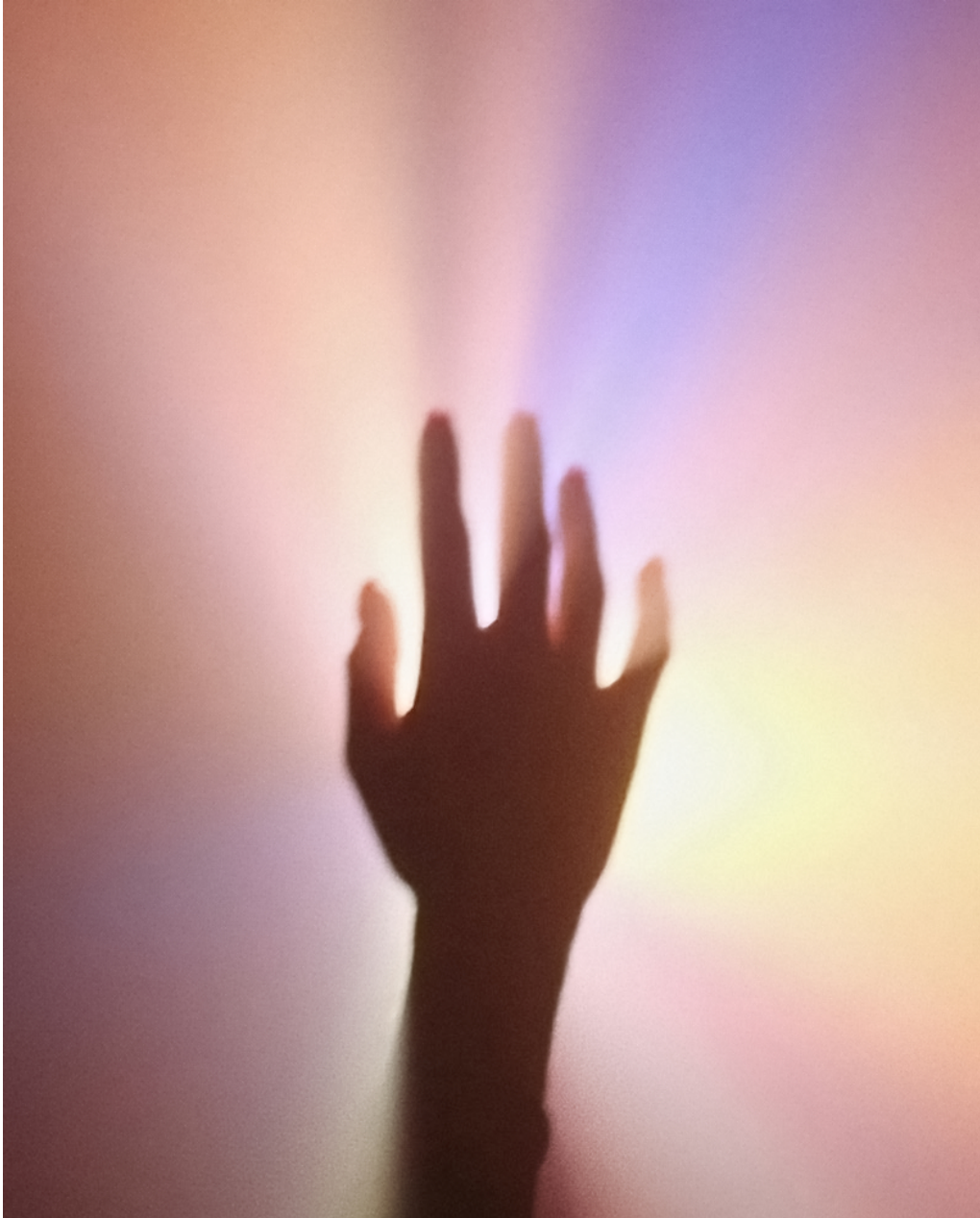


# Reincarnation



Most of this information contained in this eBook, is from the 13-semester course of study. This topic is taught in the public adult schools by the Metaphysical Center in New Jersey. Research by teachers and students in these classes have been incorporated into the information from other sources, both online and print, with every attempt at paraphrasing it.

This "quick book" is offered to you for free for attending the Reincarnation and Past Lives podcast given by Kate and Peggy Neligan.

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*Some of the concepts discussed in this lesson on Reincarnation are covered more fully in other topics that usually precede the topic of Reincarnation. Those classes will be available on the Metaphysical Center website in the near future.*

## Introduction and Overview

**Reincarnation** is an expression of the Cosmic Law of Rhythm in the meaning “descent for the purpose of ascent.” The teaching is that each individual soul experiences many lives on this earth plane or some other planet or dimension progressing through a field of matter—the lowest vibration—in order to raise the vibration of the soul to a higher and higher connection with the ALL.

Another way to say this is to use the phrase: involution for the purpose of evolution. *We involved* ourselves in continually lower vibrations as we descended through the planes of reality until we reached the dense physical level—a spark of the Divine sent forth into the material world.

When we reached this plane, we began to ascend or evolve back to the Godhead. The reason for this process is to learn to become co-creators with the Divine Father-Mother ALL. Although we are sparks of Divinity, we are not perfectly divine and therefore cannot create as our “divine parents” can. In order to become a creator one must learn the laws of creation; one must master the laws relevant to the world of shape and form. We must learn the laws firsthand. Rebirth on the physical plane is the opportunity to manipulate our forms and minds and emotions and bring them to higher and higher states of being each time.

# What Reincarnation is and what it isn't

Some people view reincarnation as a punishment for past wrong deeds. Metaphysics teaches that reincarnation is a journey of growth for the soul on the physical plane. The soul is eager to face more experiences in matter, to develop more talents, and to pay off or redeem old karmic debts. It is a step forward, a progression of greater opportunity. Once we leave the physical body, we review our old life lessons and reincarnation provides opportunities to learn new ones. Just as death of the worn-out body is a release not a punishment, so, too, is rebirth into a new form or body.

In terms of paying off or redeeming karmic debts, we need to understand that karma is basically the Law of Cause and Effect or compensation. Whatever we cause on the physical plane, has an effect—good or bad—and one lifetime may not be enough to balance out those effects. Karma is covered more fully in another lesson.

Reincarnation is not random or accidental. There is no capricious God who on a whim sends you into a lifetime of poor health for example nor is there a just God who would cause you to live only one lifetime with so many variations and discrepancies between people.

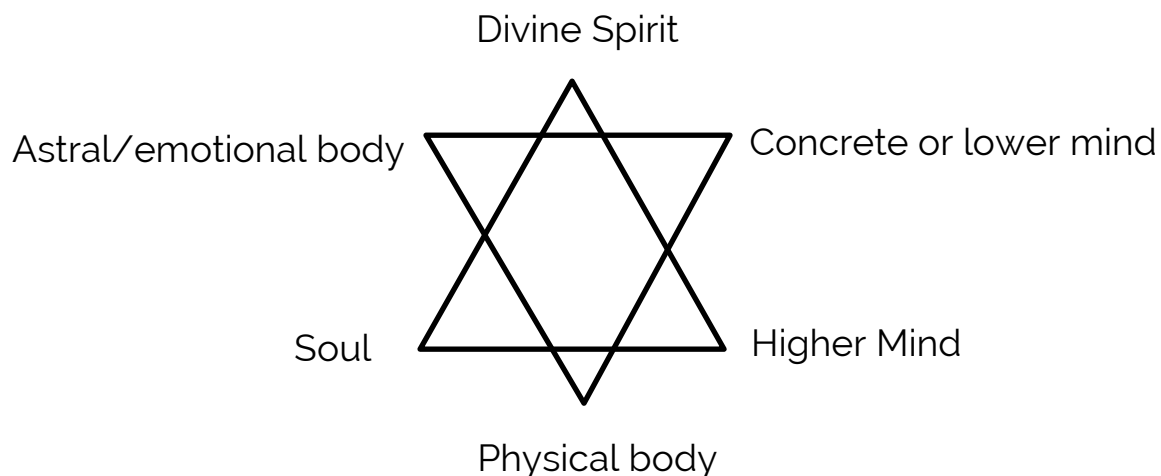
From the Latin, reincarnation means the act of going again into the flesh. Some traditions use the term **transmigration** instead of reincarnation meaning the act of moving across from one level to another. Transmigration sometimes has the meaning of crossing the kingdoms of nature; for example, coming back from a human life to an animal body. Metaphysics uses the meaning of "from body to body" but within the same kingdom of nature so humans will always come back as humans until they mature spiritually to the next level of the Masters.

# What actually reincarnates?

There are two aspects of the human self: the Higher Self and the Lower self.

The Higher Self is the relatively permanent part of us and might be compared to a computer chip which contains all the information about your life. The Higher Self is the part of us that actually reincarnates. It is made up of **SPIRIT OR DIVINE SPARK** and its home is on the Plane of Virgin Spirit; the **SOUL** which is the individualized part of Spirit and has its home on the Intuitive Plane; and **HIGHER OR ABSTRACT MIND** whose home is on the four higher levels of the Mental Plane.

The Lower self means the self is more involved with the lower planes. It allows us to function in the dense physical world. It is made up of the physical (which includes the personality and ego), the astral (which is the emotional), and the lower three levels of mind (the concrete mind which houses the memory in the brain and is different in each lifetime).



*The Higher Self, represented by the upward pointing triangle, is composed of the Divine Spirit, the Soul, and the Higher Mind. The Lower Self, the downward pointing triangle, is made up of the astral or emotional body, the concrete or lower mind, and the physical body.*

# Ready to Reincarnate

Reincarnation is similar to a student who returns to school after summer vacation. The soul has been learning lessons on the higher planes and is eager to return to the physical realm to experience the curriculum only available on the dense material plane.

When we're ready to incarnate there is a process we go through that involves attracting new energy fields or bodies as we move through the different vibrational planes. Between the Mental and Intuitive Planes we get a Causal Body which is an energy field that contains the three permanent seed atoms: mental, emotional, and physical. When we are ready to incarnate again the seed atoms attract a different mental, astral, and etheric body based on the soul's needs. Then it chooses its physical body to be worn in the new lifetime.

We are guided in these choices by higher beings called the Lords of Karma or Lords of Lipka in the Eastern traditions or the Recording Angels in Western tradition. They are part of the Elemental Kingdom whose job is to create, manifest, and eventually break down the forms we inhabit. They are like universal guidance counselors helping us with our choices. More mature souls make their own choices with very little guidance while less mature souls have a course of study for their new lifetime chosen for them based on their soul's needs. Following the Law of Correspondence (as above, so below), our educational system on earth is similar. In Kindergarten we have no choice what to study in school while advanced levels of college allow much freedom of choice in the courses taken.

The soul chooses its family, nationality, gender, religion and all it requires in order to learn the lessons it needs to learn. Maybe one course is being born deformed or another with great beauty or wealth or with an alcoholic father all of which will bring many lessons. We live lives as females and males, rulers and paupers, Buddhists and Jews, and so forth. Our course of study is chosen before we come to planet Earth based on the decisions our soul made on the other plane.

# When the Soul enters the physical body

According to the ancient wisdom teachings, the Soul enters the body at the first breath. Other traditions believe otherwise. In the Bible, God breathed the breath of life into Adam. During pregnancy, the soul hovers around the mother and fetus as an astral body, mental body, and intuitive body so the fetus can experience emotions, thoughts, and intuitions even before the first breath in the physical body.

Souls change as they mature. The acorn and the oak are the same entity but the tree is the mature form. As humanity evolves, we will identify more with the group soul rather than our individual soul. Jesus and Buddha saw their oneness with mankind, but we see ourselves as separate because we are spiritually immature.

Early in life, up to the age of 35, the soul recapitulates an accelerated review of past lives. Then it begins to learn new lessons. That is why people change dramatically in the middle years of their life. We have many learning experiences before we are "mature" and that is why there is reincarnation for new learning opportunities.

Why don't we remember our earlier learning? If we remembered every lifetime we would be too overwhelmed and confused to function in this lifetime. There is a story of the Angel of Forgetfulness. When we are born, the angel puts her finger on the infant's mouth causing the indentation we see (called the philtrum) sealing off the memory of past lives. Much like an actor in a play, it would be impossible to function as a new character if all the old roles interfered with the new individual.



# Time Spent Between Incarnations

The amount of time spent before reincarnating varies due to the needs of the soul. Some souls spend a lot of time on the astral, or mental, or intuitive or even higher spiritual planes. It depends on the record of good the soul accomplished during the previous incarnation. The more good you do, the higher your vibration becomes and the longer you can last on a higher vibrational plane.

The Rosicrucians used to say people incarnate once every 1,000 years as a male and once every 1,000 years as a female. Later they amended it to once every 144 years. Now, there are some schools of thought that say people can incarnate in as little as three days.

We are told that after wars, when so many young people are killed, there is an increase in the birth rate because many souls want to return to the physical plane perhaps to finish an incomplete curriculum.

Most schools of thought say we incarnate in both genders while some believe we incarnate primarily in one sex unless there is a reason to incarnate in the opposite sex. Often people come back in a race or religion that they previously persecuted, not as a punishment but as a way to avoid the mistakes of prejudice. We learn not to make the same mistakes by experiencing the pain we caused others.

We tend to incarnate with the same people because we still have ties to them. We may owe them a karmic debt, or we may need to receive karmic pay others owe us. There is a tendency for people to incarnate in family groups because they are attracted to one another or because they have to work out unfinished business.

There is a group soul concept known as the "general sparks" which is a larger group than the individual family groups. Souls who are part of a larger group soul are also attracted to one another. Think of the groups or organizations to which you belong. Parents and children often reverse roles when they return as



well as husbands and wives, friends, lovers, and business and political associates.

## Conditions Which May Be Explained by Reincarnation

**Child Prodigies and Geniuses** are those born with incredible wisdom and talent. Mozart composed from age five, for example. People may come into this lifetime gifted in art, music, mathematics, etc. Frank De Felitta wrote the book *Audrey Rose*, supposedly because his son played banjo like a professional on his third birthday. When asked how he did it, his son said: "I don't know, my hands just know what to do." This event started interest in reincarnation and De Felitta wrote *Audrey Rose*, the story of child who died in a fire and was reincarnated with fear of fire, flashbacks, and nightmares etc. about this experience.

**Psychic Ability** is often strongly present in young children as they are born with it, and use it when young, but it is often culled out by adulthood. The continuity principle of karma states that once you develop something you are apt to return with it more fully developed. It may be a choice not to focus on it in this lifetime, however. A child may want to be a fireman but graduating college changes his mind. If you feel strongly compelled to do things, do them as they may be a soul urge.

**Love at First Sight** can happen with children as well as adults. There is an instant rapport and closeness. People feel they know one another very well at the first meeting. This experience is not only true in romantic love but in other relationships as well.

**Seemingly Lucky or Unlucky People** because they have developed certain attitudes about life based on past life experiences which they bring into this lifetime and therefore it affects their experiences. It may also be dependent on astrology especially if Jupiter, the good luck planet, is ruling a chart.

**Spontaneous Past Life Recall** which cannot be explained by current experiences in this lifetime, such as an attraction to a location, are often the result of having lived there in a previous life. It is true that this knowledge can come through *remote viewing* instead of as the result of reincarnation only. People can project their consciousness to an unknown place and learn about it. This is present or future knowledge rather than past knowledge.

**Memories of past lives** sometimes occur in children who come in with memories which may or may not fade as they grow older. Sometimes parents discourage these types of memories as well. There has been some research done on this and several books are available to explore. We are told that eventually we will reach the stage of consciousness where we will be able to remember all of our lifetimes as we mature spiritually.

**Deformity or Death of an infant or young child** may be explained by reincarnation. Everyone in these experiences learns from them—the soul of the deceased, the parents, and everyone touched by this life. Sometimes a very high soul chooses to return in a deformed body in order to have certain experiences. There may be many reasons why things happen, so it is important to never be too glib or judgmental.

This is one of the dangers in this field saying someone must have done something horrible in a former life and they deserve that tragedy. That may be one explanation, but there may be 1,000 other reasons why people take on difficult lives. When an advanced soul takes on a difficult life, they can be an inspiration for others. They often maintain a positive attitude and have a radiance as they overcome terrible difficulties.

In the final analysis, it is not what happens to us, but how we handle what happens to us that makes all the difference in the level of spiritual maturity that we gain. Watch how others handle their problems. When your lower self is saying "why me, God?" your higher self will say "How can I learn from this—how can I grow from this?" This will help you to live through your problems, keep a positive state of mind, and gather the courage and strength to persevere.

**Hypnotic Regression** can help people to get in touch with past life experiences and clear them out this way. Not everything that goes wrong in this life is due to a past life and regression does not always solve the problems. Being aware of the cause is not all that is sometimes needed to remove the problem. Sometimes it takes hard work in this lifetime—self-discipline and self-mastery.

## Scriptural and Religious References to Reincarnation

Although these references are quite common, many people do not know that their religious beliefs include the concept of reincarnation.

In **Hinduism** there is a strong belief that souls come in continuously in order to have certain experiences and work out their Karma until they are perfected and become one with God or Brahma, as they call the Godhead.

**Buddhism** teaches that the goal of humans is to become free of the material world so we are no longer chained to the wheel of rebirth and can free ourselves from reincarnation on the physical and move on to life on the higher planes.

**Judaism**, in the days of the Pharisees, taught the doctrine of transmigration of the souls into other bodies. Today the Hasidic Jews (the mystical branch of Judaism) use the word "gilgul" which means transmigration meaning that the soul takes on different forms in order to experience the lessons it needs to learn. Many Jews, even rabbis, would be surprised that this is one of the essential teachings of both Orthodox and Mystical Judaism. A statement in an earlier book of Jewish discourses states that there is no one in physical incarnation at this time who is here for the first time—nobody.

In **Christianity**, the beliefs come almost entirely out of Judaism. Most early Christians believed in reincarnation. At the Council of Nicea in the third century AD this belief in reincarnation was declared anathema. At that time there was a controversy in the Church. The Council was called to codify beliefs and the

decision on reincarnation was made before one segment of the clergy arrived who believed in the pre-existence of the soul. This was a political decision that was reinforced in the fifth century AD by the council of Constantinople.

Many passages in the New Testament refer to reincarnation.

John 1:25   Matthew 16:14   Matthew 11:10, 14&15   John 9:1, 3

## Some People in History Who Believed in Reincarnation

1. **Henry Ford** was an avid believer in reincarnation and spoke openly about it.
2. **George Patton** believed he was a reincarnation of Julius Caesar and Alexander the Great. He said that he had experienced the places he was in during World War II long before he was ever there. This was referred to in the movie *Patton*.
3. **Benjamin Franklin** believed in reincarnation and made it very clear in his own epitaph which he requested to be inscribed on his tombstone.

*"The Body of B. Franklin Printer; Like the Cover of an old Book, Its Contents torn out, And stript of its Lettering and Gilding, Lies here, Food for Worms. But the Work shall not be wholly lost: For it will, as he believ'd, appear once more, In a new & more perfect Edition, Corrected and Amended By the Author."*

## Some Resources to Explore on Reincarnation and Past Lives

***Journey of Souls*** and ***Destiny of Souls*** by Michael Newton. Research done by a psychotherapist over 20 years with patients who described their experiences with lives between their human lives.

***The Mountains of Tibet*** by Mordicai Gerstein. A story, especially for children, of an old man who dies and describes the choices he has to make before he returns to a new life.

***The Jataka Tales***, a large collection of Buddhist literature, that describes the past incarnations of Gautama Buddha both in animal and human form.  
<http://www.pitt.edu/~dash/jataka.html>

***Many Lives, Many Masters*** by Dr. Brian Weiss

***Return of the Revolutionaries*** and ***Born Again*** by Dr. Walter Semkiw

***Life After Life*** by Dr. Raymond Moody

***Twenty Cases Suggestive of Reincarnation, Children Who Remember Previous Lives***, and ***Born Again*** by Dr. Ian Stevenson

***Reincarnation: An East/West Anthology*** and ***Reincarnation: The Phoenix Fire Mystery*** by Sylvia Cranston and Joseph Head