

Some Case Examples of Transpersonal Phenomena

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Attention Management

Placing the mind into a tranquil state and witnessing one's thoughts and emotions with serenity is considered the mark of accomplishment in meditation. In itself not easy it becomes worse when traumatic incidents, particularly those of a past life, begin acting up on a person. Although one isn't consciously aware of them they can still be aroused through outside circumstances and be dramatised in the form of unpleasant thoughts and emotions.

In order to handle this unwanted state of a person and restore his sanity, it should be sufficient to simply tell him to sit still and observe the motions of his mind until tranquility sets in again. Yet this doesn't appear particularly workable as it might take far too long, in particular during a mental crisis. Giving the person a session in order to find out what precisely is the cause of the disturbance, seems the more direct approach.

Needless to say, a session is no intellectual exercise with the session partner keeping a comfortable emotional distance. To achieve the desired end result of relief and happiness the session guide has to actively initiate and uphold the confrontation of the session partner with his mind, so that the session partner may re-enact and re-live the emotions and pains of all available perception points, which might be rather agonizing and exhausting. The session guide can only assist his partner in keeping his attention focused, neither can he force his partner nor do it for him.

Some Case Examples

The following examples were chosen because they contain evidence for the factuality of recall data since it was possible to compare them with non-memory-based data. The session times indicated only refer to the part of the session mentioned. The complete session sequence, i. e. the solution of the actual problem of the session partner, usually took longer. The session scheduling was compact allowing for brief breaks only.

Past life confirmed through literature: In the course of his session, Martin traces certain compulsive intentions of his to an important political proposition he failed to complete in a past life in Egypt, when he was an influential figure at the court of a certain pharaoh. After the session he studies up on that particular historical period but is disappointed to find that the people in question (he and that pharaoh) couldn't possibly have co-existed. Yet some months later he hits upon a very recent publication on the time period in question which changes the picture entirely. The author, an accredited historian, found evidence that this particular pharaoh, who so far had been assumed dead or disappeared for unknown reasons, had in fact only changed his name. What so far had appeared to be a new pharaoh was in fact the same person under a new name. Under these circumstances the incident recalled by Martin could be seen to fit without any difficulty. Session time 4 hrs 17 min.

Outside the body during an operation: For about a year, Charlotte has lived with severe depressions, expressed in the words: „It won't work out". She first had this thought after an operation on her thyroid gland which was done under full narcosis. In her session she re-lives the operation from a perception point ten feet above the operation table. She witnesses all actions and words and records them. Her

depression is traced to the doctor saying „it won't work out", as a private comment to the nurse referring to a date they were going to have: This acted as a post-hypnotic command on her as the patient. During the session Charlotte saw a surgical instrument for which she didn't understand the purpose. Some time later she asked the doctor about it. He confirmed that this instrument was indeed used and explained why. Session time: 3 hrs 20 min.

Headaches downloaded from a slaughtered pig: Franz suffered from chronic headaches. The source: As a child he witnesses the slaughtering of a pig. The pig gets killed by a blow to its forehead with the back of an axe. Franz (then a child), pities the pig. Because of the intense interaction between the two at this moment, a downloading of the pains and sensations from the pig to Franz occurs. The pains of the pig become those of Franz. After re-experiencing the incident from the perception point of the pig, Franz's headaches got better (they fully disappear after running through a second, entirely different incident). Session time 2 hrs 12 min.

Son suffers from father's incident: In his session Thomas, 35 y. old, runs into an incident of being homosexually raped as a 13 y. old boy in a Nazi concentration camp in 1943. Also he witnessed his mother being raped and tortured. After reducing some of the pains and emotions in the incident he realises that it is not him who was the victim, but his father, and that the other person isn't his mother, but his father's mother. This incident was never talked about in the family. Thomas didn't know about it. After the session he confronted his father, an emotionally very hard man, with the story. His father broke down crying (unheard of so far!) and confirmed the truth of what his son has found out. Session time 7 hrs. 35 min.

Daughter sees father's death retrospectively: Martha's father died in a skiing accident when she was 13 y. old (she is now 30). She is still heavily in grief about it. It turns out that she already knew that her father had died when she heard the rescue helicopter (with her dead father in it) fly over the house that day, i. e. she knew it some hours before she was told. At the same moment a downloading of her father's death incident occurred. She recalls each detail from the perception point of her father and goes through his (!) pains, emotions and thoughts until she feels relieved and her grief of 17 years has gone. Throughout the re-living of the trauma she remained sceptical regarding the factuality of her recall as certain aspects of the rescue operation were not normal routine and so didn't make sense to her who, as a skiing teacher, has experience in these matters. After the session she went to the village where she used to live, spoke to the people who were involved with the rescue of her father, and found her recall confirmed. Session time 8 hrs 23 min.

Cleansing the house of mental rubbish: Downloading, if done purposefully and with full awareness, can be used beneficially, as the following three examples will show. Charlotte, a property broker, finds that flats whose prior owners have engaged in severely stressful activities such as violent quarrels, prostitution, drug or alcohol abuse, are difficult to sell. Being trained in MindWalking techniques, Charlotte purposefully contacts the mental energy fields that appear to „hang about" in those flats, thus initiating a downloading. By re-experiencing the pictures in full from the perception point of the people involved, she achieves a „discharge". After this cleansing procedure, she doesn't have to wait long for a buyer. Her session time on this varies between 20 to 50 min.

Ghost didn't notice own death: Bernie, a certified Mind Walking-trainer, was contacted on the phone by an elderly lady he didn't know. She complained that her husband, aged 70, had died a year ago but was still in the house. She had always

hated him and was happy he had died, and the stress of having him around still, in form of a ghost, was causing her high blood pressure and heart problems, for which reason she was going to be checked in a nearby clinic. It was agreed that the next day, during the medical check-up, Bernie was to visit the house in her absence, and he did. He found and contacted the ghost of the old man who appeared not to know that he had lost his body, yet he did admit that things had gone sort of funny for a quite a while already: his perceptions had changed; he sometimes saw things from high above, which made him dizzy; nobody would talk to him any more; much as he tried he was unable to attract the attention of his wife; he couldn't fix things in the house in the way he used to because the hammer kept slipping through his hand. Bernie explained to him that his physical body had in fact died and that he now existed in form of a mental energy body. This was accepted by the ghost. Bernie then asked the old man what he had always wanted to do in his past life. It was being an architect. This was established as a goal for his next life and he was directed to the nearest birth clinic. Thereupon the ghost disappeared. Bernie went home, called his client in the hospital and reported to her that a ghost had indeed been found and talked with (he made sure not to say more than this). The medical check had proved negative, i. e. no physiological causes had been found, yet the old lady was rather worried about getting her heart and blood pressure attacks again on entering the house. She asked Bernie to accompany her. The next day they met outside the house. Bernie asked her to go in alone; he would wait outside for just in case. Fifteen minutes later she came back out saying that the house felt completely different. After this she never suffered from her heart condition again. The house which before she had desperately tried to sell at a minimal price without finding a buyer, suddenly attracted a number of buyers (now that she wasn't going to sell it any more) who were out-bidding each other to get it.

Remote session by telepathy: A lady well known to the author informed him by e-mail from Australia that her sister, also known to the author, had fallen severely ill. At a point in time not known to the people involved, the author „tuned in” to the person in question, and downloaded her problem. He got her to re-experience it and ended off as soon as a release of emotional tension and a recognition on the nature of the matter had occurred on the side of the client. He did not tell the client about his action. The next morning an unsolicited e-mail informed him that the case was on its way to betterment. Two days later the illness had gone. The session time was 20 minutes.

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