





# Healing Past Life Trauma

This article is a reprint from

*Energy* magazine™

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Barbara Stone, PhD

**R**eincarnation teaches that the soul needs many lifetimes to learn all of its lessons. Just as a person cannot learn everything needed to become a brain surgeon in one year of kindergarten, so the soul needs many lifetimes of experience to be able to fully open, like a flower in full bloom. Each lifetime is like one petal. You cannot make a lotus flower out of just one petal!

*We have a spirit that animates each lifetime and is individual to it,  
just as each car has a make and model,  
but the SOUL is a continuous essence throughout the stream of lifetimes—  
like the driver of a series of cars.*

## **A Hole in the Soul**

According to Michael Newton, author of *Destiny of Souls* (2000), the soul never invests all of its energy in a single lifetime. With a traumatic death, when the spirit leaves the physical body, it may be unable to transition back into the higher dimensions of light, and the energy the soul invested in that lifetime becomes trapped between the worlds. The soul then has a hole in it, some missing energy. The soul can still send some of its essence into a new lifetime, but that person will intuitively sense that something is missing. The soul fragment locked in this past life trauma leaves a spiritual vacuum.

## **Power Healing**

We no longer need to carry the trauma of these past wounds forward into the future. Traditionally, shamans have been the healers to help people recover these lost soul parts. In more modern times, regression therapies have been developed to uncover and work through the emotions of these past life traumas. But not everyone is able to achieve the trance state necessary to access this information about past lives.

As I was studying the power-healing methods of energy psychology—balancing meridians and chakras to heal emotions—my clients started bringing issues of past life trauma into my clinical practice. I put together a method I call “Soul Detective” to find and heal these wounds using a combination of energy psychology methods and enlisting spiritual help. Many people have heard of using Emotional Freedom Technique (EFT) to tap on meridians to desensitize traumas. Once a client connected with a traumatic past life memory, I had the client tap meridians to desensitize the trauma and get that piece of the soul ready to cross into the Light. The complete 16-step Soul Detective method for healing past life trauma is presented in my book *Invisible Roots: How Healing Past Life Trauma Can Liberate Your Present* (2008).

## **Accessing Subconscious Wisdom**

Energy psychology also uses clinical kinesiology, also



called muscle testing, to access the information in a client's subconscious mind. When an issue appeared to have a past life origin, I used muscle testing to identify whether or not it had an origin in a past life. If it did, I continued using muscle testing to determine key factors for identifying the life, including gender, age at death, manner of death, and date and location of the birth. I found that once clients identified these specific details, with the help of their spiritual guidance team, they could connect with the soul record (also called the Akashic Record) of that lifetime, enter into the feelings again and use the energy therapies to heal. See the Association for Comprehensive Energy

2. **Déjà vu.** Traveling to a distant place and feeling as if you have been there before may trigger traumatic feelings from a previous lifetime at that location—for example, a civil war battlefield.

3. **Meeting someone involved in a past life, either positive or negative.** Sometimes we meet a new person and immediately have a strong emotional reaction, either positive or negative. We can use muscle testing to identify whether or not this person played a role in a previous incarnation. If we meet the person whose soul had an incarnation as the church official who ordered

*With the cornucopia of energy healing methods available, we can release the pain of the past.*

Psychology at [www.energypsych.org](http://www.energypsych.org) for more information about these dynamic methods.

### Symptoms of Past Life Trauma

In the Soul Detective workshops I developed to train healing professionals in this method, these are the symptoms, or emotional clues, I have identified that point to past life trauma:

1. **A phobia unrelated to current life trauma.** If a person has a phobia of water but has never had a difficult experience in the present lifetime with water, perhaps the person drowned in a previous life. An example of using past life trauma healing to clear an irrational fear is that one client healed a past life trauma of watching her mother, grandmother and all of her grandmother's other children being burned at the stake, accused of being witches. When she cleared this trauma using the Soul Detective method, she exclaimed, "All of my life, I have been afraid that *I and all of my children* would be killed for practicing energy work!" Finally, she understood the source of that irrational fear and was able to release it.

our execution in a past life, we may feel uneasy! However, when we meet someone we have been with many times before and have loved through many centuries, all the love we have accumulated between us in our joint karmic bank account activates, and we immediately feel as if we know and love that person.

4. **Arriving at the age of the previous traumatic death.** If a person had a traumatic death in a past life, whether from an illness, murder, an accident or some other trauma, those traumatic feelings may start to surface when the person reaches the age of that death in the current life. For example, if a person died at age 47 of a heart attack in a previous incarnation, in the current lifetime, the person might start experiencing fears of death once the 47th birthday arrives.

### Case Example

Jane had an irrational aversion to people who were overweight. Her husband was thin when she married him, but in the decade after their wedding, he gained 75 pounds. A battle went on inside Jane between her natural attraction to the man she married and her physical repulsion from the obesity he had developed.



She used muscle testing to identify the origin of this aversion in a past life as a well-fed Franciscan monk named Brother Matthew. One day while Brother Matthew was out working in the fields, he heard horses in the distance. As they got closer, he saw a group of Mongols thundering in on horseback to attack the monastery. Brother Matthew tried to escape to warn the others of the impending attack; however, because he was so obese, he could not run fast enough to get away. An enemy struck him down with a mortal blow, and Brother Matthew bled to death, dying two hours later cursing himself for being so overweight. Seeing her husband's weight gain had triggered these past life traumatic soul imprints in Jane, triggering feelings that obesity = mortal danger.

Jane and her therapist used the 16-step Soul Detective protocol to clear this past life trauma with energy tapping and to help Brother Matthew, who had remained earthbound, to heal and cross into the Light. Jane recovered a fragment of her soul that had been earthbound for hundreds of years. Her aversion to obesity mellowed, she felt more whole, and she was better able to accept herself and her husband as they were.

### Irish Knight Trauma

Bernie Siegel, MD, spontaneously went into trance during an airplane flight and remembered the following traumatic past life in Ireland, which he shared in the foreword to my book *Invisible Roots*:

I was a knight, and the Lord of my castle was angry at a neighboring Lord for continuously infringing upon his land and not abiding by their property boundaries. He summoned me and ordered me to kill his daughter in retribution. I suggested he kill the neighboring Lord instead of his daughter and inquired what would happen if I refused. He asserted, "Then I shall kill you." Well, my fear and survival instinct led me to consent, and off I went to the neighboring castle.

I told them I was traveling through and asked to rest there awhile. They welcomed me in. I avoided the young woman to minimize my emotional

involvement. I befriended her dog with treats so he would not be aggressive toward me. Then one evening, I quietly made my way up the stairs to her room. I wanted to kill her while she slept so she would have as little pain as possible. As I opened the door, her dog came forward. I offered him a treat, but he sensed my intention and growled. I brought my sword down on his skull, killing him. The sound disturbed the young woman, and I turned quickly to kill her before she awakened, but I was too late. As she turned and looked at me, I saw the face of my wife, in this lifetime, and knew they were incarnations of the same soul. Nevertheless, I proceeded to chop her head off.

This past life memory devastated me. I sobbed for hours afterward and intermittently for days. At the same time, I realized why my wife's face has always had a hypnotic effect upon me and why I am so involved in rescuing animals. No matter how upset or angry I feel with my wife, when she looks at me, the negative feelings evaporate. I still feel the need to care for her and make up for what I did to her out of fear in that lifetime.

Bernie resolved the trauma of that memory the hard way, by going through the pain of all that sorrow and crying it out. He also got the insight that he became a surgeon in this life so he could use a knife to heal rather than to kill.

### Emotional Flooding

Bernie experienced emotional flooding in his spontaneous regression, which is always a possibility in hypnotherapy. Sometimes a past life memory is so traumatic that the person becomes even more traumatized from remembering what happened. Energy psychology methods can quickly desensitize this emotional overload and bring a person back to equilibrium. I will end by sharing a heart chakra balancing method from energy psychology to use whenever a person feels upset:

### Heart Massage

Move the palm of the hand in a clockwise circle



over the midline of the body, down on the left and up on the right, level with the heart while saying statements of self-acceptance such as,

**“I deeply and profoundly accept myself with all my problems and limitations.”**

**“I accept all my feelings about this situation.”**

Optional:

**“I also accept all of my gifts and talents.”**

With the cornucopia of energy healing methods available, we can release the pain of the past. We can bring meridian and chakra energy healing treatments into regression memories to heal the past pain, forgive ourselves and others, make amends for our mistakes and get these missing soul pieces back home to rejoin our soul energy in the World of Light. €



Author Barbara Stone can be found at [www.SoulDetective.net](http://www.SoulDetective.net).

### References

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