

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. This is in itself not easy, and it becomes harder the more unpleasant the thoughts and emotions which well up from the depths of one's mind. There is a conflict between wishing to be calm on the one hand and avoiding the area of thought or, reversely, being drawn into it, on the other. Due to this conflict one quite often finds one's attention bouncing about like a mad monkey; thoughts, images and emotions running in all directions at the same time, resulting in quite the opposite to the desired stillness of mind. Forcing the issue is no solution either as enforcing serenity would be a contradiction in terms. It is even worse with traumatic incidents, particularly with those of a past life. Although one doesn't know that they have happened they can still be aroused through outside circumstances in one's present life and be dramatised in the form of unpleasant thoughts and emotions.

The problem is compounded by the circumstance that not only one's own attention plays a role but also that of others. In the case of a killing the murderer and his victim both play a part, which is to say that the memory image of a murder contains not only the thoughts, emotions and pains of the victim but also those of the perpetrator. His attention was on the victim just as much as the victim's attention was on him. Both their attention streams merged and mingled. Due to their unwillingness to view the situation in all its aspects they cannot forgive themselves and each other for what happened, and so they are "married" with each other against their will for all eternity – until one of the two, at any later point (in this case it would have to be in a later life), decides to come clean and confront himself with the issue. Not because he consciously decides to do so, but because it is brought to his awareness by a bothersome unstillness of mind, by unexplicable emotional ups and downs, and even by compulsions which make his behaviour appear aberrated.

In order to handle this unwanted state of the person in question, one would have to restore his ability to direct his attention at will and so restore his sanity. If this cannot be achieved by advising him to simply sit still and observe the motions of his mind – as he finds himself inexplicably bouncing out of the role of impartial witness, or as there is no time for this approach due to the urgency of the matter – one would have to resort to giving him a session. One would have to find out what precisely is the cause of the disturbance. This is done in the "MindWalking" sessions the author has developed. (MindWalking is the trademarked name of this particular approach to the mind. It is not designed for deranged people only but for anyone wishing to explore his mind and expand his capacities further. For this reason each MindWalking trainer, out of personal interest and as a pre-requisite for his work with others, is on a session program of his own.)

Breaking Through to the Realm of the Transpersonal

In a MindWalking session the perception points of both victim and perpetrator are investigated. As a preliminary, the usual questions regarding how exactly it happened, when and where, will break open repressed images and emotions, but the desired final relief and laughter (as if about a cosmic joke) will only be brought about by two key questions: "from where is it seen?" and "who sees it?"

In the case of a car incident involving only one single person with no witnesses whatsoever, two perception points are available: one from inside the body, the other from outside. The fact that spiritual beings leave their bodies at times of duress (and also in a state of ecstasy) does by no means imply that just because of this distant position they should be cool, calm and collected. Quite the contrary, they (as beings) are in a state of shock, grief and horror, and in this state they will record the scene including all action, pain, emotion and thought. As long as they don't recover from their shock, grief and horror, the scene will be replayed in the backs of their minds interminably. Any present time trigger reminding them of the incident will suffice.

In the case of an airplane crash there are potentially two or three hundred perception points available, both from inside as well as outside the bodies involved, representing all the disembodied spirits who, whilst hovering above their smashed bodies, watch and record the scene with anguish. Therefore, when giving a session to one single victim of a plane crash, the emotions, pains, and thoughts of three hundred people may have to be considered. By assisting one's session partner to recognize and accept the various perception points which manifest themselves, and by getting him to assign them correctly to their respective owners ("that bit is what I saw – but that other angle from over there, that's another's perception point", etc.) this huge mental energy field of "frozen attention" will become reduced and eventually dissolved. Only then can the session partner experience true relief and happiness.

Needless to say, this 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, most often in an agonizing and exhausting fashion. The energy to live through this (usually twelve to twenty hours of extremely hard work within only two or three days) is provided by the session partner's will power alone, by his knowing that this is what held him down for ages, and by his intention to crack it. The session guide can only assist his partner, neither can he force his partner nor do it for him.

In viewing his connectedness with the perception points of others and reading his data off the mental energy field co-created during a given incident, the session partner has entered the realm of the transpersonal. He understands now clearly how his own fate is entangled with the fates of others, and apart from optimising the situation for which he came to get a session, he also, more importantly, gains a new view of life and the spiritual world. (He will also find his meditation practice easing up considerably.)

Some Case Examples

The following examples were chosen because they contain evidence for factuality due to cross-references with non-memory-based data. The session time indicated only refers to the part of the session mentioned. The complete session sequence, i. e. the solution of the actual problem of the session partner, usually takes longer.

Past life confirmed through literature: Martin traces certain urgent intentions of his which are almost bordering the compulsive, 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 studied up on that particular historical period but was disappointed to find that the people in question (he and that pharaoh) couldn't possibly have co-existed. Yet some months later he hit upon a very recent publication on the time period in question which changed the picture entirely. The

author, an accredited historian, had 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 the patient. During the session Charlotte sees a surgical instrument for which she doesn't understand the purpose. Some time later she asks the doctor about it. He confirms that this instrument was indeed used and explains why. Session time: 3 hrs 20 min.

Headaches downloaded from a slaughtered pig: Franz suffers 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 get 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 confronts his father, an emotionally very hard man, with the story. His father breaks down crying (unheard of so far!) and confirms 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 occurs. 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 remains sceptical regarding the factuality of her recall as certain aspects of the rescue operation were not normal routine and so don't make sense to her who, as a skiing teacher, has experience in these matters. After the session she goes to the village where she used to live, speaks to the people who were involved with the rescue of her father, and finds 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 se-

verely 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. Session time 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. It was agreed that the next day, whilst she was being checked in a nearby clinic, Bernie was to visit the house in her absence, which 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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