

An excerpt from:

Evidence of Reincarnation: A Path to Peace

by Wilja Witcombe

I am a bridge-builder — I build bridges.

Not bridges across busy streets or crowded rivers, nor bridges designed for cities and states. The bridges of my concern span East and West. They span cultures, religions and ethnic groups. You see, I build bridges between the visible and the invisible worlds — between the physical and the spiritual worlds.

Through the healing and regression business in India I build bridges into the past-life histories for as many clients as I can fit into a working day. My ultimate mission is to serve mankind; to guide mankind to practical spirituality and sustainable peace. My primary strategy is to create a clear understanding of soul and soul development. That means we recognize reincarnation as truth and we apply that knowledge in our healing work.

Who am I? clients often ask. *What is my mission in life?* These clients are seeking to understand "relationship to self." We cannot answer those questions without exploring past lives because each of us is the sum total of all our incarnations; this life is the culmination of every preceding life.

Some clients come to us trying to understand their relationships with others. *Why do I have such a difficult time with my husband / wife/ daughter/ son/ father/ mother?* they ask. *Why can't he / she understand me?* Those answers often remain hidden until we explore past lives.

Or the question may be physical. *Why do I have so much trouble with my teeth? Why do I get so many headaches?*

All too often, the distress started not in the last year or the last decade, but in one of the client's prior lives. We have found over and over again that when our clients are able to bridge past life trauma with today's symptoms, they find the path to resolution, they find the way to true catharsis.

Case Study One

Several months ago, a woman in her 40's came to me with severe cervicitis which she'd had for over 20 years. Her tummy was swollen; she was in much pain. The doctors advised major surgery and she was scared. Her family life was a challenge — she and her husband never got along well, and her relationship with her father was a lifelong battle.

We did several Past-Life Regression Therapy (PLRT) sessions. I took her back to the lifetime in which her uterus problems started. This life turned out to be in India over 160 years ago when she was the only child of very rich parents.

She enjoyed herself, and attended and organized many functions. She fell in love with a businessman who came every now and then to the city in which she lived. In the same city, one of the king's ministers fell in love with her. He proposed marriage, but she declined his offer, telling him that her boyfriend was a better choice for her.

She waited, but instead of proposing marriage the businessman dumped her and disappeared. The young woman was heartbroken.

One afternoon while she relaxed in the garden of her mansion, several men appeared and kidnapped her. She was imprisoned without a trial and in prison she remained. It turned out that the minister she had spurned was behind the kidnapping. He felt humiliated that she had refused his marriage proposal and he wanted revenge.

After several years alone in a tiny dark cell, the jailer opened the door. The minister appeared and led her to a tunnel where he raped her and knifed her in the tummy until she bled to death.

When asked if she recognized the businessman or the minister in this lifetime, my client met a major surprise — she looked both men in the eyes and saw their souls. The soul of the businessman has incarnated as her current father, the soul of the minister has incarnated as her current husband.

To my knowledge, she never told either man what she had learned. She and I focused on healing and forgiving during each therapy session. She worked on her own. Within a month, the cervicitis was reduced by 95 percent without any surgery, and relationships with both her husband and her father were healing.

Pain is inevitable but suffering is optional. This brave woman applied practical spirituality. Knowing what happened in one particular past life helped her understand that we are souls having a human experience, rather than human beings in possession of a soul. She healed her relationship not only with herself — her body — but with the two men bound into her story.

Case Study Two

A young businessman in his mid 20's came to see me with severe problems with his right ear. He had undergone surgery, but he still suffered from ringing and pressure-like pain. His condition gave him a feeling of insecurity and anxiety.

He first came to see a friend of mine who does pranic healing. She told him about hypnotherapy and recommended that he meet me for a session to discover the root cause of his ear problem.

He agreed and we travelled back to the lifetime in which his ear problem started. He immediately saw himself as a black man in Africa with curly hair, also in his early 20's. His village and neighbouring villages were at war over land. In one of the battles, a warrior from another village rammed a spear into my client's right ear and turned it clockwise, then counter-clockwise to injure his enemy as much as possible.

My client described the pain and agony he was going through. In his last scene, he was lying in a tiny hut. A woman in her 70's attended to him with self-made concoctions, but the wound was severe and he died three days later.

When I asked the client if he had met the old healer-woman in this lifetime, he was stunned because he recognized my friend as the old woman who tried to heal his ear.

What do we learn from this?

Relationships pick up where they left off last time — even if countless lives intervene. The young man came looking for someone in Chennai to help him with his ear problem ... and who did he find? The lady who tried to heal him in their last lifetime together — 1,600 years ago!

Within two weeks, the pressure in his ear had lessened; ringing in the ear is now sporadic. Knowledge of his past life transformed his present life.

Case Study Three

One of my clients, an astute businessman, had no specific complaint. He was simply curious about past-life therapy and wanted to experience a session. At the very beginning of our first session, two spirit guides appeared and told him to go back to five different lifetimes which would help him to realize the strengths and skills he had accumulated. The following weeks took us both on an amazing journey.

This client tapped into lifetimes in ancient Egypt, medieval France and Portugal; and ancient South America, Russia and India when he was a Chola king. He recognized that his mother and brother in this lifetime have been with him in a number of lifetimes, that a number of his current friends have been his friends over many lifetimes, and that the business acumen he brought into this life was combined with spirituality.

It was a very revealing journey through the past that helped him understand himself and the people around him in ways he had never before understood or appreciated.

This businessman is now fully aware of his potential; and over the last year since we had the first session, I have noticed major changes in the way he thinks and conducts and expands his business. It is obvious to me that he is an old soul having yet another human experience. He's an example of the way research into your personal incarnations guides you to your own true self.

Healing through Regression: At Home in India

This kind of past-life regression for the purpose of healing is possible only when reincarnation is accepted as a spiritual truth. That's one of the reasons that Aura, my PLRT practice, has prospered here in India. ...

As it is today, the remainder of the world is sceptical at best about the reality of reincarnation. I'm not going into the historic political decisions that squelched or distorted the

concept of reincarnation. That's more than can be covered today. But what I will tell you is that there are well-respected researchers — physicians, psychologists, psychiatrists, and geneticists — working to offer the world substantial scientific proof that reincarnation is not a concept reserved for mystics and New Agers but a fact of all human experience.

Here in India, everybody grows up with the understanding of reincarnation but only a few can remember their past lives. Only a few realize that reincarnation has significant meaning in their lives today.

As my friend Paul Von Ward, a reincarnation researcher, interdisciplinary cosmologist and independent scholar, states in the preface of his book *The Soul Genome: Science and Reincarnation*,

You may be surprised to learn that many verified life histories cannot be as logically explained by other theories as they can by a “general reincarnation hypothesis.” You may also be amazed to know that if it is real for people like the Dalai Lama, it is equally likely that you and all other humans are reincarnations of people who have lived before. Even giving consideration to the possibility of reincarnation may change the way you think about human behavior.

Reincarnation Researchers

I am keenly aware of the need for hard, scientific proof of reincarnation. I have developed partnerships with researchers and research organizations. I am a member of the International Board of IISIS — the Institute for the Integration of Science, Intuition and Spirit — an organization founded by Dr Walter Semkiw, MD, in California. Dr. Semkiw has dedicated his life to developing the scientific proof for the evidence of reincarnation. He has published three books on the subject so far.

I am also working hand in hand with internationally leading experts of past-life regression and reincarnation research — I already mentioned Paul Von Ward who has a project called the Reincarnation Experiment. More information can be obtained by visiting his website reincarnationexperiment.org

Dr. Adrian Finkelstein, USA (pastlives.com), and Dr. Hans Ten Dam, Holland (tasso.nl), are leading experts on hypnosis and past-life regression work — we exchange news and research results with each other on a regular basis.

I am also working hand in hand with the Hypnotherapy School of India to spread the word of Past Life Regression Therapy through training more therapists here in India (hypnotherapyschoolindia.com).

I have asked my colleagues to assist me in developing a protocol for past-life regression for children, as I truly believe this approach will create a new educational paradigm. Once parents understand that their children comes into this world with a past-life legacy, they will be better prepared to support their children's core strengths and talents. Parents will also have new tools to deal with the inherent challenges of raising children. They will be equipped to help their

children overcome emotional obstacles, fears and even sicknesses that are rooted in previous incarnations.

Self Healing

Once we tap into our past lives, we begin to heal ourselves — not only physically and emotionally but spiritually as well. When we begin to live our lives as souls having a human experience, we open ourselves to the possibility of spiritual growth as well as improved relationships with ourselves and others. Not many clients share their spiritual insights with us, but physical healing and relationship changes are evident.

Reincarnation of the human soul is much more than a religious belief or a tenet for the modern mystic. Reincarnation is an integral component of spiritual psychology and critical to the practical spirituality we practice at Aura [Aura Hypnotherapy — Chennai, India].

Founding a Peace Project

For me, the link between reincarnation and peace began in Sri Lanka. The year was 1997. I was in Colombo on business, staying at an upscale hotel in the business district. It was a bank holiday. I heard shooting and went to the window.

It's a long story, but sufficient to say that a bomb blast broke my hotel window and threw me across the room. I was covered with glass, bleeding from my face, arms and legs. But nothing was broken and none of the cuts were life-threatening. The day continued with two more bomb blasts, evacuation of the hotel, four hours waiting on the beach, and a trip to the hospital. I was a casualty of the civil war between government troops and the LTTE — between the Buddhist Sinhalese and the Hindu Tamils — both sides believing in the law of karma and reincarnation.

One of the truths about that experience which surprised even me was that I did not blame anyone. While I experienced symptoms of post-traumatic stress disorder, I felt neither hate nor anger. In my heart I knew there were only victims, some of them boys who had been kidnapped from their homes and brainwashed.

As my personal experience with past-life regression expanded, I looked at that experience from the perspective of the soul. As I contemplated the current state of our world and the many wars that have been fought and continue to be fought today, I was guided to look at the spiritual roots of these conflicts.

You can name a war on whatever continent, whatever country you wish, and at the root you will discover a deep-seated historical conflict. People made choices. But rather than work to resolve their differences with mutual respect for their common humanity, they chose to fight. The Law of Karma kicked in.

Souls incarnate again and again in an effort to achieve balance, in an effort to understand, to make better choices. I realized how important it is to build the kind of civilization where souls actually have the opportunity they need to understand past choices so they can make better choices this time.

It would be fair to ask if there is any relationship at all between exploring the evidence of reincarnation and improving the prospects for peace on our planet. The answer in my mind is a clear “Yes.” We human beings need to understand that we are souls having one human experience after another in order to discover our own true selves and reunite with our Divine Source. When reincarnation is an accepted human truth — as accepted as our human need for air, water and food — we will view both conflict and peace from an entirely different perspective.

In that mindset, I co-founded a Peace Project with a friend in Canada. Our initial focus was developing hard scientific proof of the reincarnation and the past-life identities of current political leaders in areas at war. What incarnations did they have before? Where they always only on one particular political side or did they swap sides? When did the conflict really start? Who was who when the conflict was created and who is who today?

My partner in Canada, who is Jewish, and I were convinced that scientific, irrefutable proof of reincarnation would give the world a wake-up call to what many of us here today already believe. Meanwhile, as I began setting up Aura and started the healing work, I received guidance.

Our peace project was evolving beyond proof of reincarnation.

Sustainable Peace Is Grounded in Relationships

It soon became evident that the concept of “peace” extends from the soil of the earth to the realm of the soul. Not everyone starts in the same place, but for me and my work, peace starts with a grounded relationship to self.

When you are whole, complete and centered in that grounded relationship to self, you have a healthy body and a healthy mind. You have the ability to access both worlds — the material and the spiritual. You have a body, a vessel with the ability to contact spirit and maintain healthy energy.

The effective relationship with self is two-fold:

- To body and from body to total environment: air, water, food, agriculture, and soil.
- To spirit: psychological environment, vision of the abundance and peace for the future; meditation; prayer; reincarnation education; spiritual education in general.

None of us can experience expanded consciousness and individual change without impacting our relationships. And it is harmonious relationships that enable us to sustain peace:

- Right relationship with self.
- Right relationship with others — both individuals and organizations.
- Right relationship to the environment we have created.

All we have to do is listen to the news to realize that these relationships need to stabilize and evolve spiritually. The need for healing is clear. But where do we begin?

While we can begin at any point because one leads inevitably to the others, most people start with themselves. We take a meaningful step toward peace when we understand and heal ourselves — when we begin to understand who we really are and who others really are.

We live in a network of individual, organizational and environmental relationships. If you want to heal yourself and/or your relationships with others, eventually you will realize that you must look at your own past.

I help clients perceive themselves. I help clients explore the personal legacy that we each bring into this lifetime. Like our curious businessman, we each possess talents, skills and strengths that we have accumulated over many lifetimes, a set of skills we can draw on.

I also help clients identify the weaknesses we each carry with us into this lifetime, those areas that still have room for improvement, areas that we have to work on in order to raise our level of consciousness — in other words, our karma.

Always remember:

What we hate most or what we love most we will experience firsthand in a future lifetime.

What we hate most or what we love most — what we are most attached to — we may well experience differently by actually becoming what we now hate most or what we most desire. This is the most stunning finding of reincarnation research in my eyes — the mechanics of reincarnation. Our soul's dharma — its primary work or trajectory — may not change. My friend was a healer 1,600 years ago and is still a healer today; my friend the curious businessman had been a businessman for thousands of years.

Yet as we progress, we balance karma. I have a friend in the United States who was a Jewish zealot who hated the Romans in one life and became a Roman soldier in the next life.

Look at the Middle East: If the Israelis and the Arabs would realize that they may incarnate to experience life on the other side firsthand, I wonder if they would still continue to shoot at each other — and basically shoot at themselves.

Our dharma may not change; but as each of us matures, as our soul moves closer to the Divine Source, we recognize that we must be accountable for all we have wrought. Each of us will eventually balance karma, release our attachments — even stubborn attachments such as an attachment to being an abuser or being a victim — and we will ascend. This realization is not only mind-boggling but will transform your life if you let it.

Over the last year, my Canadian partner and I received additional guidance which helped us in our approach to peace. We were advised to help create a new educational paradigm which

would include subjects like energy healing, past-life regression and past-life research. In short, the focus is on soul development. With past-life regression, people will experience the mechanics of reincarnation firsthand. The experience will assist parents in guiding their children and assist individual spiritual journeys.

The development of a new educational paradigm goes hand in hand with education about and promotion of organic foods and organic agricultural techniques on a global level.

We were also asked to establish communication and links between the spiritual communities around the globe so that mankind can access their information easily and benefit worldwide from their 'best practices.'

Here's a quick list to give you an idea:

AmeriCorps

Apply your skills and ideals to meet critical needs in the community. Make a difference.

<http://www.americorps.gov>

Arcosanti

Architecture plus ecology. Alternative to urban sprawl.

<http://www.arcosanti.org/>

Edgar Cayce Foundation

Holistic health. Spiritual growth. Ancient mysteries.

<http://www.edgarcayce.org/>

Esalen Institute

Unexplored frontiers of human possibility. Olympics of the body, mind and spirit.

<http://www.esalen.org/>

Findhorn

Spiritual community. Eco-village for sustainable future. Co-creation with nature. Holistic education.

<http://www.findhorn.org>

Habitat for Humanity

Eliminate poverty housing and homelessness. Build together. Give shelter, self-respect, hope.

<http://www.habitat.org/>

Omega Institute

Sustainable living. Body, mind and spirit. Creativity. Healing.

<http://eomega.org/>

Rudolf Steiner Fellowship Foundation

Intergenerational communities. Focus on elder care. "Care" includes land and social process.

Blend Rudolf Steiner spiritual, scientific insights with own life experiences.

http://directory.ic.org/408/The_Fellowship_Community_of_the_Rudolf_Steiner_Fellowship_Foundation

Waldorf element separated from metaphysical component in children's education.
http://en.wikipedia.org/wiki/Waldorf_education

Swedenborg
 Online church community.
<http://www.swedenborgiancommunity.org/>

Tree of Life Rejuvenation Center
 Live food education. Spiritual fulfillment. Whole-person, whole-planet healing.
<http://www.treeoflife.nu/>

Each organization has worked toward a similar community model; each has a piece of the puzzle, yet there is no substantial communication between them. Many of these communities provide childhood education. Many believe in reincarnation. Yet all have lost the "spiritual evolution" model to pass on to their children. I look at Aura's spiritual psychology work as a means to foster cultural exchange and provide the spiritual evolution model that has been lost.

I would like to mention a few of the spiritual communities here in India:

Sri Aurbindo from Pondicherry
 The ashram school is very famous here in India for integrated living and research that includes body and consciousness.
<http://www.sriarobindoashram.org>

Sai Baba of Puttaparthi
 He has developed his own school and curriculum and is now working on the first Sai Baba International University concept.
<http://www.srisathyasai.org.in>

Sri Sri Ravishankar, Bangalore
 Involved in child education.
<http://www.srisri.org>

Sadhguru and his Isha Foundation in Coimbatore
<http://www.ishafoundation.org/Sadhguru>

Sri Bhagavan of the Oneness University in Varadaiahpalem <http://www.onenessuniversity.org>

There are, of course, more people here in India and around the world who have established institutions to serve mankind. My Canadian partner and I would love to initiate a project to consolidate information regarding the educational aspects of as many spiritual centers as possible. It would be wonderful to identify and discuss the areas in which each center excels, consolidate the information, and then develop a master plan for the new educational paradigm.

This again is a project for a bridge-builder ... building educational bridges — nationally and internationally, connecting spiritual communities all around the world, sharing commonalities and enlightening each other with best practices and a sustainable educational system.

Part of the new educational paradigm is health education of health — the keys to success — for example, green food to keep a healthy body, mind and spirit and a green environment. A number of the spiritual communities are teaching the importance of diet in preparing the body — the nadis or meridians — for the higher vibrations encountered in deep meditation and expanded spiritual consciousness.

Ancient agricultural techniques allowed for planting and harvesting 12 months a year by harmonizing crops with the solar cycle, the length of days, and the position of the sun on the ecliptic which governs which areas are lit and which are in shadow. I believe that the Karmapa monks are using an ancient agricultural technique which should be looked at and considered to become a part of the new educational paradigm.

Building on the Foundation

Our concept of peace extends from the soil of the earth to the realm of the soul. That's a pretty broad scope. Yet that entire scope is built upon something we can all understand: Right relationships — with self, with others and with the environment we have created.

When healed and healthy, these relationships will enable humanity to:

- Mitigate religious hatred
- Close the gap between rich and poor nations
- Promote global environmental stewardship

We're seeking colleagues willing to join us in our peace project objectives.

Sustainable peace starts individually, with each of us. We extend our invitation to all who are willing to explore their relationships with self, others and the environment. We invite each and every one of you to join us in our quest to apply the practical spirituality of right relationships in our own lives.

Peace starts here today.

To quote the mystic poet Rumi:

*The lamps are different
But the light is the same.
One matter, one energy, one Light, one light-mind,
Endlessly emanating all things.¹*

¹ "One, One, One" as translated by Andrew Harvey.

Every individual shift in consciousness brightens that one light.

Healing individuals one by one, we will reach a critical mass and the collective consciousness of all humanity will shift toward the peace and harmony the Divine intended for the human race.

That is what I am working toward.

We are only beginning.