

## Transpersonal Regression Therapies II: Past-Life Therapies

### Description

The Course presents a collection of documented, clinical case descriptions by credentialed therapists illustrating how altered-state regression therapy enables a person to gain insight into problems which seem to go beyond the scope of conventional psychotherapy. Providing empirical evidence that age regression can go back as far as is needed to locate the source of any issue, it shows how regression techniques can be used in accessing experiences beyond both ends of the life-death continuum.

Some of the outstanding therapists are: Denning, Hickman, Lucas, McGarey, Pecci, Snow, Wambach, Whittier, and Woolger. Some of the topics relate to: childhood, birth, prenatal, child abuse, death, releasement, interlife, and dialogue with the unborn child. Each category is introduced by Winafred Lucas.

This practical set of case studies is designed to provide you with a deeper understanding of how age regression has been used by some of the best-known psychotherapists in meeting the healing needs of their clients.

### Objectives

You will have an opportunity to learn:

- \* some of the contributions of 25 of the best-known psychotherapists
- \* a new approach to the issue of abortion
- \* how the process of death can be viewed as a state of joyous release
- \* ways to release the effects of child abuse
- \* how to release attachments
- \* reframing parental images

This examination is based upon the book *Regression Therapy: A Handbook for Professionals, Vol. II*, by Winafred Blake Lucas, Ph. D., Deep Forest Press, P.O. Drawer 4, Crest Park, Ca., 92326. c. 1993, Third printing 1996

Course Designer: Marjorie Reynolds, M.Ed., Ed.D.(c)

### Exam

Select the best answer.

1. The book, *Life before Life* by Joel Whitten,

- a. dominates Helen Wambach's research
  - b. presents concepts for prenatal studies
  - c. presents initial assumptions of the interlife
2. The re-scripting process allows the client
- a. to re-live distressing experiences and to view them in a better way
  - b. a way of making changes in plans
  - c. to express a desirable approach to distressing experiences
3. Alice Givens, in her work with prenatal and birth reprogramming found that chronic fear often begins
- a. in the womb
  - b. during the birth process
  - c. both of the above
4. Research by Gerhard Rottman in Austria on how fetal consciousness reflects the mother's emotional state during pregnancy identified four types of mothers: Ideal, Catastrophic, Ambivalent, and Cool. He found that a soul with catastrophic memories was attracted to the \_\_\_\_\_ mother.
- a. Catastrophic
  - b. Ideal
  - c. split between Ideal and Cool
5. In the treatment of psychological problems through prenatal recall,
- a. the lack of verification tends to interfere with the therapeutic focus
  - b. therapeutic change occurs after a person, with the help of a qualified therapist, re-lives traumatic prenatal memories
  - c. recall is difficult without deep hypnosis
6. When the therapist suspects prenatal or birth trauma, one way to trace the emotional and somatic experiences is through
- a. the use of single words by the client
  - b. simple questioning regarding those experiences
  - c. the presence of abreaction
7. An excellent example of prenatal trauma which resulted in feelings of panic in a person (for about fifty years) until it was released by being brought to consciousness and processed is
- a. Diana
  - b. Anna
  - c. Amy

8. In researching birth and death experiences, Irene Hickman found that souls

- a. have more reluctance toward death than toward birth
- b. have more reluctance toward birth than toward death
- c. are equally reluctant toward birth and death

9. When working with regression at the prenatal stage or earlier, the therapist tends to begin with recovery of childhood memories because it

- a. sets a pattern for recalling similar events
- b. acts as a springboard to prenatal recall
- c. provides an opportunity for a subpersonality to emerge

10. In therapeutic interventions, two important ingredients are the re-experiencing of feelings and

- a. recalling accurate details
- b. uncovering subpersonalities
- c. reframing

11. To experience wholeness, a person needs to re-evaluate childhood experiences for the purpose of (1) having an experience of being accepted and (2)

- a. healing earlier experiences of loss, hurt, and anger
- b. revealing hidden subpersonalities
- c. identifying child abuse

12. Which of the following statements is not an acceptable guide to the recovery of childhood memories?

- a. Anaclitic depression is one of the few emotional ills which is healed easily.
- b. Emotional abuse is just as damaging as physical abuse.
- c. Children need to express their feelings and opinions.

13. When there is indication that the client's fear started early in life, Etheridge tends to begin the therapy session by beginning

- a. at the uterine experience to determine the response to fear
- b. with events in childhood for the purpose of tracing patterns to prenatal trauma
- c. at any level and to bring in the other levels as needed

14. According to Roger Woolger, phobias and any exaggeration to loss often

- a. started in the womb experience
- b. have past-life roots

- c. are difficult to re-pattern
15. In anger toward parents, an altered state can be utilized to juxtapose the feelings of childhood against the different adult feelings until
- a. the negative feelings are eliminated
  - b. the anger is controlled
  - c. the validity of both become recognized and balanced
16. From the perspective of past lives, childhood sexual abuse is an experience which
- a. is chosen by the soul for its growth of for balancing karma
  - b. is one of the vicissitudes of life which can be healed through forgiveness
  - c. encourages the client to take the label of victim
17. The effects of sexual abuse in childhood
- a. can be ameliorated by regression to childhood to resolve the trauma but a full healing might require past-life regression
  - b. was identified by Sigmund Freud who was forced to recant because he believed that his body of work would not be accepted
  - c. both of the above
18. In The Case of the Grounded Aviator, fear of flying, linked with sexual abuse was healed through
- a. the psychosynthesis technique of forgiveness
  - b. reframing a past life
  - c. journal writing
19. According to Winifred Lucas, the interim state between lives on earth
- a. has potential for learning
  - b. is a permanent superconscious state which is accessible in various ways
  - c. is both of the above
20. In Joel Whitten's views of the interlife, there is life review which is coordinated by
- a. a discarnate entity formerly known by the client
  - b. a Board of Judgment
  - c. a spirit guide
21. Joel Whitten's sequence for accessing the interlife experience is
- a. Returning from the Earth Plane; Transition to the Interlife;

Activities in the Interlife; The Board of Judgment and Life Review; Planning the Next Life; Coming Back to Earth

b. Returning from the Earth Plane; Transition to the Interlife; the Board of Judgment and Life Review; Activities in the Interlife; Planning the Next Life; Coming Back to Earth

c. Returning from the Earth Plane; Transition to the Interlife; The Board of Judgment and Life Review; Planning the Next Life; Activities in the Interlife; Coming Back to Earth.

22. In Roger Woolger's article, Learning in the Interim State, Madeleine's Ghost life is

a. an archetypal vision which integrates the heights and depths of humanity

b. an example of the cosmic need to compensate for error

c. an illustration of learning to erase guilt

23. Hickman's "valley" experience seems to indicate that

a. the soul's enlightenment is blocked

b. the soul is protected

c. learning in the interim state influences the following lifetime

24. Hazel Denning's case, the Cardinal, illustrates that experiences in the spiritual dimension between lives often

a. critique the current life

b. emerge as part of the memory

c. critique the past life

25. In the case of Brad, Lucas shows that a person in an altered state

a. is able to become aware of light as enlightenment

b. can return to the interim state for learning

c. wants to experience peace

26. Gladys McGarey and other therapists have found that, if a potential mother is considering an abortion, dialoguing with the incoming soul often brings a response of

a. the soul convinces the mother that the pregnancy will be satisfactory

b. the soul feels rejected and hurt

c. spontaneous miscarriage

27. Communication with a fetus

a. can bring closure to abortion issues

b. can promote mother-child bonding

c. both of the above

28. According to Barbara Lamb, even though there are different opinions regarding when the soul enters the fetus, the soul which has chosen the body is somewhere in consciousness and

- a. can be contacted for dialogue
- b. is always ready to choose another body
- c. wants to be part of an abortion decision

29. Dialoging with the soul is helpful when a baby dies at birth or shortly afterward because the communication enables

- a. the soul to be free to move forward
- b. the mother to handle any unresolved grief
- c. both of the above

30. According to Hugh Harmon, in the case of considering an abortion,

- a. the will of the mother is of prime importance
- b. the protection of the fetus is of prime importance
- c. neither of the above is accurate

31. In eliciting a specific type of awareness or response, the wording of the therapist's questions is important. A question about physical feelings and processes is likely to bring a response from the \_\_\_\_\_ level.

- a. cellular
- b. superconscious
- c. conscious

32. In her analysis of the Allison case, Lucas learned

- a. to communicate with the fetus early in the pregnancy
- b. to balance the needs of the prospective mother with the needs of the fetus
- c. a new system of mother-fetus communication

33. After four steps of resolution, Crabtree's therapeutic process for releasement of attachments consists of making contact, exploring the possession relationship, therapy for the possessor, and moving on to the next phase of existence. Failure in the treatment process can happen at two stages: failure to discover or failure to make resolution. Failure in resolution is more likely to happen when the possessing entity is

- a. a lost soul
- b. seeking a way out
- c. still living

34. According to Fiore's work on the release of entities, in many cases of suicide, the entity
- attaches to living people
  - remains as a depressed and confused discarnate unable to move on
  - both of the above
35. According to Louise Ireland-Frey, there are various degrees of closeness between a discarnate entity and a host. When the physical body is invaded by an entity, who brings its own personality traits and habits, it is called
- obsession
  - oppression
  - possession
36. According to Chet Snow's work, it is important to differentiate past lives from entity attachment. His case, Francine, illustrates that before healing the past life related to the issue, there is a need for
- working with her feelings of failure
  - releasing and healing a discarnate entity
  - clearing the psychic's predictions
37. According to Hiroshi Motoyama, there are three necessary steps in overcoming karma. They are : to realize the karmic situation, to accept the reality of the present situation as part of karma, and...
- to do your best without expectations
  - always to expect the best
  - to balance each negative experience with a positive action
38. Two cases of Lucas, Ursula and Philene, illustrate that physical concerns can occur as a result of attachment by
- oppression
  - possession
  - shadowing
39. Bontenbal and Noordegraaf differentiated between active and passive spirits: active spirits have karmic implications; passive spirits attach to someone who has a weakened aura as a result of mental/emotional/physical problems. They are alike in the fact that they
- are associated with addictive behavior and trauma
  - do not know that they are dead
  - attach themselves to children
40. Naysmith's case, Annabelle, is an example of

possession

- a. related to the patient's severe depression
- b. by the same entity before and after death
- c. both of the above

41. In her work in investigating non-physical areas for explanations of physical problems which did not yield to medical treatment, Denning explored the possible impact of attachment by discarnate entities. She found that each of her clients

- a. knew the identity of the entity
- b. needed releasement work in collaboration with other forms of therapy
- c. had experienced rage which was ego-dystonic and differed from the client's usual calm approach to life

42. Regarding the concept of dying, Lucas demonstrated with her patient, Rhoda, that death can be viewed as

- a. a joyous and fulfilling experience
- b. an event to accept gracefully
- c. an opportunity to make amends

43. Attention to the death experience in past-life recall is of optimum importance, according to Roger Woolger, because, in working through past-life deaths,

- a. thoughts become purified to avoid more imprints of old patterns
- b. a beginning is made in releasing unproductive patterns and the client gets practice in going through a death process consciously
- c. powerful karma is always relinquished as a form of cathartic ego death

44. In *Communication from the Dead*, Denning affirms that entities who visit with a message are

- a. entities who have made the transition to the next phase
- b. entities who want to perform a service or reassurance
- c. both of the above

45. Barbara Lamb defines spirit visitation as

- a. being contacted by the spirit of a person who has died; the contact is of good intent and, usually, is brief
- b. any spirit attachment
- c. a spirit entity who has not gone into the next dimension

46. The case of Rhoda, in the work of Lucas, documents

- a. how an altered state can reach a deep level early when imaging comes readily

- b. uninvolved and mild depression can lead to disease
- c. that a person who is desperately clinging to life can be transformed to a welcoming acceptance of death

47. The Future Biography contributes insights in three areas: clarifying issues, exploring the relative values of polarities of life situations, and ...

- a. highlighting a core pattern
- b. predicting the future accurately
- c. changing behavior

48. According to Pecci, one of the most important parts of past-life work is

- a. the focus on the death experience
- b. the processing of ambivalence connected with death
- c. the life review for the purpose of making positive and constructive ego decisions regarding attitudes for the next lifetime

49. Work in future-life progression was started by Helen Wambach, and carried forward by Leo Sprinkle and

- a. Irene Hickman
- b. Chet Snow
- c. Joel Whitten

50. Life's experiences, although appearing accidental, when viewed from the perspective of past lives, reveal

- a. patterns
- b. cause-effect relationships
- c. connections