



Past-life recall is valuable for working through unresolved issues and for spiritual growth, helping us to live in the present and realise our life's purpose.

by Barry Eaton © 2019

### A Visitor in the Night

In the chilly pre-dawn hours of Wednesday, 13 July 2016, I struggled into consciousness as a voice from somewhere—who knows where—told me to wake up and take notes.

"Notes, what notes?" I grumbled. Switching on the bedside lamp, I looked bleary eyed at my watch; it was just after three in the morning. The room was freezing, it was mid-winter, and an involuntary shudder passed through me as I scrambled under the covers again.

The voice inside my head was insistent: "Don't go back to sleep; you have work to do."

This was not the first time I had been woken in this manner, though it was usually with answers to a problem that frustrated me.

Before I had a chance to ask if this was indeed my spiritual mentor, the soft but firm male-sounding voice in my head told me to get paper and a pen because he had a lot of information to impart. I flicked on the air conditioning for some much-needed warmth and tottered out to my office to get the necessary materials. I was soon propped up in bed, pen poised and ready to go. I looked at the pen I had randomly selected from my desk—it was one I had specially made for marketing my earlier book—*No Goodbyes*—with its logo of the Tree of Life. "Hmmm, a good sign," I thought.

My guide didn't waste any time, and my pen started to fly across the page in what felt like automatic writing, a form of channelling that I sometimes still use. Here is what I wrote, word for word:

"Life on Earth is similar to being an expat; where you are on assignment to a foreign land far from home. You have accepted the contract for one of a thousand different reasons, and set off on a whole new direction. You are leaving behind your loved ones, family, friends and your familiar environment.

"Everyone has a different background. Some are more experienced than others, some are young souls, others are well experienced, bringing their accumulated skills to their new life. There are fresh-faced, eager souls ready for new adventures, while others arrive with a whole lot of baggage from their previous activities.



"Everyone has the same basic purpose, to leave the past behind, no matter what the circumstances, good, bad or indifferent, and look to new horizons. They are leaving behind the familiarity of their soul family, both close and extended, and preparing to meet the new people they will encounter and work with in their next incarnation.

"But do they have to do it alone? Unlike the expat they are going to a place where people from their past, usually including some family members, will play an important role in their new adventures and experiences. While some members of their close soul families and friends may reincarnate in the same lifetime, many others remain in the world of spirit, or even reincarnate in other places and times.

"Sometimes contact is established, and as with expats, communication is maintained with those still at home. On Earth it is communication by telephone or internet, or even a quick visit, but for the reincarnating soul contact is usually of a spiritual

nature. This is not always recognised unless there is outside help, such as a medium, or through dreams and intuition.

"When their contract is completed, the expat usually goes home for a break before their next assignment. This new contract may take them to countries where they can work with different cultures and enjoy fresh experiences. Of course they may stay at home and use their experience in administration or management. When the expat is ready to retire they will either return home or, depending on their circumstances, find another location where they can enjoy a chosen lifestyle. Their achievements and experiences up to the point of retirement will influence their future.

"The incarnating soul has a very similar series of life experiences, spread over many lifetimes. The soul rests in the world of spirit in between lives before resuming their ongoing contract. This may take countless lifetimes over thousands of years, but once completed the soul can head in several directions. It may elect to stay in the dimension of the afterlife, return to Earth in spirit form as a guide, or head off into lives in other worlds. Each soul's journey and ultimate destination is unique, depending on the experiences in the Earthly lives lived and how it has evolved during its time on this planet."

The voice then faded and departed as quickly as it had arrived. I put the pen down and read what I had written; it felt as though I was reading it for the first time, and I knew the words had come from spirit. Afterwards it took me a long time to get back to sleep, which was hardly surprising given the circumstances. When sleep finally overtook me it was deep and dreamless, and thinking back after I woke I felt that my soul was processing this download of information. I re-read the words and was struck by the simplicity of the message and its meaning. It embraced a concept that I had explored in my previous books: "As above, so below".

### **The Relevance of Past Lives**

It goes without saying we are all living our lives very differently now from those of our ancestors and even the way of our parents. The pace of 21st century life is all too often frenetic and overwhelming as we cope with rapid change and the ever-evolving technology that sees information bombarding us from all sides. The resulting stress from this digital overload is an inevitable part of the quickening of modern Western society. For the younger generations life is for living to the fullest—now! Who has time to worry about the future, or even concern themselves with events of the past? However, as we mature we have more time to reflect on issues such as whether or not there is an afterlife, or if indeed our current life is just one of many.

The very concept of past lives is dismissed as irrelevant by those people caught up in just getting through the daily grind, existing from one week to the next. But what if we were able to alleviate some of that pressure, to heal those physical and emotional stumbling blocks simply by understanding who we really are and what our purpose is in the grander scheme of things? Life could be even more enjoyable and certainly less stressful. We all have our special purpose in coming to this planet. Unfortunately, not many people have discovered that purpose or even bothered to look for it.

For me, the principle of reincarnation is logical. The very idea that we only get one shot at life is ridiculous. Every human being on the planet is enjoying their own unique experience, and each person's story is like a movie as it unfolds in its own individual direction. The concept of having one single lifetime just does not make sense when you think about it, especially when you look at the vastly different circumstances people find themselves in from the time of their birth.

Some lives last only a matter of hours, while others live on for over a century. Where is the balance or purpose in having only one life opportunity? What would be the point of existence if birth is merely some kind of accident, the result perhaps of being allocated a number in some vast cosmic lottery? More to the point, who or what is conducting this lottery and why?

Past-life researcher and former psychologist Peter Ramster writes in his book *The Search for Lives Past* (Somerset Film and Publishing Pty Ltd, 1992) that there are many benefits to be had from the acceptance of reincarnation. First, it removes the fear of death as being the end of everything. Second, it gives us purpose, "as it is said each earthly incarnation is devised for learning". And third, beliefs around reincarnation include karma as "a true, just judgement during life and after death".

### Enigmas Explained by Reincarnation

Past-life research has uncovered enigmas that surely can only be explained by accepting reincarnation. Under hypnosis, many people have been recorded as speaking intelligibly in a foreign language they had not learned normally in this lifetime. This is known as *xenoglossia*, which means "foreign tongue".

Dr Ian Stevenson, who was famous for his past-life work with

children, wrote about this phenomena in his book *Xenoglossy* (University Press of Virginia, 1974). In one case he hypnotised the wife of a well-known Philadelphian doctor who started speaking Swedish. She had never been to Sweden nor learned that language. Dr Stevenson was able to consult experts who confirmed the man she connected with in the regression was speaking Swedish fluently with an authentic accent.

Dr Stevenson also recorded case studies of children bringing back phobias from previous lives, including connections with the death in that lifetime. Current birthmarks associated with the causes of previous deaths, including scars and other physical conditions, are part of his painstaking research.

The Universe is too ordered to allow for the creation of a random one-life scenario. Once we accept that everything works in evolutionary cycles—planets, stars, galaxies, nature, including even the weather—it is easier to accept that we as individuals are part of that universal cycle.

We take for granted that nature works in cycles. Trees, for example, are born from a seed, grow to maturity, bloom, lose their leaves in the winter (if they're deciduous) and then bloom again. They contribute to the environment by providing oxygen, improving air quality and land (climate amelioration), conserving water, preserving soil and supporting wildlife. During the process of photosynthesis, trees take in carbon dioxide and produce some of the oxygen we breathe. When they have completed their purpose they die, but not before they have shed their seeds for further propagation. And so the cycle continues.

### Child Prodigies

A child genius such as Wolfgang Amadeus Mozart is a classic example. In 1762, Wolfgang's father took him at the age of six with his older sister Nannerl, aged 11, to the court of Bavaria in Munich in what was to become the first of several European "tours". The siblings travelled to the courts of Paris, London, The Hague and Zurich to perform as child prodigies.

Child prodigies continue to amaze the world today; for example, Amira Willighagen, who was born in Holland in 2004 and at the age of nine auditioned for the national TV show *Holland's Got Talent*. The judges were bemused and almost dismissive of this young girl when she told them she was



Amira Willighagen in November 2014  
(Photo: Jan Deebeben)

going to sing an operatic aria... that is, until she started to sing and the soprano voice that emerged sounded more like that of a 29-year-old. The judges were astounded, giving her a standing ovation, and could hardly believe their ears when she sweetly informed them she had taught herself to sing by looking at YouTube videos of operatic songs and had never had a singing lesson in her life.

The chief judge, Gordon Heuckeroth, summed up his feelings this way: "They say old souls live on in people and when I hear you sing you sound just like Maria Callas. Your voice is so pure and so beautiful I find it so special for a girl of your age to be able to do this. It is incredible!"

Amira was given a golden ticket that took her straight to the finals, where she convincingly won the award. Amira is now singing professionally at a very young age and has made many international appearances in what seems to be just the beginning of an exciting career.

The question remains: is Amira the reincarnation of Maria Callas, who has returned to take her stellar career to new levels, or is she perhaps, as Gordon Heuckeroth said, just a very old soul? We may never know the answer to that question but it is worth thinking about.

## Reincarnation in Religions

Many spiritual practices and religions such as Buddhism, Hinduism and Jainism are based on the principle of reincarnation being a vital aspect of soul development. Many other religions both ancient and modern have accepted the principle of reincarnation in some form or another (see [ReincarnationAfterDeath.com](http://ReincarnationAfterDeath.com) for more details).

Our souls return to Earth over a series of lifetimes to evolve, learn, grow, transform and become more spiritually attuned through the course of each life. When we reincarnate, it is believed that we tend to cycle through our different lives with many of the same people. Often these travelling "soul" companions are the ones we enter into relationships with; we work through our unresolved issues together so that we may heal, or help others to do so.

When we struggle or keep encountering blocks that keep us from reaching our goals, there may be a specific lesson we are supposed to learn in this lifetime. Being naturally blessed with a musical talent or sporting prowess, for example, can be a

special ability you worked hard to develop in a past life.

Over many lifetimes we all live as both males and females, experiencing a wide range of social and economic situations. Each lifetime brings with it specific lessons that are necessary for our spiritual evolution.

## The knowledge of how we lived before can help us overcome present obstacles, rationalise phobias, understand emotional blockages and resolve certain relationship issues.

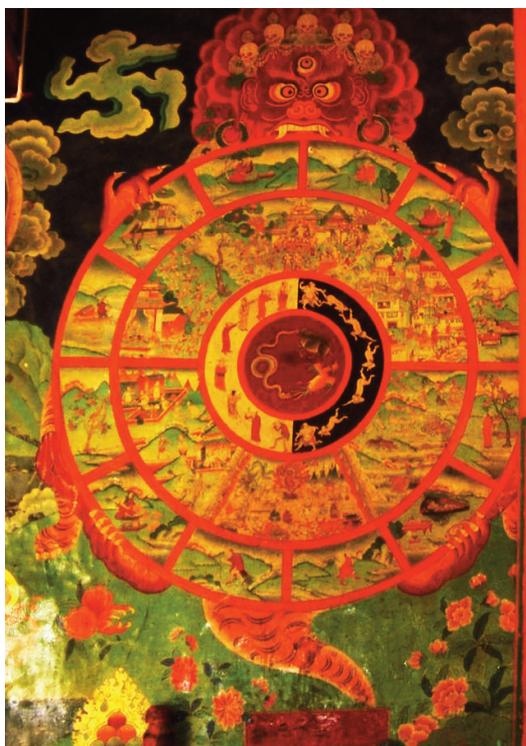
Past-life recall can give us valuable insights into our past, present and even future lives. The knowledge of how we lived before can help us overcome present obstacles, rationalise phobias, understand emotional blockages and resolve certain relationship issues. There are workshops and courses available to learn about past lives, and past-life regression therapists can guide us on our journey through time and space. We can also learn to visit our past lives through our dreams, meditation and trance work. Given the right circumstances, it is even possible to see full scenes of a former lifetime flash before us in our mind's eye as if we were watching a movie.

Numerous books have been written about this subject and case studies abound, but I believe there are still many aspects of past-life research that need to be investigated. This has been my prime goal in writing *Past Lives Unveiled*.

## Relevance to the Present

While looking back at our previous lives can be exciting and enlightening, it is essential to remember that the answers we are seeking for this life can only truly be found by living in the present and releasing our past. It is also important to approach the whole area of past-life regression in a meaningful way.

Deciding to explore our past lives is far from being some entertaining experience or a visit to a time tunnel Hollywood-style movie. The prime purpose is to look to the past to see what we can learn from it, always being mindful that the life that matters most is the one we are living now.



Tibetan bhavacakra or "wheel of life" in Sera Monastery, Lhasa (Image: P. Roelli)

These deeply buried memories properly approached could well be the key to the next stage of our development as a soul.

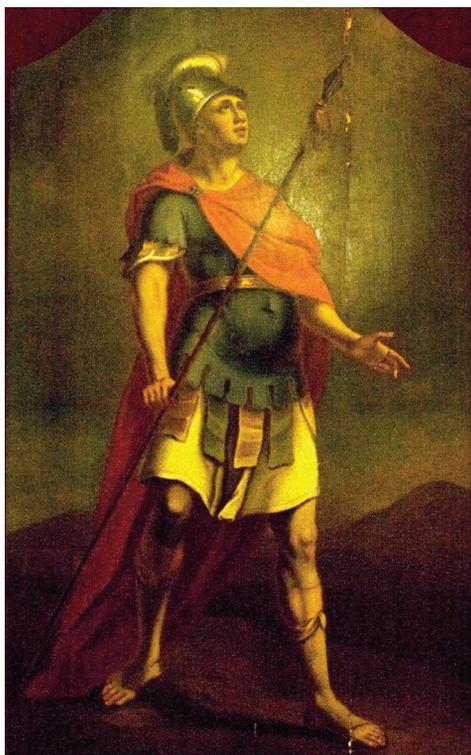
Past experiences play an ongoing role in everyone's life even though we often don't give them much thought. If you had a nasty experience with a dog as a child you may not react well to dogs as an adult and even have a deep, ongoing fear of being attacked again. You may even fear a dog coming near you. However, if it became a real problem then there are several avenues you may choose to explore to get over this phobia.

It's much the same principle for unresolved issues from past lives that need to be cleared in this lifetime. These issues can include everything imaginable, from our snapping canine friend through to deep emotional and physical wounds that have been brought back to be resolved along with the soul contacts associated with them.

The full history of our past lives is part of our soul energy and is buried deep in our subconscious mind. The best way I have found of unlocking these memories is to access the subconscious via deep hypnosis conducted by a reputable, experienced hypnotherapist. However, the subconscious also has various ways of alerting us about our past when the occasion demands. Just as we communicate with spirits in the afterlife in the dream state, we can be given clues in our dreams by our spirit guides.

It is also possible to tune in to past lives by going into deep meditation after expressing the intention of seeking answers to a current problem or situation. This I have found is more likely to happen with those who have been meditating regularly for some time. The caution here is that your visualisation may not always be that of a past life, but something you have conjured up with your subconscious mind as an answer to your question. If the answer is relevant and helpful, does it really matter?

I have always had a fascination with ancient Egypt and also the history of Rome, so it came as no surprise when a medium I was referred to told me about a lifetime I'd had as a Roman soldier stationed in Egypt that directly related to and explained a life-changing situation I was experiencing in my personal life. When visiting Cairo a few months earlier for the first time with two friends, both tour guides, I felt as if my life was in immediate and constant danger even though there was no obvious reason. This feeling faded after a few days and I soon



forgot about it. The medium went on to inform me, with no prompting on my behalf, that I had been murdered, as she put it, "in the shadows of the Pyramids". She warned me that unless I made certain changes the person responsible would be the cause of my death in this lifetime. I had been careful not to mention to her that I had just visited both Egypt and Rome, nor indicated any interest in their history. Needless to say, I heeded the advice that she passed on from the spirit world.

There are many catalysts that can inspire us to seek answers from our past. Once the decision to investigate past lives is made for the right reasons it's often the first step to uncovering who we really are and what our purpose is in this lifetime. As I have written in my previous books, we are all spiritual

energies having a human experience or, more correctly, a full range of human experiences.

And it certainly takes more than one lifetime to achieve that goal.

#### **Editor's Note:**

This article is an extract from the book *Past Lives Unveiled: Discover How Consciousness Moves Between Lives*, available at [NexusMagazine.com](http://NexusMagazine.com). Also see review in NEXUS vol. 26, no. 4, June–July 2019.

#### **About the Author:**

Barry Eaton originally trained as an actor in Sydney, Australia, but his career focus was mainly in radio and television as a presenter with the ABC and commercial radio stations. He has run his own media consultancy and video production company and taught business writing. Eaton is currently a trainer in presentation and media skills and also works as a freelance voice-over artist, MC and conference presenter. He has presented on the afterlife at NEXUS Conferences and was MC at the 2018 Secret History of Australia event. An internationally published author, his books include the bestseller *Afterlife: Uncovering The Secrets of Life After Death, No Goodbyes* and also *The Joy of Living*, co-written with his partner Anne Morjanoff, which tells the story of healing from cancer by combining complimentary and spiritual healing with mainstream medicine (see [NexusMagazine.com](http://NexusMagazine.com)). Barry's internet radio program [RadioOutThere.com](http://RadioOutThere.com), now in its 17th year, specialises in metaphysical, alternative and spiritual themes and enjoys a global audience.