

# HYPNOSIS PAST LIFE REGRESSION SPIRITUAL HEALING

**ADRIAN FINKELSTEIN, M.D.**

- Find the key to lasting happiness in truth, forgiveness and love
- Eliminate limiting ideas and false beliefs
- Set yourself free of conflict
- Release the unlimited power within yourself
- Regain mastery at being your true self
- Experience healthy, loving relationships
- Find success in your career
- Achieve all these and more through gaining awareness and effecting positive change in your life
- Allow spiritual healing in your life and your relationships

## Questions on Past Life Regression Answered

*by Adrian Finkelstein, M.D.*

**Q: What is meant by “past life regression?”**

A: The word “regress” means to go back or return. Through the use of hypnosis, a person is able to “return” to earlier lives and discover possible causes of problems in his or her present life. With the understanding of these causes, and the assistance of a qualified professional, the patient is able to deprogram them once and for all from his or her life. The law of reincarnation tells us that this present life span of ours is not a unique one, but part of a long circle of experiences stretching far back into the past. These past lives, combined with our present one, are what prepare us for the future.

**Q: Why is it necessary for us to reincarnate life after life?**

A: The earth is a schooling ground. How can we be expected to learn everything required for our

development in one lifetime? If we become Masters, it is possible. But otherwise it is necessary for us to return many times to learn from our earlier experiences and thereby set the stage for our future lives. Eventually, as body,

mind, and spirit mature, we develop higher and higher levels of reality. How accustomed we are to perceive this world in only three dimensions!

It is so easy to deny what we do not readily perceive. As the late American surgeon Ernest La Place so wisely stated: "What we know is little, and what we don't know is immense." Our world (which, of course, includes ourselves) is formed of various levels of energy vibration. These vibrations rise from the gross level of our physical world to the highly refined plateau of thought--and ultimately spiritual consciousness. We cannot deny the existence of these higher levels of reality simply because ordinary methods fail to unlock their secrets. Exploration of the mind and spirit is one of the hallmarks of this New Age; a refusal to examine new approaches to scientific truth is clearly unscientific--and slightly foolish.

#### **Q: What happens to us at the end of an incarnation?**

A: At the end of each incarnation the life force withdraws from the physical body, which it relinquishes like an outer garment, and enters a new world just as real as the physical--though it may be invisible to ordinary sight. Now follows a time of rest and refreshment, a holiday from the school of early instruction. Next comes a period when the soul is gently and gradually led to a deeper understanding of the mystery of its own being. It begins to reassess its progress in the unfoldment of its divine attributes and powers. Also at this time the soul is presented with a panoramic picture of its many incarnations on earth. Gradually it begins to grasp a vision of those spiritual gifts which--when developed--will enable it to contribute to the development of the Whole. At this time the soul may also realize that only further learning through a physical body can develop these necessary gifts; thus, it senses the need to reincarnate one more time.

#### **Q: How much "time" do we spend between incarnations?**

A: No specific rules seem to govern this period. Sometimes the soul will spend a considerable time resting in the heavenly world. This could be for hundreds of years or a century or less. It is known that in certain circumstances a child will come back almost immediately--often to the same family. In short, no specific rules seem to govern time between incarnations. One thing does seem certain, however. The spiritual evolution of various races is speeded up with the reentrance of more evolved souls eager to help others rise from darkness and suffering.

#### **Q: What positive results can I expect from past life regression?"**

A: As one might suspect, a great many of our physical and mental problems are brought into this present life from our past ones. Chronic pain such as headaches, and arthritis, as well as cancer, heart conditions, asthma, ulcers, sexual dysfunction, depression, extreme anger and fears such as claustrophobia, anxiety, panic, and other physical, mental and emotional ailments as well as maladjustive relationships can be the result of problems unresolved in earlier lifetimes. Through the use of past life regression, the patient is presented with answers unavailable to him or her through any other means. Once he or she understands the cause of these difficulties, their cure becomes realizable. Past life regression, conducted through hypnosis, permits us to peer, as it were, into multiple layers of former lives which have gone to shape our present existence.

#### **Q: Will I meet my friends and loved ones in future lives? Have I known them in earlier ones?**

A: According to those teachers who possess a knowledge of spiritual laws, we journey in groups. We reincarnate with those to whom we are bound through love--or hate. Sometimes it is necessary for us to learn the lesson of the Golden Rule by meeting in this life those whom

we have injured or treated unjustly in former lives. We may also find ourselves in a series of alternating relationships--as master and servant, parent and child, or husband and wife. All these experiences help us to understand how an individual feels in various situations, and to learn how we would like to be treated in these circumstances.

**Q: Why are we born under certain conditions or with certain characteristics?**

A: The lesson we must learn or experiences we are required to fulfill are in accord with the law of cause and effect known in Eastern philosophy as karma, or in Western physics as the Newtonian Law of Action and Reaction. This universal law works in concert with reincarnation by insuring that we are born in the proper time and place to either pay our debts or receive our rewards due us from past lives.

We are born with various talents and skills which may need almost no training to elevate themselves into superior attributes. This does not happen by accident. These gifts are the result of hard work and perseverance in previous lives. In the cycle of reincarnation, nothing is forgotten.

On the other hand, we may be born with a disability or with certain limitations which compel us to develop capacities which we may find not altogether to our liking. For, as we have already said, life is a schooling ground. We reincarnate into the classroom of earthly existence with a certain curriculum of instruction. Those subjects which we have mastered earlier come easily; those we have failed will have to be repeated until they are mastered.

**Q: Why can't we recall our past lives?**

A: When you realize how difficult it is for us to recall the events of our childhood, not to speak of events occurring only a few years back, you can readily appreciate the difficulties imposed on a physical brain to remember happenings of a century ago--or several centuries ago.

However, as one proceeds along the path of unfoldment, like through hypnosis, guided imagery and other forms of meditation, the conscious mind becomes more and more sensitive to the vibrations of these past experiences. These vibrations create images in the mind of scenes from one's past. Gradually, the memories of past lives become more vivid.

**Q: What is the purpose of our having to return to this earth plane again and again?**

A: Only in this way can we evolve spiritually. Through such evolution all negative vibrations are eventually absorbed into the positive good.

This means reaching the great White Light as stated in the Eastern esoteric teachings. God said, "Let there be Light: And there was Light."

All creation has come from the Light. And these teachings are based on the understanding that from that Light we have come and to that

Light we return. It is a lesson our souls must learn, and thereby acquire wisdom, love and strength. At the end of this journey, they truly become a child of God.

## **Three Cases of Past Life Regression**

### **CASE 1 A Cause of Cancer Revealed**

Mary M., a 40-year-old social worker suffering from cancer of the stomach and lungs, was referred to me for treatment. Her examining doc-

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tors had declared her illness terminal, and she had been given only two months to live. To make matters worse, her marriage had suffered a number of serious problems. A violent argument with her husband, which had coincided with the onset of the cancer, ended in a decision to seek a divorce. She also experienced nightmares in which she killed him.

I instructed Mary in the use of guided imagery and how to communicate with her subconscious. The confrontation was totally unexpected.

Her subconscious--which revealed itself as "Sybil"--shouted that it wanted to kill her, just as she had killed a man in a previous life! Mary was dumbstruck by this. I urged her to continue to communicate with Sybil and allay her anger by promising to seek the cause of the crime and pay the karmic debt it required. Sybil was satisfied with this. She increased Mary's red blood count and stopped her vomiting. Health would be necessary for Mary if she were to make deep inquiries into her past. We then began a series of intense hypnosis sessions. Mary learned that in her previous life she lived in London at the turn of the century. At the age of 17, in the year 1905, she was a beautiful young girl named Sybil. She worked as a servant girl in the house of a wealthy widower, who was generous to her in both his affections and material presents. However, he was physically unattractive and she consented to become his mistress with great reluctance. Soon, she discovered he was intensely possessive, and he barred her from going out alone. Despite these restrictions, she occasionally had an amorous affair with a younger man. When he learned this, Sybil's husband forcibly confined her to the house. She quickly found this intolerable. As a result, Sybil reached a fateful decision. She procured an amount of concentrated sulphuric acid and introduced it into his food. The husband began to vomit blood, and Sybil ran from the house. Later, she learned he died before a doctor could reach him. Sybil herself died of a digestive ailment eleven years later. Under hypnosis, it was learned that the man she had killed in that earlier life was her husband in this present one.

Mary was instructed to talk with Sybil and explain to her that she understood the gravity of her crime and knew that she must "pay" for it. But if she paid with her life, then how could she expiate her crime by helping others as a social worker?

The result was that Sybil promised to make Mary well, and the relationship between the two was reinforced through a series of continuing dialogues. Mary's clinical condition continued to show gradual improvement. To the astonishment of her oncologist, the cancer went into complete remission within two months. In my last conversation with Mary, I learned that although she divorced her husband, she is still dedicated to her work and children.

What can we learn from this fascinating case? It is that the subconscious, like a computer memory bank, has stored in it picture word clusters of memories both from this life and previous ones. This explains why Mary could bring forth her memories from her past life as Sybil.

Though the former body and brain were no longer living, the subconscious continued to carry the memory bank into this lifetime.

### **CASE II Earlier Traumas as the Source of Depression**

Perhaps one of the most amazing cases I have encountered is that of Doris G., who first came to me seeking help for depression. Despite a number of hypnotherapy treatments, she failed to get better and became suicidal. She was hospitalized for several months, and eventually became stable enough to be released. Nevertheless, her depression continued, and she found it increasingly difficult to maintain a job or relate to her family.

I asked Doris if she would submit to a past life regression. After some initial difficulty in reaching a trance state, Doris was regressed sufficiently to offer the following information:

She had lived in the small town of Cornwall, New York during the 1800's. Her name was Lisa Arthur, who was eight years old at the time of the regression. She said, she was a student in the third grade at a girl's boarding school in nearby Middletown. At this point, she went into great detail with regard to her relatives and the house in which she lived. She described her father, mother, six-year-old brother Tom, and grandmother.

She described the Catholic church in which she was baptized and the merchant's store where the family bought goods.

Lisa died on April 18, 1812 by leaping from a third story window of her house. Unhappy at being forced to spend so much time away from

her family, she decided to end her life.

Such a violent, premature end to a life was not a new experience for Lisa. In an earlier incarnation, in Blarney, Ireland, she had committed suicide

as a teenager by banging her head against the walls of a room where she had been confined by her family.

The therapeutic result of these past life regressions was that once Doris had knowledge of her history of suicide, she started to function

better and integrate her life more successfully. The idea of suicide diminished completely, since she now knew it had not solved anything in the

past. She found herself well established on the path to recovery.

### **CASE III The Seeds of Anger**

Pamela A. had been treated by me for some time for attacks of extreme nervousness and anger. At my urging, she consented to past life

regression, which was accomplished after much difficulty. Apparently, Pamela's subconscious was apprehensive, and she remained silent for more

than an hour during the beginning of the trance state.

Finally, Pamela began talking. She introduced herself as Leslie Fairchild, age twelve. The year was 1863. She began to describe various members

of her family. She tells me she sees herself pressing her face against a window pane of her home, frightened and alone. She is dressed for

a special occasion in a green hat, prepared to go with her family to a country fair. The family has apparently forgotten to take her.

Next, she describes how a fire starts in the house, and is soon engulfed in flames. She is angry that her family has left her alone in the house.

She is screaming and shouting, terrified that no one can hear her. The flames come closer; the noise of the burning wood is intolerable; the

smoke suffocating. Ben, the handyman, tries to save her, but in vain. Finally, everything collapses in flames. I attempt to have Pamela tell me more, but she relapses into silence. Though Pamela

experienced a great deal of fear during her trance, I

felt it important for her to relive the trauma that had made her present life so fraught with anger and nervousness. I persist, and she starts

again to relive the experience.

As the flames begin to engulf her, her screaming and shouting diminish; a calmness begins to invade her. She says that as she is dying, she is

able to view her body from a position near the ceiling. After leaving the body, she begins to "float" and feels intense relief.

When the regression was over, Pamela understood for the first time the reason for her anger. Armed with this new self-knowledge, she

resolved to conquer it in the future.

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## **Adrian Finkelstein, M.D.**

### **A Biographical Sketch**

Dr. Adrian Finkelstein received his M.D. at Hebrew University, Hadassah Medical School, Jerusalem, before he

took residency and fellowship training at the Menninger School of Psychiatry, Topeka, Kansas.

Upon graduation

in 1972, he received the first Distinguished Award for his research paper titled "The Relationship Between Dreams

and Symptoms Under Hypnotic, Post-Hypnotic, and Natural Conditions." For the same work, he was honored with

the first Distinguished A.E. Bennett Award for 1972, by the Central Neuropsychiatric Association. Following his graduation in 1972, Dr. Finkelstein has sub-specialized in hypnosis and its medical and psychiatric applications. Since 1977, as a pioneering figure in the fast growing field of past-life regression, future life progression and inter life therapies, he has been researching and practicing psychic and spiritual healing. His travels and research have been instrumental in his efforts to gain wider acceptance of holistic health care. Dr. Finkelstein has made many appearances on television and radio, and been the subject of a number of newspaper articles. His seminars focus on ways to cope with stress in a rapidly changing, workaholic society, and his theoretical approach to medicine deals with total healing and fulfillment. Dr. Finkelstein is a member of the American Medical Association and is board certified by the American Board of Psychiatry and Neurology. He is also a member of the American Holistic Medical Association. Former Chairman of the Outpatient Department of Psychiatry at Mount Sinai Medical Center in Chicago, he is also former assistant professor of psychiatry at the Chicago Medical School, University of Health Sciences and Rush Medical School and University in Chicago, and former Assistant Clinical Professor of Psychiatry at UCLA. Currently he is on the teaching staff of Cedars-Sinai Medical Center in Los Angeles, teaching UCLA psychiatric residents complimentary and alternative medicine, which includes therapeutic hypnosis and an introduction to concepts of past-life regression therapy and spiritual healing. His four highly spiritually enriching books, ***Your Past Lives and The Healing Process, A Psychiatrist Looks at Reincarnation and Spiritual Healing; A Psychiatrist's Search for God, Back to God, Finding Joy in Divine Union; A Psychiatrist's Notebook, Practical Sel-Discovery & Self-Help Spiritual Guide*** and ***Marilyn Monroe Returns: The Healing of a Soul***, are the culmination of his work up to date. Dr. Finkelstein has been a speaker in many holistic seminars, experiential workshops on Past-Life Regression and offers private sessions in his office in Malibu, California.

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### About Dr. Finkelstein's books on reincarnational therapy:

*"Something like this coming from a man of Dr. Finkelstein's reputation and training can help open minds. He should keep telling his stories."*

Bernie S. Siegel, M.D., Surgeon  
Founder and First President of The  
American Holistic Medical Association.  
Author of the best-seller: "Love, Medicine and Miracles"

*"Adrian Finkelstein writes from the heart. This book is a reflection of his deep caring for the emotional and spiritual healing of his patients."*

Bettye B. Binder, Teacher-Author  
President of The Association for Past  
Life Research & Therapies (APRT),  
Riverside, California

*"If the purpose of quality literature is to provoke ideas, and the goal is to be open to new paths for betterment and enlightenment then Your Past Lives and the Healing Process is a milestone work. I strongly recommend you read this integral work from a scientist, humanitarian and author of "A Psychiatrist's Search for GOD."*

Richard Fuller, Senior Editor,  
Metaphysical Reviews,  
Wyoming, Michigan

### About Dr. Adrian Finkelstein's Experiential Workshops on Hypnotic Past Life Regression:

*"[Dr. Finkelstein's] presentations were extremely well received. The feedback, both on [his] introductions and inductions, was universally positive. The consensus*

*is that [his] workshops were among the most successful we have ever had at Beth Jacob [Congregation in Beverly Hills, California].*

*It was a great privilege for me to have shared [his] platform.”*

Rabbi Abner Weiss, Ph.D.

Chief Rabbi of London, England

(Former Chief Rabbi of California)

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