



Words of Praise for Home at the Tree of Life

“This remarkable book takes you on an incredible journey into the spiritual dimension where you’ll discover life-altering answers to universal questions of life and existence. It will change your perceptions of reality!”

-Dan Lux, Executive Producer

“In her book *Home at the Tree of Life* Dr. Gabor gives us first person account of events as they happened with her clients, opening up our understanding of where we’re really from. This book answers the tough questions the mind yearns to validate and gives a glimpse beyond the limited physical, putting us back into the land of all possibilities.”

-Theodoros Kousouli, D.C., C.Ht.
www.DrKousouli.com

“Dr. Gabor explores the infinite wisdom of the soul and its journey through many lifetimes. Fascinating, insightful and full of wisdom, this book sheds light on the cycle of life, death and rebirth. It will change your life! ”

Lisa Gizara, Photographer and painter
www.gizaraarts.com

“It is said that some people read and fall asleep and others read and awaken. *Home to the tree of life* is the book that awoke me, that aroused my deepest feelings, that made me vibrate with every page and that has given me so many answers to existential questions. *Home at*

tree of Life is a precious gift; it's a book that changed my life. It's hard to explain in words how, but I can tell you that the change is memorable and irreversible. ”

-Oana Huciu, MD

“I received with enthusiasm the emergence of *Home on the Tree of Life* in our medical literature. It is a novelty in this field. The book *Home to The Tree of Life* provides an overview of consciousness in the light of dr. Gabor's experiences with her clients through regression sessions or using other subconscious therapy techniques. Bringing answers to questions that mankind has asked for millennia, this book invites to self-exploration and experimentation, and leads to discovering a more profound "I", the I that truly defines us.

We often look for the sources of our diseases or problems outside of us and forgot to direct our attention to the body and soul, but the ancients knew very well that you cannot treat your body without treating the soul. I'm convinced, just like this book suggests, that the diseases of the body are caused by unresolved emotional conflicts locked into the subconscious.

Dr. Gabor's book brings the forgotten information, not unknown, only forgotten, that we are the best doctors for ourselves. The requirement is to access that inner healer and listen to him, and not necessarily turn outward and seek solutions outside. As they say, the problem comes in the same package with the solution, only that we do not see it; but the solution is within us. From my perspective as a psychiatrist, Dr. Gabor's book, alongside the work of other top researchers in the field of consciousness, opens new perspectives for approaching the soul suffering, as well as other forms of suffering including medical ailment and aims to sensitize young psychiatrists to discover these new therapeutic valences.”

Psychiatrist Adriana Suteu, MD

“Dr. Elena Gabor’s pioneering work *Home at the Tree of Life* provides readers with a rare glimpse into the fascinating and mysterious journey of the human soul. The mastery of her work creates a bridge from the physical world to the ethereal and celestial realms. Her exploration of the subconscious and superconscious mind through hypnosis creates a synthesis of divine incarnation, guiding clients and readers alike to the roots of our eternal Home.

Dr. Gabor’s hypnotherapy bares rich fruit as she takes her readers on a journey through the mysteries of unconscious wisdom. Based on the clinical histories of her clients, *Home at the Tree*

of Life reveals the personal journey of four people's exploration of their subconscious universe and their soul's journey back to Source, the inevitable healing that comes from courageously exploring the inner life and the wisdom gained through exploration-hypnosis. Her engaging book has the ability to deliver readers to the gateway of eternity and divinity that lies deep within of each one of us."

-John Sanders, Psy.D.t., C.Ht.

"Reading "Home at The Tree of Life" provides adventurous insight to the human spiritual experience! Our true home (when we're not here on Earth) is absolutely amazing (some say it's "Heaven!"), and knowing more about it and why we are here - given this gift of a lifetime - provides a peace and perspective that is sure to benefit all students of enlightenment! Without the noise of religious doctrine or distortion of human interpretation that often clouds answers and masks the true gift and blessing that life is, this book quenches intellectual thirst while feeding your spiritual self in a way that can only provide peace in understanding. I learned much by following Mia's story here, and the questions posed by Dr. Gabor were perfect in satisfying my boundless curiosity about so many aspects of life, love, and the very mystery of all that is... I highly recommend this book for everyone feeling a call to ultimate understanding, as I do. The book will provide many answers and food for thought and spiritual growth for a long time to come. Thank you, Elena, for sharing this experience with the world, and I am eagerly anticipating the next book in your series! "

-Joseph Wolfgram, CTO,
Memorial Hospital, Newport Beach, CA

"Home at the Tree of Life is a divinely guided tapestry that interweaves the mysteries of life after death, what happens in between lives, and the life transforming healing that takes place at the Tree of Life, through hypnosis.

This book follows where Psychiatrist Brian Weiss left off, only this is more in depth than his book *Many Lives, Many Masters*. It leaves the reader with the knowledge that change and healing are possible as Dr. Gabor parts the veil between worlds, and gives the readers and her clients a glimpse at their true souls. She equips her

readers with tools needed to create positive shifts, life altering changes, and the education to eradicate fear and negativity from their daily lives. She helps each client find their way to the Tree of Life, and discover their deepest truths so they can live the lives they have always desired. Readers will be left with the knowledge to manifest their own lives that are filled with deep joy, light and unconditional love.

This amazing book is easy to read and is hard to put down. It is a must read for anyone who is searching for more out of life. ”

Carolyn J. Brown, M.F.T., C.H.t, MSgt, USAF (ret.)

“First of all, this book has surprised me by its title: *Home to the Tree of Life*. What does this title tell us? "Let's go back to the origins, let's turn within, let us nurture from the primordial energy, let's talk to our Self." Besides offering answers to many questions, this book has a great quality: it elevates the art of questioning. It makes us ask our Selves questions such as "Who am I?" and invites us to introspection, suggesting that the answers exist within us.

What topics that this book addresses should I tell you about? Should I tell you about the journey of healing, the therapies used, who we truly are, what the disease really is? The disease is treated admirably in this book. Should I talk to you about the fluidity of the dialogue or the beauty and clarity of the answers? All these are available to all who read this book. I warmly recommend *Home to the Tree of Life*. It will change your life.

Cardiologist Dan Farcas, MD



Readers Respond to Home at the Tree of Life

"This is the most amazing, life changing book I have ever read."

Helen B., USA

"I can honestly say that no other book has affected me so profoundly as this one has. The contents are pure platinum!"

Steven Graham, Tarzana, CA, USA

"This book was a revelation! I found it enlightening and answered many questions about life and existence. The journeys of exploration of the subconscious and the wisdom gained are incredible."

V. J., USA

"This is the best book I've read in a long time. I am grateful, it has helped me tremendously."

Rachael, USA

"This book has changed my life. The superconscious accessibility that this book introduces could one day change the medical and psychiatric industries."

Janel Hartwell, Puerto Vallarta, Mexico

"This book is a great read. We have reached a time where modern western medicine simply is not enough to heal human illnesses. We all know it is not the answer anymore. It must be incorporated with healing the human spirit and the energy body as this book so clearly states."

Maleya T., Los Angeles, CA, USA

"Who knew that you can be cured without drugs and endless therapy? Apparently it's the subconscious and superconscious that hold the answers to our problems. Dr. Gabor is doing brilliant work that can change the world."

Robin L., Maple Valley, WA, USA

"An incredible and priceless life changing experience. A must if you are truly ready to take yourself on and make a shift to elevate your quality of life!"

Cynthia Martin, Pasadena, CA, USA

"Many truths are told in this humble book. I would suggest it to all those who seek higher knowledge and truth."

Ken, Wilton Manors, FL, United States

"This book is awakening, enlightening, confirming and healing infused with Chi unconditional love."

Mwikali H., Los Angeles, CA, USA

"I couldn't have wished for a better travel companion. It's as if the book itself is charged with a golden light energy and simply by reading it, it has a healing effect on you."

Natascha B., Germany

"I consider myself fairly well informed on the topics of past lives and the time between incarnations, but this book provided a body of information and insight far beyond anything I had read to date."

Crystal R., Santa Monica, CA, USA

"Having read a lot from this genre, it's not often that I find a book whose words can literally be felt as the truth. I don't write reviews, but was moved enough by this beautiful, enlightening and uplifting book to do so. This book deserves a spot on my shelf near by my few best reads."

P. G., Pittsburgh, PA, USA

"I really enjoyed reading this book. I learned a lot about self-healing and trying to live a more abundant, fulfilling life. This book changed my perspective on my purpose in life and how I need to find my joy."

A. J., Ford Meade, MD, USA

"This book is just amazing. It is hard to put it down and it's very healing. It makes you feel hopeful and forgiving towards yourself and others. The prospective of the universe and "after life" is fascinating."

Lisa, Los Angeles, CA, USA

"This is a wonderful visual and spiritual ride through human lives and other realms. It is an enjoyable read that helped me put life's trials in perspective and the ideas expressed in here ring true for me. Definitely worth your time!"

LA Reader

"When we open the pages and read the revelations from *Home at the Tree of Life*, we are compelled to verify their truths in our own being. We can't just read this book and set it down, these are profound and beautiful messages that we all know at heart, and that we all need to remember."

Angela Freychet, Norway

"This is an amazing book! I couldn't put this book down. It leaves you continually wanting to know more and more! As you read the profound wisdom from the "Masters" you will begin to have a higher understanding of exactly what this thing called "Life" is really about..."

Raymond Martinez., Ontario, CA, USA

"This book is written from the heart and soul, and, in a simplified way, answers many questions. A must read! If you have read Dr. Newton, Dr. Weiss and others, you should read Dr. Gabor's work! Or even if you have not read on this subject."

Amazon Customer, Descanso, CA, USA

"This book has provided me with answers to lifelong questions. The stories the author has documented in the book coincide with what we are learning about non-local communication and quantum physics. Having studied Edgar Cayce's work for many years, I have often wondered "where is the next Cayce?" While Dr. Gabor does not receive information as a conduit herself as Cayce did, she has been able to make direct contact to higher levels of consciousness through her patients. Using the information received, she has been able to assist people with some very serious physical and emotional issues. Truly an amazing read!"

Terry T., WA, USA

"In her book, Dr. Gabor takes a scientific approach in exploring areas often dismissed as "new age." Learning about the subconscious mind, our true selves and past lives is not only fascinating, but also can provide new perspective on issues facing us today. Start reading!"

Zach L., Los Angeles, CA, USA

"As an engineer and quantum field theorist, I can say that this book impacted my life and research tremendously. Dr. Gabor picked up where others (Dr. Brian Weiss, Dr. Michael Newton, Dr. Bruce Goldberg, Dolores Cannon, Louise Hay) left off in much more depth. Explore this fascinating world yourself by reading *Home at the Tree of Life*."

George K., Los Angeles, CA, USA

"This book was great. I couldn't put it down. It was a fast and easy read, but will keep me thinking about the concepts long after I have read it. There were a few jaw dropping moments as well. I highly recommend it!"

Sal M., Los Angeles, CA, USA

"I always wondered what is the connection between the "out there" and "here", and Dr. Elena Gabor with her book gave me shivers running through my spine. I am very, very inspired to start my own journey and realize who I am. Thank you Dr. Gabor!"

Amazon customer, USA

"This book help me in my healing process and was an answer to my prayers for a deeper connection and understanding of my relationship with the Source of All that Is. I encourage anyone seeking a true divine connection to definitely READ THE BOOK! In my life it has been a wonderful help for "this life journey". I am forever grateful!"

Brandy C., Florida, USA

HOME
at the
TREE of LIFE

AN INTRODUCTION TO SUBCONSCIOUS,
ETHEREAL SCIENCE



LIFE TRANSFORMING JOURNEYS THROUGH THE
EXPLORATION OF THE SUBCONSCIOUS UNIVERSE AND
THE SOUL'S RECONNECTION WITH THE SOURCE OF
LIFE

Dr. Elena Gabor

Home at the Tree of Life: An Introduction to Subconscious, Ethereal Science

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This book is based on Dr. Elena Gabor’s research with her clients from the United States and Europe. The names and some of the personal information of the people in this book have been changed to protect their identity.

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Special thanks to the editorial team: Ana Valentine, Crystal Reed, Kayla Leung, Ilene Segalove, Jennifer Champion, Lisa Gizara, Carolina Solano, Deborah Edler and Sam Stone, and to Ari Gabor and Alessandra Yanes for transcribing the sessions.

Cover design by Laura Wright LaRoche, LLPix Photography, www.llpix.com

Library of Congress Control Number: 2012923804

ISBN 13: 978-0-9883114-0-4

ISBN 10: 0988311402

Publisher Elena Gabor drelenagabor@yahoo.com

Printed in the United States of America.



Home at the Tree of Life is dedicated

To all of you who have the desire to understand the mysteries of the mind, life and death, and have asked questions this book addresses.

To all of my clients who have agreed to have their stories published in this book, to empower you in your journey of self-discovery and well-being.

To all of the amazing people who have invested their time and talent to contribute to the creation of this book.

To my son Ari who fills my life with love, to my family and friends for their love and support, and to the memory of my grandparents Lena and Pavel who brought so much love and happiness into my life.

To all of my colleagues and the extraordinary people of this planet who have dedicated their lives to the progress of medicine and to help elevate the human condition.

And last, but not least,
to the Love forces of the Universe that inspire and accompany us throughout our lives.



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Foreword

by Marilyn Gordon,
the best-selling author of
Realize your Greatness

Dr. Elena Gabor's book *Home at the Tree of Life* is an enlightening book that will open the doors of your consciousness and will certainly transform the way you see life. If you are looking for a book that is panoramic in scope and that answers your deepest questions on the nature of reality, you have found it in this book.

Dr. Gabor is a talented practitioner of medical hypnotherapy and past life regression. In her book, she takes her clients on journeys not only into the lives that have significantly impacted the problems they're concerned with now, but she takes them into the universe. From here, they channel their wisdom about the life of the soul.

This book answers the burning questions of existence: What is the purpose of life? Why is there suffering on Earth? What kind of energy are we made of? How do we reach a higher level of existence? Do we really create our reality? What happens when we sleep? What is it like to die? What is it like to be in the Light after we die? What's the difference between a beginner soul and an advanced one? Who are our Spiritual Guides? Who are the angels? And much more!

Not only is Dr. Gabor a talented practitioner, but she has also drawn gifted clients to her. In deep relaxation, they are able to reach advanced states of consciousness in which they contact Guides and bring forth astounding information. They also find information about

their own former lifetimes that have contributed to the problems they're grappling with in this one.

When the clients first came to her, they were in states of profound distress. Through the process of regression and through the guidance of Dr. Gabor, they proceeded to rise out of states of dire depression and suffering into a radiance and happiness greater than they had known before.

If you want to be uplifted, open the pages of this book and travel on the journey of self-understanding that graces its pages. A powerful and mind-opening journey, indeed.

Marilyn Gordon,
Director of The Life Transformation Company, Author,
Transformational Teacher, Board Certified Hypnotherapist



Introduction

I have always been fascinated by the mysteries of the mind and wondered whether our consciousness survives physical death. The innovative process of self-discovery and healing known as hypnotherapy or subconscious mind therapy is an effective method for uncovering the mysteries of consciousness and the subconscious universe.

The real-life stories of four of my clients from Europe and the United States described in this book reveal how the exploration of their subconscious transformed their lives. Our work took the clients with health challenges from severe depression, suicidal thoughts, anxiety, fear, fatigue, alcohol dependency, precancerous lesions, excess weight and lack of self-confidence into healing and successful recovery.

In a state of profound relaxation and focused concentration (hypnosis), these explorers connected with their subconscious awareness and discovered that some of the real root causes of their current challenges originated in past lives. By connecting with other facets of their own multi-dimensional selves—their past life identities that experienced the original traumas—they not only gained deep insights into their current plights, but they also learned powerful lessons about unconditional love and positivity that helped them overcome their current challenges.

Past life explorations enabled my clients to realize that death is not real, that when the physical body dies, the soul emerges from the body like a Phoenix from its ashes. They understood that the soul is eternal and can live countless physical and nonphysical lifetimes. They also discovered the Light that people usually see during meditation or in near-death experiences, where they felt wonderful sentiments, which are difficult to describe in words. They continued their journey by

exploring the magnificent universe that exists beyond the Light (referred to as *Home* in this book), the place where all souls come into existence and where they return after physical death. There my clients connected to the universal mind and accessed an inestimable wealth of information about the nature of our existence. I have coined the term “Subconscious, Ethereal Science” to refer to this body of knowledge for which we, as human beings, have always longed, laying the foundation for Subconscious Medicine. This knowledge reveals who we really are, what our purpose on Earth is, what diseases truly are, how they form and how we can heal ourselves and live happy and balanced lives.

As a result of these profound experiences, my clients’ symptoms subsided and their health improved substantially in a short period of time. To their surprise, in just a few sessions their health was restored.

It is astonishing to watch people recover from such serious disorders with absolutely no medication. This process of self-exploration made my clients realize that our own consciousness is in all accounts responsible for our physiological and emotional experiences, and ultimately our life. This epiphany combined with their new understanding of the essential role positive thinking plays in healing helped them change their life perspectives, form new neural pathways of thinking, and ultimately to heal.

My journey toward the specific findings presented in this book began when I stumbled across the remarkable results achieved by a medical doctor using subconscious mind therapy to treat severe disorders. (Subconscious mind therapy includes hypnotherapy and is a generic term for all therapeutic approaches that address the subconscious mind. It is an alternative approach to healing.) At that moment, just like most medical doctors, I knew nothing about accessing the subconscious mind, hypnosis, and the benefits of these therapies.

After much research, I discovered that many well-known doctors of different medical specialties, as well as many therapists around the world achieved wonderful results in utilizing this therapeutic approach with their patients without using prescription medication. Later on, I even met people who were not part of the medical community using these techniques with great success. It seemed too good to be true. I was very interested in this *new* science but I needed to be sure it was real. At the time I had been practicing as a Medical Doctor of Stomatology (the equivalent of a Doctor of Dental Medicine) for ten years in Europe, but I decided to embark on an

exciting journey to pursue my calling on finding out more about the subconscious universe.

I continued to research all the materials I could find about this topic, and after completing an in-depth training in hypnotherapy and medical hypnotherapy in the United States, I began applying my new knowledge. As a scientist, I started to observe and document all of the concordances and patterns. I began to see how vital the exploration of the subconscious mind is for understanding diseases and the mechanisms of healing, and how crucial it is for understanding the complexity of the mind. The similarities of my clients' experiences, discoveries and testimonies were impressive, as well as the improvements in their health. These discoveries are not only profound and reproducible, but they also generate amazing therapeutic results.

I feel strongly that a new field of medicine needs to be researched and implemented: Subconscious Medicine—the study of the subconscious mind. The science of the subconscious universe should no longer be absent from the medical books.

So now let us begin the story of my journey of exploring the mysteries of the mind. After living for a few years in Santa Monica, a beautiful city located on the coast of the Pacific Ocean in sunny California and working with more than a thousand hypnotherapy clients, I found some of the answers I was seeking.

For keeping the anonymity of my clients whose cases, experiences and testimonies will be discussed in this book, I decided to change the name and characteristics that can reveal their identity. The sessions themselves and the information discussed during them are presented accurately. They agreed that their experiences and the discoveries we made together to be presented in this book to inspire others facing similar situations and to bring light on many of the enigmas of our existence. We all send you our love and hope that this book will enlighten your way of discovering who you really are.

Returning to my story, one day, as I was back in Europe for a few months, one of my psychiatrist colleagues asked me if I could see one of her patients named Mia who was suffering from severe depression and was not responding well to medication. Mia actually began having suicidal thoughts after taking the prescribed medicines. She confessed to her psychiatrist that she felt overwhelmed and was losing control over her life. At the time, I had no idea that this young woman would bring forth the answers to many of my unanswered questions, and our work would reveal many of the profound mysteries of life and death.

CHAPTER ONE



Memories Erased by the Waves of Time

“Turn your face to the sun and the shadows will fall behind you.”
Maori proverb

MIA’ S CASE

When Mia, a beautiful woman in her mid twenties walked into the office, her face was marred by sadness and worry. I invited her to sit down and as she began speaking I could sense her suffering. This would be her first experience with hypnotherapy. She insisted she had tried everything to overcome her depression, anxiety, and suicidal thoughts, yet nothing had worked. She believed that this therapeutic approach was her last resort, and if this process did not help, she felt she would die.

A few months prior to our initial meeting, Mia had learned from her psychiatrist about the benefits of hypnotherapy, but when she was told that accessing her subconscious mind would require getting into a deeply relaxed state called hypnosis (where the brain reaches the Alpha, Theta and REM states) Mia was hesitant to proceed. She had preconceived beliefs about hypnosis mostly based on the religious teachings she has been exposed to when she actually had no idea what hypnosis entailed. Mia finally agreed to come to an appointment with me only when she became desperate because her condition was getting worse and her prescribed medication was not helpful.

By that time, I was exclusively using hypnotherapy with my clients, which had proven to have a much stronger and more successful impact than any other method I had studied and used.

My earlier university training had ingrained in me a scientific way of thinking, one that was limited to the beliefs of modern medicine and dentistry. However, armed with a multitude of questions along with the determination to free my mind of any preconceived and limiting ideas or assumptions I had adopted from science, I embarked upon the journey that would open doors I never even knew existed. It gave me access to often unexplored areas and to a path down where few doctors have ever had the privilege to venture.

We have all heard the sayings, “Everything is in your mind” and “You create your own reality.” Some even argue that we create our diseases and that by changing the way we think, we can actually change our lives and improve our health. Does our way of thinking really have such a big impact on our reality that it truly defines our health and our experiences? And if it can influence our health so powerfully, why isn’t the importance of positive thinking emphasized in medicine? The investigation of the techniques that address the subconscious mind and an understanding of the subsequent healing process quickly became my priority.

Many of the major issues that challenge us (depression, anxiety, fears, addictions, weight problems, certain cases of infertility and so on) are many times deeply rooted in the subconscious mind. Hypnotherapy addresses three aspects of our mind, our consciousness. First, there is the conscious aspect of the mind that we use when we are awake. It begins forming in early childhood and serves as our logic, analytic center. The second aspect is the subconscious mind itself. It coordinates activities related to the normal functioning of the physical body and is constantly present throughout our entire lives. The third aspect of the mind is called the superconscious mind, the higher self. It is that higher state of awareness that can be accessed in very deep states of meditation or hypnosis. The cooperation of these three aspects of the mind ensures the normal functioning of the human being. During hypnotherapy the client connects with the subconscious, and often even with the superconscious state of awareness.

As my clients’ cases reveal, both the subconscious and the superconscious aspects of the mind hold the key to overcoming most undesirable conditions, and open the pathways through which recovery and healing occur. These mechanisms of healing, which took me a while to detect and understand, really have to do with identifying,

dismantling and rebuilding disempowering, fear-based and negatively-oriented conscious and subconscious core belief systems.

After getting herself comfortable, Mia quickly opened up and described her problems to me.

M: When I'm driving, I wonder what would happen if I let go of the wheel. The only thing that prevents me from letting go is not that I would harm myself but that I might harm other people.

Mia explained that she had a long history of severe depression. She was raised in a poor family with a very controlling, alcoholic father who verbally and physically abused his wife and children on a daily basis. She tried to commit suicide three times—at 14, 16 and 21 years old by taking overdoses of medication. A year prior to our appointment her depression had worsened again. She was also experiencing intense anxiety episodes in which she had difficulty breathing. I asked Mia if she was sleeping well at night and feeling well-rested in the morning.

M: No, not rested. I haven't felt rested for many months. I feel as though every cell of my body hurts when I wake up in the morning and it's not from physical fatigue. It feels like my muscles are anchoring me to the floor. I'm so tired that my whole body hurts. But even though I'm tired, I have no choice. I have to wake up to go to school, to study and go to work. I have withdrawn socially and I just want to sleep. I feel so exhausted all the time.

Mia added that her physician discovered she had papillomavirus (HPV) precancerous cervical lesions, for which she had been treated medically several times, yet with a poor prognosis. She also mentioned that she had tried and failed over many months to lose weight. She described her diet issues, and the fact that she consumed too much coffee and smoked many cigarettes. Mia did not use recreational drugs, but she took on the habit of drinking a glass or two of wine at night, or a beer, in her attempt to stop her sadness and pain. In addition to being in college Mia had a job, and when she got home each day, she was responsible for all the chores. She admitted that she was in a destructive (verbally, emotionally and physically abusive) relationship with her husband who had severe addiction issues and serious health challenges. They were constantly in serious conflict that lead to Mia sleeping in the car multiple times out fear of returning home. She had gotten to the point where she was secretly wishing for his death. Mia was in turmoil about staying with him but was also afraid to leave.

Furthermore, Mia described to me her strong fear of death, and how her ideas about life and death were limited to what she had read in the Bible. She concluded that she had done everything her doctors

recommended yet nothing had helped. She felt extremely overwhelmed and tired.

To remove her fears, I explained to Mia that hypnosis is a natural, pleasant and relaxing process that we go through daily, and that can help her find herself through accessing her subconscious.

Considering the severity of Mia's case and her critical state of mind, I decided to begin by using two techniques. The first was hypnotic regression, which requires the clients to return to the onset of their symptoms to investigate the subconscious sources of their issues. The other technique was subconscious mind optimization, which involves dismantling the disempowering and negatively-oriented beliefs within the subconscious and conscious thinking and replacing them with positive ones. This would help the clients return to a positive and optimistic state of mind.

In hypnotic regression some clients regress to a younger age or to childhood where their symptoms or issues originated, while others regress beyond or before their current lifetime. It is truly remarkable how the exploration of the subconscious mind can take a person to seemingly foreign territories such as the survival of consciousness after death (the afterlife), and reincarnation (the existence of the same soul—same consciousness—in multiple lives). Without a doubt these are controversial topics. Many of the debates about their "truth" reflect not only various philosophical and religious beliefs, but also the suppositions that medicine embraced, that consciousness—the mind—is the product of the brain's activity, and if the human being dies, the person's consciousness ceases to exist. However, recent research on near-death experiences is starting to point out that consciousness may exist and function without the help of the brain.

To access the subconscious mind the client needs to be deeply relaxed as if in meditation or hypnosis. It will appear as though he or she is asleep in the dream state, in REM sleep (*Rapid Eye Movement*, when the eyes are fluttering under the eyelids), but is actually in a state of focused concentration and connection with the subconscious mind. The person is not asleep.

To begin our hypnotherapy work I instructed Mia to sit comfortably, close her eyes, relax as deeply as she could, let her thoughts go and follow my guidance. I encouraged her to try to stay as still as possible in order to facilitate the deep state of relaxation in which the subconscious is accessible. CUT-I explained to her that this is a normal state of mind that we all experience every day and night. CUT

I then directed Mia verbally to help her relax all of her muscle groups starting from the top of her head and moving all the way down to the tips of her toes while gently focusing her attention inward. Through this process of guided meditation, Mia gradually moved into the dream-like state (the alpha brain wave state), then into the deep relaxation state (the theta brain wave state) and entered the REM state. Through this process of guided meditation both the conscious and the subconscious levels of awareness are active and connected, and the conscious mind is in a quieter state than usual—in an observer state. When her whole body was relaxed, I suggested that she imagined herself completely enveloped and bathed in a warm, white light. I asked her to detach from the sensations of her physical body and to imagine that she was climbing a staircase of light, the steps of which led upwards to a big, bright, golden Light, warming her like the sun. (I will later explain what this “Light” is.) I then suggested her to enter the Light as she let go, allowing her higher levels of consciousness to show her the events or situations that represented the source of her current symptoms. I never tell my clients where to go. I let their higher consciousness direct them to the real source of their present challenges.

MIA’ S PRIMITIVE LIFE

Once Mia entered the Light at the top of the stairs, I asked her to look with her mind’s eye at her body, to describe in detail where she was, what she looked like, how she was dressed, what she saw, felt, heard or realized.

M: I see furs on my body. It’s winter and it’s cold. Everything is frozen and I’m by myself. There is no one around me.

Dr. G: What else do you see in your surroundings?

M: I see a cave. It’s cold and dark inside. It’s as though no one has ever been in here before... I live here. It’s familiar. I’m walking and it seems I know where I’m going... I’ve been living in here for a while but I haven’t always lived here. And it’s completely dark. I don’t see anything around me. I can’t even see what I’m stepping on, and it’s cold.

Dr. G: Does anybody live there with you?

M: No, no.

Dr. G: How did you get there?

M: I walked here.

Dr. G: If you look at yourself, what can you tell me? Are you an adult or a child?

M: I’m a man. I’m a man...

Mia did not regress to her childhood. This regression to the source of her symptoms became what is called in therapy a “past life regression.” Past life regression therapy is based on the concept that a soul can live multiple lives that can influence each other, and the past lives’ traumas, fears, and vulnerabilities can manifest in the current life as symptoms, diseases, fears, phobias, and so on.

Personally, I have not explored the concept of past lives before beginning to study the subconscious mind. However, after researching the work of prominent hypnotherapists such as psychiatrist Brian Weiss, MD, psychologist Michael Newton, PhD and Dr. Bruce Goldberg my skepticism regarding this concept eroded. When my first client accessed her past lives, I was well prepared on how to conduct the regression process, and aware of the remarkable benefits of past life exploration.

Hypnotherapists are inevitably taken by their clients into what they describe as their past lives, which seem to reveal the sources of their current issues or symptoms. Regardless of how implausible their experiences may seem to be according to our personal belief systems, the scientific method is to observe and study clients’ experiences, and to take all data into consideration.

Some of the clients are comfortable with the concept of reincarnation because it’s part of their philosophical, cultural, spiritual, or religious belief system. Other clients—those who believe that we live just one life—often interpret these experiences as remarkable metaphors of the mind that teach them powerful lessons about their current challenges. Nevertheless, I have found that my clients’ opinions regarding this topic do not interfere with their recovery process when participating in past life regression therapy.

Dr. G: How are you dressed?

M: With many furs. They are very fine.

Dr. G: Where did you get the furs?

M: I got them myself. I hunted, I fought. (Mia answered with pride.)

Dr. G: Where did you come from? Where are the rest of the people?

M: I don’t know. I’m by myself and I think this is how it supposed to be. They either died or exiled me.

I observed that the way Mia answered me was masculine. Her maternal language (which is my maternal language as well) is a Latin-based language which has masculine and feminine connotations to words that does not exist in English language. She used the masculine word for being by “himself.” I also noticed that she seemed detached from her current personality as Mia, and her mental connection was

becoming increasingly stronger with the man she described as herself in that life.

Dr. G: How do you feel there?

M: I feel calm but I'm afraid. I have to be careful of every step I take. There are many creatures around. It's a constant battle for survival. I could die at any moment.

I asked Mia what this man looked like, and with a proud voice she told me that she was a tall, strong, handsome man with black, shoulder-length hair and white-yellowish skin. I asked if she could find something to show the man's reflection, and she gave me an interesting answer:

M: I will look. Let me go outside. Oh, it's so cold!

I was surprised by Mia's response. It seemed that she was experiencing the past life's sensations in the present moment rather than merely recalling them as memories.

M: There's ice everywhere. It's so cold! Everything around me is white, covered in snow, lots and lots of snow. There's nobody around. I don't know if there are any other creatures like me. Brr... brr... (Mia made these sounds as she shivered. She breathed in and out deeply, trembling from the cold.) Look! I think I can look here... But I don't see myself clearly. I'm a strong man, you can tell by my arms. I'm tall and well-built. I can do everything by myself. I can't see my facial features but I have a big mark on my right cheek. I feel it when I put my hand on it. And it seems that there are more marks, not just one, and they are large and deeply furrowed in my cheek... They are scars from a fight with an animal.

Dr. G: Do you only wear furs or do you wear pants or clothes that are handmade?

M: I don't even know what exactly that looks like... *pants*? No. Furs! I skinned the animals and I put the furs on my back.

Mia seemed fully connected with the primitive man. I guided her to the next event related to her current issues.

M: I'm barefoot, I'm cold and hungry. I know that if I'm hungry I have to eat. I need to hunt to eat.

Dr. G: What kind of animals do you hunt?

M: Whatever I find: rabbits, foxes and fish. But I don't like the fish. I have to search. I must be clever in order to eat because the animals are smart.

Dr. G: How do you eat the food? Raw or do you prepare it somehow?

M: I eat it raw as well as prepared.

Dr. G: How do you prepare it?

M: I leave it outside in the sun but I have to guard it so other animals won't eat it.

From here, I instructed Mia to relax deeper and go to the next important event that was related to the depression and weight issues of her current life.

M: I don't know where I am but I'm still barefoot. I don't know what's going on... it's as if I'm lurking. I'm watching something and something is watching me. I feel tension and I don't know exactly what's going to happen or what has happened. I'm probably hunting... Now there's a fight, as if a large animal... I want to say it's a bear but it is not a bear. It's a beast that wants to eat me, and I want to eat it. Oh, my feet are frozen and I can't move! But I continue to fight and I'm scared... Now the beast, the animal is on the ground. But I'm on the ground too, and I can't move... Now it seems that something is pulling me away from the beast. It's taking me somewhere in the dark. Oh, I'm frozen... but I don't feel anything else. It's cold and it's dark.

Mia's breathing became even deeper and faster. Her rapid and deep breathing, the shivers, all of these physical reactions did not appear to be the result of her imagination. What she was experiencing seemed so real to her that her body responded accordingly.

I wondered if the difficulties and the struggles of this caveman in obtaining food and his fear of not having food manifested in Mia's current lifetime as the habit of excessive eating. Or was she putting on weight or holding on to the excess weight because it helped to protect the caveman's body with layers of fat in the frozen environment? These could have been some of the subconscious roots of Mia's habit of overeating. I guided her forward in time.

M: It's the same situation but on different days. Strangely, I'm still alive. I'm still here. During the fight the beast bit me. It attacked me somehow and I killed it, but now I'm very weak. Something came and grabbed me from behind. It dragged me somewhere. I don't know who or what it was because I don't feel anything anymore.

Dr. G: Go forward to the moments before your death and relieve the last moments of that life.

M: It seems that I'm in a shelter and someone is taking care of me. My legs are covered. I don't know what it is but it's as though it's licking my wound where the beast bit me. I can feel its warm breath but I'm not afraid that it wants to eat me...

Dr. G: What is happening now?

M: It's... it's not... hmm... nothing. It's dark but I'm not there anymore.

Dr. G: How are you feeling there, in the dark?

M: I feel... I don't know how to describe. I don't feel anything. It's as if my place is not here.

Assuming that Mia exited the caveman life, I directed her to go toward the Light.

Dr. G: Do you see the Light?

MIA' S LIFE AS LIZ

M: Yes. I see a blue, beautiful light at the edge of a forest. It's night and there's a tent. There's a circus. It's a circus!

Dr. G: Look first at yourself. Describe what you look like.

M: I'm a young woman with chestnut-brown, long, wavy hair. I'm wearing some gypsy clothes and I'm barefoot. I have many layers of colorful jewelry with a lot of charms in the form of coins. I have some around my neck and ankles, and I have earrings too.

Mia had spontaneously moved to viewing another life. Many people are able to view multiple lifetimes within one session.

Dr. G: What are you doing there?

M: I'm going home.

Dr. G: Where is your home?

M: Here, next to the others from the community. It's a carriage without horses.

Dr. G: Do you have a family?

M: No, no. My parents are no longer here. I was told that they died and I'm an orphan.

Dr. G: Who are the others in that community?

M: They aren't near me now. They are the circus people. Yes.

Dr. G: And what do you do there? Do you have any role in that circus?

M: I'm not good at such things. I clean, take care of them, cook... I'm not of the same ethnicity. I'm white and the others are Gypsies with dark skin and dark hair.

Dr. G: Are there houses around the place where your carriages are?

M: Yes, yes, beyond the forest. You must pass the forest to get there.

It's a city. We are somewhere in France. Le... Dijon? It starts with D, something like that. Yes. But I don't speak French.

Dr. G: What year is it?

M: I don't know. I have to look, maybe ask. 1800s? Something like that.

Dr. G: What language do you speak?

M: I don't know but I don't speak the language spoken by the people in the city. I speak the language spoken here, in the community. They say that they speak Gypsy.

Dr. G: How did you get to live in this community?

M: They found me. They adopted me when I was 6 or 7 years old. My parents were killed and they took me in.

Dr. G: Do you remember your parents?

M: Yes, a little bit. My mother was very beautiful and my father was a handsome man. My mother would hold me in her arms and sing to me. She was thin, beautiful and tall. Her hair was chestnut-brown, wavy and long. She had green eyes. She was as beautiful as an angel. And there was someone else with us. She would call my mother “Madame” (French for “Madam”). She was like a second mother to me.

Dr. G: What name did your mother called you by?

M: Liz... Liz.

Dr. G: What was the house that you lived in with your parents like?

M: It was really big, with a lot of people around us. I used to run around the house a lot.

Dr. G: What do you remember about your father?

M: I think my father had an important position. He always had meetings, but he was gentle with me. He used to take me in his arms and play with me... But I had no siblings.

Dr. G: Do you remember when the people from the circus community took you in?

M: Yes, I think so. My parents told me that we were going to an aunt’s house. My father’s sister or my mother’s sister had a baby, and we went to them by the carriage. At some point in the forest something happened, and the horses started running. I heard my father getting agitated and started to scream. My mother took me in her arms and then the carriage rolled over. After that, I saw a lot of people around us, but nobody said anything. Only my mother was crying, and then she stopped moving. Afterwards, I was taken from there.

Dr. G: Who took you?

Here, Mia used a term that only children would use to describe an adult male. Interestingly, she was speaking from the perspective of a child, not necessarily of the adult who remembered her childhood. I asked her to tell me more about that man.

M: I was really intrigued by his shirt. He had a mark on his chest, and I’ve never seen my father wearing his shirt unbuttoned like this man.

Mia revealed that this person was not from the Gypsy community.

M: He took me somewhere, also to a big house but it was ugly. There were a lot of children and women dressed in black and white. And they were beating us. They kept beating us!

Dr. G: What age were you when you got there?

M: About 3 or 4 years old.

Dr. G: Until what age did you stay there?

M: I didn't stay there too long. At about 6 or 7 years old, when I realized that my mother wasn't coming to look for me, I ran away to look for her.

Dr. G: Didn't you know that your mother died?

M: No. I saw that she cried and then she just stopped moving. I didn't know that she died.

Dr. G: What about your father?

M: My father... I saw blood coming out of his nose and mouth, so I came to realize that... Actually I didn't realize at that time but when I told other children from that big house, they said he was dead.

Dr. G: Where did you go when you ran away?

M: I ran and I ended up here, in this place with many people. They were speaking another language and I cried, and I told them in my language that I wanted to stay here. And someone took me in and fed me. He was the leader.

Dr. G: And all these years you stayed with them?

M: Yes. We traveled all over the world. I consider them my family. Yes, yes, yes. And Pierre takes care of me. He is like my father. He is the leader of the small community.

Mia described Pierre as being a handsome 50-year-old man whose wife died a long time ago. He didn't like to talk about his wife and he never remarried.

Dr. G: Does Pierre have children?

M: No, but he has many nephews. He wants to marry me to one of his nephews.

Dr. G: Do you like that nephew?

M: Yes. Everybody tells me that he is not of my race and I won't make a good home with him. But he likes me too. (Mia whispered with a playful and happy voice.) I want to get married and have kids. I promised Pierre that I was going to do whatever I could to make him proud of me.

Dr. G: How do the people in your community make a living?

M: Well, we have defined roles. The majority performs in the circus shows. I collect the money, and all of us decide what to eat. Otherwise, we wash at the river, eat around the fire, have fun and tell stories. It's a very beautiful and peaceful life. And we have women here, in the community, who *works* as fortune tellers. But they told me that they don't actually *predicts* the future, that they *tricks* those white women, who *is* more stupid, like that. But people should not know about this. It's a secret. (Mia said whispering.) And there are women who seek the

fortune tellers out. So this is how we live: we travel, we buy things, people bring food to us... that's it. It depends on how long we stay in each place.

Mia's expression in this regression proved how deep her mental connection with Liz was, who was most likely illiterate.

Mia, as Liz, also described how her best friend Rossi provoked a big scandal in the community by having a child before marriage.

M: She finally got married to the father of her child two weeks ago. She doesn't love him that much anymore but he loves her. Pierre is a little upset that I'm friends with her. He says that she should have a more organized life, take care of her family and not think about other men. Pierre is afraid that if I marry with his nephew I'll do the same thing. Yes.

Using "Yes" to conclude her statements was another interesting aspect of Mia's expression as Liz. Mia's ability to retrieve so many vivid details about Liz's life was remarkable. I could actually visualize Liz's life in my mind.

Dr. G: Are the children in your community receiving any schooling?

M: No. We don't have time for school. School? (She seemed amused by my question.) Pierre says that the most important schooling for us is to learn to survive and to learn the things he teaches us: to read and write our names, but not more than that. School is not for us, 'cause we don't have time.

Mia also said that Pierre was calling her Muro, short for Muroshavu.

M: It's nice here, I like it. I'm very happy here.

When I guided Mia in regression, I asked her to go to the sources of her issues, especially to the sources of her depression and weight challenges. So far, it seemed that she was happy in this life as Liz. Regarding her weight, I asked if she, as Liz, had a well-proportioned body.

M: Yes. My body is very beautiful. Everyone envies me, and it's the way that they like a woman to look. I'm a beautiful woman. I'm not scrawny like those who have nothing to eat. I have all of the necessary shapes and I'm very appealing. Aha, yeees.

Mia, as Liz, seemed very proud of her physique. I wondered if Mia's current physique was "born out" of Liz's lifetime. Perhaps Liz's beliefs regarding physical appearance somehow affected Mia's subconscious mind and body. Being curvaceous was a sign of beauty in those times, and Mia's subconscious could have been holding on to that belief.

Dr. G: Are you seeing Pierre's nephew?

M: Yes, but nobody is supposed to know 'cause it's against the rules. We should get married first before we can see each other. Otherwise, they exile us from the community. But we go into the forest and we kiss, we kiss... He doesn't care that I'm white. He said that he loves me the way I am and that he wants to have kids with me. Yes.

I couldn't help but smile as I instructed Mia to go forward to see the next important event of that life. After a few moments, Mia began to speak with a different tone, with a more mature and serious voice.

M: I'm about 40 years old. I'm a mother. I'm still here with the community but not in the same place. I'm not that happy anymore, and I'm by myself.

Mia described having three sons, the oldest being 20 years old and getting ready to get married. The other two boys were 16 and 14 years old.

M: The children's father is my husband, Marc, but he died about ten years ago, when the little one was about 4 or 5 years old. He got caught on fire... My boys are handsome and strong. The little one is white, like me, and he is a clown. The middle one resembles his dad. He is black and beautiful, with beautiful green eyes, just like mine, and does acrobatics. But I don't let him climb 'cause I'm afraid of him falling. We always argue on this subject and I say: "What? You want to leave me just like your dad?" The eldest one helps to set up the circus tent, to move it from here to there. He can pass either as a Gypsy or as a white man. I raised them well. Too bad that Marc isn't with me anymore.

Mia, as Liz, revealed that her boys knew only to count on their fingers, to count the money and to write their names, just like she did. She also shared that Pierre was not the leader anymore because he was old and had to stay in bed. But he was the wise man who everyone sought advice from. Marc then became the leader, but after his death someone else took over.

M: He is awful and mean. He does only bad things and puts pressure upon the community. It's hard but where else can I go? My boys want to leave but our tradition says for us to stay together.

Dr. G: Did you remarry after Marc died?

M: No. With whom? And with three kids? I couldn't because my children would have judged me.

Mia shared that the traditions of the group would have allowed her to remarry but she thought it would have been disrespectful to Pierre. Everyone was family there. She would have had to marry one of her husband's cousins and she couldn't. She also revealed that they were now in a different country, on the outskirts of a city.

M: These people speak another language. They were very happy when they saw us. We travelled for a few months to get here. The city is bigger and has one of those complicated names. I can't memorize it. There are a lot of people, all white, and dressed, not like us, but also with happy colors. They look like they're all from the same mother—blonds with curly hair, green or blue eyes and pink cheeks. You rarely see one with brown eyes. They are very well made. The women are very well put together, like me. They eat well.

Mia's description made me think of Germany. When I asked her what country she thought they were in, she gave me an interesting answer.

M: I don't know, 'cause... no, I don't know. Maybe I'll ask Pierre tomorrow. We just move along with the community. Us, women, don't know much about things. We must take care of food.

There are just moments when you couldn't help but smile. And again, Mia took me by surprise by saying, "Maybe I'll ask Pierre tomorrow." Shouldn't she remember what already happened in that life? She spoke as though she was actually living the events from the past, not as though she was remembering events from the past, nor as a detached observer of something happening in the present moment. This made me think of quantum physics, which reveals that time is nonlinear; the present, past and future are occurring simultaneously.

Mia also shared that she and her sons didn't own many things. Her life was very simple and peaceful, and she really enjoyed it. This story is a beautiful reminder of how people could feel happy and content by living a simplistic life; that happiness does not come from material wealth.

M: It's such a peaceful life, I like it. We travel a lot, we see many places. Pierre says that I'm lucky 'cause if I had stayed with my parents, I wouldn't have seen so many places, and maybe I wouldn't have had a life as happy as this. !{ }!

It is exciting to work with people like Mia who have the ability to connect so deeply with their other lives. In my opinion, what Mia described didn't seem to be figments of her imagination. One would have to be a very creative person and a gifted actor to put together such an elaborate charade. And why would anyone who is desperately seeking therapeutic help do that? I believe that the last thing on the mind of a depressed person with very little will to live, who also complains of being perpetually exhausted, would be to bother orchestrating an act like this.

After guiding Mia to the next important event of that life, she replied with a tired voice.

M: What can I say? I'm old 'cause I look at my hands and the skin is wrinkled. I'm around 60 years old or past 60. I'm skinny and I'm in bed. The children come to help me, and now they are debating whether I should go with them or stay here. And no, I don't want to go. The oldest one and middle one embarrassed me and got married to white girls.

Again, Mia made me smile. As Liz, she identified so deeply with her gypsy community that she forgot she was the same race as those "white girls." She continued to explain that her boys lived in the city, and "they got together with the strangers," except for her younger son who stayed with her because "he hadn't managed to find anyone." She also shared that Pierre died of old age and had an easy death. Liz had organized a beautiful funeral with the help of the community. The community, still being led by the same ineffective leader who had succeeded Marc, was completely disorganized.

M: We are no longer like how we used to be back in the day. These young ones do whatever they want. Everyone is trying to get more money. I'm lucky with the boys, who, despite the way they are... 'cause they embarrassed me... still *comes* to visit, and *brings* me this and that so that I can survive.

Mia also shared that her older sons got employed at a factory in the city.

M: They *writes* newspapers. I don't know how many francs they give them there. We came back to France but in another place, and my boys are working elsewhere. By the time they get to me it takes maybe a week. Their women wanted to be further, to not have anything to do with us. They are good women but they are not our kind, and that's that, 'cause now I'm one of their own, the Gypsies. After all, if they get along there, what can I do? I couldn't keep them near me my entire life. If they didn't like any of our Gypsies... Eh, in the end, they're grownups and have their own families.

Mia also described that she had difficulty walking.

M: I can't do chores by myself. I'm lucky with Rosi who comes and helps me. I use a cane to move around because I had paralysis. I spend most of my time in bed. I lost weight and I'm like one of those scrawny women. I don't think I'm gonna live much longer.

I noticed that Mia was having difficulty breathing like a person with pulmonary insufficiency. It was time to guide her to see the last moments of this life.

M: My back hurts really bad... It's like it's breaking and my heart is beating really fast... It hurts.

Being deeply connected with Liz, Mia felt the pain in Liz's body.

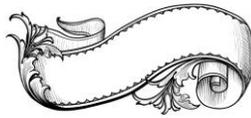
M: I'm in bed but I'm not with my Gypsies. My children are with me. My middle son's woman is knocked up again, awaiting another child. I'm really old, dearie... It's like I'm suffocating... And I'm hot, really bad. It feels like I'm on fire.

Dr. G: What do your boys tell you?

M: That everything is going to be fine and they love me. They are all crying... and crying...

After a brief pause, Mia surprised me by saying:

M: I think I see Marc.



CHAPTER TWO



Beyond Life is Life?

“Wisdom never lies.”
Homer

The most exciting part of past life regression therapy begins when the regression client accesses the moment of death, when the soul emerges from the physical body. The soul’s journey after physical death has been the subject of very little research to date.

Dr. G: Marc, your husband, is waiting for you?

M: Yes. He is so handsome...

Dr. G: How do you feel when you see Marc again?

M: Relieved of pain and worry. I feel young and beautiful again... I’m going to go with Marc, ’cause it’s hard for me here by myself.

It seemed that Liz had passed away but her consciousness survived. People in regression typically perceive the moment of their death as a liberation from suffering, and as a moment of joy. They realize that they continue to live beyond their human bodies in a different form (as an energetic field, a consciousness, a soul). This idea may be very “far out,” but it’s a pattern that I’ve observed consistently while working with a large number of clients. Many other doctors and therapists who practice past life regression therapy have identified and recorded this pattern as well.

When physical death occurs and souls leave their bodies, they are usually greeted by their Spiritual Guides, who accompany and guide them to the nonphysical dimension where souls go after death. The Guides are highly evolved souls who mentor and direct other souls toward spiritual evolution. Sometimes, souls who just left their physical lives are greeted by loved ones who have previously died and who may also be their Guides. Mia, as Liz, seemed to have found her husband after death. Could Marc be her Spiritual Guide?

LOVE BEYOND LIFE

Dr. G: What does Marc look like?

M: He is handsome and young. I didn’t marry him for nothing... It’s as if he has a body but we can’t touch each other. We are so happy! He says he’s taking me to a beautiful place and tells me not to worry about anything. He says that now everything has ended and it’s going to be fine. We’re going to remain together, like how it’s supposed to be. He is going to make me happy. But he doesn’t speak. I understand him telepathically. And it’s really warm.

Dr. G: Ask Marc what lessons you learned in this life as Liz. What was your purpose?

M: He says I was here to take care of Pierre who was by himself. I made Pierre's life happy and Marc's life happy too, and I brought three beautiful souls into this world. I was an example for the community and I learned to be a strong woman. I struggled by myself, and I learned to not be alone along with my loved ones. Marc says even when he wasn't physically next to me, he was always beside me and waited for me.

What Mia said about Marc made me realize that most likely Marc was Mia's Spiritual Guide. The Guides are always with the people or souls they advise and protect.

M: Oh, it's so hot! But I'm happy, and all of my worries have ended; all of them.

Looking at Mia, I noticed that her forehead was covered with beads of sweat despite the fact that the office we were in was cool. No matter how vivid one's imagination is, it is impossible to cause one to sweat in a cool room. Mia's experience was clearly physical. It didn't seem to be a figment of her imagination.

Dr. G: Where are you and Marc going?

M: Somewhere like, hmm... toward the sun because it's really hot. It's beautiful but it's hot!

The Light that Mia described as bright as the sun is a common phenomenon for those who witness the moment of their death during past life regression. Most clients report that they are attracted to this bright Light that may also look like a tunnel of Light. At the same time, they feel lighter and free of any physical or emotional pains or burdens. (Since it is a unique type of light, I capitalize the word *Light* when I make reference to it.)

Dr. G: How do you travel toward the Light?

M: It's as if he took me by the hand, but at the same time it's as if he is carrying me in his arms. It seems as if he is floating or flying.

Dr. G: What do your bodies look like?

M: They aren't bodies. They are like an image, but no, nothing like a body.

Dr. G: Do you mean, "nothing like a physical body"?

M: Yes. It's like energy. Only now we can touch each other.

Dr. G: If you look into Marc's eyes, what do you notice?

M: Oh... wow! (Mia seemed astonished.) They are black.

Dr. G: Do they seem black like human eyes?

M: No. They're black, black, black, as if you can look beyond them. But at the same time they are warm and they don't scare me.

Dr. G: Ask Marc: "Where are you taking me and what are we going to do there?"

M: He said that we're going for a stroll, and then we're going to give life again.

Dr. G: Before you give life again (reincarnate), tell Marc that you would like to see your permanent home where you stay after physical death.

M: He says that's where we're going. But it's really hot here because we're getting closer and closer to the sun. I asked him, "Why is it so hot?" and he said, "It's just an illusion." We have to pass beyond the Light, and then we'll get to where we need to go.

Dr. G: If you look around, what do you see?

M: The Light reflects somehow into blackness and radiates such unique and beautiful colors. I don't know if the human mind can conceive of them. It's beautiful here but there's nothing around. It's like the night sky.

THE GATE OF LIGHT

M: Marc says that we have to pass through the gate of Light. And I'm really, really hot. The Light is very powerful and almost blinds me. We spend quite a bit of time in it. I've never seen a gate this long... It looks more like a tunnel. If I look back, everything closes and becomes black again behind us. But ahead of us it's white light. It's very interesting... Look, we've arrived!

THE GREETING HALL

Dr. G: Where did you arrive?

M: We've arrived in a place that looks like... I don't know how to describe it. It's like a hall, a huge area, but I don't see any walls.

Around this hall there seem to be huge steps or staircases, and it's as though some of the souls are positioned above the others...

Dr. G: Are there others in that place with you?

M: Oh, there are many here.

Dr. G: Do they look like you?

M: No. They're like some... I don't know how to explain what they're like. It's as if each one of them is a concentration of air, like a transparent balloon, only not a balloon because if you blow at them they turn into a smoke. They are of different sizes. The bigger ones are the size of ostrich eggs, and some are smaller, like quail eggs. Marc is not like I knew him. He is also steam-like, just like them. But he says that I'm like him, too. He just asked me: "Don't you see yourself?"

Dr. G: Ask Marc: "What happens in this area?" What are you two doing in this place?

M: He said that we are waiting to give life.

Dr. G: How do you feel there?

M: I feel peaceful and liberated. And it's as if I'm not afraid of anyone. I feel surrounded by friends and people that I'm not afraid of. I have faith.

Dr. G: Do you have faith in Marc as well?

M: Yes. I have faith in Marc.

Dr. G: Tell Marc that you would like to see your group of souls. Are you a part of the same group of souls that Marc is part of?

M: He said: "Yes, by association. Here, everyone can take part in whatever group they want. If someone wants to associate with someone else, they are welcomed. No one rejects anyone. Somehow, we all know each other, and everyone is happy even when someone is just visiting. No one tells you to leave. We respect each other deeply. No one does or says anything mean." Marc said that I can take part of any group I choose.

Dr. G: Ask Marc if soul mates exist. If yes, is he your soul mate?

M: Yes, soul mates exist but he is not my soul mate. He is just someone who wanted to help me discover myself, discover my strengths and abilities.

WHAT IS THE PURPOSE OF INCARNATION?

M: Marc says that every time we go somewhere to incarnate, whether we are aware of it or not, we carry with us certain experiences and information that we transmit further, to others. Thus, we contribute in the process of evolution. At the same time, because we gather here, we succeed in having happy lives over there, where we are incarnated.

Dr. G: What are you referring to when you say *here*?

M: Marc says *here* is this place where we all come from and where we return to after every physical life. Here is our Home. It's where we reunite with others who are here, and where we are all one big happy family.

It seemed that Mia and Marc used the word *Home* to refer to the nonphysical plane of existence from where we all originate; the heaven or paradise where so many people hope to go after physical death. (I have chosen to capitalize the word *Home* in this book when referring to this ultimate nonphysical reality).

Dr. G: What is the purpose of life on Earth? Why do we incarnate on this planet?

M: To grow energetically and to help each other.

Dr. G: Why is it important to grow energetically?

M: So we can create more universes.

Dr. G: What are we, in fact?

M: We are energy that nourishes itself with energy.

Dr. G: How can we increase our energy?

M: By collecting love and positive feelings, while incarnated in our physical bodies, and by living that limited lifetime. The more we succeed in every life to gather as many positive feelings as possible and to offer positive feelings to others, the more the positive energy of the universe increases. Marc also says that one of our key roles on Earth is to open pathways to new lives and new experiences. Every woman has the right to give birth, and every person has the right to bring children into the world.

I was beginning to realize that Mia, who initially told me she had no knowledge of this nature, was somehow accessing the universal wisdom that transcends our personal belief systems, and reaches beyond our scientific understanding and limitations.

HOW DO WE CHOOSE OUR PHYSICAL LIVES?

Dr. G: Please ask Marc whether you have the freedom to choose your next life or it is chosen for you?

M: He says that in principle nothing is dictated here. Here, no one tells you what you should do. *You* choose whether you want to reincarnate or not, and in which life you want to reincarnate. You can organize your life anyway you desire. If you wish to discover other aspects of yourself, you can choose challenges and to try to do only good. But nothing is forced on you. If you don't want to choose another life you can remain here longer. You don't have to go back immediately. You can even choose to stay at Home permanently.

This answer clarifies one of our biggest dilemmas, explaining that each soul has the freedom to choose to live just one life or to incarnate multiple times.

Dr. G: Do you have the option to choose who you will come with in the next life?

M: Yes, you have the option to choose. Nothing is imposed upon you. You can program your life in such a way that you can come in with whomever you want. You can also choose a life that will be challenging, in which you come into contact with souls you probably haven't met previously, or souls that are very small or inexperienced.

Dr. G: Did you and Marc plan the life you have just accessed?

M: Basically Marc decided to help me grow spiritually and energetically because he considered it his duty, though it's not really a duty. It's a matter of friendship to help each other. He tells me that in most cases, when he chooses to do this, he decreases in energy and can end up regressing vibrationally.

Dr. G: So if the purpose is to grow in energy, why do souls like Marc have the kindness to help others, but at the same time risk decreasing their energy? What is the point?

M: Everything is linked to happiness and love. If you give, you will receive back. He decreased energetically at first, but when I came back I returned with more energy and he recovered the energy he gave me. Home, you recuperate the energy that you gave to others.

WHAT KIND OF ENERGY ARE WE?

Dr. G: Marc said that we are energy. There are all kinds of energy: electrical energy, magnetic energy, thermal energy, etc. What kind of energy are we?

M: The physicist who can identify our energy has not been born yet. You could say that it's a combination of all energies. We are electricity, yes. Look! He's asking if it ever happened that you felt an electric shock when you touched someone.

Dr. G: Yes, it has happened to me.

M: Or has it happened that you felt the magnetic attraction when you fell in love? It feels like you always want to be with the person you are in love with.

Dr. G: Yes. This, too, has happened to me.

M: That's what we are: a complex, intelligent energy with special characteristics and properties—the energy of life.

Dr. G: Mia, if you look at Marc, at his energy, how big is he compared to the others?

M: He is pretty big. Now, I can see that compared to him I'm a small dot. There are only a few others like him here.

Dr. G: Does his energy have a color?

M: Yes, but the colors are changing into beautiful, vivid colors. Marc's energy is now red, yellow and blue. I don't know why they are changing... Marc says the colors aren't changing based on any specific reason. We are all energy, and we have all the energetic colors. It's just a natural fluctuation in energy.

Dr. G: So Spiritual Guides' energy fields don't have specific colors according to their evolution level?

M: No. Marc says that all Spiritual Guides are evolved, and all of them have all the colors. Categorization of the Guides is based on other criteria.

WHO IS MARC?

Realizing that Mia was accurately transmitting the information that Marc (referred to as *SM* in the dialogue) was sharing, I decided to address him directly.

Dr. G: Marc, you were Mia's husband in the life we have just explored. Are you one of her Spiritual Guides?

SM: Yes, I am. (When the answer came, there was no change of voice tonality, no change of Mia's face expression, no notable change.)

Dr. G: Are you her main Spiritual Guide or one of her Guides? As far as I know, people can have multiple Guides. Please correct me if I'm wrong.

SM: That's correct. I am her Spiritual Master. I am her Master Guide.

This answer reminded me of psychiatrist Brian Weiss's book "Many Lives, Many Masters," in which his patient Catherine, was able to transmit messages from the Masters. I wondered if Mia could be another Catherine.

The Spiritual Guides are highly evolved souls who have extensive experience in incarnation, having lived many physical lives. The Masters are the most evolved of all Guides. They are the mentors and the Guides of the other Spiritual Guides.

SPIRITUAL MASTER'S PERSPECTIVE REGARDING MIA'S PREVIOUS LIVES

Dr. G: Marc, from your perspective why was it important for Mia to access the caveman's life?

SM: Well, you asked for Mia to see where her current issues originated.

Dr. G: So it was another life that her soul lived?

SM: Yes.

Dr. G: It was a life linked to her weight problems, right?

SM: Exactly. It happened long before your era in what is today European territory. There is not much to say about it. It was a primitive life.

Dr. G: Why was that caveman by himself?

SM: He was banished from his tribe for stealing food. He was at the beginning of spiritual evolution, and he did things that others weren't happy with.

Dr. G: Did they know how to make fire?

SM: No.

Dr. G: How did they communicate?

SM: They communicated through sounds. They didn't have a language because their cerebral cortex and speech center weren't developed enough.

Dr. G: When did Mia's soul live the life in the gypsy community?

SM: She was born in 1832 and died in 1902.

Dr. G: Who were Liz's parents and what happened to them?

SM: Her parents were part of the aristocratic class. While on their way to visit a relative, they were attacked and robbed. Both sides had weapons and during the confrontation her parents were killed. Her father was a lawyer, but he wasn't an important enough figure to be found in historical records.

Dr. G: How old was Liz—Muro—when you two married? And why did they call her Muro? Did that name mean anything?

SM: She was 17. In that old Gypsy language Muro meant "Gypsy child."

Dr. G: What happened to you in that life? It seemed that you died young.

SM: I died while I was trying to start a fire for cooking. I poured too much gas onto the wood and I was caught on fire. I had to exit that life so that Mia could learn certain lessons.

Dr. G: But you left behind three young children.

SM: These are decisions we make at higher levels. In her previous lives, Mia had the tendency to cling to people. As Muro, she needed to learn to fend for herself and develop a stronger, more independent personality. Therefore, as her Guide, I made the choice to incarnate with her to teach her what love really means, and to help her become stronger. She had other previous lives with relatively happy romantic relationships with other souls, but never with a soul on the same level of evolution or higher. As Muro, she felt that humanly strong love that you feel when there is perfect compatibility in your relationship. And when she became most attached to me, I had to leave so that she would have the possibility to learn her lessons.

Dr. G: Why was it important for Mia to review her life as Muro?

SM: It was important for her to know me consciously because at the subconscious level I'm always with her. I had to introduce myself, for her to know who I am. It was also important for her to remember how it feels to be happy and peaceful. She also had to rediscover the existential plane of Home and to begin revealing to you the science that you want to present to the world.

Left almost speechless as a result of this experience, of this conversation, I gathered my words with difficulty to thank him for his answers. I realized that Marc had no trouble whatsoever transmitting information through Mia's mind. Mia herself had no way of knowing about me wanting to reveal anything to the world. I began writing about the human mind approximately one year prior to meeting her, but hadn't shared this with any of my clients. Situations like this remind me how little we know about what is really going on.

WHERE DO SOULS COME FROM AND WHAT IS THEIR DURATION OF LIFE?

Dr. G: Mia, please ask Marc where do souls come from.

M: He says that they are born from the universe, from the Source of Life. As they evolve, they gather energy and most importantly grow vibrationally.

Dr. G: Does every soul have a certain place where they can stay between incarnations?

M: Marc says that the home of all souls is here, at Home, but there isn't a particular place for each individual soul at Home. If you wish, you can go somewhere and stay alone, but this doesn't happen. At least it hasn't happened so far. Basically, all souls wish to stay together and share the accumulated experiences of life.

Dr. G: About how long in human years can a soul live?

M: So long that the human mind simply cannot comprehend. Only if you were here, at Home, could you understand our lifespan. For a human mind you could say it is eternity.

Dr. G: Can you increase your energy at Home?

M: No. Souls can only increase their energy when they incarnate.

It seems that when souls leave Home's comfort zone and incarnate into our world of duality where positive and negative energies coexist, they get the chance to evolve into higher levels of energy and develop a more advanced consciousness.

WHY IS THERE SUFFERING ON EARTH?

Dr. G: Please ask Marc why some people have lives full of pain and suffering.

M: A person feels alone or suffers on Earth because they consider, subconsciously, that in a previous life they did something wrong. Therefore, that soul chooses to incarnate to balance out what it did in a previous life. Suffering could lead to accumulating life experience, which cannot be gained only through happiness. Souls who choose to incarnate have very good intentions, and ambitions to reach higher levels of energy. The problem is that some of them forget to make others happy in order to become happy themselves. They are driven to acquire life experience believing that only in this way can they acquire energy. But the energy comes from the happiness and emotions experienced by the people you affect in life.

Dr. G: Is there another way to attain spiritual growth other than through illness, pain or suffering? And if there is, why would souls still choose to go through such hardship?

M: Everything that happens to the human body is brought on by the accumulated life experiences of the soul, and that gives birth to other experiences in life. In fact, souls do not choose to experience pain, but pain is one of the tributes paid for returning to Earth in order to live a new life. If you don't want to experience pain, you can remain at Home because no one forces you to go back and reincarnate.

I was pleasantly surprised by Mia's amazing ability to perceive and transmit the information that Marc revealed to her. Not many people manage to get so deeply connected to their higher selves and to perceive with such ease and clarity. Some people receive the information in visuals, which they try to explain, while some convey what they hear. Others receive it directly in the form of thoughts, which they somehow interpret through the filters of their current conscious knowledge and beliefs. The most valuable information comes from those who do not have any prior conscious knowledge in this area, and do not even remember what has been discussed. When this is the case, ideas are relayed in their purest form, unaltered by the person's limiting beliefs.

THE PURPOSE OF LIFE

Dr. G: Mia, please ask Marc what is the purpose of your life.

M: Marc says I have chosen to come back because I've decided to help many people. He says that my role is to make others happy because this way I grow in both experience and energy. Every time I make someone happy or content, I gather energy that will elevate me to a higher level of vibration. My increased energy will enable me to create a life that will give me greater life experiences compared to the ones I have now. He says all I need to do right now is gather as much energy as possible by trying to do as much as I can for others, not only for myself. I can help others by offering them unconditional love and positive energy, regardless of what they do or say. I can show them that I care for them, and help them understand that doing this (offering unconditional love and positive energy) is actually the most meaningful thing that you can do in life.

Dr. G: It is important to make yourself content and happy too, right?

M: Marc says it's a law of reciprocity. When you offer love and happiness, most of the time, it will be returned to you two or three folds, and thus, you will increase your energy and vibration. By helping others you actually help yourself. So if you help yourself, you help others, and if you help others, you help yourself. You can help yourself by thinking well of others, and at the same time you help them too. The happiness you inspire in others will bring your own happiness. Happiness represents positive energy, which elevates you vibrationally.

Dr. G: So it is wise to love even when the love doesn't seem to be reciprocal?

M: True love and happiness have never hurt anyone. If the love you offer is not given back immediately, that doesn't mean that the soul hasn't been touched by your love. The soul who receives your love can transmit it further to other souls, and from that you will receive energy as well. So no matter how much love and happiness you give, it will always be rewarded and given back. All that matters is to love others because this way you love yourself, and as a result you evolve into higher energetic levels. Marc also says

that no matter what others do to me, I have to try to help them and be a good person. When he says “a good person,” he refers to offering as much positive energy as I possibly can. And when he says “to help others,” he is also referring to making them understand that to live is not enough, but to feel is everything. I should tell them and teach them about what I perceive and what I experience.

PERCEPTION AND EXPERIENCE VERSUS KNOWLEDGE AND INFORMATION. SPIRITUAL EVOLUTION

I asked Mia whether they were suggesting that her purpose is to help others become aware that they have these same perceptual abilities, so they can begin perceiving in their own turn.

M: Well said *perceiving* and feeling. When people say that they believe without feeling, they don't truly believe. But when they open up their perception, they will understand that basically the positive energy doesn't only save their souls, but also their temporary, physical lives. This is how the healing of their bodily diseases actually takes place—through the acquisition of positive energy. Therefore, those who help others understand who they really are will be immensely rewarded beyond the comprehension that exists at the level of the material life.

Dr. G: So we all have this ability to rediscover who we are and to reconnect with Home's plane of existence, right?

M: All people have this ability, but it depends how much they want to see beyond the material world. It's as easy as closing their eyes and asking their Spiritual Guides to lead them toward the Light and positive energy. And they will find within themselves the strength they need even if they won't understand where that strength comes from. All people have the ability to project themselves beyond the physical world.

Dr. G: How important is it for people to discover their abilities and use them?

M: It's very important for their soul and their energy, so that these temporary, physical lives are not journeys made for nothing. The moment when you come to realize there is much more than your physical existence on a small piece of land is the critical turning point of your life as a human being. From that moment on, you begin to work on attaining positive energy because by awakening, you reduce the negative energy you've accumulated and start increasing your level of positivity. This way, you elevate as energy onto higher levels of vibration. By giving unconditional love to others, and thus seeding positive energy in them, they will grow their own level of positivity too. As a result, your soul's positive energy will increase as well because *you* have taught and helped them. You could say it's a chain reaction, like the inner workings of a watch because every single cog is necessary for the entire system to move, and if a single component stops, the whole mechanism stops as well.

The science of physics has helped us realize that our bodies and all physical objects are basically composed of vibrational energy, and that we are all connected in the infinite ocean of energy that exists around and within us. We, as souls, as conscious energy fields, are integral parts of this all-encompassing system, which is described in literature by many different terms: *the unified field of consciousness*, *the quantum field*, *the ethereal field*, *the energy matrix*, *the divine matrix*, *the mind of God*, and so on. These are just words trying to describe the same paradigm. In this book, I will use the term *ethereal field* because it is the term Mia's Spiritual Master used. However, if it doesn't resonate with you choose one that you prefer. Don't let the words limit the greater context of message intended for us.

M: Marc says there is no use trying to convince people who don't believe what I'm saying because I can't increase my energy if others don't increase theirs and vice versa. To feel is the most important thing because sometimes what you see or hear is not convincing enough to resonate with what you feel. That's why you have to access and experience the inner universe personally, in order to convince yourself.

Personal experience helps us achieve a different level of understanding, whereas other people's experiences allow us to only imagine what they describe. The exploration of the inner universe is not achieved through using the analytical mind but rather by reducing it to silence.

M: Marc tells me that people seek the truth but they want to find it in a form that they can process through the filter of their limited, conscious minds; in a way that makes sense to them as human beings, not as souls. But through this route minimal information reaches the subconscious. *The soul* needs to

access this information in order to return Home.

Dr. G: What does the size of the soul reflect?

M: The size of the soul, which is an expression of its spiritual evolution, reflects how much love that soul has accumulated. The process of becoming a bigger, more powerful and evolved spiritual being does not occur in a single lifetime of love. The soul's evolution requires many lifetimes of sharing and gathering love and positive energy.

DO WE CREATE OUR OWN REALITY?

Dr. G: Is it true that we create our own life and reality with our thoughts and beliefs?

M: Marc says that when you are born, you come into the new life with the experience you've accumulated in previous lives. Therefore, in each new life you bring with you more power, more strength and more energy. Without realizing it, the moment you start a new life your mind is already created, but it's not the mind that you know—your conscious mind. It's the mind of your soul—your subconscious mind—the one that controls your experiences. Your subconscious allows you to create your new life based on the beliefs and experiences you have amassed in other lifetimes.

Dr. G: So you actually create your reality with your subconscious mind?

M: Yes because the subconscious mind determines and oversees the conscious mind.

This explains why the exploration and understanding of the subconscious mind and universe becomes extremely valuable in understanding our human existence, and in bringing our lives to harmony and balance.

THE END OF MIA'S JOURNEY HOME

I asked Mia to send Marc my gratitude for the extraordinary knowledge he had shared with us, and to describe how she currently perceived Marc and everything around her. She shared that Marc's energy looked like translucent and beautifully colored precious stones that constantly changed colors. The other souls present were radiating different colors of light as well.

M: What I'm noticing now is that this hall is huge. I don't see walls that define it. Maybe it doesn't have walls. I say it's a hall because we arrived here through that tunnel of Light... It's a very peaceful atmosphere. There are discussions regarding experiences from various lives and possible alternatives like, "what could have happened if..." Marc is now having a discussion with a friend.

Dr. G: A friend?

M: I guess so because we are all friends here, as we are all part of a bigger source of energy... There are souls who choose to leave, to reincarnate. Everything unfolds in an organized matter and in a calm atmosphere but without anyone controlling anything. And honestly, I don't feel like leaving!

After a brief pause Mia continued in a whisper.

M: I'm talking to Marc. He tells me that there is so much to experience together. Basically, this experience I'm living right now, here, at Home, will help me in my physical life. He tells me that right now my place is not here, that I have things to resolve, but he promises me that I will return and he will wait for me. He tells me to allow myself to be guided by my intuition because those intuitive feelings are given for a purpose. I've lived many experiences that have heightened my intuitive senses. He tells me that he will be here for me whenever I need him. He says it's time for me to go back to where I came from... He is sending me back.

MIA'S REVELATIONS

While Mia slowly returned to her conscious state of awareness, my thoughts carried me back to one of my very first clients and I wondered if Mia would have a fast recovery as that client had. She was a young European lady who had suffered two devastating miscarriages in less than a year. She went into severe depression, which negatively affected every aspect of her personal and professional life.

During three hypnotherapy sessions, I guided her to the sources of her depression and miscarriages. She reviewed meaningful previous lives that pertained to her current circumstances. Curiously, they were presented to her backwards, as lives that started in the old age and unfolded into childhood.

As a result of accessing her higher consciousness, reviewing those previous lives and the lessons they presented, learning the benefits of positive thinking and beginning to carefully monitor her thinking processes, she began to feel increasingly better. The depression lifted and in a few weeks she announced that she was pregnant again. She did not seek other treatment and did not take any medication. This pregnancy presented no problems, and today she has two beautiful children. She had never even considered the concept of reincarnation until she actually saw herself, during our sessions, living those lives.

A few years later, she told me that the experiences she had during our sessions, of reconnecting with her greater self, proved to be a vital turning point in her life. Not only did her health and emotional state improve, but her life circumstances also changed for the better. This occurred through assimilating new wisdom that changed her way of thinking and ultimately helped her spiritual evolution.

Since this client I have been privileged to work with many other people, constantly being reminded of the incredible benefits of subconscious mind exploration.

With each client, I noticed that hypnotherapy was yielding amazing therapeutic results. However, it still wasn't clear to me how the recovery process worked, or how the healing actually occurred. How could I account for these results and what factors contributed to these successful cases? How was it possible to help people overcome lifelong depression and anxiety in such a short time, and to quickly help them find peace and harmony? How was it possible for a person to get from infertility to pregnancy, from insomnia to sleeping peacefully through the night, from suffering to wellbeing? I had yet to discover the answers to these questions, and it was with Mia's help, this seemingly ordinary young woman who displayed incredible abilities.

Mia began to move slowly and still in a state of wonder she told me she was very surprised by her experience. I was astounded by how completely unaware she was of her amazing gifts.

M: It's so beautiful where souls go after death! I couldn't say that the hall had walls or a ceiling or a floor, but I could just sense it. It was like a mist. I could see shadows but nothing solid. It looked like an amphitheater. I had the sensation that I was sitting on a step, but there weren't spots where everybody had to sit, and nobody was coming to talk to us. (Mia got up and began walking around the office to stretch.) The energy of the souls seemed like small flames of fire, but they weren't fire. In a sense they looked like air bubbles, but they weren't defined. Or like gas bubbles that changed form and color, and if you blow on them, or if there was a wind blowing, they would disperse like smoke, and then gather back into their original form. Actually, air or wind or anything like that doesn't exist over there. It's almost like when you turn the gas on really high, and you can see the heat above the flames. That's how it looks. And you can understand what they're saying, but they don't speak with their voices. You hear them somehow but, actually, you just know because you understand them telepathically. You can see the particles according to how they change color. Marc's color changed from a pink sapphire into amethyst, then into the color of topaz, then into a beautiful blue and then into a mauve. All the other souls looked pretty much alike but were various sizes. Originally, I saw Marc as a man, but after we passed the Light I saw him as energy. Neither of us was in human form anymore.

We continued the session talking about the lives Mia accessed and how they mirrored her current life in order to integrate the information. As a result of her caveman life, Mia's soul—her subconscious mind—was most likely still holding on to the fear that if she didn't find something to eat, she would die, or to eat as much as possible because the next day she may not have anything to eat. She was also probably holding on to the belief that being curvaceous was desirable, and that she was more attractive with more weight. It is well documented that our behavior related to food is an automatic response to our conscious and especially subconscious belief systems. When we change the unbeneficial beliefs, the behavioral responses to our diet also change.

The lives Mia reviewed didn't seem directly linked to her depression, but young Liz's life in the gypsy community was a reminder for Mia of how it feels to be happy, to love and to live your life with

hope. Depressed people don't feel love anymore and lose hope. Depression is a result of operating from negatively-oriented, fear-based and disempowering beliefs.

To help Mia's recovery, I gave her an audio recording, which I specifically designed to encourage positive thinking, a healthy diet and healthy weight loss. I suggested that she listen to it daily for several weeks so that both her conscious and subconscious could incorporate this new, empowering information.

M: What a peaceful life I had in the gypsy clan! I felt extremely connected with Marc. He had a very gentle and soft look. At first, he seemed to be an ordinary man, but if you focused a few moments on his features you noticed that he was handsome. I was married to him, right? I had three children with him, right? I felt very happy, very in love with him, very appreciated and beautiful. And interestingly enough, I had a beautiful, pleasant, quiet death. It was the end of all of my turmoil and suffering over the sharp pain in my back. I didn't understand why I wasn't feeling the pain anymore at the moment of my death.

Mia experienced how death feels. When the soul exits the body the turmoil ceases. It is replaced with serenity and happiness. Experiencing this process through regression helps people overcome their fear of death.

M: So that's how the other world looks like, huh? That universe is so beautiful! It's superb! I tell you, it's very exciting. The moment you pass through that tunnel of Light you become curious because you don't know what to expect. It's interesting because you can't say that beyond the Light is dark, yet you can't say that there is light. It's just impossible to explain. It's somewhere beyond the expressiveness of words.

The description of Home probably depends on each person's ability to perceive what exists in that universe, or may even be entirely beyond our intellectual ability to process the information because we don't have any reference points. How do you describe the indescribable? Since Home is a nonphysical universe governed by different laws and structured in a different way it's nearly impossible to describe, understand or explain it without the guidance of the universal mind.

M: While you're there, you're so calm that your mind is empty of thoughts. To be honest, I don't have many questions even though I haven't read any books about these things and what I saw is completely new to me... And I don't really remember the conversations with Marc except for a few details.

Mia did not remember that she felt at some point that she didn't want to come back from the Light. The fact that she didn't remember the conversation with Marc revealed that the information she accessed did not originate from her mind or memory. It was transmitted to her consciousness by the Spiritual Master.

M: I can't believe that I was in the place we come from to incarnate! I was in the place we go after death! I didn't think I could do this, but now I know I can. I can't wait to go back there!

Some people, like Mia, are able to relax very deeply and to connect with their higher levels of awareness immediately. They are able to stay in those elevated states for a while and to communicate with ease with their Spiritual Guides. Other people go lightly but most fall somewhere in between. There are also people who need some practice quieting their conscious mind. A very analytical and critical mind with limiting beliefs and a strong negative ego can block the entire experience. On the other hand, people who practice meditation are usually able to easily connect with their higher levels of awareness.

TIPS FOR RECOVERY

Addressing Mia's depression, I advised her to monitor her thinking, to detach from her critical mind—her negative ego—and to redirect her thinking toward positivity, optimism and unconditional love. I suggested that she become aware of what she says out loud, for what she says is a reflection of her thoughts and beliefs. I encouraged her to visualize herself living the life she desires, feeling great, being at her ideal weight, and doing what made her joyful. Studies show that when we imagine a certain situation, the brain reacts in the same way and produces the same chemicals as when actually living that situation.

I encouraged Mia to be present in the "here and now," to enjoy her life and keep her goals in mind. She was the only one who could change her thoughts and beliefs, and by doing so, she would change the way she felt. I also encouraged her to eat healthy food and to begin exercising. I gave her the following daily affirmations to help redirect

her thinking toward positivity: “I choose to be peaceful, happy and healthy. I feel great about myself and my life. I choose to be positive and optimistic. I love myself and others unconditionally. I think only positive thoughts and hold in my mind only positive images. I feel increasingly better every day. My life is beautiful and worth living. It’s very easy for me to lose the excess weight in a healthy way. Every single day I lose weight until I reach my ideal weight, which I easily maintain. I like how I look. I choose to feel calm and at peace with myself, and in harmony with the universe.”

If any of the levels of the mind—the subconscious or the conscious—run negative programs of thinking, they can sabotage our progress and desires. When we interrupt the negative patterns of thinking by replacing the unbeneficial information, our responses and the way we feel change. The human brain has an extraordinary capacity to absorb new information, to form new neural connections between our brain cells (where the information is stored) and to discard the old data. If we repeat positive statements about ourselves and our life, the brain forms new neural networks. The old neural connections dissociate, and the brain discards and forgets the old unbeneficial data. This ability of the brain is called neuroplasticity.

Studies show that the way we think determines what we feel and influences our health. Thinking beautiful, relaxing, optimistic and happy thoughts causes the body to release endorphins and serotonin, the so-called “happiness hormones,” which determine a state of well-being. At the same time, the number of the immune system cells increases and the human body becomes more resistant to diseases. The state of meditation or self-hypnosis has the same effects. When we think negative thoughts, the brain produces catecholamines, the “fight-or-flight hormones” or “stress hormones,” and we feel accordingly. The number of the immune system cells decreases below normal limits, causing a lower resistance to diseases.

In order to help Mia overcome her severe depression and anxiety, I also advised her to return for another session to continue working on optimizing her conscious and subconscious thinking, and redirecting her focus toward positivity. We would also focus on correcting her unhealthy eating habits, by instructing her subconsciously to eat only healthy foods and in healthy quantities. I also intended to help her quit smoking and eliminate the excess coffee and the wine from her diet.

By the end of this first session, Mia realized she could no longer leave her life to chance, and that it was time to get actively involved in her healing process.

THE OPTIMIZATION OF THE SUBCONSCIOUS AND CONSCIOUS BELIEFS

After two weeks, Mia returned for a second session. She was already feeling better. She had followed my advice, and had even begun repeating the affirmations I suggested to her on her drive home from our first session. Although she sometimes felt that she was lying to herself by saying she felt happy when she actually did not, or that she was beautiful when she felt the complete opposite, she didn’t give up. She realized that she had nothing to lose and everything to gain by repeating positive affirmations. Gradually, it became easier for her, and after a while she began to repeat them with conviction, and then to actually believe them.

She also listened daily to the audio recording I gave her and tried to be as positive as she could. In a short time, she realized that she no longer felt so bad, and that her suicidal thoughts had disappeared. She even began to lose weight. But she also wanted to make a confession to me.

M: After I left our session, I was thinking how I was telling you about my serious problems and you were telling me to think how beautiful life is. I was telling you that I wanted to die and you were telling me to think about how beautiful and happy I was. I started to cry. But then, I remembered that you told me not to forget to think positively, and to repeat those positive affirmations regardless of whether I believe them or not because it doesn’t cost me anything to tell myself positive affirmation. And in a little while I actually began to see the difference. I realized that it wasn’t that bad anymore and that I felt better.

It may be difficult to understand how these techniques work and to identify the mechanisms through which the mental and emotional changes occur. By no means is Mia my only client who has experienced this mental conflict and confusion. Actually, most of my clients with depression experience this rebellion of the critical mind. If you suffer from depression, the critical and skeptical part of your

mind—the negative ego—is very strong, and could convince you that it's impossible to change anything, and that it's foolish to even think positive and optimistic thoughts. It will try to make you believe that positive thinking is a waste of time and that you are lying to yourself. But after a while, hypnotherapy clients begin to realize that they do have the right to be happy, that they are the ones in charge of their thinking process, and that they can choose to think optimistically. Then, they begin to say the affirmations with conviction. Their mental conflict and confusion eventually dissipates and the depression and the other symptoms ameliorate.

A very critical person who has a deeply entrenched disempowering way of thinking would have difficulty in accepting the concept of positive thinking. The change involves doing something different than what led to depression. As Albert Einstein said: "You cannot solve a problem with the same level of thinking that created it." The fastest way to *truly* come out of depression, which is a result of operating from negative programs of thinking, is through embracing positive thinking.

When Mia shared with me that the only thing she cared about, at the moment, was for those around her to be well, without including herself into the equation, I realized I needed to design for her affirmations that would help her acknowledge her personal value and increase her sense of self-worth.

After the session, Mia left relaxed and empowered. She felt that she was truly on the right path. She understood that she needed to become proactive in monitoring her thinking process, have an attitude of gratitude and appreciation, and find joy in every moment of her life.



Thank you for reading this fragment. To read more go to ["Home at the Tree of Life"](#)