
CHAPTER 18

HOW TO AVOID KARMA FROM AN EVIL LIFE

My evil soldier had learned his life lesson and moved on into the light—or so I thought. This regression demonstrates the vital importance of allowing a distressed personality to speak for itself and come to its own emotional realizations.

The pinched nerve feeling in my arm had returned, and my arm was itching like crazy again. Through NMR testing, we learned the origin of the itching was frustration in this life. I was frustrated about my life purpose. In an earlier session, I had learned from my Higher Self that my life purpose is to teach what I learn in this therapy process. I had been transcribing my tapes and keeping notes to support this, but I did not feel worthy to teach. This unworthiness was coming from my soldier life. My soldier was still present.

“What does *that* mean?” I asked.

“It means he has not stayed in the light.”

“So it means he is still present with me?”

"Present in your thinking," Pamela answered. "It's like an inner child who is still present because it is still unsettled. Well, he is still present. He didn't do a lot of talking, a lot of dialogue. We sort of did some *convincing*, and he had his experience. Now we need to find out what he's thinking and feeling. So let's talk to him, and then I'll talk to your subconscious about worthiness.

"He won't listen to me and he won't listen to you, but I suspect he will listen to the Higher Self you both share. So we're going to have you communicate with that inner part of him, and we're going to have him communicate with that inner part of him.

"What a beautiful demonstration this is! We did the regression and many people would think, 'Okay, it's done' and go away and not come back. But here is a good example. You came to your understanding of it, I came to my understanding of it, but he hasn't yet come to his understanding of it. And although you said, 'It's good, it's fine, it's okay,' and I said, 'It's good, it's fine, it's okay,' past life personalities have to arrive at this awareness for themselves."

"We told my subconscious that what he did was okay, didn't we?" I asked.

"Yes, but that didn't change *his* mind. Let's put it this way: Your subconscious serves your soul. And when I talked to your subconscious and said, 'That was fine, let's alter it, you're worthy, it's good,' your subconscious said, 'Fine, except there's another part of me, another part of the soul, that's telling me: not true. So I can't accept it, I can't embrace it wholeheartedly because I serve the soul and there is a part of the soul that is saying: not true.'"

"So when we asked if I felt worthy now, why did I get a yes?"

"What were you thinking? Do I, Ann, feel worthy? You got a yes. But perhaps if we had said 'my soul' or 'my sol-

dier' feels worthy, we would have gotten a no. Or, at that very moment while he was in the light, of course he felt worthy, your soul was feeling worthy. But now, this time, if he's moved out of that level of consciousness, he's moved back into an unworthy feeling. So again, the NMR is correct for the moment and is correct for the way you word it and what you're thinking.

"You know, when I'm doing a one-time past life for someone, I always say to them: I really would encourage you to return to check and see if this has accomplished everything. If it has, fine, good-bye, you don't owe me anything. If it hasn't, then you're going to have to consider that you're not quite done.

"All right, let's go back to France." After the induction my soldier stepped out and took center stage.

"Hello again, sir."

"Hello."

"We have communicated before."

"Yes, I know."

"You spoke to me of your life."

"Yes."

"You spoke to me of your horror at discovering upon the end of your life that you were working for a cause of which you did not approve."

"I can't believe I was so stupid. I was so righteous and violent, and anything that got in the way of the cause just got massacred to expand the borders for my country, for my king."

"Which was your duty, am I correct?"

"Yes."

"You lived a life of duty, then."

"Yes. And I know I thought I was doing the right thing. That was my purpose in my life. That was everything. I had no family. That was my *life*. And I truly felt it was the right

life. I had found my purpose. I had found my destiny. I was honorable. And in order to be honorable, I had to be brutal, I had to be vicious, and I had to be what I see now as evil.

"But it was so horrible when I saw those fields of bodies. And then, I went to the king and he ignored me and I saw what was *really* going on. How could I have been so dumb? How could I have not seen? I can't get rid of this feeling that it was all wrong, it was all a sham. I was being used."

"Have you a church?"

"Well, in the camps we'd have a religious gathering a couple times a month."

"And who would lead them?"

"A monk."

"Did he speak of God?"

"Yes."

"Did he lead you in prayers?"

"Yes."

"Did you ever pray by yourself?"

"No."

"What was your thought, your thinking of God? Did you ever think of that?"

"Well, kind of. I thought there was a God. I figured that what we were doing was so correct, that there was a God watching over us. I didn't pray to God to stay alive. The monk would pray for success in battle. I did that. I went along with that. But my thought before going into battle wasn't to God to help me win this battle. It was more to *myself* to help me win this battle. And I didn't realize then the connection."

"And what do you realize now, after the death of your body?"

"That by asking yourself for victory, you're really asking God for victory because we're all God. God is in us all."

"And if that is true, why have you not remained there with that light that you went to?"

"Because I keep seeing all those dead bodies on that field. And I keep seeing that king, that pompous king, walking around his castle, just demanding more and more and wanting more and more. Now I know what his motives are—pure ego and selfishness and his own reputation in history. He's not thinking about anyone's good but his own. And that just keeps coming back to me. And I keep going back there and trying to get to him."

"Let me see if I have this correct, if I can sum this up. The king does not seem to know what is really right, what the truth is. The monk didn't really seem to know. You didn't really seem to know. So maybe that which makes you think you perhaps *do* know now, maybe you need to stop and pause and think, 'Where *is* the truth? How do I find it?' If everyone around you seems to be mistaken, and if you were mistaken yourself, where does the truth hide? Where does it reside? Where can you go to get a true understanding of the whole scene, of the whole picture, of the whole life, the king's included?"

"Well, now that I'm not in that life anymore, I can see it. So it must be somewhere in other . . . other realms, other consciousnesses. And they were *all* manipulated—like the monk, for example."

"Indeed. And now you yourself are in a mindset. And I ask you, sir, if you have the courage, the same courage you displayed on the battlefield, to become quiet and move within yourself and see what that God within you that you refer to would have to say."

"Yes. It's not really courage. It's more desperation. I don't want to be like this anymore."

"All right. Then become quiet and stop your thoughts about the king. And in order to do that, stop your thoughts about the fields of bodies. And in order to do that, begin thinking of light, pure light, as though all your vision and

all your feeling is focused on light. It may begin as a small ball of light, even a pinpoint, but think of light. It may take different shapes and sizes, but think for a moment of light until you are filled with it. And now, what would you ask this light?"

"Why did I allow myself to be used?"

"Now listen for the answer. When you have it, tell me."

"I'm being told it was a lesson that I can learn now if I want to. And that was the purpose of it all."

"And what have you learned? Ask it!"

"To always seek the truth. The truth is within you, and if you follow blindly you won't find your own truth. You need to find your own truth."

"How? How do you find that truth within you? Ask that."

"I'm being told you need to ask. But you need to *know* to ask. And I'm being told not to beat myself up because I didn't know to ask. I'm learning now, and it's never too late. And I can realize the lessons from my life now and move into this beautiful light. I can be in this light always.

"I'm being told now, 'You know your lesson of always seeking your truth. You don't have to think about all those dead bodies. They were all part of a plan, a plan much bigger than even your king. So if you feel like a pawn and you hate your king and you feel manipulated by him, just remember he was part of the plan also. And he was being used, as you call it, as much as you were. He did what he did for a reason. And he wouldn't listen to you for a reason. If he had listened to you, that would have upset the bigger plan.

"And you will find out more about the big plan. It has to do with population control and people learning evil. There are so many aspects to this plan. And you were a key part of the plan, and you did your job well. So relax, enjoy the light. You were part of this plan before you were even born. You did your job well and you should be able to feel the joy of

being in the light. So come into the light and have the joy of being in the light."

"Sir, have you doubts of what you've heard?" Pamela asked.

"No. I can see it clearly now. And I'd love to know more about planning it all before I was born. But I'll find that out in the light, I'm sure."

"Would you like to find that out now?"

"Absolutely."

"Then close your eyes and think of when you were being told about the plan and were being asked to participate in it. Because now you are a spirit and you travel by your thoughts. So think of being in the moment and the time in spirit when you are making the choice, making the decision to go into the Earth planes, into the lifetime. Move into that very moment now at five, at four, at three becoming aware, at two, at one. Are you alone or are there others with you?"

"There are others with me. They are helping me decide on my lessons for this time around."

"And what are you considering?"

"To experience evil and learn the lessons of living as an evil person. I am also taking on the lesson of finding my truth within. So I need a life that will allow me a career that brings out all the vicious aspects of a personality and follow a leader and then find out that it was all for naught and come to the truth of the master plan.

"So I'm going to be born into the body of a peasant and start my journey towards a success of the wrong kind so that I can realize you have to question. You must question in your inner depths and find out what is your truth and learn the lesson of not doing that. And it's a hard one. But the ultimate goal here is enlightenment, and this one is very important. But I guess I'm ready for it now. So I'll do it now."

"As you look forward," Pamela instructed, "as you look into that unfolding lifetime, look to the end of it, and as you see your spirit now, be there as you leave your body. You see the fields and fields of dead. See their spirits rising from their bodies. See each being that did his or her job in that lifetime, lifting from the body and all moving towards the light. Can you hold that vision?"

"Yes."

"All those shining souls moving towards that light to their true home, to their true place, to where they are, like you, reaching understanding of what their life meant and what their death meant. Let that vision supplant the false one as the bodies return to the soil to feed the earth to allow nature to continue to live and breathe. And, sir, as you again move yourself into that light, joining those other souls as they're moving to the light, do you feel coming from them any hatred?"

"None at all."

"There. You're all part of a grand scheme, a grand plan. And so, as a unit, you move. And all those soldiers and all those town folks, you all move as one into the light. Good.

"And now you too, Ann, feeling that experience, aware of that awareness, you think to yourself of how a soul evolves and grows over many lifetimes, many experiences. And each experience is part of a grand plan. Feeling that connection with your Higher Self, feeling that magnificence of your entire soul, you think to yourself, 'I know I have a purpose in this life. I know I am being guided on my path of purpose. I choose to trust my higher guidance, to know it is leading me truly. And with each step I take, the new knowledge there is revealed. I have faith that all that comes after is part of my purpose, part of my plan, part of the grand plan.

"And as you move back into full conscious focus and full conscious awareness at one. . . ."

Through NMR after the regression, my Higher Self confirmed that the soldier was at peace and all parts of my soul were feeling worthy.

"Now my next life after the soldier was the Boston merchant. And he certainly didn't find his truth. How come?"

"Life lessons don't necessarily happen in sequence. It's the big picture that's important. And think about it. If your Boston man had come in knowing the lessons of the soldier, he wouldn't have been able to learn the lessons he—you, your soul, your spirit—set for *that* life."

"Oh, I get it. Just because you learn something in one life doesn't mean it might not be part of another lesson plan in another life. Does it ever end?"

"Yes, it ends. When your soul has learned all it wants to know and has accomplished all it needs to do, it moves beyond physical embodiment and into higher levels of spirit."

After this regression the signals stopped. No more jabbing, grabbing, throbbing, itching arms. No more bursting into tears. Finally! Of course there will always be new signals, but by now I understood how to find the message of the signal. Most of the signals these days are telling me to acknowledge and express an emotion rather than intellectualize it away. What I have learned so far through this work has changed how I see everything in my life, in other people's lives, and in the world at large. The more I learn, the more everything makes sense.