the planets and the type of experiences we have. We temporarily lose our eternal perspective in favor of a very limited one in order to have specific experiences.

If every life is one of many and there is no real death, then our essence or awareness is never really in danger. We exist forever regardless of the "stories" we experience during our lifetimes. This understanding requires a major shift in our perspective on living and dying.

MESSAGES

1. Everything is temporary and there is no real death, so things should be taken lightly.
2. It is better to understand the cause of a bad feeling instead of trying to feel good by using distractions.
3. In order to feel emotionally connected in life, one needs to spend time connecting with the self through meditation and creative activities.

STUDY QUESTIONS

1. Do you often seek distractions in order to try to feel good, instead of seeking to understand the cause of your distress?
2. What creative activities help you feel connected?
3. Do you spend time in meditation or contemplation?

AFFIRMATIONS

1. My true essence is eternal and immortal; therefore I am always safe.
2. I am far greater than my personality or my life story; therefore I always have the strength to deal with anything that occurs in my life.
3. Because I spend time in meditation and contemplation, I have more and more control over the way I feel.

END OF SAMPLE

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