



### # 3: “You Only Live Once.”

The idea of souls living numerous lifetimes in different physical bodies has never been popular with those who seek to control and subjugate the populace via threats of eternal damnation and other fearsome denouements. And so, both Christian and Islamic priests and politicians have long sought to repress belief in reincarnation and promote, instead, the Most Insidious Lie that each of us only lives once.

If you are unfamiliar with the overwhelming evidence for reincarnation of the human soul, please read “The 20 Most Persuasive Reincarnation Cases,” available for free examination and download at <http://www.spiritsatplay.com/survivaltop40/index.shtml>. If you have been influenced by the skeptics who deny the existence of the process, please read *Defending Bridey’s Honor: The Reality of Reincarnation*. The following metaphorical explanation of the mechanisms of rebirth was adapted from Chapter One of that book.

---

**W**e humans might be tiny parts of God, but only those with grossly inflated egos could think that they are capable of comprehending the vastness of All That Is, let alone translate it into human language. Recognizing, therefore, that only the Almighty knows the true nature of the soul, we are limited to examining the facts that cross our awareness and making the best guess we can at the truth of the matter. The following is my best guess, based on careful analysis of the information contained within literally hundreds of books about Survival and rebirth.

I am a combination of three things: my consciousness, my memories, and my body.

**1. Consciousness:** My consciousness is a subset of the Universal Consciousness otherwise known as God, Allah, or whatever name you prefer. (I tend to favor Seth’s term: “All That Is.”<sup>1</sup>) The best analogy for this might be a node in a network (or a single computer on the Internet); a recognizably separate entity yet still connected in some way to the whole.

This particular bit of consciousness has been “mine” since it was created (that is, since this tiny part of the network was sectioned off from the central core — perhaps eons ago, perhaps a moment before I awoke on Earth). Just as a computer has programs that interface with the user (such as word processing and games) and other programs that are hidden from the user, so an individual’s consciousness is partly focused on the physical world and partly attuned to other realms.

**2. Memories:** My memories consist of all the information of which my particular bit of conscious has ever become aware. Some of this information, especially that which concerns my current life in the physical, is readily available to my physically focused consciousness. Other memories are normally hidden.

**3. Body:** My body is the primary mechanism by which my consciousness interacts with the physical world. The critical organ enabling this interaction is my brain — a very sensitive system capable of transforming thought into electronic signals.

---

<sup>1</sup> Seth is the name of the “energy personality essence” channeled by Jane Roberts.

When I die, my body disintegrates. The physical particles that constituted it are widely dispersed, some to be incorporated into the bodies of other humans. Therefore, there can be no resurrection of the body and the “I” that was defined, in part, by my body cannot be reborn.

But my consciousness is independent of my body. It does not, it cannot, die — at least not as long as the overall network of which it is a part (*i.e.*, God) continues to exist. And my memories, which are embedded within consciousness, likewise cannot be lost. So, while my body will not survive death, my consciousness and my memories will survive. And, as Meat Loaf points out: two out of three ain’t bad. <sup>2</sup>

Reincarnation, therefore, is a process whereby the bit of consciousness that once resided in one physical body (that is now dead) enters into a newly created body. In so doing most of its associated memories are repressed, allowing fresh memories of a new life to be accumulated without being unduly influenced or contaminated by recollections of previous lives. In a number of instances, for reasons we can only guess at, some of these memories are not entirely blocked; they may be triggered by certain experiences, surface in childhood, or uncovered during hypnosis. They may also be revealed via physical effects such as birthmarks and deformities, for although the earlier physical body no longer exists, the memories of that body are retained.

## What Reincarnation Is Not

Sometimes reincarnation is confused with possession, which is the takeover of a body by a personality that was not born into that body while the original personality seems to step aside. The takeover can be for only a few

minutes, or for a few months, or for the remainder of the body’s life. (Cases numbered 66, 45, and 71 on the Survival Top 40 list demonstrate these situations.) If the takeover is for an extended time, it is often continuous but sometimes it is intermittent.

The best way to distinguish between reincarnation and possession is to ascertain if the subject, while exhibiting his or her contemporary personality, has memories (either spontaneously or while hypnotized) of *being* the alternate personality. If so, you are dealing with reincarnation. If, on the other hand, the person only recognizes one life situation at a time, then possession, or something else besides reincarnation, is involved.

Memories of past lives are also confused occasionally with the output of a medium. The two best examples of this are the writings of Pearl Curran and Chico Xavier. <sup>3</sup> But neither ever felt that they *were* the personalities that took control of their hands and wrote literally millions of highly literate and historically accurate words.

Also, reincarnation is not transmigration, which is the movement of a soul between humans and other animals. Although some religions have long taught this idea, we have no good evidence that it ever occurs.



Copyright 2018 Miles Edward Allen

---

<sup>2</sup> The song *Two Out of Three Ain’t Bad*, written by Jim Steinman, was recorded in 1977 by the American musician Marvin Lee Aday (whose stage name was Meat Loaf) for his album *Bat Out of Hell*.

<sup>3</sup> See brief bios of Curran and Xavier at <http://www.spiritsatplay.com/Psi-Workers.shtml>.