

Past Life Self-Regression & Dissolving Karma

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Abbreviations

ARR - Akashic Record Reading: The Akashic Records is the name for the records which contain everything that has ever happened...ever. All the information is stored vibrationally, in what physicists refer to as the Zero Point Field. Thus, it's a matter of tuning into the vibration of the information one wants to gain access to it.

HEF - Human Energy Field: Also known as the aura, light body and the electro-magnetic field that surrounds and penetrates the physical body. On the quantum level, each Human Energy Field resides in and is part of the Zero Point Field (ZPF).

HDS - Human Design System: Ancient system of *Behavioral Genetics* that was rediscovered in 1987. Prior to 1987, the last culture to use a comparable system was the Essenes of two thousand years ago, a spiritually advanced sect within the Jewish culture. Jesus was an Essene. The Essenes were a casualty of the Roman Jewish war of the late first century...when over a million Jews were slaughtered by the Roman legions. The HDS was also a casualty of that brutal conflict.

LBL - Life Between Life Review/Regression: Technique used by therapists to access the subconscious, the depository of our memories in the spiritual dimension, where we reside between our incarnations on Earth.

PLR - Past Life Review/Regression: Technique used by therapists to access our subconscious, the depository of our prior life memories.

PPP - Pre-incarnation Planning Process: Process all souls go through prior to each incarnation on Earth. Many decisions about each incarnation are made as part of this process in order to obtain the experience that the soul is desirous of having. The details of the PPP can be explored with an ARR or LBL session.

ZPF - Zero Point Field: Quantum substructure of the universe and everything in the universe—matrix of sub-atomic vibrations and particles (neutrinos), that functions as a limitless reservoir of information and energy, including life sustaining energy. The Metatones Theory booklet introduced that God, a Beingness of Love, is another name for the ZPF, the quantum substructure of everything, that is everywhere, that connects everything, and that provides life-sustaining energy to every living thing.

Introduction

Many of the concepts and terms used within were introduced in the Introduction to Metatones and Metatones Theory booklets, which are available at metatones.com. Please read the introduction chapter in the Introduction to Metatones, plus the entire Metatones Theory prior to this booklet. The purpose of this booklet is to introduce our common ability to recall our past life memories, plus our life in between life memories, often referred to as Past Life Review (PLR) and Life Between Life review (LBL). Some therapists use the term *regression* instead of review. That is, we regress back in time to remember our prior lives and lives in between lives. Although most past life and life between life memories are brought to the surface of consciousness with the assistance of trained professionals, our ability to remember our past experiences, without the aid of a therapist, will also be addressed, inclusive of describing techniques to do so.

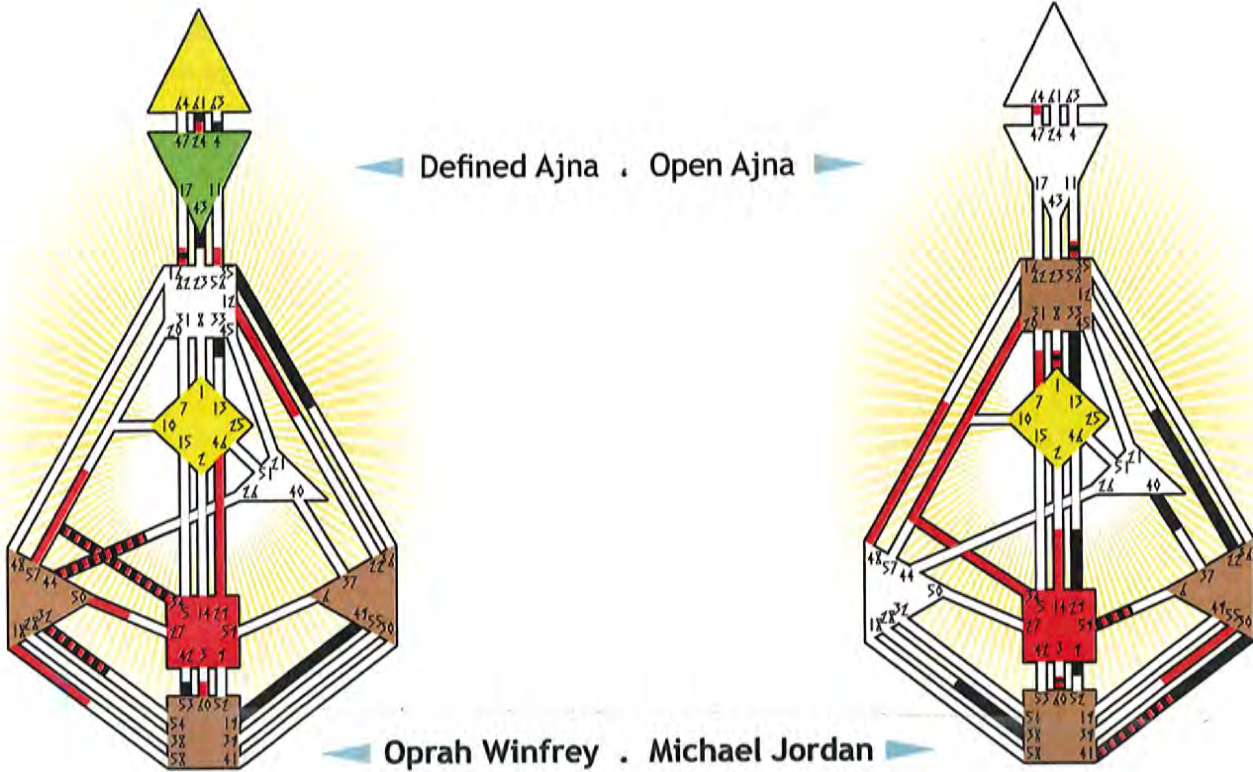
A small number of Metatones users have had spontaneous PL and LBL memories. One of the goals of this booklet is to educate people on some of the characteristics of these memories. An underlying premise is that most souls elect to have many different experiences within the Earth dimension. In other words, each soul incarnates in many different bodies, which are no more than temporary costumes that facilitate the varied experiences desired by each soul. Given the abundant and well documented evidence available, there will be no attempt to convince the reader of this reality and our multi-dimensional qualities.

Most people have the ability to remember their prior lives and LBL experiences. We simply need to learn the proper techniques to do so. For some, accessing our subconscious memories can be a bit more challenging. This is because approximately half of the population has a *genetic predisposition* that may complicate the PLR/LBL process. Such a predisposition results from the genetic behavioral patterns selected during the Pre-incarnation Planning Process (PPP), which dictate the configuration of the upper chakras, commonly referred to as the crown, ajna and throat chakras. Please see the Behavioral Genetics booklet at metatones.com for more information on the system of behavioral genetics known as the Human Design System (HDS).

In terms of the genetic predisposition that may complicate the ability to access past life memories, please review the two HDS body graphs on the next page. One

element of the HDS is the nine-chakra system, as represented by the body graphs of Oprah Winfrey and Michael Jordan. Oprah has what is referred to as a *defined or activated ajna chakra* (3rd eye), which means she has a very busy mental process 24/7, that tends to process life from a fixed mental perspective. Her busy mind may make it more challenging for her to remember her past lives. 49% of the population have a similar genetic set-up.

Conversely, Michael Jordan has what is referred to as an *open ajna chakra*. This is indicative of people who tend to be more open minded, do not have a fixed mental way of processing life, and have a greater propensity for reaching deep levels of meditation. People with this configuration (51% of the population) tend to have an easy time accessing their past life memories, assuming they use a good technique. The reason we are conveying this information is that some become unnecessarily frustrated when they cannot reach the quiet meditative states described in books or do not remember their prior lives with traditional methods. The cause is often the genetic configuration of the upper chakras. The HDS has not gone mainstream yet, so few people are aware of this genetic information and the many benefits it provides.



Regardless of the chakra configuration, with the proper intention and an experienced therapist, most people can access their subconscious...where their PL and LBL memories reside. PLR and LBL is new territory for many people, so let us begin with the basic information. Our past life memories are stored in our subconscious, not dissimilar from the memory files of a computer. That is, only a small amount of the information stored in a computer appears on the screen. To access any of the computer files we simply need to know how. In a like manner, to bring our past memories into our conscious thoughts, we simply need to know the proper technique.

An alternative to PLR and LBL is Akashic Record Readings (ARR). It is an accepted premise of physics that *everything* vibrates on the quantum level, including our thoughts, emotions and actions. Thus, everything that anybody has ever done is recorded vibrationally somewhere within the quantum substructure of the universe, referred to as the Zero Point Field (ZPF). The vibrations that act as the records of past events are commonly referred to as the Akashic Records. Think of the Akashic Records as an immense library and each soul has a series of books detailing their experiences.

The first person who became famous for accessing information in the Akashic Records was Edgar Cayce, who performed over 14,000 ARR's in the first half of the 20th century. Cayce's readings and the benefits they provided are well documented. A growing number of people have developed the ability to extract information from the Akashic Records. For this reason, some people may elect to have ARR's instead of utilizing PLR or LBL. In particular, people who have difficulty accessing their subconscious memories should consider ARR as a viable alternative.

As conveyed in the Metatones Theory booklet, in order to obtain our optimum performance levels, inclusive of states referred to as enlightenment, Oneness Consciousness, Christ Consciousness and/or God Consciousness, the synchronization our fields to the ZPF-God is a pre-requisite. Yes, that's correct...we introduced the *Reality* that the ZPF is God (or at least part thereof) in the Metatones Theory. Simply stated, God (and what physicists referred to as the ZPF) is a unlimited field of energy and information, that is everywhere, that connects everything, that is the substructure of everything, that supplies life sustaining energy to all living matter and has an essence or core vibration of Pure Love.

Mankind has struggled to find a scientifically viable concept for God. That is, the scientific community has searched for a scientifically based concept for God, while also being consistent with a deeply spiritual and loving identity for the Source of All—our Creator. The search is over...the unlimited field of information and energy that physicists call the ZPF is God...or at least part thereof. Over the years, our search to answer all the *big questions* had many twists and turns. The answers to all the big questions are conveyed within metatones.com, inclusive of pointing our readers to sources that provide considerably more detail.

With that said, the synchronization of our fields to the ZPF-God dictates that each soul goes through a *HEF purification process*. This process purges all imbalances or flaws in our field in vibratory conflict with the ZPF-God...and God is but Love. Historically, our vibratory flaws and imbalances have been referred to as energy blocks. That is, they inhibit the free flow of energy and information from the ZPF-God into our fields. These vibratory imbalances manifest as our physical, mental and emotional life challenges, *are caused by our prior decisions*, from the current or prior incarnations, in addition to our Pre-incarnation Planning Process, and are typically referred to as Karma.

Our prior karmic decisions are in conflict the vibratory structure of the ZPF-God...and considering God is a *Beingness of Pure Love*, our karma represents our decisions to experience non-love. What is non-love? The opposite of God, Oneness and Love Consciousness, is **fearful consciousness, which is the definition of egoic consciousness**. Rather than a sense of loving Oneness, egoic consciousness is the perception, which is a *temporary illusion*, of aloneness and separation from the Source of All—our Creator, which is literally impossible, because ZPF-God-Love is everywhere...*everywhere*. We may not be able to see the ZPF, but we can sure *feel* the energy of God-Love when we are in sync with the ZPF...and it feels great!

Karmic decisions are based in fear or some derivative thereof...such as anger, hatred, greed, jealousy, guilt, etcetera...which simply means karmic decisions are based in egoic judgmentalism. **Without judgment there can be no fear**, or any of the related dark emotions. Conversely, **God does not judge...God just loves...because God is a Beingness or Isness Love...Unconditional Love...hmm...which means that all of the fear-based dark emotions, inclusive of karmic energy blocks, are in conflict vibrationally with the ZPF-God.**

Needless to say, the *judgmental God* some religions identify with...the entity that *allegedly* judges us if we break Its rules and then punishes us, *is an illusion*...a product of ego-based, fearful consciousness. And as we will delineate, **all products of fear-based judgmentalism is an illusion**...quite elaborate at times, but an illusion just the same.

By definition, our energetic imbalances-karmic flaws are fear-based and represent vibrational contradictions to God-ZPF-Love. This is why the vibrations of karma/non-love or fear-based judgmentalism are *out of sync with the vibratory structure of the ZPF-God*. This is why our karmic flaws/energetic blocks inhibit the flow of energy and information from the ZPF, **thereby blocking our ability to experience our optimum performance levels...mentally, emotionally, physically and spiritually. These same karmic blocks also temporarily block our remembrance of our relationship with our Creator-God.** Our karmic flaws (and related behavioral, emotional and mental patterns) are reflective of the negative emotions created by *our free will* and can only be healed and purged from our field by using our free will...*the will to accept all and Love all...unconditionally...versus what initially created the karmic flaws...ego-based judgmentalism = fear-based decisions.* Please see Exhibit – Split Personality for an overview of the Egoic Self or fearful consciousness, compared to our Higher Self or Love Consciousness. This exhibit is from the Affirmations for Christ Consciousness trilogy, the parallel study aid for The Way of Mastery course.

Technology can be used as a tool to assist us with our goal of purifying our fields of imbalances and increasing the energetic and informational flow from the ZPF. However, to synchronize our HEF with the ZPF, we must be active participants in aligning our mental, emotional and behavioral patterns with the core vibration of the ZPF-God and that would be Pure, Unconditional Love. In other words, we cannot fool God-ZPF with technology. Technology can *temporarily* shift our field to a more synchronized state with the ZPF, *temporarily* increasing the flow of energy and information, but we will not be able to *hold the energy*, because our field will *reset* back to our state of imbalance and fear-based emotions = **ego-based judgmentalism = fearful consciousness.** In summary, by remembering our decisions that created our karma, we obtain the opportunity to *change our perspectives and decisions* on the applicable event to that of being *aligned with Love* (versus alignment with ego-based, fearful consciousness). **Love heals all...Love dissolves and heals our energetic blocks...bringing us back in sync with the ZPF-God...which allows us to remember**

and live conscious of our relationship with God = Love Consciousness...Ya!

An analogy is that each of our incarnations is like a chapter in a book. In order to fully understand the subsequent effects of a karmic event, *which we experience in our current incarnation*, it is extremely helpful to remember the event/decision that created our karmic flaw. Let us remember an inherent characteristic of all karmic imbalances in our field. Each is very creative energetically in that karma *creates* new situations in our current or future incarnations that *mirror back to us the effect of our prior decisions of ego-based, fearful consciousness*. This karmic cycle continues to reoccur until we learn the related lesson...which is changing our fear-based perspective to one based in *REALITY = ZPF-God = Love*...more precisely, unconditional Love.

Why is this the case? The karmic cycle is a product of the principles inherent in the ZPF-God...the mechanics if you will, that will eventually motivate all souls to align all of our decisions with the ZPF-God = Love Consciousness. One of the two universal principles is that of *cause and effect*, which some refer to as the Golden Rule.

It is no great revelation that all of the karma that we are facing in our current incarnation is directly related to our prior fear-based decisions (non-love)...because *there are no accidents...ever...*...thanks to the law of cause and effect. These can originate from earlier decisions in our current life, a prior life, or during a PPP. By remembering the pertinent events, we gain a priceless education on our current karmic challenges and how the universal principles (Love + cause and effect) function. Instead of being perplexed with an attitude of *why is this happening to me...*a new *ah-ha* perspective of understanding emerges.

Not only do we understand *the why*, but we typically discern what action, consistent with Love, is needed to resolve our current challenge. Our ego may not agree with our new Love-based course of action, because as we have learned, *our ego is fearful consciousness*...the opposite of Love Consciousness. Thus, our ego may try to rationalize our original fear-based decision, and if successful, this *egoic justification* will perpetuate the karmic cycle. As all souls near the completion of their adventure into ego-based, fearful consciousness, **this is the heart of the internal conflict at play...do I return to my original ZPF-God-Love Consciousness or remain in fearful consciousness—egoic judgmentalism, and its *illusion* of aloneness and separation from God-Love?**

Simply said, are we going to change our perspective to be aligned with the ZPF-Love Consciousness and apply it to our current circumstances? Yes or no? If yes, we dissolve the karmic imbalance and immediately increase the energetic and informational exchange with the ZPF-God...thereby taking a step towards synchronization with the ZPF-God and our optimum performance levels. Or no...which means the karmic block/congestion remains in our field...and the cycle repeats itself. In other words, the challenge we are facing remains unresolved and *we will create* another set of similar circumstances in the future to provide us with a similar *learning opportunity*...the opportunity to decide to live in Love-Oneness Consciousness versus fear-based/egoic consciousness. How does this cycle end? The **intensity** of the fear-based emotions, the dark karmic emotions, simply continue to escalate...and escalate and escalate...until we finally, recognize the error of our ways and cannot stand living in fearful consciousness anymore.

The end result is that we eventually surrender...*what do I have to do to make the pain and suffering of fearful consciousness stop? I'll do whatever it takes.* Then and only then, does the ego (fearful consciousness) surrender control. The egoic self slowly begins to change its perspective...to one of surrendering to ZPF-God-Love...*even though the ego will never consciously recognize that it has given up control.* We begin attracting the education, through an endless number of sources, books, events, people, etc., etc., that teaches us that God's way, *the way of Love*, is the only way to go...because it's the only way that gives us what we want more than anything else...LOVE! Why do we want Love more than anything else? Because Love is our essence...that's the way God created us...as a mirror of Its own Beingness...why? ***Because God's only desire is to extend Itself—Pure Love...and we are the extension of that Love.***

Souls can have all the material stuff this physical dimension offers...money, houses, sex, food, cars...and on and on, but without Love, there is always a sense of being unfulfilled. Why? Because our essence is *Love Consciousness...being conscious of Love-God, thinking Loving thoughts, feeling the energy of Love, doing Loving acts, etc., etc...* ***Our primary desire, just like our Creator, is to constantly feel Love moving through our being and playing an active, conscious role in extending that Love out into Creation.*** And the only way...*the only way* to do that is to partner up with God-ZPF, *because God-ZPF is the unlimited source of Pure Love.*

We can either recognize what we want more than anything else...Love-God...and get on with synchronizing our being with Love-God-ZPF...or we can maintain the status quo...an ego-based lifestyle of judgmental-fearful consciousness. It's entirely up to us, because God gave us free will. For those that have *had it* with ego-based, fearful consciousness...the only course of action is to begin actively dissolving the karmic imbalances/blocks in our fields...so they don't repeat themselves...and continue to inhibit the flow of Love from the ZPF-God. That's where PLR, LBL and ARR come into play...but not just generically as has been so often the case. These techniques can be used to ***identify, understand and dissolve the karmic imbalances in our fields***...whereby we consciously shift toward Love-God Consciousness...shift toward a Love-based lifestyle. This path increases the energetic and informational flow from the ZPF-God-Love. *This obviously feels very good* and as soon as we get a taste, we want more...because we can *feel* that we are going in the right direction...the direction towards more Love...the direction towards Love Consciousness 24/7.

If the light bulb hasn't gone on yet, purifying our fields and the related synchronization process with the ZPF requires us to *retrain our minds* from being ego-fear-based to God-Love-based. This is a huge shift because the conditioning of the entire planet, for the millennia, for all of our incarnations, has been ego-fear-based...by design...by choice! That's the equivalent of waking up one day and saying...*I have been right-handed my entire life...but now I want to be left-handed.*

This is why we need all of the tools and education available to us, such as the education provided by PLR, LBL and ARR, and The Way of Mastery course, plus technological aids such as Metatones. For those who want to get serious about eliminating their karmic pain and suffering, we again recommend The Way of Mastery course by Jeshua (Jesus), which he channeled in the 1990s. This is the ultimate education on ZPF synchronization that is currently available, and it will be this way for centuries to come. Nothing offered by the Metatones technology, PLR, LBL and ARR or the related information is a comparable substitute. Why? Because The Way of Mastery is a step by step guide to synchronization with the ZPF-God-Love Consciousness...and our optimum performance levels.

For those that reject traditional Christianity and organized religions, and/or just sense that they are not getting *the whole truth and nothing but the truth* from their religious or spiritual pursuits, please keep an open mind about The Way of Mastery

trilogy. Consider reading the first lesson in *The Way of the Heart*, which was channeled by Jeshua in the 1990s. You will immediately see and feel a new approach to life on Earth—the approach of *scientific spirituality*.

Clearing Imbalances in Our Field

There are two categories of karmic imbalances/blocks. Conscious and unconscious or what is referred to as dormant blocks. Whenever we are *reacting to life negatively*...whenever life is *pushing our buttons*, a block has come to the surface of consciousness. The first step is to recognize that a karmic event has manifested. This may sound elementary. However, initially, this critical first step is routinely missed for two reasons.

We have not been educated as to what is actually occurring, combined with the pervasive cultural conditioning that having our buttons pushed is normal...that something *outside* of us rather than *inside* is the cause of our negative reaction/judgment. The cultural conditioning, which is pure egoic judgmentalism, dictates that our first reaction is fear-based = judgmental = this is bad, I don't like this...how do I control this situation? How do I feel better and/or stop my negative reaction/fear. However, whenever we are getting our buttons pushed (reacting negatively, which requires egoic judgmentalism), we have an opportunity to be educated on the cause of the imbalance, alter our original ego-based decision to one based on Love...and *dissolve the imbalance*. Yaaaaaa! That is a reason for real celebration...*because the cycle of karmic pain and suffering can be ended = eliminate the cause of having our buttons pushed!*

Rather than reacting as we typically have, out of fear (or some derivative thereof), in attempts to control the situation and reduce our fear, we need a new routine...an *educated routine* that dissolves the imbalance...and our fear along with it. Square one = *Conscious awareness* that my buttons are getting pushed = reaction of *I don't like this + how do I dissolve the cause of this imbalance...so I never experience it again?* What do I need to learn? How do I need to change my perspective? It takes quite an education and considerable experience in understanding and mastering the karma dissolution process...so, don't expect to be an expert overnight.

The master teacher in this regard is Jeshua ben Joseph. We will hit some of the high

points...but will not convey the depth of understanding that Jeshua communicates in The Way of Mastery trilogy. Ya, ya, ya...some may be tired of hearing how wise Jeshua is, but there is a reason for that = he learned how to dissolve all his karmic flaws = he lives in sync with the ZPF-God = Love Consciousness 24/7...and he wants to share that knowledge with us. Do you know anyone else who fits into this category? Is Jeshua special? Yes, he is, but he is just like us, a brother = we are all special! He is just a few steps ahead of us.

Our essence is *Love Consciousness* (from the Big Bang of Love/Christ Consciousness – see Lesson 4 in The Way of Transformation for details on our Creation), so anything that doesn't feel good...*anything*, is the product of egoic judgmentalism = fearful consciousness. Think about it...*Unconditional Love doesn't judge...it just Loves 24/7, no matter the circumstances and just feels great!* So...anytime you feel anything negative...fear, anxiety, anger, stress, frustration, etc., *your ego is in control*. This means that when our buttons are getting pushed, we are feeling the effects of an egoic decision...an egoic judgment we made based on non-love = fear. The opposite of Love is fear. Fear, and all negative emotions, are always created by judgment. Let us repeat this key concept...***all the dark emotions are based on some aspect of fear and judgment, which by definition is egoic.***

Back to our reactions and buttons. Whenever we have a negative reaction, the first questions we need to learn to ask ourselves is...***what have I brought to the surface of consciousness? What is inside of me that is causing this reaction? What do I have to learn to dissolve the related fear-based imbalance?*** Now...your normal, mainstream egoic judgmentalism will be to *project* the cause of your reaction...your negative emotions onto something or someone *outside* of you. For example: *That person and/or those circumstances made me feel this way!* And then you just go about your normal egoic-base routines, which usually include projection, attack and/or denial. This type of egoic-based behavior is a guarantee that you will attract a similar set of circumstances to yourself, again and again...and again, until the related lesson is learned, which eventually shifts our perspective to ask...***what is the internal cause? Why are my buttons getting pushed? What do I have to learn to dissolve the related fear-based imbalance?*** Only when we shift toward finding the answers to these questions, are we on the path to dissolving the karmic imbalance...forever.

Humanity's normal reaction to having our buttons pushed is to blame/**project** the

cause onto someone or something, **attack** the perceived target of our projection, and/or **deny** that our negative reaction/feelings are the result of something inside of us. Simply stated...our ego blocks our recognition of **REALITY = recognize the cause of our negative reactions are inside of us**...versus outside. Given the repetitive nature of the karmic cycle, which results in our buttons getting pushed, how many people do you know are shifting their perspective away from fear-based judgmentalism or away from the egoic techniques of projection, attack and denial? Such a shift dictates that they are recognizing that the cause of all their negative, button pushing reactions is internal and not outside of them. Our guess is very, very few...if any. In other words, the six billion souls on Earth are currently in the karmic loop of fear-based judgmentalism = **blocking the free flow of energy and information from the ZPF-God-Love.**

Why do you think dissolving our karmic, button pushing reactions has been such a long process on Earth...spanning the millennia and countless incarnations? One of the primary reasons is that *we want to learn how to be ourselves, Love Consciousness, no matter the circumstances.* This is why we keep coming back...keep incarnating...to learn all the related lessons, inclusive of how to dissolve all our karmic imbalances and transform this egoic, fear-based environment into Heaven on Earth! Who wouldn't want to have that experience?

For those that may still be wondering...there is no such thing as hell. As a side note, the karma dissolving process that we are all going through on Earth, has never been done before in mass, in such a dark, intense, fear-based environment...which is also part of the attraction for us in being here. We want to participate in that experience.

On the subconscious level, everyone knows this to be true...*everyone.* It's just a matter of how much darkness...how many egoic, fear-based experiences do you want before you begin to *remember* why you came here in the first place? ***The Metatones technology and this booklet is for those souls that are tired on having their buttons pushed...tired of living in fear, anxiety, stress and all the rest of the dark stuff...that finally want to dissolve their button pushing karmic imbalances = a return to Real Peace...the Perfect Peace of the ZPF-God.***

Consistent, long-term use of Metatones will increase the flow of energy into our fields from the ZPF. One of the benefits of increasing the energetic flow into our

fields is that this places more pressure on our imbalances/karmic flaws, thereby bringing them to the *surface of consciousness* in an accelerated fashion for dissolution. From the moment we created our karmic flaws, they've been inside, waiting and waiting for us to be conscious of them. Waiting to be recognized as the causes of all of our pain and suffering. As previously described in the Intro and Theory booklets, Metatones also gradually synchronizes our brain waves, improving brain functions, which also plays a key role in breaking our karmic, button pushing cycle.

Our karmic flaws travel with us through time. They act as magnets that attract educational and yet button pushing circumstances to us, to teach us the errors of our ways...our choices to live in ego-based, fearful consciousness. These challenges represent learning opportunities that have the potential to teach us to always live consistent with the universal principle—Love...*no matter the circumstances*. Rest assured, our life challenges are never the result of random events...*there are no accidents*... but rather are a creative by-product of the cause and effect structure of the ZPF. If you are currently dealing with a significant challenge or crisis in your life, you will find that it originates with a decision...a vibration...of non-love somewhere within your field. Each karmic flaw (energetic impurity) represents a reminder that we want to learn a particular lesson in this dimension...a lesson about living in synchronization with vibration of ZPF-Love...instead of fear.

By remembering our applicable prior experiences/decisions, we obtain an education about ourselves and the universal principles that govern our journey through time...*Pure Unconditional Love* and the law of cause and effect. These principles are *forever*. Whenever we remember the event and decision that gave rise to a karmic flaw, the education is priceless.

These lessons are all part of our ongoing adventure of extending Love throughout Creation. Each one educates us on aligning our mind, emotions and behavioral patterns with the universal principles. Once the applicable lesson is learned, *which is the reversal of a prior decision contrary to Love*, the energetic impurity (karmic flaw) is dissolved...which immediately increases the energetic and informational flow from the ZPF-God-Love. The resulting epiphanies and impulses of love can be overwhelming at times...*crazy good stuff*.

We can hear the question. How can I reverse a decision I made in the past? Let us take a step back to the Metatones Theory information for a few reminders. Remembering we are Christed Beings of Love (from the Big Bang of Christ Consciousness) and that our *only* purpose and desire is to extend Love-God throughout Creation, why did we choose (via our free will) to experience the ego, which is the *illusion of separation from God* and fearful consciousness, in the first place? The short answer is: *sometimes to extend and create more Love, one must first create non-love or fear, and the entire gambit of negative emotions via the ego, so we can then transform the fear into Love...thereby extending Love-God into a new part of Creation!* In this specific case, *the creation of mass Christ Consciousness (Love Consciousness) on Earth = Heaven on Earth.* As crazy as this may sound to some, when you literally have no end...and as Christed Beings, *we have no end...ever...*we are on a never-ending adventure of creating new ways to extend Love throughout Creation. As Jeshua says...*not a bad way to spend eternity.* Mind boggling? *Absolutely, but oh...this answers so many questions!*

As Jeshua educates us in The Way of Mastery, another aspect of our motivation for experiencing the *illusion* of separation from God/Love Consciousness or ego-based, fearful consciousness, *was that we could and were also curious about what it would be like...*because all we knew was God-Love-Peace-Light-Oneness. ***In other words, what would the darkness of non-love be like? What would physicality be like? What would it be like to forget what I am (a Beingness of Love Consciousness, with free-will—a medium for God to extend Love throughout Creation) and then experience the bliss of remembering who I am? That sounds amazing...I think I give that a try.*** If this is twisting your grey matter a bit, consider yourself *normal*. It took me years to get my brain around the reality of having no end and then the adventure of remembering my/our relationship with our Creator as *Reality*. Not something that can be easily put into words, and yet *it can be known, felt, realized and lived.*

With all of that as a frame for our choices to experience fearful/egoic consciousness, we are able to view all of our past decisions from a completely different *Light...a perspective* from who and what we really are = Beings of Love Consciousness. ***We didn't make any mistakes...we were just curious to experience something new, with a known final result of transforming the dark experiences and emotions into a new Love-based experience.*** Do you judge and criticize a child for falling off a swing at the playground? Do you judge and criticize anyone for an injury from ride at an

amusement park? Just like any child, we were just curious about what the whole fear-based, physical Earth experience would be like. What would it be like to forget our relationship with our Creator...to feel the illusion of being separate and alone, and then to remember our relationship with our Creator again? It is all in the perspective. ***With education we change our perspective and thereby change our experiences...so, that's a long-winded explanation of our answer...yes, we can change how we view and experience our past...by changing our perspective.***

We came here to pretend and experience...*to play the game of forgetting who we really are and our relationship with our Creator—an Isness of Love. We came here for the ego-based, dark experiences. That's why we are all here in the first place!* We don't have to evolve and get better to somehow justify or earn a blissful place in Heaven = Love Consciousness...it's our birthright...it can never...ever...be taken from us. So...from the **Big Picture**...when we created a karmic imbalance in our field, by deciding to hate and kill someone, we did so with a goal of experiencing the darkness but then transforming it into Love...with a new, loving perspective...a perspective *based on Reality and Self-Love...by dissolving our fear-based judgmentalism. It's all in our perspective.*

For example: Oh, I must be the scum of the Earth for hating and killing that person. I don't deserve to be loved...by anyone. It's the temporary, self-degrading, fear-based ego that judges...God never judges us...God just looks at Its creations...us...and marvels...***look at the extremes that one is going to in the creation of Love...***because God knows we are going to remember who and what we are...*God knows we are just playing a game of Love...a game in the third dimension of Earth that is upside down...but a game just the same. The person that we killed...wanted to have that experience, even though they were not conscious of that decision when they were killed!...so they could have that fear-based experience!* The analogy is someone who buys a ticket for a scary roller coaster ride...because they want to have the experience of being scared out of their mind...they were just curious what it would be like and wanted to have that experience.

We need to ***lighten-up***. When we go to a costume party and dress up like the devil...and temporarily act like the devil...does that mean we are the devil? No...it's just a game! A mind-boggling analogy for our decisions to incarnate on Earth. It's finally time for some of us to wake-up, from our intentional dream into physicality

and remember who and what we are. That's the analogy...life on Earth, in ego-based fearful consciousness, is like a dream...**it's not Reality**. *It can seem like reality, that is, as long as we identify with it...not unlike some dreams we have...at least while we are dreaming them, because they seem real...hmm...*

A phrase Jeshua uses is that we put on the *cloak of forgetfulness*...that is, we temporarily and *intentionally* forget who and what we are each time we incarnate...**just to have the experience**. Another term he uses is the *false self* in place of our egoic self...because our egoic self—fearful consciousness, is not REALITY, even though we temporarily identify with it...that is, we temporarily believe that it is reality...**just to have the experience**.

It is essential to appreciate that until we reverse all decisions contrary to Love (fear-based), and love ourselves in spite of those decisions, we will continue to manifest *button pushing events* that mirror our prior decisions of non-love. This karmic cycle (of cause and effect) will repeat itself and *we will choose* to incarnate as many times as it takes to learn the applicable lesson. Our attitude, in our Pre-incarnation Planning Process, is typically the sense that we left something undone...something like...*I can do better...I want to experience the bliss of remembering who and what I am, while in physicality...I'm going back to Earth, to have that experience*. When we are in the spiritual realm, *we know we have no end...ever...so our perspective on these types of decisions are quite different than when we are on Earth...at least until we remember who we are and go through the karma purification process*.

For example, if a person has not yet learned that all men and women are equal or that racial prejudice is contrary to the universal principle of Unconditional Love, *that soul will choose* to endure the negative side of their prejudice, their choice of non-love, for as many lifetimes as it takes. They will be the woman and/or a person of color who is being discriminated against, life after life...after life...until they learn to **reverse the decisions** that put them in conflict with the universal principle of the ZPF—Love. *Here is a key point*. We may have made the same decision of non-love many times...in many incarnations...**but it only takes the recognition of the universal principle and the alignment of our souls with that principle, that energy—Love, to dissolve all related karma**.

Going Forward

Here is a basic formula for recognizing imbalances within our fields. Negative reaction to life circumstances = getting our buttons pushed = imbalance on the surface of consciousness = learning opportunity. Before we explore the various methods for gaining the related education and dissolving the imbalance from our fields, let's observe what happens next for most on the planet.

Whenever our buttons get pushed, this reflects a response based on fear...fear of something...that's why we are reacting the way we do. It's always the egoic or *false self*, which is literally fearful consciousness, that is in the driver's seat. The ego jumps into action in an attempt to *control the situation and alleviate the fear*. Why is the ego fearful? Because the ego judges everything as good or bad, and without judgement, there can be no fear, anger, anxiety, stress, etc. Think about it. Without judgment you wouldn't fear anything...ever...or experience any of the dark emotions...and just like God, we have an essence of Love Consciousness that has no end...ever. Love Consciousness does not judge...ever...it just loves everything and everyone just the way they are...Love Consciousness—our essence... gives everything and everyone the freedom to be whatever they want to be. Does a loving parent criticize their child for wanting to be on the swing instead of the slide? **Perspective...it's all in our perspective...*change our perspective from judgmental to loving and we change our experience.***

So, all of our ego-based fears and anxieties, which we created out of curiosity, are really meaningless...that can't harm us in any lasting way! Once we *own (identify with)* who and what we are...and ***why we are here...learning how to live in Love-Oneness Consciousness while in the 3rd dimension***, we will never get our buttons pushed again...ever. How is this possible you ask? Just stop judging everyone...*accept them for what they are, for the choices that they have made, for the experiences that they have selected, and go about your business...of having the experiences you want to have, and you will quickly see what we are talking about. It's all in the perspective.*

Wait a minute...if someone is doing something bad...to threaten me, or a friend, or an organization I like...how can I not judge them? Time out! It's time to shift from ego-based judgmentalism, which is fear-based thinking, to Love-based thinking, which is thinking in alignment with the vibration of the ZPF-God. God doesn't judge

anything, because God is *Unconditional Love Consciousness*...the opposite of ego-based judgmentalism or fearful thinking. And because God doesn't judge anything...God doesn't fear anything...ever. So, instead of reacting in fear and judgement (having our buttons pushed), and how to control the situation to eliminate our *temporary illusion* of fear...the question becomes...*why have I created this situation in my life? What am I trying to learn? How do I release my fear, which is really a karmic imbalance within, so that it does not reoccur? How must I have thought in the past to create this karmic situation today? How do I shift my perspective from fear-based to Loved-based...from being judgmental to giving everyone the freedom to choose for themselves, which I expect for myself? Hmm...*These are life changing questions...that recognize the real mechanics at play in our lives.

Consider this...we fear what we know. In other words, ***it takes one to know one***. We only fear someone being prejudice, and the related effects of the prejudice, because we know what prejudice is...*we identify with it...it takes one to know one*...or we would not be upset and fearful of the prejudice in others! Most souls avoid this level of honesty and transparency because their ego doesn't like to admit that ***it takes one to know one***...

*I could never be prejudice against a woman or a man...I would never do that...that's awful! Well...if I have never been there and done that, how do I recognize the characteristic as negative? Hmm...maybe I was prejudice in a prior life, and **unconsciously** know all about being prejudice, and **unconsciously** dislike myself because of my past decisions, but just don't remember? Hmm...that must be what is pushing my buttons today!*

How does this work energetically? When a person is prejudice towards another, and the victim is living in ego-based judgmentalism, they judge the prejudicial behavior...and feel all the negative ramifications...the unworthiness, the low self-worth, etc. All of these negative emotions are then transferred back to the perpetrator (cause and effect), through a form of *energetic imprinting* = karmic flaw. At some future point, they will experience this karmic flaw by being on the *other side of their prejudice*...by being subjected to prejudicial actions...until they align themselves with the ZPF-God-Love.

There was also a second karmic flaw created...because the victim judged themselves as being unworthy, with disdain, thereby creating low self-esteem...and the fear that they are not worthy of love. Thus, they too will relive this karmic energy until they to align themselves with the ZPF-God-Love...and love themselves in spite of the actions of others...regardless of what those actions may be. Learning to love ourselves and others, regardless of what we do to them or they do to us, is one of the more challenging lessons we have to learn...and yet, ***aligning ourselves with the ZPF-God-Love, is the inevitable result of the karmic law of cause and effect.*** As we conveyed in the Metatones Theory, this is a rigged game...we knew what the outcome was going to be before we started...but then forgot...on purpose...to have the experience.

Square one, when our buttons get pushed, is to admit that ***it takes one to know one.*** As demonstrated, the reason our buttons are getting pushed is that we see a characteristic in conflict with Love-ZPF in another, ***that we share with them unconsciously,*** and that is very upsetting! The reality is that we are judging ourselves and because our ego doesn't want to admit that, ***we project our disdain for ourselves onto others...in an egoic attempt to make ourselves feel better!*** These types of self-righteous projections allow our ego to create the *illusion*...the perception, that we are somehow better than the other, because we recognize a real scum bag when we see one...even if it is really us!

If we can step back, and recognize the internal mechanics at play, this is when real healing can begin...when our imbalances and blocks can be dissolved. Rather than just staying lost in the egoic darkness of having our karmic buttons pushed, over...and over....and over...life...after life...after life, we can turn on the lights!

The only way to have the experiences we were curious about (create a dark, physical, fear-based environment and then extend Light and Love into it) was to make decisions and act contrary to the ZPF-God-Love Consciousness. ***So that is exactly what we did...which created our karmic flaws. That was our plan...***to experience the *illusion* of separation from our Creator and non-love, which motivated us to create egoic, fear-based consciousness...the exact opposite of who and what we are!

Most of us were not satisfied with just one dive into the ego-based darkness of fearful consciousness. We wanted to experience all of the fear-based experiences available to us...***and considering we are innately very creative, the Earth dimension***

became an experimental lab for creating all the dark, ego-based experiences we could imagine. How do you think the Earth got to be the way it is today? This has not been an accident!

Many of us have completed, or almost completed, our *bucket list of dark, fear-based experiences*. We want to wake up from our dream in egoic darkness...and to do that, we need to essentially reverse all of our decisions of non-love, which created all of our energetic imbalances/karmic flaws. This is where Jeshua's The Way of Mastery, Metatones and techniques like PLR, LBL and ARR can play a major role in accelerating the entire process. However, it is critical to understand the big picture that has been conveyed. **Everybody is doing the same thing...everybody...**but each soul is on a slightly different path of experiencing fear-based egoism and then remembering who and what we are...and what we are *really* doing here. Look at it this way...if all six billion of us were all on the exact same experiential path that would be pretty monotonous...and we are all just too creative for that!

Without a doubt, some will fall back into their egoic side and deny that they have ever done any of the darker and more despicable things that we have all done to each other. Denial is a trademark of the ego, along with projection. ***We project onto others what we deny in ourselves, in an attempt to feel better about ourselves...***which never works. Most have yet to learn and remember that *that* is why we came here...to experience non-love and the entire gambit of dark, negative emotions. In an unimaginable way, we are remarkably creative. Even the so-called saints and ascended masters have all journeyed into the ego-based darkness of the Earth dimension. For one truly startling example, consider reading the Book of Joshua in the Old Testament. It conveys a prior life of Jeshua (Jesus) when he brutally crucified countless victims. This reveals a karmic side to his own crucifixion. Very few souls were aware of this or of the other many incarnations of Jeshua...until Cayce delved into Jeshua's Akashic Records. See the book, Lives of the Master by Glen Sanderfur, for more details on Jeshua's incarnations.

As touched on in the Metatones Theory (and explained in detail in The Way of Mastery), we need to learn how to *retrain our minds...*to perceive our so-called dark experiences from a loving perspective, instead of egoic judgmentalism. Historically, the process of learning, maturing and purifying our fields of our energetic flaws/karma has been largely an unconscious and awkward process. That is, we did

not know that the energetic flaws in our field manifest as some of our strongest reactions (button pushing events), which take the form of physical, mental and/or emotional life challenges. This has resulted in the age-old question whenever we were confronted by our most challenging life circumstances...*Why is this happening to me?* Now we know why and can use our button-pushing events as opportunities to purify our fields...because that's what they truly are. We can either learn the lesson, change our decisions from non-love to Love, and dissolve our karmic flaws...or stay in the painful karmic loop...over...and over. Which do you prefer?

Let's Get Started

Our karmic flaws/energetic imbalances are parts of ourselves that most of humanity are not conscious of and do not understand. Our karmic flaws represent information about ourselves that we have temporarily forgotten and lost. As our discussion continues, our energetic flaws (decisions to experience non-love) will be referred to as orphans, because that is exactly what they are—parts of ourselves that have been lost in our subconscious...forgotten. Think of our orphans as egoic (fear-based) parts of ourselves that have unique personalities and character flaws, which adversely affect our lives. For lack of a better description, think of your orphans as multiple fear-based personalities, within yourself. In general, our orphans fear coming to the surface of our consciousness awareness because they fear being rejected for the decisions that they have made...decisions to experience non-love...which in reality are decisions that we have made.

Our orphans are located within our anxieties, fears and flawed behavioral patterns. Whenever our orphans surface in our lives, they *push our buttons* and signal that a learning opportunity is present...an opportunity to alter a past fear-based decision to a love-based decision. Most of us have such opportunities on a daily basis, which we have not recognized or understood...until now.

Do you have situations in your life that create anxieties, fears and other negative reactions, that at times cannot be completely explained by events in your current life? If the answer is yes, there is a high probability that the anxieties and fears originate in a prior life experience...where you made a decision based in fear versus love. Would you like to rid yourself of these fears and anxieties? Assuming the answer is yes, then a PLR, LBL or ARR session that is *focused on the related*

cause/orphan will be a big step in that direction.

One suggestion is to make a list of all of the circumstances in your life, including specific individuals, which trigger fears and anxieties = *pushes your buttons*. We are not talking about physical survival issues but rather other circumstances that give rise to anxieties and fears. Although there are inherent limitations, such a list will provide a starting point for purging all your karmic imbalances = purification of your field and a major bump in the flow of energy and information from the ZPF = essential to obtain your optimum performance levels and a true sense of *Real Peace*.

For example, are you suffering from the ongoing effects of sexual abuse, do you have a low self image, are you prejudiced toward a race of people or gender, does your boss habitually push your buttons, are you drowning in a marital relationship, etc., etc. These circumstances are all indicative of karmic imbalances/blocks. In general, any circumstance or person that produces a strong negative reaction = pushes your buttons = an orphan. This provides a different perspective on life doesn't it?

The next step is to decide on which method of education you are going to use...PLR, LBL or ARR. Both PLR and LBL will tap into your subconscious memories, providing you with first-hand knowledge. Both place you in an altered state of consciousness and can be described as a conscious dream state, where your therapist is walking you through the process by asking you pertinent questions...only you won't be dreaming, you will be remembering a prior life. Conversely, ARR will place your history recall function into the hands of whom ever you select to provide an ARR. Your role will be one of asking many of the related questions in understanding your orphan and what steps are needed to alter your perspective on the button pushing event/person. This typically involves preparing a list of questions in preparation for the ARR. One method is not better than the other...it's just a matter of which one you are most comfortable with.

Regardless of the method, you need to communicate, with some specificity, what your goal is. The more a therapist understands what you are attempting to accomplish, the more that he or she will be able to assist you. Clearly communicate to your therapist that your goal is to locate the originating cause of your button pushing response, whereby you can understand it and transcend/dissolve it. If he or she does not understand this basic goal, then you have the wrong therapist = a more

knowledgeable professional needs to be located.

When selecting a PLR, LBL or ARR therapist, you are looking for three essential qualities...comfortable, trusting and experienced. That is, you want to be comfortable with this person, trusting whereby you can be open and honest about your feelings and thoughts, and finally, you want someone who has experience at helping people undercover, understand and release their karmic issues. In the biz, this is sometimes referred to as soul retrieval, because that is what you will be doing...retrieving an aspect of your soul to change your perspective on a particular event or series of past events. The suggestion is to take your time in finding the right therapist, which may require several interviews. Wait for that signal from your heart...that you have found the right person. An internet search will communicate many potential therapists. Skype and the telephone are alternatives to a visit to the therapist's office.

The next step is to select a specific karmic issue to investigate. In many cases, people gravitate to the biggest issue/challenge that they are facing. Alternatives include...

- Begin this process with the intention of becoming educated and a bit experienced about the entire process before taking on your biggest issue. This approach warrants selecting a less intense but still significant button pushing issue/orphan.
- Leave the selection the specific karmic issue to your soul/higher self. This approach warrants commencing the PLR, LBL or ARR process by simply expressing this intention to your therapist, leaving the specific karmic issue to be addressed open...and yet *consistent with your highest and greatest good*. Although some therapists are used to a more structured agenda, the skilled therapist is comfortable commencing this process with the intention of addressing which ever karmic issue surfaces...because that's the issue your higher self wants to address = the right issue.
- Regardless of the type of session selected, a brief preliminary discussion with your therapist will provide an overview of how your therapist is going to conduct the session.

The key is to convey to your therapist what you are trying to accomplish and then let

the therapist guide you through the process. Depending on the complexity of the orphan and the impact on your life, the resolution may take more than one session. After the applicable issues are understood, it can take weeks or months to emotionally process and completely dissolve a karmic flaw/orphan. An experienced therapist is key in helping you to dissolve deeply engrained feelings and behavioral patterns. It is important to understand that although this field purification process may initially seem to be beyond you, this is simply not the case. As you become more experienced, you will quickly become more proficient at the entire process. *If you seek a complete resolution of each orphan and remain open to the guidance to do so (versus fixed on a preconceived course of action), you will be provided with the needed assistance.*

We are complex, multi-dimensional, Beings of Light and Love, and the resolution of our challenges/orphans may be a complex endeavor. However, we have all the skills and resources, even though it may not always appear to be so, to complete our field purification process. The orphan identification and healing process is often a combination of education, acceptance, forgiveness and self-love. Thus, the healing process typically includes patience and *changes* in both perspective and behavioral patterns. In other words, with the education obtained from remembering the cause of our negative reactions, we understand and recognize the need to *change*. As most quickly surmise, without *changing* our perspective and behavior, it is literally impossible to dissolve our anxieties and fears.

This broad outline can be used to overcome any major anxiety or fear. Confronting and dissolving our karmic issues/orphans, which have manifested as physical, mental or emotional challenges, with PLR, LBL or ARR, is a very advanced form of purifying the HEF. The initial sessions with a therapist typically answer many questions about ourselves' in ways that are unimaginable. However, the initial insights and epiphanies often trigger a thirst for a deeper understanding of self and ongoing steps in our HEF purification process.

This obviously dictates more PLR, LBL and/or ARR sessions. This is one option. Another option is to learn how to access your past life memories without using a therapist...referred to as self-regression. As challenging as this may initially sound...anyone can do it. Why am I so sure about this? I knew nothing about this entire subject when I started out...but with assistance from many sources and

practice, I developed self-regression skills. If I can do it, anyone can...and more important, we are all special...very special Beings of Light and Love, who have abilities way beyond the perceived norms of our culture.

If you fall into the category of wanting to purify your field of all your orphans, there are many advantages to self-regression = regressing back to the memories where your karmic flaws originated. Two of the big plusses are...

- The cost of using therapists for all your orphans will be expensive...whereas self-regression costs nothing, except your time.
- There is a huge convenience factor in that you can do all of the sessions at your home, whenever you like...for as long as you like = you won't have a therapist telling you that your time is up.

Anyone...*anyone* can embark on a routine that will gradually purge all of the karmic flaws from the field, thereby improving your life in ways you could have never imagined, and accelerating the pace of your movement towards our common goal—Love/Oneness/God Consciousness (synchronization with the ZPF). One path is not any better than another...but given the number of orphans most of us have, and the depth of our fear-based, egoic conditioning, developing a routine you are comfortable with for a long-term endeavor is essential. Our suggestion is to build your routine around *known* techniques that aid in the field purification process. A partial list of techniques includes the following:

- The Way of Mastery course (The Way of the Heart, The Way of Transformation & The Way of Knowing) by Jeshua, combined with the parallel study aids, Affirmations for Christ Consciousness Parts I, II and III, available at amazon. Unedited versions of The Way of Mastery course can be purchased at wordery.com, whereas book versions available at shantichristo.com are incomplete and edited, although this site does offer CDs of the original channeled recordings.
- Consistent, long-term Metatones use
- PLR, LBL and/or ARR sessions, with the specific goal of identifying and

dissolving karmic blocks in your field

- Meditation, inclusive of communication with non-incarnate souls and God...that's right, communicate with God...which is not as big of a stretch as you think. Why? Because God wants to talk to you...via Its Still Small Voice *within all souls*.
 - For one technique, see the Christ Consciousness Meditation at Metatones.com. An access button is located in the descriptions of booklets 6 and 7, in the Free Metatones Booklet section.

Self-Regression Technique

Prior to attempting PLR, LBL or ARR on your own, we recommend the use of a therapist for at least the first few ventures into your subconscious memories. Such an approach will provide you with a foundation that will prove invaluable as you set out on the road of HEF purification. Instead of a dialogue between you, your subconscious memories and a PL or LBL therapist, self-regression will be an inner dialogue—an exchange between your conscious self and higher self or soul, who knows every everything that you have ever done. This process could also be labeled as a self ARR. For those interested, there is an instructional series of books on how to provide ARR by Linda Howe.

Your soul, higher self or Christed Self, whichever label you prefer, is a Conscious Awareness, with free-will...the free-will to be aware of whatever you choose, including whatever dimension you choose to be in...physical or non-physical. At this level of self-awareness, there is literally nothing that is hidden...nothing...because you can access any information within the ZPF. **Thus, the technique sometimes referred to as self-regression is an advanced form of PLR, LBL or ARR, where you obtain any information requested about yourself via an inner dialogue...or if you choose to reside in *higher self consciousness*, instead of your egoic-fearful consciousness, which may require some field purification, education and practice, you are free to enter into a dialogue with any dis-incarnate soul you desire, or a dialogue with the ZPF-God...via what is often referred to as the Still Small Voice of Love, within all souls.** Back to past life self-regression...initially we suggest that you set a broad agenda via your intention, of dissolving some of your karmic imbalances,

and trust that your higher self will guide you thru the process...because that is exactly what will happen.

Humanity is learning that we all have capabilities way beyond the perceived norm. Part of this learning process is that the problem-solving benefits of PLR, LBL and ARR has sparked a new era of self-education like no other. Often as a last resort, and with the intention of finding a solution, a wave of people world-wide have confronted their problems with these new techniques. If countless people, just like yourself, have obtained problem solving information from their subconscious memories, then so can you. You simply have to open yourself up to the benefits of remembering your past lives, your experiences in the life between life spiritual realm, and develop a good self-regression technique. Once you develop a bit of confidence through experience, by developing a routine that you are comfortable with, there is literally nothing...*nothing*...that can stop you from obtaining any information you desire.

We have described how to identify your karmic flaws/orphans and to make a list of them. We have also learned that our egos like to retain control and will be fearful of remembering our karmic flaws/orphans. Please understand that a portion of this fear is founded in a *fear of rejection*. That is, our orphans are fearful that once we know them and learn about our past actions, we will reject this part of ourselves, versus taking a more empathetic and forgiving approach. It's this egoic fear that surfaces in so many people who say they won't venture into PLR because they are afraid of what they will learn about themselves.

Ego Discussion

Our egoic-false self is always fearful of the impact of remembering our so-called prior mistakes...because our ego fears rejection...from any source. Let us not forget that our egos are literally *fearful consciousness* (the opposite of our essence or Love Consciousness) and that we created the ego to satisfy our curiosity about what non-love would be like. This meant that we chose to allow our egoic or false self to *temporarily* be our dominant side...so we *temporarily forgot our essence—Love Consciousness and our relationship with the ZPF-Source of All*. The new paradigm is that by walking through our fears, anxieties, and all the rest of our button pushing negative reactions, we can educate ourselves about the origins of our karmic flaws and dissolve them = huge opportunity!

An important step in changing our old perspectives is to understand that we tend to avoid the resolution of our karmic issues, because our egos supply a formidable blocking mechanism...fear...fear of the unknown, fear of learning about our past and the fear of rejection of self. The ego, *our false temporary self*, is all about creating fear...and it is an understatement to say our egos are experts in this regard. Whenever you are fearful or anxious, about anything, you know it's your ego. And the ego uses fear to control our decisions, which includes our decisions to avoid remembering our karma creating decisions! Is this a crazy upside down place or what?

Our egos like to retain control over our lives and promote a positive self-image, even if it is a rationalization of the situation and facts. For example, look at every button pushing event that you investigate through PLR. Prior to PLR, where you judged a person negatively for certain actions, what was the chain of events? You typically criticized someone and/or demeaned them for pushing your buttons. *Oh...how could they? What's wrong with them? Don't they see how wrong they are? I would never, ever do anything like that!* One of the many ways that our egos obscure and avoid our karmic lessons is by employing various levels of projection, denial and attack (creating guilt is also a favorite of the ego), which camouflage our prior decisions of non-love and defers corrective action. After PLR...you *always* find that the person who pushed your buttons did so because you epitomized the characteristic (in a prior life) that you attacked them for, that you projected onto them...that you denied in yourself...every time...*every time*.

A natural by-product of projection, denial and attack is the rationalization and/or avoidance of looking into the cause of our button pushing situations. Why? Our egos want to maintain the status quo...fearful consciousness...which does not include the dissolution of our button pushing reactions...because they are all caused by some form of fear, which our egos created and thrive on! Another reason is that exploring the origins of our button pushing issues, via PLR, is a very humbling path to follow...particularly when we are just getting started. The good news is that the problem-solving benefits of PLR gradually dismantle our ego's control...by dissolving our fear-based karmic reactions...forever...which gradually moves us towards synchronization with the ZPF-God-Love Consciousness.

Our ego's avoidance mechanisms can take on many forms and are powerful forces to

be reckoned with. It is noteworthy that when we are confronted by our most significant karmic issues, *our ego will employ any method necessary to maintain control* and thereby defer the resolution that we ultimately seek. As we all have experienced, instead of focusing on how to effect positive change in our lives, we avoid our problems...the cause of our button pushing reactions...so the karmic cycle repeats itself, again and again....and again, as *our egos point us in any direction other than investigating the internal cause of our negative reactions*.

Consistent use of the Metatones technology gradually synchronizes our brain waves, which improves our brain functions. The new level of mental clarity provides many positive effects, one of which is to mitigate some of our internal avoidance mechanisms. Thus, Metatones helps us to focus our attention on the issues that matter most. The only mandatory prerequisites are the intent and time to address our biggest challenges. The combination of Metatones with PLR represents an aggressive approach to resolving our biggest issues and accelerating our field purification process = moving towards our optimum performance levels = synchronization with the ZPF.

Our ego will obviously resist the path of self-education and positive change that is offered by PLR. Even now as you read these words, your subconscious may be manufacturing reasons for not participating in the benefits of the growing PLR phenomenon. It is the dedicated and persistent individual that will learn how to walk through their fears by uncovering the cause via PLR, no matter the difficulty involved.

Conversely, much of humanity is content with the status quo (the false-egoic self), regardless of the problems that entangle them. One could say that many of us are comfortable in our “fear-based, egoic ruts”. How many people do you know that only talk about solving their problems and making positive changes to their lives? If you think about it, they have been talking about the same issues and challenges for years, instead of implementing serious corrective steps. PLR can help us to face our fears in a meaningful way and simultaneously provide the insights necessary for permanent solutions. Are you ready for a new and more effective problem-solving approach to your life?

Most, if not all, of our karmic imbalances are directly related to fear. Every time we change some aspect of our lives, even if the motivation is to make improvements,

there is often the subtle fear of change and the unknown. Our egoic side has created our behavioral pattern or habit of avoiding, often subconsciously, anything that we fear in our lives...*thereby maintaining the status quo—fearful consciousness!* An increasing number of people are confronting the origins of their fears via PLR, and in so doing, they are starting the process of dissolving the cause of their fears.

Only through self-education will we understand our fears, which is essential in dissolving our fears and moving towards *True Peace* in our lives. Without dissolving our fears, they remain within us, constantly influencing our lives. Confronting our fears can be a pretty intimidating process, particularly when we are taking the first steps. What do some of the experts say about this direct approach? Do they endorse the perspective communicated within...that of confronting and walking through our fears? For the answer let us turn to the wisdom of Dr. Chopra:

Instead of resisting any emotion, the best way to dispel it is to enter it fully, embrace it and see it through your resistance. Painful emotions don't come back (karma) for external reasons. They return because they are part of you; you create them before pushing them away. Every emotion you experience is yours.¹ We all make the mistake of believing that something "out there" makes us afraid, angry, depressed, anxious, and so on. In truth, events "out there" are only triggers (button pushers). The cause of every emotion is "in here", which means that inner work can heal it...*It takes real spiritual commitment to expose the wounds of separation (from the ZPF-God-Love) hidden in the unconscious (our karmic flaws/orphans).*

If you look deep enough, these wounds (orphans) show up as black holes in your sense of self. Like black holes in space, which suck energy out of the universe, the psyche's black holes suck out your confidence, your sense of worth and your certainty that you can survive. When you approach just a small one of these holes (karmic flaws), you can experience a drastic range of sensations, none of them pleasant. Mild uneasiness and dis-embodiedness give way to nervousness, dizziness, nausea, vertigo, anxiety, panic, terror and dread, depending upon how close you come to the black hole. Sometimes

¹Chopra, *The Path To Love*, p. 176.

there seems to be a hole in your chest or abdomen, or a suffocating pressure, as if all the air was being sucked out of your lungs.

Terrible as these feelings are, they have no spiritual reality; they are conditioned reactions (induced by our karmic flaws/orphans). Stored up fear magnifies the experience of a black hole because of the effort we all exert to avoid existential anxiety and the fears of just being here on earth. Keeping away from a black hole seems like a good tactic, but it isn't the same as healing. If left unhealed, a black hole only gets larger until it becomes a gaping wound. The largest wound you can have is the wound of separation (from the ZPF-God), the trauma of losing love, spirit and God. This is the primal black hole; it breaks you off from the source of love, peace and joy.²

Spiritually, no action is more important than surrender...Surrender is **faith that the power of love can accomplish anything**, even when you cannot foresee the outcome of a situation.³

Surrender to the Benefits of PLR

The opportunity to dissolve our energetic/karmic imbalances and increase the flow of energy and information from the ZPF ***represents the path to eliminating all our button pushing reactions...gone...and living in True Peace...all the time.*** So...as you begin down this path, expect various levels of fear, anxiety and apprehension to surface. Sometimes we are not even aware of the intensity of our fears and anxieties because they may reside in our subconscious. As previously described, it is our ego-based fears that often motivate us to rationalize our unpleasant status quo rather than pursuing ways to understand and dissolve the causes of our anxieties and fears.

Even with the assistance of a PLR therapist, our fears and anxieties may intensify and try to overwhelm us, as we take steps to confront them. Please do not underestimate the strength of orphan induced anxieties or their propensities to

²Ibid., p. 212

³Ibid., p.156.

derail the problem-solving benefits of remembering our past lives. The greater our fears, the greater the level of understanding, forgiveness and self-Love that needs to be incorporated into our sessions...either with a therapist or in a self-regression mode.

The inner dialogue that will be described will gradually establish a level of trust, acceptance and love between yourself and your prior life personalities/orphans. Please understand that in our prior lives we are still “us” but we are also different for a long list of variables. These variables include an earlier era, different culture, different body (costume), career, abilities, relationships, etc., etc. Many find aspects of their past lives to be initially shocking and fascinating simultaneously. For example, remembering lives as an attractive female slave in colonial America (where rape was a way of life), a violent gladiator in ancient Greece, an alcoholic prostitute, a serial rapist and murderer that commits suicide, or a primitive caveman, will make many take a few steps back. Here is the key point. All of the personalities mentioned are examples of experiential choices that we make in the pre-incarnation planning process, to experience non-love and/or provide a karmic opportunity for healing, not unlike parts an actor may select during the course of their career. There are obviously many differences, most notably, the creation of karmic flaws/orphans that need to be faced, understand and dissolved, on our adventure back to *remembrance*...synchronization with the ZPF-God-Love Consciousness.

With education and an ongoing inner dialogue, between myself and my orphans, I came to experience what Jeshua teaches us in *The Way of Mastery*...we are all here out of curiosity, about what some call the dark side—fear, anxiety, anger, stress and the entire gambit of negative emotions. As you may remember, that was one of the attractions for us to initially come here...*to experience the opposite of where we come from...the Perfect Peace* and bliss of the ZPF-God. For many, our curiosity has been satisfied...we have had all the egoic-dark experiences we desire. It’s now time to purify our fields of our karmic flaws as a means to *remember* who and what we truly are—Beings of Love = Love Conscious at our core.

In order to get reacquainted with your prior life personalities and karmic flaws, which will continue to be referred to as orphans, you will be entering the memory storage of your subconscious. Time will be a variable. However, you will observe and *feel* that it matters not whether you are remembering a prior life that is 50 or 10,000 years

ago, the process and experience will be the same. In this regard, we can remember a prior life that we had 50 years ago with the same clarity as one of 10,000 years ago.

Before the specifics of the past life self-regression technique are described, we do have a few general suggestions. Establish a comfortable routine, which will necessitate some experimentation. For example, consider selecting at least one day a week when a self-regression session is part of your routine. Then determine a particular time that you discover is conducive to remembering your prior lives, such as the very first thing on Sunday mornings.

Even after you become proficient at self-regression, the duration of past life memories will vary. Sometimes, to garner all the necessary information, you may only need to hold the proper state of consciousness for only a few minutes. Other times, there may be a need to stay in the PLR state of consciousness for thirty or forty minutes, or longer. Two of the reasons for such variations are related to the specific information requested plus how proficient you become at self-regression. Thus, as you begin this process, as a matter of *routine*, allow at least an hour per session. Becoming proficient at past life self-regression is just like any other skill. Unless a person routinely devotes time to develop and refine their self-regression skills, the results and related benefits may be minimal.

If you meditate, use the same environment. The suggestion is to use a very comfortable, quiet setting. Some people use a sleeping mask to block out as much light as possible. The key here is to have an environment where there are no distractions, so you can *completely relax*. Some lie in bed, while others prefer a comfortable armchair. Close your eyes and take some **deep relaxing breaths**. The oxygen will help you relax your body, mind and emotions. Consider a silent affirmation as you take three, slow, deep relaxing breaths. Visualize yourself surrounded in white light and then inhale: *I release...* exhale: *all tension and fear*.

During the initial PLR or LBL sessions with your therapist, observe their initial instructions. Note how the instructions shift you into a very relaxed state and ready for accessing your subconscious. You may want to consider leading yourself through the same relaxing, pre-session steps using an inner dialogue. **It is very important that you take as much time as you need to get your entire body, mind and emotions as relaxed as possible.** The more relaxed you are, the more successful you will be at

entering and maintaining access to your sub-consciousness.

One of our pre-incarnation steps (in the life-between-life spiritual dimension) is the designation of spiritual guides to assist us with each incarnation. In most cases, our guides are selected for very specific reasons. That is, we select guides that are going to be helpful to us in light of the circumstances and goals that we selected for each incarnation. They are specialists if you will in the challenges that we are about to face. Our guides can assist us with past life review and if you are so inclined, we suggest you invite them into the process.

Think of your current life as one semester at the *University of Earth* and you have selected some 3rd dimension, experiential courses to take...*in ego-based fearful consciousness*. Your spiritual guides represent your best friends and favorite college professors, who have a wealth of knowledge about the specific courses that you have selected. Your guides are going to share their knowledge with you so that you can pass the *experiential courses* that you selected. Most people are not conscious of the pre-incarnation planning process or the assistance provided by our guides. However, the pre-incarnation planning phase is REAL and our guides provide a very loving and helpful resource. An example of the assistance they routinely provide is when an idea simply drops into our thought process, which solves a current life challenge. The source of the idea may originate with one of our guides, who have many very subtle ways of assisting us. With practice, a conscious relationship with our guides can be established.

An inner dialogue will be used for commencing the past life recall mode of consciousness, which is also the same tool that will direct the balance of the session. In typical sessions with a PLR therapist, they will utilize a series of suggestions and questions to induce the PLR state of consciousness...and then additional questions to extract past life information from our subconscious. Self-regression is when these same functions, via an inner dialogue, are performed by us. Thus, during your initial sessions with a PLR therapist, pay close attention to their routine, particularly the aspects that you find most effective. In this regard, we recommend recording all your sessions with your PLR therapist, for subsequent review.

The self-regression process is less complex than most would initially perceive. We have conversations with ourselves all the time. Self-regression is simply a new form

of inner dialogue, which needs a bit of structure and focus to be consistently successful. The **first step** is establishing a routine that induces the PLR state of consciousness. The **second step** is a relatively standard list of questions that are used in the inner dialogue/orphan exchange. Thus, our conscious self asks the questions, which are directed to our subconscious memory bank—the location of our past life memories and orphans. The initial sessions with a PLR therapist will provide a basic level of familiarity with the overall process and related sensations.

Individuals that have an established meditative routine are prime candidates to excel at self-regression. This is particularly the case if you fall into the category of those who are serious about addressing all of their current button pushing challenges via PLR. At the beginning of each meditation session, use your self-regression routine. If you enter into a past life experience wonderful. If not, simply proceed with your normal meditation routine. Regardless of your routine, you may not remember a prior life every time that you try. Life can be stressful, *thanks to our button pushing orphans*, and obtaining the prerequisite level of relaxation is a key ingredient in remembering our prior lives...regardless of whether you use a PLR therapist or develop self-regression skills.

Let us begin to explore some specific wording for the inner dialogue, with the understanding that we are just providing suggestions...so, develop whatever wording you are comfortable with. If you desire, you can invite your spirit guides to play an active role in every session. For easy reference, all suggested inner-dialogue wording will be ***italicized and in bold***. Communicate to your higher-self and guides what you are trying to do (intention) and that you are requesting their assistance with the process. For example: ***higher-self and guides, please show me the very best way to proceed through this past life review session. Help me to avoid self centeredness and direct my attention to the work at hand. Consistent with the highest and greatest good of all, help me to remember my prior life events that will allow me to purify my field of karmic imbalances.***

Whenever you are conversing with your higher-self or one of your orphans, please be patient if the response back to your comment or question is not immediate. Your higher-self and orphans may be testing you at times, to see if your intentions are sincere...and/or your ego may be using every method possible to derail the process. Try to always remember that **patience, trust and persistence** are qualities that are

needed to be successful at self-regression. There are no special words that have to be used as you develop a relationship with your higher-self, guides and orphans. Through experimentation, use whatever words that are effective.

Some people are quite surprised to discover that our guides and orphans will often communicate using the same vernacular that you use in your day-to-day conversations. There will also be times when the personality (orphan or guide) that you are conversing with will have very unique characteristics. There are many reasons for this. In the case of a spirit guide, they are individual souls, just like we are. Their unique characteristics allow us to readily identify them in future conversations. In the case of our orphans, their unique characteristics generally arise out of the environment that they/you lived in.

When you communicate with your guides and orphans, you may find that it is primarily an auditory experience. Others may find that self-regression also has visual and/or kinesthetic qualities. These qualities will vary from individual to individual. A recommendation is that you request that all forms of communication be as clear and as effective as possible. The inner dialogue begins between our conscious self and our soul or higher self, who has access to our subconscious. For example, as a continuation of the inner dialogue: ***Higher self, guides and orphans, I am just beginning to learn how to remember my prior lives. Please make all communications with me as complete and as clear as possible, utilizing all of my senses, so there will be no questions as to how I am to proceed and what I am to learn.***

It's time to remember a past life personality and karmic event, which has manifested as a button pushing reaction. Please remember that orphans are simply part of ourselves that we need to reacquaint ourselves with. The inner dialogue continues with: ***Higher self, please help me with this process. My intention is to understand a forgotten aspect of myself and heal my soul. I recognize that this means establishing a very loving and trusting relationship with one of my prior life personalities. Come forward past life memory...come forward orphan. I love all parts of myself and will not reject any aspect of my past; I welcome all of my past life memories back into my life.***

This is an example of an open-ended invitation to all orphans versus the invitation to

a specific one. Use whichever option you prefer. As has been stated, orphans are insecure and fearful that we will reject them once we remember the past events. You may have to constantly reassure your orphans that any such apprehensions are not valid. Understand that their fears and anxieties are in reality *your* fears and anxieties. Never rush the pace of the inner dialogue and provide time for your subconscious side (of the inner dialogue) to respond. Patience and trust is key...trusting that a response will be received.

If you want to investigate a particular orphan, simply select a specific button pushing circumstance or person from your list. Incorporate the appropriate description into your inner dialogue. For example: ***Higher self, I would like to meet the orphan that is triggering my anger issues (or is triggering my low self-image, or is stored in the pain in my back, or is manifesting in my marital problems with my husband Bob*** or whatever the case maybe). Be as specific as possible, understanding that you are talking directly to the cause of your button pushing issue, within a karmic imbalance in your field. *They know who they are.* Use the specific body locations, symptoms, emotional reactions, and/or the names of the people in relationship issues. We have all lived many lives. By incorporating specifics into the inner dialogue, it will send the appropriate instructions to our higher-self and orphans, which assist in identifying the applicable memories in our subconscious.

The suggestion is to treat each of our karmic issues/orphans as a frightened little child, who is fearful of revealing themselves to us, which in reality is some aspect of our personality in a prior life. Practice, empathy and patience are essential, as well as trusting the general progression of the steps described. Change the suggested wording any way you like, as long as the overall message and intention remain intact.

Only after trust has been established with an orphan, will you find yourself in one of your earlier bodies, during an earlier era, and in the applicable physical environment. These are the signs that you have remembered one of your previous lives. When you are first getting started, after you make the transition to a prior life/subconscious memory, there may be a short period of disorientation. So...take your time. In many ways, remembering our prior lives is like watching a movie in a theatre, only you're not in a movie theatre—you are remembering one of your prior lives.

A movie theatre setting was often part of my pre-session visualization routine. After

calming my mind and emotions, I would often visualize myself sitting in a comfortable chair in a movie theatre, all by myself. Think of your orphans and higher self as operating a PLR movie projector. As directed by your inner dialogue, your higher self can take you to any part of your prior life “movie”.

If this scenario is comfortable, after you have gone through the initial steps of your self-regression routine, try visualizing yourself in an empty movie theatre looking at a blank screen. The next step is to initiate a dialogue with the orphan/higher self, which is operating the movie projector. State your intention and begin to communicate what you would like to see. Once a trusting and loving relationship is established, your higher self will show you anything that you request. Use a list of standard questions that are aimed at remembering the significant experiences of the applicable life. As I would proceed into my inner dialogue, a 3D movie would begin, only the movie was one of my prior lives...and in a manner of speaking, I was one of the actors. As you proceed with your self-induced past life session, draw on the experiences that you had with your PLR or LBL therapist.

Initially, you may only see one scene or hear a few words from a prior life. When this begins to happen, the *testing phase* has begun. The orphan is seeing whether you are sincere...seeing if you are empathetic to their fears of revealing themselves to you. They are looking for signs of *understanding, forgiveness and love*. To be successful at self-regression, this is the *emotional tone* that is essential to bring our orphans and prior life memories into our conscious thoughts. Assuming the qualities of love and trust are present, the PLR process may develop and progress very rapidly. Conversely, without the loving atmosphere described, nothing will happen, and your orphan will not risk exposing him or herself to you...out of fear of rejection.

Once you enter the past life memory mode, take your time. Think of it as a conscious dream state, where you can ask questions and *then experience the answers*. Trust the process and *know that all of your questions will be answered*. Square one is to get some basic information. See where you are, who you are and continue the inner dialogue with your orphan. This is accomplished through another part of your routine...a series of initial questions to your orphan.

- **Where am I orphan?**
- **Am I a woman or man?**

- **What year is it?**
- **What country am I in?**
- **What is my name?**

Look at your clothing, feet, skin color and physical surroundings. A good technique is to try to see your reflection in a pond, a stream or a mirror. Utilizing all of your senses and surroundings, garner as much information as possible. Your physical appearance and surroundings (particularly your clothing and the architecture) will provide a considerable amount of initial information. For example, your skin color will tell you what your race is, while your clothing and architecture will provide a general idea of the time period, geographical location and sex.

We have lived all over the Earth and have been a member of every race. Thus, it is important not to place any limitations on your past life memories. After the initial orientation, try not to lose sight of your **overall objective—remember all of the information from your prior life that will facilitate the resolution of a current life karmic issue.** *Ask yourself (hopefully by name at this point) to show you, from beginning to end, everything that you need to learn from this life to resolve the specified challenge.* For example: ***Orphan (or Sam, Sue, etc.), please educate me on all the events from the beginning to the end of this life that are needed to understand and resolve my current marital problems with Bob.*** Be patient as a new scene from the prior life will begin to unfold.

Continue the inner dialogue whenever needed and inquire about the events that have influenced your current life challenge and/or will aid you in resolving the specified issue. During this phase, your inner dialogue will trigger the memory of a progression of events. As each scene is completed, you may have to request to see the next related event. For example: ***What is the next thing I have to learn from this life to understand my current marital problems with Bob?*** Do not rush the process or any individual scene, because you do not want to miss a key event.

When you remember the source of a particular fear or problem, which is repeating itself in your current life, there will be an emotional response, at times quite intense. For example: ***Ah...That's why I am married to my husband. We have unfinished business from this prior life!*** The lesson to be learned will often be obvious and applying it to your current life challenge becomes one of *integration and*

implementation. Another frequent reaction is that the prior life event, that is the cause of the current life challenge, is not difficult to understand, but emotionally intense. Thus, our current life challenge/karmic flaw may be an **emotional amplification of the originating prior life event.** The little orphan (hidden part of our self) that may have been reluctant to tell our conscious self about something that they thought was horrific, discovers that it wasn't that terrible after all...or even if it is...we understand and are empathetic to how we made the applicable decision.

You will quickly surmise that educating ourselves about our past is a wonderful shortcut for understanding and then dissolving our button pushing reactions. As odd as this may sound, our orphans do not always understand that most people that use PLR are generally mature enough to welcome them back...into the conscious part of our being. For our more complex issues, it may take multiple sessions and time to accumulate, process and integrate the past life information into our current life circumstances. However, eventually you will use the prior life information to ascertain the steps needed to reduce the intensity of button pushing events in your current life...not always an easy process...but necessary just the same.

For example, ***I use to get so upset whenever I was abused by my boss...or saw a co-worker abused by my boss. But now, I have a completely new perspective...because I have remembered that I too was very abusive when I was in a position of authority = it takes one to know one. I get it...I am experiencing what I inflicted on others to understand the error of my ways...and to also forgive myself. I forgive my boss, because like I was, he or she just doesn't understand the effects of their actions. In doing so, I forgive myself and dissolve my karmic flaw.***

This doesn't mean that you will ever condone the abusive actions of your boss, but you will understand them in a new way...and you will no longer project your self-disdain onto to your boss...who represent you. Your boss will not have the same effect on you, because you will see your past, immature self in your boss. In a manner of speaking, you will see the lesson (and the orphan) that you wanted to learn about. You may even decide to get a new job...because you have learned the lesson you had set yourself up to learn! Time to move on.

Establishing an open and loving relationship with each orphan is a talent, which in some ways, will become easier with each passing self-regression session. As the

education of each new orphan builds on the positive effects of the previous orphans, the qualities of self-acceptance, forgiveness and self-Love will increase. You will begin to understand that you were just curious about experiencing the very dark side of emotions...temporarily, *as are all fellow souls*. **We are all doing the same thing...experimenting with non-love/fearful consciousness...and striving to learn how to be the *Presence of Love, no matter the circumstance* = Love Consciousness. One soul is not any better or disgusting than another.** Remember—**change your perspective and you will change your experience.**

The analogy is that we are in an amusement park of fear-based experiences...and we want to experience all of the “rides”. You will begin to know yourself and those close to you on a level that you could have never imagined. In this regard, expect to meet important people in your current incarnation in your prior lives...only they are also experiencing a different body, personality and role. For example, it is not that unusual to meet your husband in a prior life as your best girlfriend.

It is noteworthy that our higher self will only allow us to remember information that we are prepared to handle emotionally. In addition, there will be a progression in terms of the lives that we “re-live”. The general tendency is that the more significant the fear or anxiety, the more reluctant the orphan will be to show us him or herself. Thus, the suggestion is to begin the journey of self-regression with a significant, but smaller issues, before you address your major button pushing challenges. Major karmic flaws, referred to as core issues, represent our biggest fears and anxieties. Core issues can only be dissolved when there is the prerequisite level of maturity—the ability to deal with the memories of our past lives with acceptance, understanding and empathy...regardless of the circumstances. Easy to say...not so to do.

Each session and life will have their own unique characteristics and impact on your current life. Conversely, you may also experience a repeating pattern, a repeating orphan, where you failed to learn the same lesson. Sometimes...in one session, you will gain all of the information that you need to understand your current life issue and formulate the course of action necessary to resolve it. In other cases, it may take multiple sessions and visits to a particular prior life to garner all of the necessary information. For more complex issues, the review of multiple prior lives may be necessary to complete the self-education phase. We are complex beings and a

comprehensive resolution of our core issues is not a process that can be rushed.

Recalling the key events from one of our prior lives is similar to remembering important events from your current childhood. Consider trying the following exercise. Get comfortable and close your eyes. Take some deep relaxing breaths. While you focus on your slow inhales and exhales, calm your mind and emotions. Allow your mind and body to *slow down and relax*. Consider repeating a silent affirmation three times...as you slowly inhale...***I release***...as you slowly exhale...***all tension and fear***.

When you feel the stress of everyday life leave your body, place the intention to visualize and relive a memorable scene from your teenage years. Take your time. Imagine yourself in front of a mirror in your home or at your school. Remember the details of what you looked like. Gradually move towards the visualization of an important event, where it occurred, what you were wearing, see who is with you and recall the key conversations. ***Higher self, please show me an important scene from my teenage years...or you can be specific...higher self, please show me my first date with Brad.***

You will be surprised that there is a natural progression of events. You will even remember your specific emotions and “relive” them. If you take your time and try this exercise, you may be surprised at the details that you are able to recall. This exercise should provide a glimpse of what it is like to remember a prior life. As you gain confidence with self-regression, the benefits will begin to unfold, as you experience how the *effect* of your prior life decisions motivate you to modify your current decisions...to similar situations.

Understanding and dissolving a karmic flaw from our field/soul is a process of integrating the events of origin with our current button pushing circumstances. It is like putting a puzzle together. This is what is referred to as the *integration phase*. It will be like no experience you have ever had. After the initial surprises, you will welcome every memory, sensation and epiphany...because the positive effects on your current life will be significant...your fears and anxieties will gradually dissipate...as you slowly move towards a level of peace that you did not know was possible.

Don't be shy...direct any questions to your higher self if there is any confusion. For example: ***Higher self, I was concerned about my conflicts with my husband Bob and yet, you are showing me a life where I'm the husband and Bob is a female...my wife? I don't understand...please explain.***

If you proceed down the road of dissolving your karmic flaws via PLR, you will quickly learn that *role reversal is commonplace*. In other words, Bob is abusive in your current life and you remember a prior life where you are the abusive husband...and Bob is your abused wife! By forgiving your current husband Bob, you are in effect forgiving your orphan...yourself, for being abusive in a prior life = dissolves the orphan/karmic flaw. This means you have learned your karmic lesson, and so you may even terminate the abusive relationship in this life...knowing you have set the foundation for more mature, loving relationships.

As difficult as this may be to initially process, if you choose to examine the related pre-incarnation planning process, you may find that Bob volunteered to play your abusive husband role...based upon your request...to provide you with the opportunity to learn the lesson and dissolve your karmic flaw! Life is upside down here, way more so than most realize. In other words, ***things are not what they seem to be***. Further, more investigations into many prior lives may reveal Bob to be a soul that you have had many prior lives with, playing multiple roles, all with the goal of experiencing various aspects of egoic, fearful consciousness. This means that Bob is in your immediate soul family, who you are traveling through time with. For an education on the life between life dimension and the pre-incarnation planning process, consider the books by Michael Newton and Robert Schwartz, both of which should be read in sequence.

The memories of my first few past life sessions revealed some major insights into my current lifestyle and personality. It was very emotional, shocking at times, and yet provided a priceless education. As each orphan/life was remembered, the pieces of my soul's puzzle fell into place. Many, many questions were answered, both on an individual and collective basis. For example, the cause and effect ramifications of the universal principle...the Golden Rule...was truly stunning. I realized that there was a loved-based answer to all of my button pushing karmic issues and problems. Even though I knew that I had a long process ahead of me, I also felt a new inner peace, because I was finally headed in a wonderful new direction.

In each life, pose questions to yourself that reveal the originating cause of all orphans and/or that would be helpful in your current incarnation. For example, ***what else do I need to remember about this life that would be helpful to me in my current incarnation? Are there any other orphans in this life that I need to remember to heal my soul?*** Develop an inner dialogue with yourself that can be used in all of your PLR sessions...practice, practice, practice.

Once a person opens the door to their past life memories, a few questions often rise to the surface. For example, how many items on your list of potential orphans do you want to investigate and dissolve? Most people are interested in resolving a current life issue or crisis. When a few sessions reveal enough information to have a positive impact on the quality of their life, some will decide to close the door to their prior life memories. Consider recognizing this for what it most often is...*your egoic side fears the unknown of your prior lives and the possibility of rejection of self...rejection of self for the undiscovered orphans.*

Why? Pardon the repetition, but our egoic side, our *false self*, is literally ***fearful consciousness = our egos thrive on the creation of fear, not the dissolution thereof, and the fear-based dramas that our orphans create in our daily lives***...just as our soul/higher self (Love Consciousness), thrive on Love and true peace. Which do you want to live in? And which one do you want to move towards? Dissolving the cause of your fears and moving towards Love Consciousness and *True Peace*...or accepting the status quo = maintain your button pushing, fear-based reactions and lifestyle? *Hmm...not a great deal to consider and yet, real change requires dedication, time and effort.*

The answer usually comes down to some form of these two questions.

- Am I so tired of the pain and suffering...so tired of all the fear, anxiety, stress, anger, and all the rest of the dark stuff, including the illusion and loneliness of separation from my Creator, that I'm willing to do anything to make it stop?
- How bad do I want to remember and live as the being that I truly am...a Being of Love, in *True Peace*...living in complete awareness of my relationship with my Creator—a Beingness of Pure Love?...in partnership with my Creator, playing an active, conscious role in the creation and extension of Love?

As stated previously, one path is not any better than another. God gave us free will and we are forever...*forever...so there is no rush*. Some choose to maintain the status quo, at least temporarily, which simply means that they are not done with their bucket list of ego-based, fearful experiences. So be it...love them enough to let them go down their path...but be honest...with a *been there done that attitude...because all of us have made the same decision at many points in our past...inclusive of choosing fearful life experiences in our pre-incarnation planning process after process, after process...and on and on...there are no accidents*. How and why do you think we have had so many incarnations? Trust me...most on the planet have had a abundance of incarnations for one reason...we chose it...to experience all the darkness...before choosing to heal ourselves...and remember who we truly are...a being of Light and Love, with an eternal relationship with the Source of All—God—a Beingness of Pure Love. *Mind-boggling? Absolutely, but oh...it answers so many questions...*

Speaking for myself, I just couldn't stand it anymore...the fear, the stress, the depression, and all of the button pushing circumstances. Because of the positive impact of my first few past life sessions, I wanted to learn everything possible about my past to stop the negative and repetitive karmic cycle. Each time I reflected on my past life sessions, I saw how my painful karmic experiences repeated themselves life after life...after life, until the lessons were learned. The question that I posed to myself was...***Why endure the negative effects of my karmic issues...the pain and suffering...for any more lives...I've had enough! How do I change this and heal myself?*** To improve the quality of my current life and all future incarnations, pursuing the path of self-regression, to dissolve all the karma that I could, was the only alternative that made any sense. That was my choice...what's yours going to be?

I began reading more about PLR, our life between lives, Pre-incarnation Planning case studies and NDEs (near death experiences). I continued to experiment with and refine my self-regression techniques. My experience was a progression of PLR from what I will refer to as significant button pushing issues, to prior life events that were needed to dissolve my most intense karmic imbalances (core issues). The ability to accept, forgive and love ourselves is a challenging and pivotal issue. I must admit, it took quite some time to develop an attitude of self acceptance and love, in spite of my past decisions. Given the conditioning of our egoic and innately judgmental

culture, recalling numerous past lives and the related karmic choices is a humbling process. It is an understatement to say this was not easy for me, because like most people, there are parts of my past that are very dark...very dark. This is when understanding the big picture is essential.

With practice, I uncovered most of the pieces to my karma dissolving puzzle...but could not connect all the dots. Earth is not an easy place. It was not until many years later, after studying *The Way of Mastery*, that I found my way Home. Jeshua *had been there and done that* (found his way back to synchronization with the ZPF-God-Love), and I continue to study and practice his wisdom. Once I got a taste of living in conscious communication with our Creator—a Beingness of Pure Love, I knew I wasn't going to stop until I completed the field purification process = no more button pushing karmic events in my life...zero...done, done and done = True Peace and Freedom...being the Presence of Love 24/7, no matter the circumstance. It's all there waiting for all of us and Jeshua shows us the way.

I'm sure a few readers are thinking that the process that has been described is going to be very time consuming and it probably will be...but it will be quicker than the path I took, because we are giving you a map of sorts...a map to synchronization with the ZPF-God. How serious are you about solving some of your biggest challenges and improving the quality of your life? If you are not dedicated enough to patiently address your button pushing issues, then self-regression is not going to provide you with a quick fix. Although there may be exceptions, resolving our core karmic issues is not a matter of a few PLR sessions. Our journey back to Love Consciousness—synchronization with the ZPF-God, is complex in that we are constantly being confronted by ever changing circumstances that require education, maturity and love. Ego energy is everywhere = fearful consciousness is everywhere. The good news is that our fate is in our hands, so as we *remember* and consciously move towards synchronization with the ZPF-God-Love Consciousness, it feels great!

Real change in attitude and behavior does not come easily to humanity...because our ego is fighting the process every step of the way. Thus, just because you go to a PLR therapist, do not expect major breakthroughs to occur without considerable effort on your part, both during and subsequent to the sessions. In the busy and stressful world in which we live, many will find that they do not have the time or inclination to develop self-regression skills. The alternative is the ongoing employment of a PLR

therapist or a person skilled at Akashic Record Readings. Whichever approach you select, it may take a few sessions to experience, up close and personal, the prerequisite karma information gathering process. With the initial information about an orphan in place, the integration and karma dissolution phase can begin...the elimination of a button pushing factor in your life...*forever = priceless.*

As you progress down the path remembering your prior lives, expect some surprises. For example, the first time you appear as a member of the opposite sex you may be a bit shocked. These types of surprises are often contingent on establishing a trusting relationship between your conscious self and your hidden parts (orphans). We cannot fool ourselves into being more open-minded and mature than we truly are. For example, if you are a female and abhor the possibility of being male, you are going to be surprised the first time you see yourself in a male body/costume. This is only one example of the internal hurdles to dissolving our karmic imbalances via PLR. Although many of us have a sexual preference, that even extend to the spiritual realm...we are androgynous. Thus, selecting our sex for each incarnation is one of the basic decisions we make during the pre-incarnation planning process.

As previously touched on, in our past life sessions, we often remember individuals who we are close to us in our current incarnation. However, they will probably be playing different roles and definitely occupying different costumes—physical bodies. For example, in a prior life your current best friend may have been your brother or your current husband may have been your sister. Be prepared for these types of revelations. They will obviously look different to you, but you will instinctively know who they are in your current life.

Many of our orphans/karmic flaws have their origins in fear related to physical and/or emotionally painful experiences. If you are sincere and dedicated to healing yourself of all your karmic flaws, these types of past life memories will become common. Most (if not all) of us have had horrific prior life experiences. Let us remember that unresolved, intense emotional events are what creates our karmic flaws in the first place...and that *that* was one of the reasons we chose to come here...we were curious about what physical and fear-based experiences would be like.

An important event to remember in some lives is the death experience. There are

many unfounded fears associated with death and many of us have had horrific deaths, resulting in karmic issues in need of healing. It is not unusual for the related fears/orphans to remain unresolved for countless incarnations and thousands of years. It may take some time to work up to this, but we recommend that part of reviewing each life be a request to remember your physical death.

If this area is addressed with your initial PLR sessions with a therapist, remembering the death process using self-regression will not be a new experience. Regardless of your preference in this regard, developing the pre-requisite inner dialogue in self-regression is recommended. Ideally this should be part two in a two-part process at the end of each session.

- Part 1 – ***Orphan (or your name in the prior life) are there any other events from this life that I need to review to resolve any unresolved fear or karmic issue? If so...please show me the events now.*** Always be patient and wait to recall the applicable events. You may have to go through this cycle a few times, with no scene appearing, before you can assume that there is no more to learn. Although, even this is not a guarantee. You may find that years later, after your maturation process has progressed, that you find yourself back in a life you had previously reviewed, now ready to remember and heal a traumatic memory.
- Part 2 – ***Orphan...please show me our death now.*** If there is any reluctance, you may have to convince your orphan/higher self via an inner dialogue. ***I love myself and I love you...I will not reject any part of myself. Please show me our death experience now.*** The death event will eventually come into your conscious thought process. The circumstances may be anything from a quiet passing to an extremely violent one, which maybe where one of your orphans/karmic flaws reside.
 - If your death is traumatic, take your time, via an inner dialogue, so that you don't miss any critical event.
 - The conclusion of most death experiences is where you find yourself floating above your lifeless body. As you remember a few death experiences, you will learn that you have been through the physical

death sequence many, many times. So...our physical deaths quickly become *not that big of a deal*. The next step is moving into the life-between-life dimension. We recommend that you utilize a therapist for your initial PL sessions that has experience with LBL, so they can walk you through at least the initial phase of the life-between-life dimension...also something we are all well acquainted with.

- If you are interested, once you enter the LBL state, you can remember your pre-incarnation planning process for this incarnation = learn about major goals, major relationships/marriages, major challenges and/or anything that you are curious about. You can even obtain a status reports of sorts on your major goals and how best to proceed. Once again, this priceless information is extracted via an inner dialogue process.

If you do not remember the death scene, which probably means that your higher-self has chosen not to show it to you, there is the possibility that you are not ready emotionally to remember your death...possibly because of a traumatic karmic issue/orphan. There is a time and place for everything, so accept that it is not the right time and conclude the session. *Congratulate yourself* for what you have learned, *welcome your orphans back into your life*, thank your guides for their assistance and gradually return to a normal state of consciousness.

A few suggestions on how to induce the self-regression state of consciousness have been described. A general outline of the way to proceed through each life has also been communicated. However, some experimentation is inevitable and use whatever techniques that work best for you. If needed, consider discussing your routine with your therapist to improve your self-regression skills...or possibly help you through a particularly challenging prior life sequence. Self-regression is not common, so your therapist may be initially surprised.

Here is some good news. With practice and the right intention (empathy and self-Love) you will tend to go directly to the karma creating event in each self-regression session. The entire process will become greatly condensed...so, when you ask, ***what is the cause of this button pushing reaction...why am I so upset about this?***...the applicable prior life scene will appear immediately. Then...it's just a matter of asking

any other questions needed to gather all the relevant information. From beginning to end, it will take less than 10 minutes. You will be a bona-fide self-regression pro, well on your way to completing your field purification process.

Integration Phase

As prior life memories educate us on the cause of a karmic imbalance, we learn to initiate a three-step integration phase.

- Step one is to process the information. This may sound simple but depending on the intensity and complexity of the past life memories, this may become a time-consuming endeavor. This is not unusual when shocking and particularly dark events surface in our past. In extreme situations, where the ego is particularly strong, the ego may attempt to deny the reality of the memories about ourselves. This is like looking in a mirror and denying what you see...*no...that's not me*. In other words, accepting our past life events may take some time...and that's ok...it's all part of our healing process.
- Eventually, we shift into the next phase...or integrating the information into our current circumstances...***whereby we understand why our buttons get pushed***. Simply stated, *what am I trying to learn from this information? How can I use these memories to clear a karmic imbalance?* Many are surprised to observe how their past life information provide a clear understanding of why their buttons get pushed...which brings us back to the ***it takes one to know one*** perspective. We see, vividly, how we epitomize, in a prior life, what we are getting so upset about in others in this life. The examples are endless, but we will provide a few more...
 - Many of us get so judgmental (egoic) and demeaning when others have chosen certain life-styles or habits = strong emotional reaction and judgement = our buttons get pushed when we see a prostitute, an alcoholic, a republican, a pro-life Baptist, a person who abuses their wife, the wife who stays in an abusive marriage, or whatever. These button pushing circumstances are all reflective of ***it takes one to know one syndrome***. Subconsciously, we all identify with the characteristic that we criticize...***because we have been there and done that***. In reality,

we are judging ourselves...ridiculing ourselves...and **failing to understand that we are attempting to make ourselves feel better by projecting our self-distain onto others.**

- In the integration phase, we connect all of our dots...
 - ***Ahhh...I am criticizing that lady for staying in that abusive relationship because I did the same thing!***
 - ***Ahhh...I am disgusted by that guy who beats his wife because I beat my wife in a prior life!***
 - ***Ahhh...I find prostitutes and alcoholics disgusting because I chose to be an alcoholic prostitute in a prior life!***
- There is also the category of karmic memories that are not directly related to the *it takes one to know one syndrome*. We refer to these as ***the low self-image, I'm not worthy of a relationship with God and/or I can't forgive and love myself karmic imbalances.*** Pick which ever label resonates with you, even though they are all basically the same thing. For example, when I remembered I was an alcoholic prostitute, that abandoned my baby, who committed suicide, I was speechless...every time I thought about it. In retrospect, I was literally in shock. The same thing happened *every time* I remembered one of my particularly dark lives...*and we have all had them...because that's why we came here...we were curious about the dark side—fearful consciousness...the opposite of everything we are—Love Consciousness...Bliss, Perfect Peace, Perfect Knowledge, Unlimited Potentiality, Oneness, Light and on and on...this is who we are...and always will be.* Recalling most of my really dark experiences occurred before the various channeled teachings of Jeshua, and in particular, The Way of Mastery, which provided me with all the missing pieces to my puzzle...and the answers to the big questions we all have.
 - Who am I?
 - Why am I here?

- Is there a God?
- What's God all about?
- Is there a Heaven...and if so, how do I get there?

Now...for me, just reading the books wasn't enough...not nearly enough. I had to study them...I mean really study them...and put them into practice. The lights started to go on immediately...I could feel I was going in the right direction. I won't bore you with all the details. Here is the bottom line...the Big Picture described earlier...the Truth of who we are, what we are doing here and what God is all about, is our pathway Home. However, we have to want to go Home—Love & Oneness
 Consciousness = doing whatever it takes to get there, leaving fearful consciousness and the ego behind...as a memory...not as a lifestyle we are going to continue to maintain. And not everyone is "there", because some are not done with experiencing the darkness—all the dark emotions and dramas, and the illusion of separation from our Creator—a Beingness of Pure Love. And that's ok...take your time...one path is not better than another...and there is no rush...because we are *immortal consciousness...individuated souls and yet part of and connected to everything – Oneness...as a wave is to the Ocean...forever...as I like to say...crazy good stuff!* The Truth leads to the final step.

- The final step is to accept, forgive and love ourselves in spite of whatever we did to create our button pushing reactions and/or our feeling of low self-worth—the reactions we just discussed. Humbling...oh...that is so beyond an understatement. A key is to always remind ourselves of the *big picture*. **Everyone...everyone came here to see what non-love or fearful consciousness was like...some to experience all the fear-based possibilities that this dimension offers. We have no end and we are so creative in our desire to extend Love, our essence, that sometimes we literally create non-love...or egoic, fear-based environments...like Earth...so we can eventually transform it into the Light and Love that we come from = create Heaven on Earth! We know this may sound crazy to some, but it is our REALITY. Deep, deep inside...in our souls, we all know this to be true.**

If you choose *not* to accept the big picture, as undoubtedly some may temporarily choose to do, forgiving yourself for all of your past actions/karmic events may prove to be impossible...at least temporarily. This is not unusual as we begin the PLR process, because our egos are completely adverse to empathy and forgiveness because this temporary part of us—our false egoic self, is judgmental...to our egoic core! Part of understanding the big picture is to recognize one of our egos favorite tactics is creating guilt...*and more guilt*...all of which is aimed at maintaining the egos control, via fearful consciousness, which delays our healing process and synchronization with the ZPF-God-Love...***the fear, the illusion, that I'm not worthy of a relationship with God.***

Our egos are literally fearful consciousness = the relentless process of creating fear...and more fear...which creates guilt...guilt creates the fear that we are unworthy of our birthright—synchronization with the ZPF and our eternal relationship with our Creator-God = living our essence—Love and Oneness Consciousness, which by definition accepts all and blesses all...even all of our karmic flaws! Although the *egoic illusion of separation* from our Creator is part of the Earth experience that *we chose*, our ego wants us to believe that this illusion is real and forever...because once we heal and dissolve all of our karmic flaws, the ego is dissolved = gone = no more judgment = no more fear = no more button pushing events. Ya!

Let's remember what started us down the road of self-regression. We want to clear all the energetic/karmic imbalances in our field and return to a state of synchronization with the ZPF-God-Love...to consciously re-unite with our Creator and realize our optimum performance levels, which includes more of what we all want more than anything else...LOVE. Needless to say, in the current environment on Earth, which is dominated by fear-based, egoic judgmentalism, this is not a quick process.

The more we remember and understand the events that created our karmic flaws, the more adept we become at using the past life information to heal = dissolve all of our button pushing reactions = gone forever. It should be noted that the consistent use of the Metatones therapy, particularly the more potent programs, will accelerate the entire past life review and integration process. Why? As previously conveyed:

- The increase in the energetic flow from the ZPF increases the pressure on our karmic flaws, which brings them to the surface of consciousness in an accelerated manner.
- The gradual synchronization of our brain improves brain functions, which plays a key role in the entire karma flaw identification, integration and dissolution process.

When Is the Process Over?

This is entirely up to you. Some people are simply a bit curious and only want to experience one PLR session to confirm the reality of their past lives. Others have tried to understand and resolve a particular problem using a variety of other approaches and have turned to PLR as a last resort. People who fall into this category should tentatively plan on at least a few sessions with a professional in order to remember all of the necessary prior life events. As described, the PLR sessions are followed by the integration phase, which lead to a deeper understanding of the challenge, which leads to a resolution = dissolution of the button pushing events. Once a specific button pushing issue is dissolved, it becomes a matter of deciding whether or not you want to address any other items on your list of potential karmic issues/orphans.

If you develop and stay with the self-regression process described, you will eventually get to a crossroads of sorts. That is, every time you investigate the cause of a button pushing reaction, you learn that you epitomize the actions that you judge and detest in this life, in one or more of your prior lives. Because of the perfectly repetitive nature of the cause and effect karmic cycle, *you know, before you even do a past life session, what you are going to remember.*

The choice then becomes...do we go through the steps of remembering the specific events?...or simply recognize what we have done to create the button pushing reactions in this life, by asking one question? **How must I have thought in a prior life to create this karmic imbalance...this negative, button pushing reaction?** Apply the **it takes one to know one technique** and you will have your answer. If we choose the second approach, then we can use a short cut of sorts...and commence the integration, forgiveness and self-love process.

If we want to get real aggressive with our healing process, we can skip waiting for our buttons to get pushed and simply continue down the path of self-regression and consistent Metatones use, with the overall intention of uncovering and healing all of our karmic imbalances. It is this path that may reveal the karmic issues of low self-worth and serious guilt, for what we have done. These are often orphans buried deep within the subconscious, which necessitate real dedication to first uncover and then to proceed through the integration phases. It is not unusual for intense perceptions of unworthiness and guilt to surface, all the product of egoic judgmentalism. As some would say at such a juncture, it's time to *buckle up* because such challenges should never be underestimated.

It is karmic issues like the one just described when consideration should be given to The Way of Mastery course, that is, if one is not already using this resource. It provides a priceless education on our journey to synchronization with the ZPF-God-Love Consciousness...unless of course you know someone else who has documented the synchronization process (other than Jeshua) and use them as a model. We will save you the time and effort of looking for a substitute source of education...there is no comparable source available in print and CD on the planet.

There is an alternative to the path conveyed in The Way of Mastery. You can stumble through the synchronization process via a path of trial and error. This will probably take longer, but some may prefer this path just the same. In a manner of speaking, one path is not any better than the next, because with the proper intention, the end result will be exactly the same.

The approach of consistent Metatones use, PLR (whether via a therapist or self-regression) and The Way of Mastery course can be used until all of the karmic flaws in your field have been dissolved and the retraining of your mind has been completed. That is, the complete shift from fear and aloneness consciousness to Love and Oneness Consciousness. This is a sizable undertaking, which in the current Earth environment, will probably take years. You will know that you are “done” when your buttons don't get pushed any more...*ever*. Can you imagine living like that? No negative reactions to anything...*ever again*. This signals a return to peace...**True Peace**...and synchronization with the ZPF-God-Love Consciousness. This means there is no more ego = no more judgement = no more fear = no more negative reactions = just ***True Peace and Love Consciousness = being the Presence of Love no matter the***

circumstance.

Although it may not seem so, this is the phase we have begun on Earth...for the dominance of the fear-based ego is slowly dissolving away...once and for all. If you do your homework on what people have found when they investigate the future on Earth, you will find that in 600-700 years the population has shrunk...significantly. You see...we can go forward in time just as we can go back in time, which is referred to as *progression therapy*. Progression therapy has even been done in group settings, at Brain Weiss M.D. seminars. Weiss is one of the preeminent experts in both regression and progression therapy. See his book, *Same Soul, Many Bodies — Discover the Healing Power of Future Lives Through Progression Therapy*, for further details.

Why has the population shrunk so much? There are many aspects to this story...the short version is that our purpose in coming here was to experience the opposite of what we are...fearful consciousness...in a dense, physical, intense dimension = temporarily exist out of sync with the ZPF-God-Love Consciousness....and then have the experience...the bliss, of remembering who we really are. **In 600-700 years, most of us will be done with all of our desired experiences in the egoic dark side, purified our fields of all karmic flaws, and will have returned to our origins = synchronization with the ZPF-God-Love Consciousness! Ya!** Where do we go? Off on another adventure, somewhere in multi-dimensionality, to partner up again with the Source of All—a Beingness of Pure Love, to extend Love in another new, creative way.

Epilogue

With ongoing PLR sessions, all aimed at resolving the items on your list of karmic issues, your life will be a progression of change for the better. Life lessons/button pushing events will continue to be placed in front of you by your higher self and orphans...because they too want what everyone else wants—LOVE. However, you will have a different perspective about your fears and anxieties, because you will know how to dissolve them through the techniques that have been conveyed within...obviously much easier said than done.

For core issues, the integration and karma dissolution phases will tend to be longer in

duration. The variables are endless. For example, even after we think that we have overcome an old fear and the process is over, it is not unusual for current life circumstances to push our old buttons again. This represents a form of self-test to aid us in completely dissolving the fear. However, because we now understand the cause of our fears and anxieties, our new approach gradually dismantles the intensity of our fear-based, negative reactions. This promotes a calmer, clearer and peaceful approach that will become increasingly prominent.

If you find yourself in an intense situation, where the resolution of a particular issue is ongoing, a continuation of an inner dialogue process will prove helpful. Comfort the anxious and fearful part of yourself...your orphan. *Consistently* explain to yourself (your orphan) why there is no need to be so fearful and you will be pleased with the calming affect. As this inner dialogue is occurring, try to observe the benefits of the process. Observe how the education obtained from your prior lives reduces the intensity of your anxieties and gradually changes your life for the better. A reaction I still experience goes something like this: ***This event would have triggered a wave of confusion, anxieties and fear before I understood the origins of my feelings. I know myself so much better now and understand why my buttons just got pushed. Even though I still have some work to do, what an improvement over a few years ago!***

In some cases, our button pushing reactions may take many months to completely dissolve or in extreme cases, often dealing with low self-worth and guilt issues, even years. With the consistent use of the technique that we are about to describe, you will be able to talk yourself through reoccurring karmic fears/orphans. I would, and still do, use the first name of my orphans when a related fear consciously resurfaces in my day-to-day experience. This represents a variation of the inner-dialogue and integration process previously described.

For example: ***Frank, relax; we (myself and my orphan) know the past circumstances that are triggering the anxieties we are feeling, but it is O.K. Let's take some deep relaxing breaths. We understand why our emotions are spiking now and have learned the right course of action. The past is behind us and we are safe. It's time to release all of those emotions, forgive and accept ourselves for our ventures into the dramas of dark emotions...and move forward.*** You will find that a little bit of love and understanding is incredibly effective in changing your life for the better. Please be patient with yourself. Our major button pushing reactions and fears will take time

to completely dissipate.

Reconnecting consciously with the Source of All, as a way of life, pays incredible dividends in our most challenging situations. It's a game changer to life on Earth...and this is integral to the new era that has begun—the era of synchronizing our fields to the ZPF-God...not just a few of us...but in mass. In this regard, we again mention the Christ Consciousness Meditation at Metatones.com.

If you decide to pursue a long-term path of past life self-regression, the suggested approach is to address each potential orphan on the list that you prepared. The learning curve will be relatively steep until you become proficient at self-regression and the techniques described within. You will be pleasantly surprised as the time required for the dissolution of each orphan becomes less...and less.

As one becomes educated on the nuances of PLR and the related integration process, you will know whether or not additional self-regression sessions are warranted. For example, sometimes only part of the overall picture is revealed in any one session. This means that additional sessions on the same life or other related incarnations may be required. In these more complex situations, the PLR routine that you have established becomes even more important. The inner dialogue will have to be modified and expanded to address the particular circumstances. For example: ***Higher self, I was introduced to my relationship problem with Doris in my life as Peter in the 18th century. However, it seems like I am missing some of the information that is needed to understand my relationship issue. Please show me all the applicable prior life information now.***

As stated, the variables are literally endless. If you have developed a good technique, you will learn to recognize whether the recall of prior life memories is possible or not. You will also acquire the ability to calm your emotions and body to new levels...quicker than you ever imagined. Sometimes it will only be through a new level of inner awareness and persistence that the applicable information is transmitted to your conscious state. Patience and practice...patience and practice, and your gradually improving inner dialogue skills will play a critical role.

As your field becomes more synchronized (through The Way of Mastery, PLR and Metatones use) you will eventually feel greater amounts of energy moving through

your body. The increased sensitivity will enhance your *ability to identify the specific location of your energetic imbalances/karmic flaws*. During your pre-session routine (as you calm your body, mind and emotions) you may be drawn to a particular body location. There may be some minor twitching in the soft tissue of a muscle or possibly pain. This may be a signal that an orphan is on the edge of your conscious state and is ready to communicate with you...or that one of your guides has a message for you. Commence the inner dialogue and direct it at the specific body location. Recognizing these new types of internal signals, through experience and experimentation, will be very helpful in fine tuning your karma dissolving skills.

A critical prerequisite is the sincere intention to habitually shift towards a more understanding, forgiving and loving way of life. This necessitates a real openness to the hidden karmic parts of ourselves, and the resolution thereof through the recall of prior life events. In a very quiet and calm state, a subtle awareness of a particular body part or twitch in some soft tissue may be an orphan saying...***over here! I am over here; we can get acquainted today if you want to proceed.*** You will learn first-hand how our bodies and higher selves communicate with us, *as a matter of routine*, in ways most would never imagine.

As we gradually dissolve our karmic imbalances, there will be less fear, anxiety and stress in our lives...and yet we also become more aware of and sensitive to our remaining button pushing issues. As previously described, in a manner of speaking, we will have a split personality...our fear-based and egoic judgmental side (false self) and our higher spiritual self...*our forever side*...that is *remembering our state of synchronization with the ZPF-God-Love Consciousness*. The later, our essence, is intent on creating and experiencing love...whereas the first, the false ego, is intent on creating the opposite of love—fear...for which it is a true expert...and it will continue to create fear until it is dissolved. This means that we have to **retrain our mind** to be aligned and synchronized with the ZPF-God-Love Consciousness, every moment of everyday. This purification process (of our button pushing karma) will leave only our True Self—Love Consciousness, which is a conscious awareness of God-ZPF...a Oneness with all of creation...because God-ZPF is everywhere. Some refer to this conscious, loving state of Oneness as enlightenment.

You will be aware of how you used to react in situations, when you were dominated by the fear-based, egoic side...and yet you will be living consistent with your

essence—Love/God Consciousness = Oneness Consciousness = a conscious awareness of the Oneness of All...for all are part of and connected to everything, which have an essence of Love...*everything*. In the words of quantum physicists, everybody and everything are all part of and connected to the ZPF—a single field = Oneness Consciousness...and because God = ZPF, and God is a Beingness of Pure Love...we are literally Oneness/Love/God Consciousness. A piece to this overall puzzle is that we now know that our consciousness survives physical death, which mean we are consciousness itself...what kind of consciousness? Oneness and Love Consciousness = God Consciousness...*Hmm...that seems simply too good to be true.*

Consider trying a little experiment...close your eyes and surround yourself in white light. Take four...slow...deep...relaxing breaths and incorporate a silent affirmation. As you slowly inhale...***I accept***...as you slowly exhale...***love into my life***. *Feel the Love that engulfs you...it feels so good...why? Because that's what we really are...Love Consciousness.*

When we first start down the path of purifying our field, increasing the informational and energetic flow from the ZPF, and remembering who we really are, we are oblivious to our split personality. You may read about or hear discussion about your higher spiritual self, and/or Christed Self, but it's all like some distant memory...an aspect of ourselves we will never really understand or live. That perspective slowly changes, if you follow the path described within. There will be an endless set of so-called coincidences...books, new acquaintances, seminars, epiphanies, and this all signals that you are on your way Home...to be who you were before your journey into fearful consciousness—**the illusion of aloneness and separation from the ZPF—God—Love and Oneness Consciousness.**

Some souls *remember* faster than others, and that's ok, because one path is not better than another...we have no end...and our eventual destination is the same for all...but you are on your way to a life free of fear, anxiety and stress...it's just a matter of how fast you truly want to get there. What lengths will you go to dissolve all of your button pushing reactions? What lengths will you go to synchronize your being with the ZPF-God-Love Consciousness? *Hmm...something to think about.* When will you get so tired of the pain and suffering of fear-based judgmentalism that you surrender...*I'm done...I've had enough...how do I make it stop? How do I get more Love and True Peace?*

When you get to that point of surrender...some will be interested in a procedure to discover dormant orphans...ones that have not surfaced via our button pushing reactions to life circumstances. As previously touched on, if you are using self-regression, the suggestion is to again request assistance (via an inner dialogue) from your higher self/soul. ***Higher self, please bring to my conscious attention the physical location of an orphan, which I need to meet in order to heal my soul.*** Patience—wait for a response. Focus on your body and pay attention to the first location that responds to your request. The response will be very distinct, yet subtle.

Many sources have long communicated that imbalances in our field often manifest in some level of discomfort or disease in the physical body. Thus, the physical location of orphans within the human anatomy might not be so subtle. If you have been experiencing physical pain or various symptoms in one area of your body, this may be the location of one or more of your orphans. If you have a physical symptom or if you are facing an emotional crisis, begin the inner dialogue by identifying the applicable body location and/or a description of the emotional crisis. For example, ***Higher self, I am currently experiencing lower back pain and difficulties in my marriage with my husband Robert, please show me the prior life events that will assist in understanding and resolving one of these issues.***

Depending on the complexity of any given karmic issue, the education, integration and dissolution phases may take months...and that may not be what you wanted to hear...but it is certainly a big improvement from numerous incarnations. Your higher self will know when you are ready to proceed to the next orphan and will not introduce a new one until you are. Thus, when you are addressing one of your core issues, there may be months before you are able or interested in remembering additional prior lives.

When you are not making as much progress as you would like, use your inner dialogue technique to ask your higher self for assistance and/or use self-regression to insure that you have all of the related information...because you may still be missing some of the pieces to your karmic puzzle. If you remain stuck in the integration and resolution phase, consider an LBL session or ARR with a therapist, to garner additional insight into how to proceed. The intention behind either election should be very specific in that questions should be posed that provide additional information and/or eliminate any confusion in resolving the issue at hand.

When you perceive that you have dissolved each karmic issue, resume PLR with your therapist or via the self-regression routine that you have developed. Communicate to your higher self that you are ready for the next orphan. In many cases, we have endured and suffered through many lives, over thousands of years, trying to resolve our karmic issues. Although the PLR approach represents a shortcut, reducing the number of incarnations needed to purify our field is a time-consuming endeavor. The number of core issues is going to play a pivotal role in the length of any comprehensive effort to purify your field of all of your karmic issues.

Here is the inevitable question. We can either chose to continue through our field purification process (synchronization with the ZPF-God-Love Consciousness), with no plan as to how we are going to accomplish our goal, which represents a very long and painful journey indeed, spanning countless incarnations, or forge a new path of education, insight and healing. Which one do you prefer?

By understanding and then dissolving the fears and anxieties within, we open the door to a more peaceful...loving way of thinking, feeling and living. Instead of being constantly challenged by fearful emotions, which we neither understand nor know how to cope with, life becomes understandable. Our newfound knowledge empowers us to dissipate the confusing fog of life. We gradually *remember* and shift back into synchronization with the ZPF-God = Love and Oneness Consciousness.

OUTLINE OF THE SELF-REGRESSION TECHNIQUE

1. Prerequisites
 - Time commitment
 - Patience and practice...and more patience and practice
 - Intention = commitment to self-education and the dissolution of mental patterns-perspectives that trigger my negative reactions = fear, anxieties, stress, anger, etc. = a return to True Peace
2. Develop a weekly routine in a quiet and relaxing setting. This includes taking as much time as needed to obtain a very relaxed and calm state.
3. Establish an inner dialogue with your higher self and orphans. Communicate all requests as clearly and completely as possible.
4. Begin communicating with one of your orphans by identifying the specific body location and/or button pushing circumstance or person. A loving and trusting rapport must be established and maintained...as though each of your karmic issues-orphans is a fearful, lost little child = a lost part of your soul.
5. As the prior life circumstances and karmic issues are revealed to you, a loving and non-judgmental attitude toward yourself-orphan should be maintained = remember the Big Picture.
6. With each prior life session, make two specific closing requests:
 - Please show me all of the events from this life that I need to understand to heal my soul.
 - Please show me the death experience.
7. After each session, thank your orphan and higher self for all of the assistance. Congratulate your self for your progress and growth.

From Affirmations for Christ Consciousness Part III

Exhibit – Split Personality

**Egoic Self - False Self – Fearful Consciousness = Illusion
Compared to
Higher Self - Christ Self – Love Consciousness = Reality**

Egoic Self = False Self = Illusion

- **Perceived Separation from God-ZPF = Non-Reality = Impossible = Temporary Insanity**
- **Insanity Seems Sane to Those that are Insane = Illusion of Separation from God-ZPF**
- **Fearful & Aloneness Consciousness**
- **Duality = Judgmental = Creates Fear, Confusion, and All Negative Emotions = Creates All Suffering = Imprisoned**
- **Identifies with Form—Body-Mind = This is what I am**
- **Function = Survival and Well-Being of Body-Mind = Ongoing Struggle & Need to Control = Imprisoned by Fear, Confusion & Doubt**
- **Feels, Struggles with and Yet Defends Fearful Consciousness = Attack, Denial and Projection**
- **All Decisions Clouded in Egoism = Fear-Based**
- **Darkness – Fear & Aloneness Consciousness = *Addicted* to Non-Reality = *Addicted* to Seeking God-Love**
- ***Addicted* to the inner egoic Voice of Fear, Judgment, Confusion, Doubt, Anger, Unworthiness, Guilt, Jealousy, etc.,**

Higher Self - Christ Self – Love Consciousness = Reality

- **Aware of and Lives in Union with God-ZPF = Oneness & Love Consciousness = Christ Consciousness**
- **Releases All Attachment to Form = Identifies with ZPF-God-Love, which Pervades All = Only Love is Real**
- **Love & God Consciousness = Perfect Peace-Bliss**
- **Oneness = Discerning = Allowing = Accepts What Is = Equanimity = Freedom**
- **Identifies with Content = God-ZPF Pervades All = All is Love**
- **Function = Channel/Medium for the Extension of God-Love = Surrenders to the Guidance of God = Right-Mindedness = Still Small Voice of God Within**
- **Receives, Feels and Witnesses God-Love-ZPF Moving and Manifesting Thru its Beingness**
- **All Decisions Aligned with God—Love-Based**
- **Light = God & Love Consciousness = Reality = Eternal Matrix of Love-Bliss = ZPF**
- **Still Small Voice of God-Love Within**
 - **Voice of the Creator/God = “I”**
 - **Voice of the Created/Christ-Oversoul = “We”**