

# FOUR PAST-LIFE THERAPY CASES

Richard Sutphen

In every Past-Life Therapy Seminar I conduct includes a "Back-To-The-Cause Regression." The participants are asked to choose a situation or problem they desire to better understand. Hypnosis is then induced and they are directed to go back to the cause of their problem. Nothing is mentioned about past-lives, just "go back to the cause." Approximately 20% the participants will go back to a forgotten incident from their current lifetime-often to a situation that created the current problem, although the individual didn't even remember it.

The other 70% hypnotically regress to an incident in another incarnation that usually explains why they are currently experiencing difficulty. The four following case histories are typical examples of these cause and effect situations. The questions and regression experiences are in the participants' own words. The "trainer's conclusions" at the end of each case are my own. The conclusions are certainly not the full story and yet, based upon my experience, they offer my best evaluation without a more in depth investigation.

At the end of each seminar, I ask the participants to write out their story and e-mail them to me if they are willing to share their experience. Thus I receive hundreds of fascinating case histories, which assist me in developing a broader understanding of karma and the workings of the subconscious mind. My books, articles like this one, and even new self-help audio programs are based upon this continually expanding awareness.

## ONE

### **Question:**

**"Why aren't I open to long term relationships with men?"**

### **Hypnotic Regression Experience:**

"I found myself in England during the early 1700s. My name was Lydia Polkham and I perceived myself as quite beautiful and popular with men. I had my pick of men and, with my wealthy father's influence, I chose a man whose surname was Hardstone. Right from the start we didn't get along and I was happy when he died. Then, on my own, I chose a man named Sam. We got married and my circumstances declined rapidly. I have a vivid picture of Lydia standing in the doorway of her ramshackle house, surrounded by eight children. She and the children are dressed in rags. Their faces are dirty. Lydia's beauty is gone, and her spirit has vanished. This picture is so clear. The sky is dark and it's raining.... the streets are swollen with rainwater and sewage.

"Then, as Lydia continues to stand in the doorway, her vacant stare is awakened. Through the ugliness of the scene in front of her, a man on horseback appears in the street. He

seems oblivious to the weather and is dressed magnificently. Not one hair is out of place. Lydia is mesmerized by the man and how handsome he is. A sense of hopelessness assails her. He represents all that she feels she should have had. If only she hadn't rushed to marry Sam. If only she'd been patient and waited for a man like this, she would still be beautiful, desirable and her life would be full of happiness. But it is too late. She has made her choice and is stuck with it. The man in the street never even glanced at Lydia, but as he disappears, so does her last shred of hope.

"So that's the story. You are free to use it in whatever manner you may care to. Please consider it a partial repayment for the Past-Life Seminar. I really enjoyed that day. But, more than that, I gained some insight. Thank you."

Valery Garrett  
Los Angeles, CA

### **My Conclusion:**

The lifetime is probably valid, but regardless of whether it is or not, the regression experience is representative of Valery's deep fear that if she fully commits to one man, she may miss out on someone better in the future. As a trainer, I'm always alert to "Critical Fifteen" factors that indicate the need of further processing.

Factor 9 is FEAR. And it covers all the fears, large and small. The problem is that the fear keeps you from acting when you need to act. It can stop you from making a growth choice when it would be in your best interest. In accepting a fear and living with it, you are imprisoned within it.

Finding the cause of the fear is the first step in rising above it. Valery knows the cause. Now, if she really desires to change, she will have to confront the fear-probably by acting in spite of it. If she can totally experience the fear, she will rise above the effects.

Valery is also dealing with Factor 11: Expectations. These expectations may be based upon past-life programming that she is "superior" in beauty and social position, thus she "should" have a relationship with a "superior" man-a man who represents her fondest dreams: "with not one hair out of place". The result of such unrealistic expectations may lead to a lonely life unless she transforms her perspective.

## **TWO**

### **Question:**

**"Why do I experience asthma in this life?"**

### **Hypnotic Regression Experience:**

"I received three different experiences in the regression. In the first situation, I was an Indian

and my young daughter had just accidentally drowned, but I didn't really care. The daughter was my husband's favorite child, and I blamed him for all of my problems in that life. Thus the child's death hurt him and I enjoyed seeing him in pain. Yet the others on the tribe made me feel guilty because I had been neglectful in watching over my daughter. I think I accepted the guilt and was even more miserable.

"In the next situation, I was a man working in an English coal and steam pit. My lungs were affected and I coughed a lot. I had the very strong impression that I blamed my wife and children for having to work in the place, thus my health problems. If I hadn't had to take care of them I could have done something less destructive to my body. I didn't live very long in this life.

"The last situation was one in which I saw myself as a fat French authority in 1838. I was somehow responsible for overseeing workers, and I sentenced a young man to the dungeon for a minor offense. He had a leather-like strap around his neck that had a chain hooked to the wall. He was very uncomfortable, but I was indifferent. I think this was representative of many similar situations for which I was responsible."

Shirlee Jenkins  
Corcoran, CA

### **My Conclusion:**

Shirlee is most likely experiencing Balancing Karma in the form of the English life's lung affliction carrying forward to this life. But I would suspect the primary force behind her present day asthma affliction is Guilt. Karma based upon guilt, false or deserved, is the karma most likely to result in physical manifestations.

On a soul level, Shirlee still carries guilt energy for neglecting to protect her daughter, who subsequently drowned, and for her uncaring attitude toward those she punished as the French authority. She has chosen asthma as a way to punish herself, thus hoping to balance the karma. Wisdom erases karma and Shirlee now knows the cause of her affliction, which is the first step to wisdom. Now she must forgive herself. If this awareness isn't enough to let go of the effect, she can use clinical reprogramming techniques.

Reprogramming can be accomplished with daily use of meditation, hypnosis, dream programming or other techniques. This situation comes up so often I've created an audio program for those who don't want to set up their own program. It's a Zapper title called "Break the Chains that Hold You Back."

Or you can work to balance your own karma with compassionate actions or through symbolic retribution. This might take the form of becoming actively involved in helping others who have a problem similar to what you experienced in the past. Maybe Shirlee could help prisoners in some way, or work with parents who have lost a child, so she would come to fully understand,

on a soul level, the pain of such a loss. This would experience her full potential for joy.

### **THREE**

#### **Question:**

**"Why do I feel I have to be alone? I evidently chose to be born with a Scorpio ascendant, which is an astrological factor that tends to cause people to want to be alone."**

#### **Hypnotic Regression Experience:**

"I saw two women in France, during the Napoleonic Wars, I believe. They were dressed in ball gowns. Both were wearing diamonds and the younger girl was about 19 or 20, with ash-blond hair that was piled upon her head with soft curls dropping to her shoulders. The older woman was holding the younger girl, who was sobbing. She was heartbroken about a man. The older woman was her mother, and my wife. I had just come into the room and I could see my daughter sobbing; I had the feeling that she somehow blamed me for what had happened. I believe her love had died in battle, and she thought that I had either sent him off to war, or could somehow have saved him. I was evidently in a position to have stopped him from going and she felt I should have saved him.

"I was a large man in a dark black uniform heavily decorated with medals. We were in a beautiful manor. From this time on, I had the feeling my wife and daughter both rejected me and I accepted the guilt for her lover's death.

"The next thing I perceived was my own death--in battle, I believe. I was lying down and blood was coming out of my mouth. My face was white. I remember thinking, I'm so glad I'm leaving. I'm so glad to be alone. I'm so glad to be alone. 'I was happy to leave the pain of being with my wife and daughter.'"

Susan C. Boyle  
Glendale, CA

#### **My Conclusion:**

Again, we are talking about the acceptance of false guilt--a destructive kind of karma that will usually affect the following lifetime or lifetimes. Susan is dealing primarily with Factor 2: Assumed Limitations/Faulty Assumptions. Susan's faulty assumption is that if she opens herself up to being with other people, experiencing love and having relationships, that it will result in the kind of pain she experienced in France. Until she is willing to confront the fear by allowing others into her life, she will carry this psychic energy forward, not living life to its fullest. She won't be hurt but she'll also never experience her full potential for joy.

My best advice would be Stewart Emery's words, "Courage is the willingness to be afraid and act anyway." Until she confronts the fear, she cannot move through it and out the other side.

Another important factor worth mentioning: Again and again I have found that an individual's feelings/emotions/anger at death carry forward with an extra-powerful programming effect. If the dying man is especially resentful or hateful at death, he will often find himself earthbound in the lower astral planes for a considerable period after death. The negative emotions must then be dealt with in the next incarnation. To die forgiving and blessing everyone appears to be the best karmic goodbye.

#### **FOUR**

##### **Question:**

**"Why do I have such a strong aversion to writing-putting my ideas down on paper? I prefer to communicate verbally. This has included not only writing related to my professional responsibilities, but creative expression as well. It is important for me to put things on paper, but I just can't do it!"**

##### **Hypnotic Regression Experience:**

"I saw myself in a dungeon. It was 1482 and the country was Rumania. My imprisonment was for my writings against the church. I was questioning church doctrine, suggesting other ideas. My purpose was to assist the poor peasants of the time to move beyond their dismal poverty and psychological deprivation.

"The name which came to me, one letter at a time, was Karl Bluissect. My impression was that I did demonstrate a certain arrogance in my refusal to recant."

Patricia Comavity  
Northridge, CA

##### **My Conclusions:**

Patricia is obviously experiencing what I call False fear Karma. Your subconscious mind will often function in direct contradiction to your conscious desires as a result of past programming. In this case, a traumatic past-life incident has generated fear that is not valid in the context of the current life. She will not be imprisoned for her writings today, but her subconscious mind doesn't know that and will continue to block her efforts until she overrides the old programming or confronts the fear and rises above it.

This is also another faulty Assumption situation, which might be alleviated by simply knowing the cause of the fear. If needed, I would suggest new programming with self-hypnosis or audio programs. Also, ideally, Patricia will force herself to write, which might resolve the situation very quickly.

**Peace and Light,  
Richard Sutphen**

<https://richardsutphen.com/event/5-day-professional-spiritual-hypnosis-training/>

Submitted by: DR. NORMA

Respectively submitted ~ Anna H. Spencer, PhD

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