

WHOLE-SELF LIFE STREAMS (PAST LIFE ECHOES)



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WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

Training Material for Students ONLY
The Complete Document

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Background Description

Lecture Outline

Script & Instruction

Facilitator NOTE: To put your client or workshop group in a receptive frame of mind to gain maximum benefit from this

Whole-Self Past Life Echoes Regression Process,
it is helpful to share the following background. It allows the person to set aside beliefs, ideas or fears which might possibly block them from permitting the experience to take place.

This introduction is also appropriate to read as a lecture.

As always, please start this or any **Whole-Self Psychology Regression** session or workshop with the **Whole-Self Radiance Relaxation Exercise**. **A Guided Imagery Exercise**, it is a multi-dimensional experience which establishes a clear palpable - feelable - connection with the **Whole-Self**. After sharing the **Whole-Self Light or Radiance**, pause for a minute or two after which please ask the individual or group if there is anything to **share about the experience**. After the sharing please read the following aloud:

THE WHOLE-SELF PAST LIFE ECHO BACKGROUND

I always begin any W-S Past Life Echoes Discovery Exploration by saying that

IT IS NOT NECESSARY TO BELIEVE

IN REINCARNATION OR PAST LIVES

TO SUCCESSFULLY EXPERIENCE

W-S PAST LIFE ECHOES© REGRESSION!

W-S PAST LIFE ECHOES© is a transpersonal multidimensional
regression therapy technique;

a creative imaginative journey (in the first person)

to enable you to enter the Past Life Dimension

of your Life's Stream of consciousness©.

Each W-S PLE contains information which can be helpful

in understanding & releasing yourself

from specific feelings, reactions, phobias & patterns in your life.

This creative imaging exercise is often of significant value

in the search for stress reduction, self-healing

or in just understanding reactions, fears or phobias

which may have created non-productive behaviors

&/or uncomfortable feelings in your life.

WHAT DO MOST PEOPLE BELIEVE?

After World War II, the United Nations was concerned

that the world should never again be engulfed in a global conflict

and particularly a Holocaust of ethnic annihilation.

Knowing what the German people believed in the 1930's

which allowed them to be swept up into the Nazi movement,

a United Nations study was commissioned

to explore the beliefs held by people all over the world.

The purpose was to identify any similar patterns held by the German people

in order to make appropriate intervention to avoid another conflagration.

THE WORLD'S MOST BELIEVED BELIEF!

This UN study gives an amazing result concerning the world's most believed belief.

It shows that nearly **80% of the world's population -**

four out of five people - believes in the concept of reincarnation.

**Respondents reported that not only did they believe in reincarnation
they also declare consecutive lifetimes a fact which they know.**

In **Western countries**, where **reincarnation** is identified with **religion** rather than with **culture**, **reincarnation** has sometimes generated extreme opposition from religious elements who have often resisted it on **fundamentalist biblical grounds**.

Reincarnation had been **contentious** in the **Christian Church** since the **fourth century**.

It was often an **accepted element** of what the Church labeled **heretical groups**.

One of the first major **Reincarnation suppression** skirmishes

came **325 years after Christ**, at the **Counsel in Nicaea**,

when men & **women leaders** of the **Christian church**

complained about the **lack of obedience** by Christians who said:

"We understand about the rules of the Church.

But, we want to have fun in this life!

We will follow Church laws in the next life!"

Because of their knowledge that there would be a next life, the **faithful**

put off following **Commandments & Church Laws** in this life **to the next life**.

Despite Jesus' numerous references to reincarnation,

the **wife** of the Emperor at the Council of Nicea **proposed**

that **all references to reincarnation**

be erased or expunged as a **tenet or belief** in Christianity.

By the mid-sixth century, **Emperor Justinian** through the **Fifth Synod**

officially decreed that there was **only one life**.

And so, the **'faithful'** would **have to be obedient** in this life

or face eternal damnation!

With this act, more **dogma** was created and
individual soul responsibility was taken away!

Now, for over **1500 years** the **western world** has been **deprived**
of one of the most important **tools** for **human evolution**.

THE BEGINNINGS OF REGRESSION THERAPY

As far back as the **17th century**, when **therapy** began to develop,

western therapists **denied** the possibility of **past lives**

as a **source** of their **client's pathology**.

Because of their **training** or **lack of cultural awareness** of what these **memories** meant

therapists did not know what to do

when clients described **vivid, spontaneous scenarios**

in which they **saw & felt themselves** in a **past drama**

with a **different sense of themselves** - perhaps of a **different gender**.

Some 40 years ago, **psychotherapists** in the **USA**

instead of denying the stories as **simply fantasies** or **imagination**,

decided to **use the spontaneous stories** as they would use **dreams**

as a **tool** to help their **client's recovery**.

Using **Mesmer's principles** it was believed that **deep hypnosis** was the **only way**

to **enter these dimension** of **consciousness**.

The Siddhartha Foundation, forerunner of

the **Whole-Self Discovery & Development Institute**,

founded in **1970** by **Jon RG Turner**, then known as **John-Richard**,

pioneered in conscious regression without hypnosis.

Around the same time, some other **emerging regression therapists**

developed altered states techniques with & without **deep hypnosis**

to **guide or induce people** to their **past lives memories**

in order to **better understand** their **present life problems**.

Fifty Years ago, **The Siddhartha Foundation** discovered & developed

very simple methods of **Aura Healing & Prebirth Memory Therapy**.

Its motto was **Exploring the Dimensions of Human Consciousness.**

It was perfectly natural that **exploration**

into the **Past Life Dimension** needed to be included.

This regression work became known as **W-S Past Life Echoes©.**

The **Siddhartha Foundation** was the first to teach **Past Life Echoes**

as a **Non-Hypnotic Regression method** in **North America.**

~~~~~

The **Whole-Self Psychology Past Life Echoes hypothesis** which developed

stated, in the first person, *I*, that:

**When I die in a past life dimension**

**with unresolved charged emotional & mental patterns;**

**those patterns were initiated in this 3D reality or world.**

**In order to release myself from those patterns**

**I have to come back into this reality to first activate & then release them.**

**In order to do that my consciousness is energetically attracted**

**to a mother & father who are vibrating in those same feeling patterns.**

**(This explains why people sometimes can have horrendously diminishing parents.)**

~~~~~

This threshold or window for re-entry into time/space is approximately 9 months long.

It is called pregnancy for parents; gestation for babies. (W-S PAM© explores this).

The Whole-Self Psychology Model states that the patterns I need to work on are:

INITIATED IN MY PAST LIVES;

POTENTIAL DURING MY GESTATION;

TO BE ACTIVATED & RELEASED DURING MY LIFE.

~~~~~

## **THE SOURCE OF ALL STORIES**

**As outlined above, when I die with unresolved or negative or diminishing**

**emotional, mental, physical or spiritual patterns,**

**Natural Law allows these patterns to be balanced**

**through that concept which is called REINCARNATION.**

Through W-S PAST LIFE ECHOES, I gently & objectively  
revision & revise & release those painful episodes  
to which I have been reactive all my life...

~ Phobias are often such patterns. ~

## THE WHOLE-SELF FOUR LAWS OF EVOLUTION

In any painful feeling pattern  
my personality naturally resist those feelings which hurt.

While, on a NON-CONSCIOUS level,

I make diminishing judgments against myself  
& diminishing decisions about myself, my life & the world around me.

Resistance triggers the W-S LAW OF OPPOSITION & RESISTANCE which says  
WHATEVER I AM OPPOSED TO, I HAVE TO EXPERIENCE!

Self-judgments trigger the W-S LAW OF CONFIRMATION which  
PROVES TO ME WHATEVER I REALLY BELIEVE ABOUT MYSELF!

Decisions trigger the W-S LAW OF DECISION which CREATE MY FUTURE!

Those three laws together trigger the W-S LAW OF REPETITION or KARMA which says

**TRY IT AGAIN!!! TRY IT AGAIN!!! TRY IT AGAIN!!!**

To show or illustrate the W-S Law of Opposition more clearly

I curl my fingers, hook or interclasp them together & try to pull them apart.

> and >>> guide the client/participants by hooking your fingers in example.

As I relax & release my fingers they easily slide past each other.

This W-S Past Life Echo process offers me a way to release  
any resistance in my life which lies at the seat of my  
diminishing problems or patterns.

~~~~~

If, in that PASTLIFE DIMENSION, I non-consciously believed that I was

unlovable - unimportant - unfulfilled - unworthy - worthless - unacceptable

unsupportable - not good enough - inferior - inappropriate - guilty
bad - wicked - terrible - horrible - dirty - disgusting - despicable
dumb - stupid - inept - incapable - incompetent - incomplete - inadequate
insecure - helpless - hopeless - powerless.

Then; my main purpose in life is to activate those diminishing feeling,
self-judgments & decisions patterns in order to transcend,
transform & balance those patterns.

In order to effect change in my life, I need to know what I need to change.

The 1st **WHOLE-SELF PRINCIPLE** says:

I can not change something in my life till I know
what needs to be changed !

Through W-S PAST LIFE ECHOES, my WHOLE-SELF reveals to me,
often in full color 3-dimensional images,
which I need to see, feel & experience to release myself from.
In order to consciously, gently & lovingly balance those patterns to grow & evolve!

~~~~~

So, once again, regarding time/space, my patterns are activated through:

The W-S Law of Opposition -

Whatever I am opposed to I will have to experience!

The W-S Law of Confirmation -

Whatever I really believe about myself I will keep proving to myself!

The W-S Law of Decisions -

Whatever I decide creates my future!

The W-S Law of Repetition or Karma - **Try It Again!**

\*\*\*\*\*

My mind divides my life as it tracks each Try It Again! By Time! (by my age).  
My emotions accumulate my feelings from all my previous Try it Agains!

\*\*\*\*\*

I am not reacting to today's painful event  
but to all the times in my life  
when I triggered that resistance pattern!

# W-S PLE PREFACE

Do not read (bracketed/boxed words) out loud.  
One > = **Individual Session**; Three >>> = **Group Workshop**.

## (STEP 1)

The first step is to **make a list**, please,

of the **all** the **major problems or feeling/patterns**

which you find yourself **repeating** over & over again. (Humor often relaxes)

Another way of saying that is:

If you were going in **therapy**

what **diminishing problems or patterns** would you want to **balance**?

This can include **physical, mental, emotional &/or spiritual problems or patterns**

as well as patterns which may have **already** been **resolved**.

> In individual work, write down the list the client gives.  
>>> In a workshop, pause an appropriate length of time for people to write.

## (STEP 2)

Secondly, when you have made that list,

please **choose** the repeated **diminishing problem or feeling/patterns**

which is or has been the **most challenging** to you.

Sometimes, people want to **first try** with a **little problem or pattern**.

If you work on a **little problem or pattern**, you will only receive a **small resolution**.

If you work on the **biggest & most painful** problem or feeling/pattern

**many of the smaller ones are also resolved!**

If you **cannot decide** which problem or pattern to work on,

you can allow your **WHOLE-SELF** to take you to that moment

which it wants you to experience. This can be called a **FREE-FALL**.

Be sure that everyone has a pattern or free fall to work on  
even if you have to ask each person directly what each person plans to do.  
Amazingly, there are occasionally people who sit through the whole process  
& in the sharing will say that they could not think of anything to work on,  
so did nothing.

## (STEP 3)

Thirdly, **feel & describe** how the **selected pattern or thought feels**  
in your **physical body** when you think of the problem,  
or do a **FREE FALL**.

> In individual work, write down what the client describes.  
>>> In a workshop, pause an appropriate length of time for people to write.

**I will not be working with your personality.**

**I will ask your Whole-Self,**  
**the all encompassing totality of you, which knows everything**  
**your consciousness has ever experienced,**  
**to let you experience the information.**

You may **hear** the answers,  
**see** the answers,  
**feel** the answers in your own body,  
or just **know** the answers without thinking.

The answers can come from any one or a combination of the above.

The important point is to just allow yourself to receive  
whatever **information** your **Whole-Self** wants to give to you.

Also, please **do not try** to get an answer.

Sometimes **no answer** is the answer!

So, just allow yourself to receive whatever your creative imagination offers.

Choose one of the next two boxes as appropriate.  
> In individual work say: I will write down the answers you receive.

or

>>> In a workshop say: Please do this exercise first!  
After the experience I will repeat the Q so you can write the answers you received.

## **SETTING THE MOOD**

**When I agree to explore the hidden dimensions**

**- the deeper recesses of myself,  
as in any ancient construct,  
I discover vaulted chambers  
which echo to long buried  
(and sometimes vaguely remembered)  
words, thoughts & experiences.**

**But I always remember the feelings!  
These are called my W-S Past Life Echoes!**

These ancient echoes may be past lives;

or conversations, stories, movies, TV shows, books I have experienced;

or ancestral genetic memories;

or maybe my own fantasy or imagination;

or simply a symbolic language

which metaphorically or allegorically

expresses a deep block or restriction in myself.

It does not make any difference if it is one,

or all of the above, or something else.

Most importantly, the information evoked or brought forth;

comes from my own consciousness & creative imagination.

Sometimes when I am visualizing a Past Life Echoe scenario

it suddenly seems to shift to an entirely new scene.

It may even shift to three or four different scenes.

In Regression Therapies this is known as Kaleidoscoping.

This is information from my Whole-Self to let me know that I have been working

on the same deeply locked specific pattern over several lifetimes.

In **Whole-Self Psychology** we call these **Life's Streams© of Consciousness**.

There can also be **Life's Streams** within this **present life** as well.

I may have been **repeating** the patterns over a **series of lifetimes**

either **linearly**, that is **consecutively** by **time passing**,

or **concurrently** at the same time.

As **Seth** (through Jane Roberts) says;

That I am living on **many levels** or **dimensions** all at the same time

& that I am **simply focusing** on & am therefore **conscious** of this **present life**.

My **other lives** are running in the **background** but I am **non-conscious** of them.

This is **analogous** to a **computer** when I have **one application** which am working on

with **another application**, such as a virus checker, **running** in the **background**

at the same time but **not visible** until it is **needed**

One other point, sometimes the **scenario** seems to **suddenly stop**.

This can be my **personality** blocking me

from seeing information it **believes** will be **painful** for me to see.

In the **Whole-Self Psychology** model,

one of the **basic functions** of my **personality** is to **keep me** from **feeling pain**.

So, it **blocks me** from **seeing**

**what it believes** will be **painful** for me to **remember**.

This **blocking effect** of **personality** is what can **lock people** into years of therapy.

The **stronger** my **personality**, the **longer** it can take to **access painful memories**.

I just thank my personality & tell it that I want to see the information to release it.

When I am **working on**, & am able to **clear out a pattern** in any **one life**,

these patterns can **also be changed** in all my **Life's Streams of Consciousness©**.

This sounds as though I am saying that

I can change my present & future by changing my past...

**YES!**

(As the standing pattern (like an upstanding domino stone falls)  
all my same energy patters (fall) are released !)

There are some people who are convinced that they **cannot see** or **imagine** anything when they close their eyes.  
Just SAY to them: Keeping that all is a metaphore, I **just pretend** that I am in a **creative writing class writing a story** based on the **questions** being asked.

We can take a short break before we begin.

## THE WHOLE-SELF PAST LIFE ECHOES QUESTIONS©

Please answer all questions in the first person "I" in the **PRESENT TENSE**.

- 1) With your eyes closed, **hear the thought** you want to **balance**  
    & **feel the feeling** it creates in your **body**,  
    or allow your **Whole-Self** to give you a **Free-Fall**. (PAUSE)
- 2) Now please allow your **Whole-Self**  
    to take you back to that **Past Life Dimension**  
    which is most **directly connected** with **this feeling**. (PAUSE)
- 3) As you move back into that **time & place**,  
    please allow your **Whole-Self** to let you perceive:  
    are you in a **female** body or a **male** body? (PAUSE)
- 4) Please allow your **Whole-Self** to let you experience  
    the **calendar year** in which the event happens  
    which is **directly connected** with **this feeling**.  
    The first number that comes into your mind. (PAUSE)
- 5) Please allow your **Whole-Self** to let you experience  
    the **age** you are in **that year**  
    when this **pattern locks into your consciousness ...**  
    the consciousness of **the person you are in that life**.  
    The **first number** that comes into your mind. (PAUSE)
- 6) Please allow your **Whole-Self** to let you experience  
    the **name you have** in that lifetime.  
    If it is a strange name, do not struggle with it.  
    just **sense the sound** of the name. (PAUSE)



7) Please allow your **Whole-Self** to let you experience  
the **country, province, state, county, canton, commune,**  
**city, town, village** - the **physical location**  
where the person you are in that life lives. (PAUSE)

8) Now that you have defined **who, when & where** you are in that **Past Life**  
please imagine a **story**, in the **present tense**,  
about the person you are in that life.

**Remember that this can be a total creative writing experience.**

Please allow your **Whole-Self** to let you experience

the person you are in that lifetime; ..... (brief pause)  
the **profession** you have; what you **do**; the **role** you **play** ..... (brief pause)  
the **position** in the **social order**; ..... (brief pause)  
how you **feel** about **your life**; ..... (brief pause)  
how you **feel** about **yourself** in that life; ..... (brief pause)

> Write down what the client describes.  
>>> Long Pause until everyone in the group stops writing.

9) Please allow your **Whole-Self** to let you be aware of  
the person **closest to you** in that life ..... (brief pause)  
**Understand the relationship** in that life ..... (brief pause)  
As you **see** the **eyes** or **feel** the **vibration** of the person **closest** to you,  
do you **recognize** the **eyes** or the **vibration** of that person  
as anyone you have known in your **present life**? Who is it?  
If so, **correlate** that **past life relationship**  
with the **present life relationship**. (PAUSE)

> In individual session it is appropriate to ask this question  
about all the other close persons, as well.

10) Please allow your **Whole-Self** to let you experience  
the person you are in that life ->

at the **place** that you are **physically**  
**just before** the event occurs which is **directly connected**  
with the **feeling** you **felt** beginning this exercise.

Sometimes there is **no specific event**, but just a **continuing, pervasive feeling**  
for an **extended time** during **part of** or **all of** that life.

Please just **feel that feeling**, & be open to a **sample moment**,  
in that **continuing circumstance** or **situation**. (PAUSE)

- 11) Please allow your **Whole-Self** to let you experience  
the **feelings** the person you are in that life  
is experiencing **just before** the incident or  
**pervasive feeling** strikes during that life.

If you are in **free fall**, just **feel the feeling** & allow your **Whole-Self**  
to let you go where it **wants** you to go. (PAUSE)

- 12) Please allow your **Whole-Self** to let you experience  
the **actual event** or **incident**, if there is one,  
the person you are in that life is experiencing,. (PAUSE)  
& **feel the emotional reaction** you have to that event.

- 12a) As you **feel the feeling** or **reaction**,  
please allow your **Whole-Self** to let you experience:  
have those been **familiar feelings** or **reactions**  
in your own present life? Yes or No?

|                                                                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Facilitator NOTE:</b> <b>Great stillness</b> is required here!<br>Give a <b>longish pause</b> till you sense it is completed.<br><br>*        If anyone is holding their breath say ' <b>Breathe Out, Please!</b> ' as needed.<br>*        If anyone seems disturbed or upset say ' <b>Breathe Out, Please!</b> ' as needed. |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

- 13) As you **feel the feelings** or **reactions**;  
Please allow your **Whole-Self** to let you experience the **diminishing**  
**self-judgments** the person you are in that life makes  
at the instant the **trauma** or **persistent pattern** strikes.

**Self-judgment words can be:**

unlovable - unimportant - unfulfilled - unworthy - worthless - unacceptable  
unsupportable - not good enough - inferior - inappropriate - guilty  
bad - wicked - terrible - horrible - dirty - disgusting - despicable  
dumb - stupid - inept - incapable - incompetent - incomplete - inadequate  
insecure - helpless - hopeless - powerless. (PAUSE)

**13a) Please allow your Whole-Self to let you experience:**

have these been familiar self-judgments in your present life? YES or NO?

**14) Please allow your Whole-Self to let you experience**

any diminishing decision or decisions which locked into the consciousness  
of the person you are in that lifetime

at the instant the trauma or pattern strikes. (PAUSE)

**14a) Have these been familiar diminishing decisions in your present life? YES or NO?**

**15) If there is any person or persons doing something harmful or painful to you**

in that W-S PLE event - the antagonist single or plural,  
please allow your Whole-Self to let you see

the eyes or feel the vibration of the antagonist.

Do you recognize the eyes or the vibration of the antagonist in that life

as anyone you have known in this present life?

If you recognize who that person is in this life, who is that, please? (PAUSE)

Correlate that information of what that person did to you in that life

& understand why the relationship is as it has been

or as it is now in your present life. (PAUSE)

**15a) Please allow your Whole-Self to let you experience:**

was the trauma pattern resolved at that time? YES or NO?

If it was resolved, now know the solution.

If it was not resolved at that time, please just continue. (PAUSE)

**16) This experience may have been the death**

of the person you are in that life - NOT THE ANTAGONIST,

but the person you are in that life. ->

Or, the **death** may take place **later** in that life.

Please allow your **Whole-Self** to let you see the place  
where **the person you are in that life** is just before death occurs,  
**whenever that is & hear the age you are at that death.** (PAUSE)

See **the person you are in that life** breathing in that place.

See **the person you are in that life**  
draw in the **last breath** you will **breath** in that body.

As that breath is **released**, in whatever way you know,  
see **your consciousness or spirit separate** from your **body.** (PAUSE)

17) That personality can now hear **your voice or thoughts.**

You can hear **that personality's voice or thoughts.**

> If individual session only, please say: **'And I can hear your voice.'**

Please allow **that person you are in that life** to know that you, here,  
are a **Future Projection of the personality you where in that life.**

And, that you are **projecting back** from ..... (Give Today's Date!)

to be **present** at this important **moment of death or transition.**

Please allow **that personality** to know that you are in your **present life**  
to help **balance both your own & his/her unresolved feelings,**  
**diminishing patterns, self-judgments & decisions** from that life.

18) The first question to ask **that personality** is:

when you **died** did you experience **any pain?**

- **not before** you died, but as your **spirit released** from your **body?**

Hear or sense the answer, please. **YES or No!** (PAUSE)

In both > and >>> If the answer is **'YES'**, please say:

**'Not before you died, but at the moment your spirit left your body!'**

Beacaus there is, **in fact**, no pain, please ask again & again until the answer is **'NO'**.

19) Please allow **that person** to tell you or let you feel

the **unresolved feeling patterns** she/he is feeling

& **experiencing** about that life **just before** death. (PAUSE)

19a) Please allow your **Whole-Self** to let you experience the **self-judgments**  
she/he is **locked into** just **before death** in that life. (PAUSE)

19b) Have these been **familiar self-judgments** in your life? **YES** or **NO**?

19c) Please allow your **Whole-Self** to let you experience  
any **diminishing decision** or **decisions** or **conclusions**  
she/he is **locked into** just **before death** in that life. (PAUSE)

19d) Have these been **familiar diminishing decisions** in your life? **YES** or **NO**?

20) As a **Future Projection of the Consciousness**  
(Optional see Appendix: Flower & Seed Analogy.)

of that **personality** in that **past life**,  
you have come into this life to **help balance** those **unresolved**  
**diminishing feelings, patterns, self-judgments & decisions.**

Please tell that **personality** in that **life** what you have **learned** about those  
**diminishing feelings, patterns, self-judgments & decisions**  
from your **own present life experience.** (LONGISH

PAUSE)

21) Please allow that **personality** to **respond** to you.  
Have a **dialogue** together for a few minutes.

When you have finished, please **keep that personality** with you  
with your **eyes closed...**

\*\*\*\*\*

< In individual work say: Please signal when you are finished  
Pause for several minutes until you are given the signal.  
>>> In workshops, sense that the dialogue is fairly complete.  
**Then**, in both private work & workshops, say:

21a) Knowing that you can renew this conversation whenever you want  
bring this dialogue to a **completion** in about half a minute, please. (PAUSE)

21b) Is there **anything else** your **Whole-Self** wants either of you to know?  
If so, know what that is now!

> In individual work, keep repeating until there is a 'NO!'.  
>>> In workshops, sense an appropriate time to continue.

- 22) Now, I invite **you** to please **give that person a gift .....**  
a **three dimensional object** which you place in that person's hands. (PAUSE)
- 23) I invite that **person** to please **give you a gift .....**  
a **three dimensional object** which that person places in your hands. (PAUSE)
- 24) Please allow your **Whole-Self** to tell you  
what the gift you **gave** symbolizes or signifies. (PAUSE)
- 25) Please allow your **Whole-Self** to tell you  
what the gift you **received** symbolizes or signifies. (PAUSE)
- 26) Now think again of the **Radiance or Light**  
you experienced at the **Center of Creation**  
in the **Whole-Self Radiance Relaxation Exercise©**.

Or you can simply **imagine** that there is a **Radiance or Light**  
at the **Center of Creation - wherever** that is.

This **Radiance or Light** has many names.

But, one name that we can **agree** to call it is **Unconditional Love!**  
- the **Unconditional Love of Creation for all of itself!**

- 27) Using your **creative imagination**,  
make a little opening at the top of your head  
& bring this **Radiance or Light** down  
through the top of your head into your heart & into your solar plexus ...  
& into any part or parts of your physical body which were  
damaged or diseased in that **Past Life Dimension** . (PAUSE)
- 28) Feel this **Radiant Light** filling your heart & your solar plexus ...  
cleansing & healing your heart, your solar plexus & any part or parts  
of your body needing to be healed from that **PLE**. (PAUSE)

|                                                                                         |
|-----------------------------------------------------------------------------------------|
| > In individual session repeat most traumatized feeling & injury to the body mentioned. |
|-----------------------------------------------------------------------------------------|

- 29) And, when you feel your heart, solar plexus & any part of your body  
injured in that **Past Life Dimension**, filled with this **Radiance or Light...**  
cleansed & healed in this **Radiance or Light...**

Now, **open your heart & allow this Radiant Light shine through you**  
**to the personality you were in that life.**

**see this Radiance or Light surrounding that personality.**

**see that personality enveloped in this Radiance or Light...**

**embraced in this Radiance or Light.**

**(PAUSE)**

**30) When you see or know that**

**that personality has become so shining in this Radiant Light...**

**so illuminated in this Radiance or Light...**

**so Radiant, that that personality ...**

**has actually merged into this Radiant Light...**

**has become one with the Radiance & Light...**

**one with this Unconditional Love,**

**you can gently close your heart center & the top of your head**

**keeping this Radiance & Light within yourself.**

**(PAUSE)**

**31) And, because you have been very conscious & very wide awake,**

**you can close the little opening at the top of your head**

**& thanking your Whole-Self for having served you today**

**when you want, you can gently open your eyes...**

**> In individual session you wrote the answers to Questions 1) > 31).  
Therefore, just Q 32) & 33) found after the following outline need to be asked.**

**Facilitator NOTE: It is important to recognize the importance of the feeling before  
the trauma in this W-S PLE.  
As in this life it is the feeling before a trauma strikes which  
becomes the trigger for future patterns (trigger feelings).**

**What follows is a concise story form which we recommend in a workshop  
for ease and to frame the time.**

# WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



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## WHOLE-SELF PLE STORY OUTLINE© 2013

Please write a creative story about this PLE experience  
adding more details which come to it!

- 1) My selected thought/pattern is \_\_\_\_\_
- 2) The feeling I am working on is \_\_\_\_\_
- 3) I feel it in my (*Part of your body*) \_\_\_\_\_
- 4) In that PLE I am a Female / Male (*Circle*)      5) The Year is \_\_\_\_\_
- 6) My age is \_\_\_\_      7) My name is \_\_\_\_\_
- 8) I live at/in (*Place*) \_\_\_\_\_.      9) I am a (*Work*) \_\_\_\_\_
- 10) The story about me in that life is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 11) I feel about that life \_\_\_\_\_
- 12) I feel about myself in that life \_\_\_\_\_
- 12a) Familiar Feelings about my present life?      Yes/No?
- 12a) Familiar Feelings about myself.      Yes/No?
- 13) The person closest in that life is \_\_\_\_\_
- 13a) In that life, the relationships is (*Quality*) \_\_\_\_\_
- 13b) I recognize the eyes or vibration of that person as \_\_\_\_\_ in this life.
- 13c) In this life I understand why relationship with that person is - \_\_\_\_\_



14) Just before the event/incident occurs, I am at/in \_\_\_\_\_

14a) I am feeling \_\_\_\_\_

14B) When (*What Happens*) \_\_\_\_\_  
\_\_\_\_\_

—

14c) My reactions are \_\_\_\_\_  
\_\_\_\_\_

14d) These are familiar diminishing reactions or feelings in my present life. YES/NO?

15) My diminishing self-judgments are: (Circle applicable words.)

unlovable   unimportant   unfulfilled   unworthy   worthless  
unacceptable   unsupportable   not good enough   inferior   inappropriate  
guilty bad   wicked   terrible   horrible   dirty   disgusting   despicable  
dumb   stupid   inept   incapable   incompetent   incomplete  
inadequate   insecure   helpless   hopeless   powerless

15a) These are familiar diminishing self-judgments in my present life. YES/NO?

16) My diminishing decisions in that life are \_\_\_\_\_  
\_\_\_\_\_

16a) These are familiar diminishing decisions in my present life.

17) The Antagonist/s in that life is/are (*Names / Roles*)  
\_\_\_\_\_  
\_\_\_\_\_

17a) Who (*Actions*) \_\_\_\_\_  
\_\_\_\_\_

17b) If there is recognition of the antagonist/s, do I recognize the eyes or vibration of the antagonist/s as (Names)  
\_\_\_\_\_  
\_\_\_\_\_

17c) I now understand why I feel \_\_\_\_\_ with that person/s in this life.

18) CHOOSE:    A)    The death of *the person I am in that life* is the experience.  
                  or    B)    Death takes place later in life when I am aged \_\_\_\_\_

18a) I am at/in \_\_\_\_\_

18b) Before the event/death, *the person I am in that life* is feeling \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ In either case, when I die I feel    *Pain/No Pain?*

18c) At death, I have made *diminishing self-judgments* (See above in 15)).

18d) My *diminishing decisions* were \_\_\_\_\_  
\_\_\_\_\_

19) I taught the person I am in that life \_\_\_\_\_  
\_\_\_\_\_

20) Our *dialogue* covers \_\_\_\_\_  
\_\_\_\_\_

21) My Whole-Self wants me *to know* \_\_\_\_\_  
\_\_\_\_\_

22) I gave (*Gift*) \_\_\_\_\_ symbolizing \_\_\_\_\_

22a) I received \_\_\_\_\_ symbolizing \_\_\_\_\_

23) Bringing **Radiance/Light** into my body I felt/sensed \_\_\_\_\_

24) Sending **Radiance/Light** to (*Name*) \_\_\_\_\_ I felt/sensed \_\_\_\_\_

25) From this W-S PLE, I *understand* (What?)  
\_\_\_\_\_

\_\_\_\_\_ about my life.

26) I can now *change* these patterns *by* (Doing what?) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# WHOLE-SELF PLE INTEGRATION

< In a individual session those Q are asked following Q 31.  
>>> In a **group** these two questions are after sharing the **Whole-Self Story Outline**.

32) Please allow your **Whole-Self** to let you experience:

How does this **W-S Past Life Echo** help me to understand the problems  
& feelings with which I started this experience? \_\_\_\_\_

\_\_\_\_\_

This **W-S Past Life Echo** helps me to understand (What?) \_\_\_\_\_

33) Please allow your **Whole-Self** to let you experience:

How does this **Past Life Echo** assist you to change these feelings,  
behaviors, self-judgments & decisions? \_\_\_\_\_

This **W-S Past Life Echo** assists me to change (What?) \_\_\_\_\_  
by (Doing what?) \_\_\_\_\_

!!! Please, thank your **Whole-Self** for having served your today !!!

Number 1 Whole-Self Principle says:

I CANNOT CHANGE SOMETHING I MY LIFE  
UNTIL I KNOW PRECISELY  
WHAT NEEDS TO BE CHANGED !

In this **WHOLE-SELF PLE**, I have discovered what I need to change & how to change it.

I have discovered that:

- \* Death is not painful.
- \* I was born with that **personality's charged trance patterns**.
- \* I now recognize how the **unresolved patterns**  
from that **Past Life Dimension** have affected my present life.
- \* I have **de-hypnotized** that **personality hologram & myself**  
from the **belief** that those **events** were **still happening**.
- \* I have **released** both, the **former personality & myself**  
from those **diminishing feelings, self-judgments & decisions**.

~~~~~

This W-S Past Life Echo gives me very good reason to **dissolve** as many of
my present life unresolved diminishing reactions, emotions,
feelings, patterns, decisions & self-judgments as I can
so as not to have to keep repeating them
in my present or future Life's Streams of Consciousness©.

~~~~~

If I choose not to dissolve my patterns by suppressing them,  
the Non-Judgmental, Gentle, Beneficent, Loving - Law of Karma  
gives me a chance to "TRY IT AGAIN!" whenever I want or need to do so!

~~~~~

Optional Stories:

TROYA'S FLASHBACKS

Troya used *Flashbacks* in helping to heal herself of terminal melanoma cancer.
She had been told that she had the possibility of living six months if she took
chemotherapy.

The Universe has a bizarre sense of humor!

After healing herself of 12 years of vomiting from *Anorexia & Bulimia Nervosa* she
decided not to spend the last possible few month of her life vomiting (again) because
of taking chemotherapy.

Sitting in her apartment, when she had a problem, she closed her eyes... and
spontaneously, her creative imagination gave her a scenario in which she was in a
different body, in a different time.

She discovered *Flashbacks*, as she called them, which
helped her to solve problems she was facing in her present life at that moment.

When Troya met Jon RG, she recognized her *Flashbacks* as **Past Life Echoes**.
Her book **SEEKING A MIRACLE!** Is available from the W-SDDI in English, German, Italian
and Finnish, at the above address.

THE FLOWER & SEED ANALOGY

Sometimes people will ask; "Where do all the consciousnesses or souls come from?" Many years ago, when Jon RG asked that same question, his Whole-Self showed him a visualization of a flower with seeds in it.

He understood that as each person is like a flower.

From each person many consciousnesses can be created.

If we take Seth's idea that we are living in several dimensions at the same time, each of my **Life's Streams of consciousness**® could be working on different aspects of the charged patterns from the source from which they all **evolved**.

As one has a breakthrough **bringing reality into truth about a specific diminishing pattern** this releases all the other seeds in the group consciousness from that pattern as well.

ECHOES FROM HELL

Note: Just as you follow a pattern from the first time to the next time, it can sometimes be helpful or even necessary to follow a pattern through several lifetimes.

This is especially so in **KZ**, that is **Koncentration Zentrum** cases.

This is where people hold **non-conscious & sometimes even conscious memories of death as victims or guards associated with British, Nazi or Japanese concentration camps**.

Also, the American Indians, & indigenous cultures are being obliterated from all over the world, controlled & caged behind chain link & wire, confined to small reservations. In South America, almost all indigenous ancient cultures are now extinct.

During the WW II, American born Japanese were dragged out of their homes & placed in concentration camps for the duration of the war, many still carry those physical & emotional scars.

Please, contact **W-SDDI** which has had success in offering skilled, compassionate, **Whole-Self Psychology Crisis Intervention** which can help to release these patterns in a reasonably short period of time.

Ask for the monogram *Escape From Hell*.

FAMOUS PERSONALITY HOLOGRAMS

While some people think of **Past Lives** in terms of having been a **famous person**...

In over **10,000 cases** we have rarely met a **famous personality**.

Perhaps such reported cases are **experiencing the archetype patterns of famous personality's energy or imprint hologram**.

We welcome any case histories by post or Email to the **W-SDDI, Inc.** at the address listed at the beginning of this script for distribution to other Whole-Self Facilitators.

In Europe contact Turner's above.
For specific countries visit wholeselfprebirthpsychology.wordpress.com



Much Peace & Much Love

Jon RG & Troya GN Turner