

Awareness of the Transpersonal

- A Psychology Theory of Interactive Fields -

Abstract

Using a method called “MindWalking”, a standard set of transpersonal phenomena will be seen to appear in all clients in their attempt to resolve conflict or suffering. They are: 1. Recall of the client’s own past life incidents. – 2. Recall of the past life incidents of other people (unknowingly “downloaded” by telepathic interaction). – 3. Present-time (“online”) telepathic interaction with living people, disembodied spirits, extraterrestrials, and beings of the "astral world". – 4. Interaction of the client with his personal morphogenetic field (vitality field) or that of others, be they humans, animals or plants. – 5. Recall of out-of-body-experiences, near-death and after-death states, also mystical insight into transcendental matters.

These phenomena are brought about by the interaction of mental energy fields produced by the individuals involved. On recognizing these phenomena with full awareness, considerable emotional and somatic discharges occur and relief is felt.

Case Examples

The following examples were chosen because they cross-reference with non-memory-based data and may thus be considered “good evidence”. The session time indicated refers only to the session section mentioned, a complete session sequence up to the desired end result would usually take longer.

Past life confirmed. Martin traces certain own compulsive characteristics to a past life in Egypt when he was an influential figure at the court of a certain pharaoh and failed to execute an important political proposition. After the session he researched that particular historical period but was disappointed to find that the people in question (the pharaoh and his advisor) could not possibly have co-existed. However, some months later he came across 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 up to that time had been assumed dead or disappeared for unknown reasons, had in fact only changed his name. The one who had been considered 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 have occurred as he had recalled it. (Session time 4 hrs 17 min.)

Witnessing from outside the body. For about a year, Charlotte has lived with severe depressions, expressed through the words: „It won’t work out”. She began having this thought after an operation under general anesthetic on her thyroid gland. In her session she re-lives the operation from a perception point ten feet above the operating table. She witnesses all actions and words and records them. When the doctor says „it won’t work out” as a private comment to the nurse referring to a date they were going to have, the patient receives this as a post-hypnotic command, and it is this phrase which triggers her depression. During the session Charlotte sees a surgical instrument the purpose of which she doesn’t understand. Some weeks after our session she asks the doctor about it. He confirms that this instrument was indeed used. (Session time: 3 hrs 20 min.)

Daughter in touch with dead father. Martha’s father died in a skiing accident when she was 13 y. old. Now she is 30 and is still heavily in grief about it. In the session it appears that some hours before she was told she already knew that her father had died. She sensed it when she heard the rescue helicopter with her dead father in it fly over the house. At the same moment a downloading of her father’s death incident occurred. In her session she recalls each detail from the perception point *of her father* and goes through his pains, emotions and thoughts until she feels relieved. Her grief of 17 years has gone. Yet throughout the re-living

of her father's death she remains sceptical regarding the factuality of her recall as certain aspects of the rescue operation were not normal routine and don't make sense to her, an experienced skiing teacher. After the session she visits the village of her childhood, speaks to the people who were involved with the rescue of her father, and finds her recall confirmed. (Session time 8 hrs 23 min.)

Unconscious downloading: Headache received from a slaughtered pig. Franz suffers from chronic headaches. The source: As a child he witnessed 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 significantly better (yet they fully disappear only after running through a second, entirely different incident). (Session time 2 hrs 12 min.)

Unconscious downloading: Son suffers from father's incident. In his session Thomas, 35 y. old, recalls an incident of himself being homosexually raped as a 13 y. old boy in a Nazi concentration camp in 1943, whilst his mother is also 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 was not his mother, but his father's mother. This incident was never talked about in the family. Thomas didn't know about it. Concentrating on the perception point *of the people involved* (his father and grandmother), he discharges the incident fully. 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. In the weeks to follow, the emotional climate inside the family changes noticeably to the better. (Session time 7 hrs. 35 min.)

Deliberate downloading: 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 are difficult to sell if their prior owners engaged in stressful activities such as violent quarrels, prostitution, drug or alcohol abuse. 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.)

Deliberate downloading: Sending a ghost home. Bernie, a certified Mind Walking-trainer, was contacted on the phone by an elderly lady he had never previously met. She complained that her husband had died a year ago, at the age of 70, but was still in the house. She was quite happy that he had died as she had always hated him, yet the stress of having him still around, in form of a ghost, made her suffer from high blood pressure and heart problems. The next day she was going to a nearby clinic for a medical check. During this time, in her absence, Bernie was to visit the house, and did so. He found and contacted the ghost of the old man who appeared not to know that he had lost his body. He did feel, though, that his perceptions had changed, that he sometimes saw things from high above, which made him feel dizzy, and that 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. A goal for his next life was established (being an architect). After having been directed to the nearest birth clinic, 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. So as not to influence her in any way he didn't say who the ghost was, and he made sure to give no account of what had happened. The old lady said that her medical check had proved negative, i.

e. no physiological causes had been found for her heart and blood pressure problems, yet she was rather worried about getting them 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 out saying that the house felt completely different. 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 was no longer planning to sell it)– who were out-bidding each other to get it.

Deliberate downloading: A 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, downloaded her problem – it was caused by an experience of severe loss – and stayed “online” with her. He took her through the incident 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 showing a marked improvement. Two days later the illness had gone. (Session time 20 minutes.)

Theory

The basic tenet in MindWalking theory is that attention is not a nothing but a something, in the same way that an electromagnetic field isn't a nothing but a something. Attention is produced by an individual from his perception point. A perception point is the point from which he views the world as a being, not as a body. (It has nothing to do with eyesight.) A perception point may be located inside his body or outside. The attention created doesn't flow out of the perception point like a stream but is *placed* on objects in the environment. What is being perceived is what one's attention has been put on, and nothing else. The information picked up by this field is stored as knowledge, and can be recalled in form of memory images.

It has been found in sessions that attention comes in minute energy whirls which subjectively appear as a sort of “sparkling confetti”. These whirls are of a definite size below which there is nothing. When they appear, they appear in that size, neither larger nor smaller, therefore the term mental “quanta” has been chosen as it refers to this particular feature. Mental quanta (MQs in short) appear to correspond to the photon quanta of physics but probably aren't the same. When a lot of MQs appear in a compact fashion, you get a mental energy field. An MQ-field is held in place for as long as the person desires. (This is what we colloquially and quite correctly mean by “putting attention on something”.) Like any other field, an MQ-field has a certain density and a certain vibration. Its density makes for “visibility”, its vibration is subjectively perceived as emotion. An MQ-field also contains the thought of the maker, his intention. Therefore, when one person (sender) thinks of another (receiver), the receiver will perceive the emotion and the thought of the sender. When the receiver then puts his attention on the sender, he may even perceive the sender in his momentary environment. This is the mechanism of telepathy. (Telepathy has been successfully applied in “Remote Viewing”, a technique developed by the American military to spy on Russian military during the Cold War. It is now widely taught in civilian seminars as general interest and a fun thing to do.)

To summarize, three components suffice to understand the mind: beings, thoughts and mental quanta (MQs). In order to communicate, a being uses a communication platform called “perception point”. Through willful thought (intention) he creates an MQ-field via his perception point and places it on objects and people. The field vibrates in correspondence with the emotional attitude of its maker at that moment. This is the way one being communicates and perceives. When the fields of two beings interact, telepathy occurs through which the thoughts

and emotions of one being are perceived by the other. If such telepathic interaction occurs unconsciously it may happen that the thoughts and emotions of the one are downloaded and “copied” by the other. The downloaded “mind file” will act on its bearer as strongly as if it were his own, and might be dramatized in the form of depression or psychosomatic illnesses.

So 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. 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 fields merge and mingle. Due to their unwillingness to view the situation in all its aspects they cannot forgive themselves and each other for what happened, and so are “married” with each other against their will indefinitely – until one of the two, at any later point (in the case of the victim it would have to be in a later life), decides to confront himself with the issue.

In a car accident involving only one single person, two perception points are usually taken: one from inside the body, the other from outside. The fact that spiritual beings leave their bodies at times of duress (and also in states of ecstasy) does not mean that just because of their distant position they should be detached and unaffected. Quite the contrary, they are in a state of shock, grief and horror, and therefore their recording of the scene will not contain only the action at that moment, but also the pains, emotions and thoughts. As long as they don’t recover from their shock, the scene could be replayed any time they are reminded of the incident. Once incarnated again, they will dramatize the incident emotionally and somatically.

In the case of an airplane crash some hundreds of perception points are potentially involved which represent 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 several hundred people may have to be considered.

Method

In a MindWalking session the perception points of both victim and perpetrator are investigated. The two crucial questions are: “from where is it seen?” and “who sees it?”.

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 (“this bit is what I experienced myself – but that other angle from over there, that’s another’s perception point”, etc.) huge mental energy fields like that of an airplane crash will become reduced and eventually dissolved. Only then can the session partner experience true relief and happiness.

In viewing his connectedness with the perception points of others and reading *their* “mind files” off the mental energy field which was co-created during an 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 being in the position to correct the situation for which he came to get a session, he also, and more importantly, gains a new view of life and the spiritual world.

The author, born 1948, studied psychology in the German universities of Mainz and Munster/W., received his diploma, and since 1985 runs a private practice. He wrote one book on life management (“Der schmale Pfad – Handbuch für gutes Management”, 1994), and two books on MindWalking (“Im Internet der Seelen” and “Aus fernen Welten”, 2003).