

Psychotherapy Guidebook

PAST LIVES THERAPY

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Past Lives Therapy

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Past Lives Therapy

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DEFINITION

Past Lives Therapy is a technique for using reincarnation in psychotherapy. It brings past lives into alignment so that the individual lives appropriately in the present. Other therapies assume that the past is alive in a troubled present in the form of early childhood trauma. Past Lives Therapy differs only as to how far back we are willing to go — to the dawn of civilization.

HISTORY

Reincarnation, the idea that the soul is reborn over and over into different bodies, is not new. Two of the world's oldest religions, Hinduism and Buddhism, assume reincarnation as fact. Isolated sects of other religions, e.g., the Druze, a Muslim sect, and the Jewish Kabbala, also assume its validity. Reincarnation was part of Christian theology until the reign of Justinian and Theodora. Since that time it has existed in a kind of mystical underground in the Western World, though the American Transcendentalists believed in it. In Past Lives Therapy, Oriental thought joins mainstream Western psychology to

provide an effective way of dealing with this life's pain.

TECHNIQUE

The therapy works by tracing self-destructive patterns through several lives. Using the presenting material in a given session as a starting point, the client builds up a picture of the past life. The therapist focuses the client's attention so that he actually reexperiences the traumatic events. Intellectual discussion is discouraged at this point.

Four things have to happen in the sessions for the inappropriate behavior to be erased. The phrase that fixes the inappropriate behavior must be repeated until intensity and attachment are gone. Traumatic deaths must be fully reexperienced along with the events that lead up to them.

The events of any given past life must be placed in chronological order. In the initial session they may seem muddled and fantastical to the client. It is important to keep going over them until the client is clear about the order in which they happened. This lends some reality to the situation.

A journey through the prenatal and birth of the current life is vital to the therapy's success. Phrases spoken by the mother and by those around her affect the fetus, determining which past lives will affect this one. Without this journey through the prenatal, the session is useless, as the traumatic past

lives will continue to dominate the client's actions.

The working through of the birth trauma has an additional benefit. At birth the individual learns to handle stress. The way the mother handles that very painful situation becomes the individual's models for life. Once a person experiences this, and separates his actions from his mother's, he finds he's handling the problems of everyday life better than ever.

A case example illustrates this. A client, whom we will call Elaine, delivered a child by Caesarean section then refused her husband sex for eleven years. "He's too big for me," was her complaint. With that phrase as her starting point, Elaine relived many deaths by rape, and a number of deaths during pregnancy. In the incident that seemed to be the cornerstone of her problem, she found herself in medieval England. She was fourteen and pregnant by an important nobleman who needed an heir, though she was not married to him.

At that time deliveries were a public matter. At a certain point it seemed clear to the midwife that it was necessary to choose between mother and baby. Without a second thought the nobleman chose the baby's life over the mother's. Elaine died hearing the words, "He's too big for her." During the prenatal of this life we found Elaine's mother thinking, about her father, "He's too big for me." During birth, we found the doctor saying (of Elaine, to her

mother) “She’s too big for you.” All of this worked together to ensure that the phrase “He’s too big for me” would dominate Elaine’s adult sex life.

APPLICATIONS

Past Lives Therapy is effective with numerous behavioral and psychosomatic difficulties, including marital and sex problems, childhood and adolescent difficulties, migraines, incipient ulcers, drug and alcoholism abuse. It cannot repair tissue damage. It can, however, give people with such physical problems as cancer, nephritis, and epilepsy a better understanding of their conditions, thus enabling them to cooperate with medical treatment.