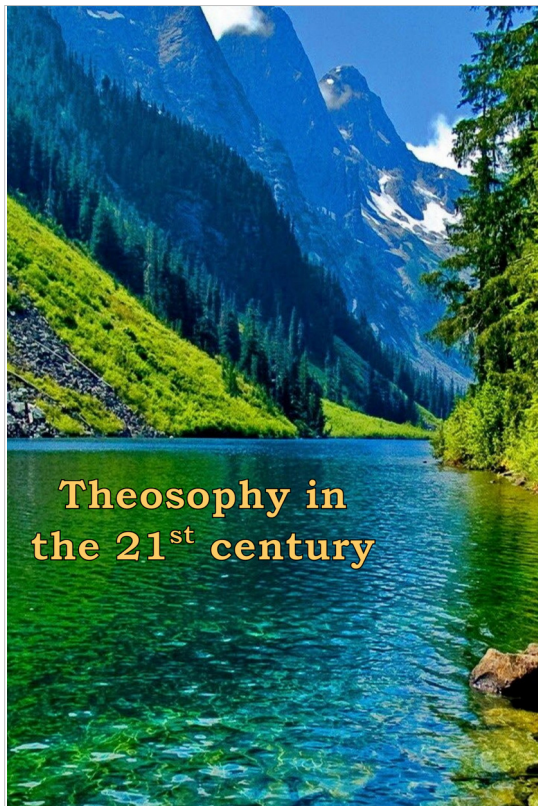




**Theosophy in
the 21st century**

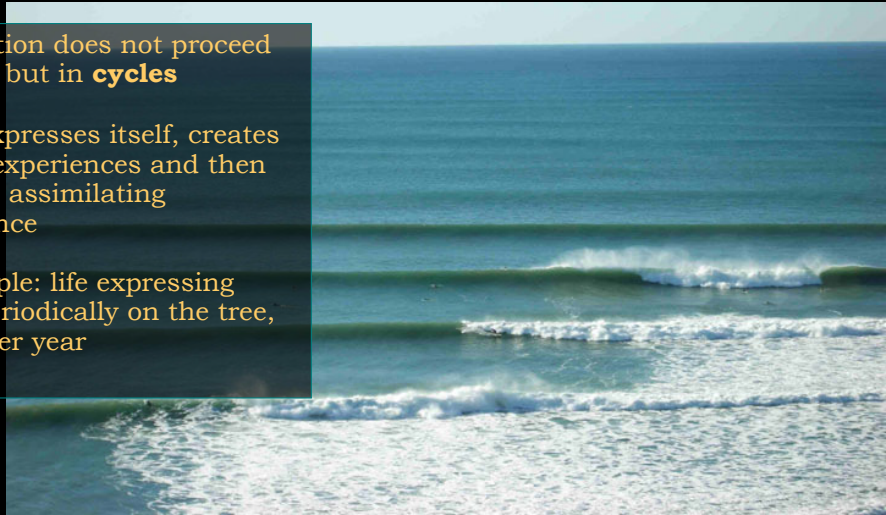
6 The cyclical evolution

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The law of cycles

- Evolution does not proceed linearly but in **cycles**
- Life expresses itself, creates forms, experiences and then retracts assimilating experience
- Example: life expressing itself periodically on the tree, year after year



Behind the cyclical manifestation there is always something that evolves

One of the most clarifying observations of Theosophy is that there are cycles throughout the Universe and that Evolution proceeds in cycles.

Life expresses itself through forms, experiences through them, learns from interaction with the outside world. Then he retracts, abandons the forms and assimilates the experience to start another cycle again.

We can see for example life in a deciduous tree. During the spring, the tree seems to be born to life, grows its branches, unfolds its leaves, flowers, bears fruit, spreads its seeds and after summer, in the autumn, its sap begins to retract, its leaves dry and they fall, and life seems to have been removed from the tree. However, it is latent assimilating the substances and hoping to start a new cycle next spring. So, year after year, the tree repeats the experience. It seems that it was always the same, but only it is in appearance. The tree grows through these cycles of expansion and retraction, and each summer is different, more grown, more robust and more adapted to its environment. The same thing we observe in the whole nature with the cycle of the seasons. And we ourselves are not oblivious to it.

In the same way life experiences and evolves through cyclical manifestations. Everything in the manifestation is subject to cycles.

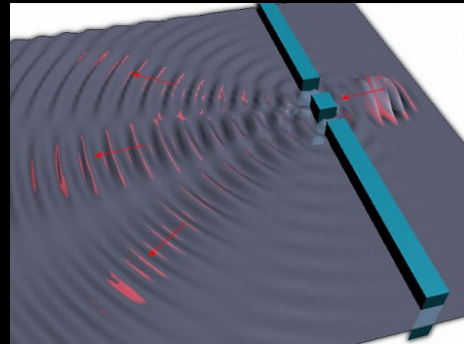
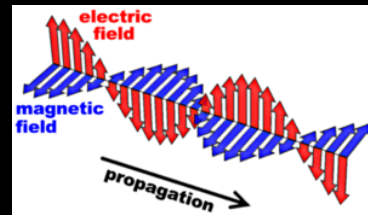
Intra-Cosmic motion is eternal and ceaseless; cosmic motion (the visible, or that which is subject to perception) is finite and periodical.

Helena Blavatsky, *The Secret Doctrine*, Vol. 1, Proem

Cycles in matter and energy

- Wave movements are common in nature
- Orbits of planets, stars,
- Sound, light and electromagnetic radiation in general are waves
- The particles of matter are particles and waves at the same time
- The whole universe of matter and energy is cyclical

Electromagnetic waves



Particle-wave duality

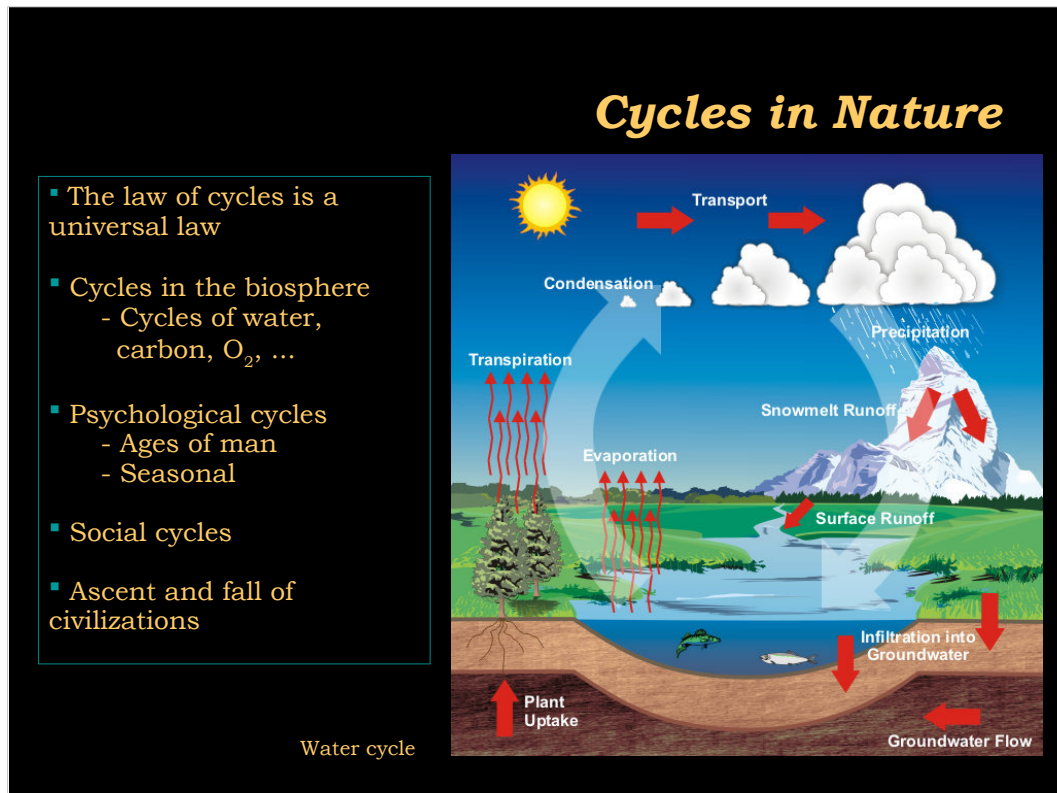
Wave phenomena are everywhere in physical nature.

Everything turns, everything beats, everything vibrates: the planets rotate on their axis and also revolve around their star, the stars revolve around the center of the galaxy, etc. The sound is a mechanical ripple that propagates in a medium. The light, the infrared rays, the radio and television signals, the signals that we use in mobile phones and in a Wi-Fi, all of them are electromagnetic waves, periodic variations of the electric field and its partner, the magnetic field that propagate in space or through a non-conductive medium. Our modern life is possible thanks to them.

The material objects are composed of molecules, these by atoms and these in turn by particles. But quantum physics has discovered that particles are not simply tiny fragments of matter but have a duality intrinsic to all matter. They are both wave and particle. As particles are located at a point but as waves are distributed throughout the space and interact with the waves of other particles, resulting in very small scales to quantum phenomena. Physicists Louis De Broglie, David Bohm and other successors described these waves as guiding waves because they guide the particle in its movement.

El matemático francés Jean-Baptiste Joseph Fourier (1768-1830) demostró cómo cualquier The French mathematician Jean-Baptiste Joseph Fourier (1768-1830) demonstrated how any function that expresses the variation of something in time can be decomposed into a sum of pure sine-wave basic functions of harmonic frequencies, creating the *Fourier series* and the *Fourier transform*, mathematical tools widely used in the field of mathematics, physics and engineering.

Then we see that the whole physical world of matter and energy is vibration and waves and therefore is composed of innumerable cyclic phenomena.



We can easily observe the cycles in all areas of Nature. Perhaps because they are so obvious and because they are present everywhere, we do not usually notice them, but their existence is a universal law.

There are many cycles in living beings as described in Biology. There are the cycles of breathing, the heartbeat, the cycles of metabolism, the hormonal cycles in certain organisms, the circadian cycle that synchronizes our waking and sleep with day and night, brain waves, and of course, the cycle of birth and death.

In the ecosystem of the Earth we have innumerable cycles. There are cycles of astronomical origin such as day and night, year and seasons, and also glacial periods. In atmospheric phenomena we also have cycles with air circulation. Substances within the ecosystem are transported in cycles as is the case with water, CO₂, oxygen, carbon and calcium, to name a few examples. They all form a wonderful combination and constitute the cycles of life.

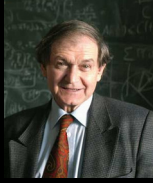
On the other hand, we can all recognize that we are subject to psychological cycles, often influenced by external, seasonal cycles, such as post-holiday depression at the beginning of autumn, and other times due to phases of our own personal growth and maturation.

The society itself is subject to cycles and oscillations in politics, in opinions, in fashions, and many times we see things reborn that seemed buried in the past.

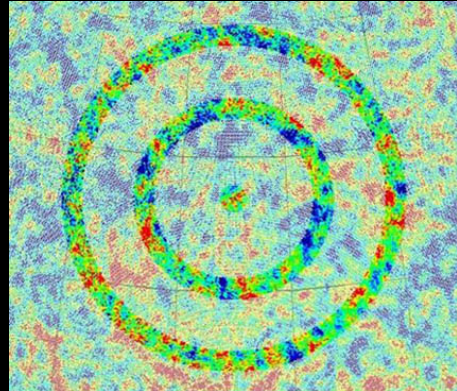
Civilizations are also subject to a cycle of birth, expansion, splendor and decay. A new civilization is born from the remains of an earlier one, giving a new twist to the wheel of life.

Cyclic Cosmology

- The physicist and mathematician Roger Penrose proposes a cyclical succession of Universes
- Each cycle is called an *eon* and it is estimated 10^{100} years
- Penrose says that on the map of the CMBR is the trail of 2 big-bangs of universes before the present
- Idea still in discussion



Roger Penrose
(1931-)



Signs of 2 previous big-bangs

And what about the entire Universe? Astronomers have found that the Universe arose from a singular point 13.7 million years ago and underwent a great expansion and transformation, which is known as the *big-bang*. But what is the future of the Universe? This is something that is still under discussion.

Most astrophysicists think in our days that the Universe is in an accelerated expansion and that it will end up cooling down, diluted, to put it metaphorically. Space and time will dilate so much that they will give rise to the night of the Universe and the end of the world.

But not all agree with the idea of the Universe at one time (use and throw?). It is philosophically unsustainable, it seems somewhat fortuitous and reminds us of the conceptions of the past about the world in which the human being, especially in its place and time, was the axis of the world. The model of a Universe at one time is a self-centered conception.

Other scientists propose models of **Cyclic Cosmologies** in which our Universe is only an instance in the succession of Universes that appear in a big-bang but then contract, disappear (*big crunch*) and everything starts again, like a bounce (*big bounce*).

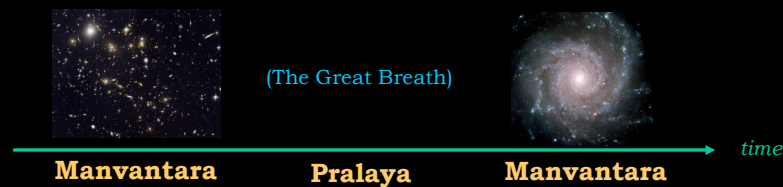
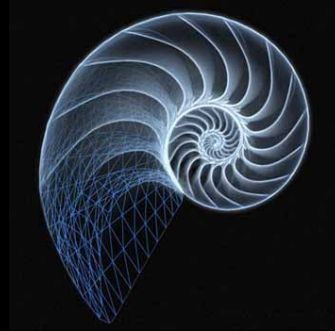
The British mathematician and physicist Roger Penrose has been more daring and proposes a theory on how this happens. According to Penrose each cycle, which he calls *Eon*, has a duration of about 10^{100} Earth years, that is 10 multiplied 100 times by itself, which is a huge period of time

Penrose has analyzed the radiation of the CMBR (Cosmic Microwave Background Radiation) captured by space probes. This radiation is the echo of the first radiation of matter after the big-bang. Penrose says that doing the corresponding analysis has found in the CMBR evidence of 2 violent events, two previous big-bang, in the form of subtle concentric circles.

Although there is still controversy about whether or not there actually exist circles in the CMBR, this tells us where the leading scientists are currently pointing.

Manvantara and Pralaya

- The Vedas say that the Universe manifests and retires periodically
- There are consecutive periods of manifestation (**manvantaras**) and unmanifestation (**pralayas**)
- The essence (**noumenon**) that is behind the **phenomenon** evolves with each cycle of manifestation



The ancient sacred scriptures of India, the Vedas, tell us from very old that the Universe is a cyclic manifestation, a succession of periods of manifestation and activity, called **Manvantaras**, and periods of rest, latency or assimilation, called **Pralaya**. They say that the Absolute expresses itself by manifesting itself periodically, giving rise to the appearance of a Universe with beings and matter. They call these cycles "*the days and nights of Brahma*."

It is essential that we realize that always behind the cyclical phenomenon there is an essence that evolves thanks to its periodic expression.

We must understand then the difference between the *Noumenon*, the essence, the unmanifested that remains behind the cyclic expression, and the *Phenomenon*, its periodic expression, its manifestation. Plato introduced this idea in philosophy that was later criticized until the German philosopher Immanuel Kant (1724 - 1804) developed his critique of pure reason based on this distinction. For Kant, the knowable world is the phenomenon, the world of experience, but behind each phenomenon there is a noumeno, a structure that we can not know through sensible experience.

The esoteric doctrine teaches, like Buddhism and Brahminism, and even the Kabala, that the one infinite and unknown Essence exists from all eternity, and in regular and harmonious successions is either passive or active. In the poetical phraseology of Manu these conditions are called the "Days" and the "Nights" of Brahmâ. The latter is either "awake" or "asleep."

Helena Blavatsky, *The Secret Doctrine*, vol. 1, Proem

In short, everything is regulated by the law of cyclical manifestation, and the Principles in the human being can not be an exception.

Cycles within cycles

- There are minor cycles within larger cycles
- Eg: the fetus reproduces on a small scale the evolution of the form
- Eg: nights and days, years, precession of the equinoxes, solar revolution in the galaxy, ...
- Similarity: as it is above it is below
 - In space: fractals
 - In time: cycles within cycles



A characteristic of the cycles in Nature is the existence of smaller cycles within larger cycles.

The day and the night happen within the cycle of the year, and this one is within the cycle of precession of the equinoxes, and this one within the cycle of oscillations of the Earth orbit responsible for the great glacial periods, and this one within the cycle of rotation of the Sun around the center of the galaxy, and so on.

The human fetus reproduces in its development cycle the cycle of the evolution of the forms of animals on a small scale.

We see then that there is a similarity between the major cycles and the minor ones, as the hermetic axiom says "*as it is above it is below*". Small cycles reproduce on a smaller scale what happens in the major cycles.

In a previous chapter we mentioned fractal structures. They are figures that have the property of multiple similarity. A part is similar to the whole, as in a fern or a tree. They are an example of similarity in space. If we generalize this concept to the domain of time we can see that cycles within larger cycles are also relations of similarity but in time, therefore they are like *fractals in time*.

If we apply the law of cycles to the human being, we see that it is natural to think that the cycle of birth, physical life and death should not be unique, because if it were, it would be a great exception in nature.

The reincarnation

- The human soul embodies in a succession of personalities

- In an incarnation:
 - Experiences, learns, grows
 - Gradual development

- Between incarnations:
 - Assimilates what it learned
 - Experience → qualities

The cycle of an incarnation is not unique but is one more in a succession



We thus come naturally to the idea of **reincarnation**.

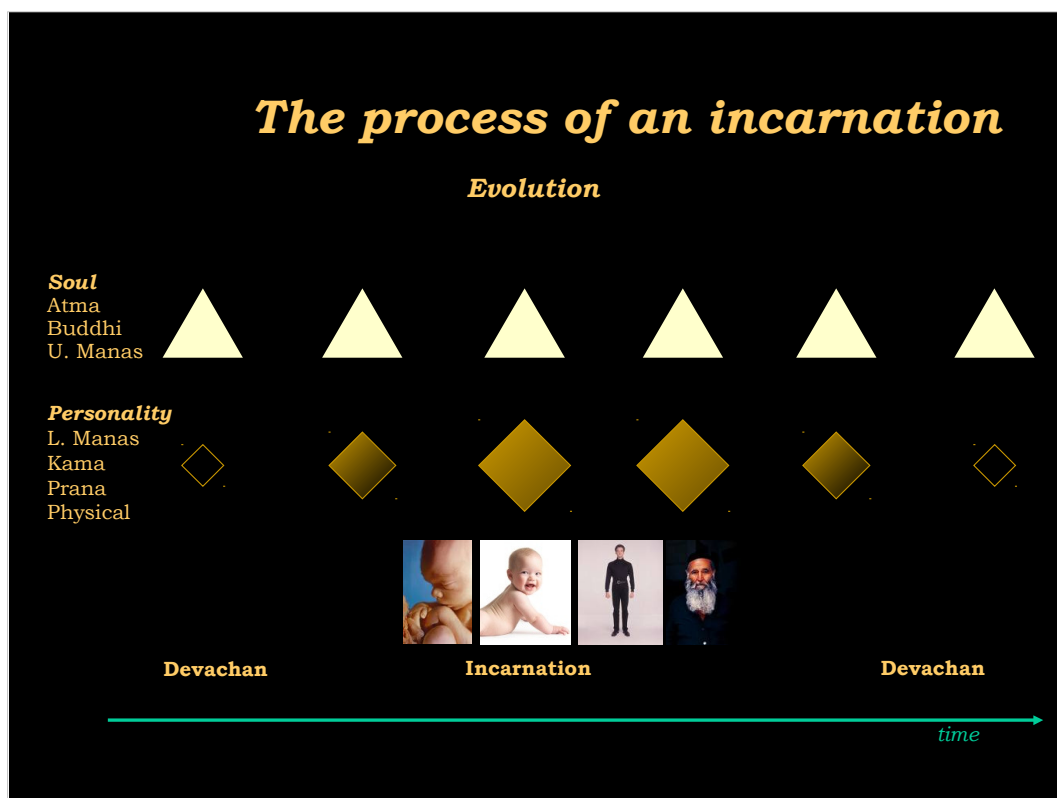
In the model of reincarnation, the spiritual soul, a relatively permanent core of the human being, does not manifest itself in a single body in its history, but takes different successive incarnations, in a succession of personalities with different bodies.

In each incarnation the human being experiences through his personality, faces the challenges of life, loves, pursues ends, is filled with joy, suffers, thinks, remembers and desires. Through all this he learns from experiences and grows inwardly, grows in knowledge and everything seems to indicate that he is capable of distilling that knowledge into a broader, deeper and more true vision of life.

The esoteric philosophy tells us that in the period between two successive incarnations the spiritual soul or internal being assimilates the experiences and what was learned in the last incarnation, converting experience and learning into qualities, in innate faculties that will be put into effect in the next incarnation .

Then the soul gradually develops its potentialities through the different incarnations, not being limited to a single opportunity. It would be a great failure in the economy of life that the evolutionary process had only one chance. It is like if our physical life were limited to a single cycle, to a year, for instance, as if the Earth could only turn one time only around the Sun or as if the water on Earth evaporated and never returned to it.

If we look at how the water of a river flows to the sea and we do not take into account the complete water cycle and how it evaporates and then returns in the form of rain and snow, we would think that the river will one day be exhausted. But in nature everything acts in cycles and the soul returns to incarnate after death as water returns to the earth to pass through mountains and valleys to reach the bed of a river.



Each cycle of an incarnation comprises the time of incarnation itself, that is, the time between physical birth and physical death, and a time of rest and assimilation for the soul that occurs after physical death, known in the esoteric philosophy as **devachan**, a word that in Sanskrit literally means the abode of the gods.

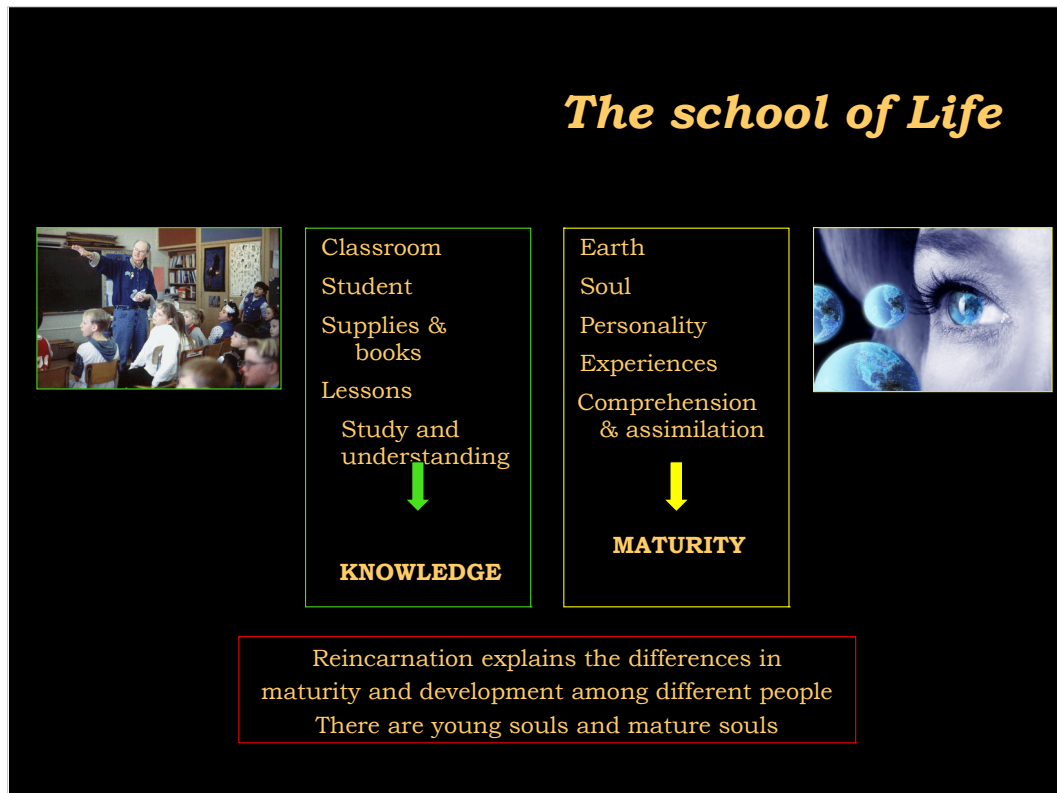
Helena Blavatsky tells us that the human soul, constituted by the higher principles Atma (Will), Buddhi (Intuition) and Higher Manas (Intelligence) is manifested through a new personality in each incarnation. She says that after physical death occurs a time of dissolution of the personality, in which a kind of Kama wear occurs first. Then comes a time of rest and peace when the soul enters the state of devachan, which is described as a dream based on the ideas that the personality has generated in their earthly life. Later it comes another "death" or transformation and the soul finally remains in a period of assimilation of the total experience of its last incarnation before undertaking the process of re-incarnating.

After this the soul prepares a new personality constituted by the lower Mana (concrete Mind), Kama (desire-emotion), Prana (vitality) and incarnates in a new physical body being born in the terrestrial world as a baby. The new personality has no memory of the previous incarnations since it only resides in the higher principles of the inner being and must learn again to adapt to its environment, but on the other hand it has the skills and maturity developed in the previous incarnations.

The soul evolves thanks to the experiences of the personality. This does not remember previous incarnations of the soul because the mind, emotions and body are new in each personality. This means that when we begin again we have the opportunity to steer the new life according to the wisdom developed thanks to the previous incarnations, and this will manifest as an innate quality in the new personality.

As a man discards old clothes and dresses in new ones, so the body-dweller leaves the old body and enters a new one.

Bhagavad Gita, 2.22



The process of reincarnation has often been compared to the education of a child in school.

At the school we have classrooms, students who attend class using pencils, papers and books for their study activities. In class they receive lessons that will be studied and assimilated at home with homework. The result of this process is the development of knowledge and diverse faculties of the personality of the student.

Similarly, on Earth there are souls that embody, they use personalities to express themselves, to interact and to experiment. In the period after death, the soul understands and assimilates experiences, developing faculties and maturing, and in this way, through many incarnations, we become increasingly aware of the potentiality of our inner Being.

We do not usually remember the circumstances in which we learned to multiply, but we have the ability to do so despite that. In the same way, we do not remember the circumstances in which we have developed faculties such as sympathy, courage and affection, but if we do have them, they arise naturally from the spiritual soul although their development has taken place in previous incarnations.

Reincarnation satisfactorily explains the differences between the abilities of people, since there will be more mature souls than others, just as in the school there are more advanced students than others. More mature souls better understand the nature of life, make better decisions and relate better to those around them. They can also manifest from an early age a very developed ability in previous incarnations that makes them appear as innate geniuses in the eyes of the world. Consider as an example the case of Mozart that although it is true that he was born into a family of musicians and that his father educated him intensely, his precocious musical genius can not be explained only by the favorable environment. Reincarnation tells us that the appearance of a genius like Mozart is not due to whims of Nature but to previous work developed by the spiritual soul in previous incarnations.

Reincarnation, universal idea

RELIGIONS

Hinduism
Buddhism
Taoism
Gnosticism
Paganism
Early Christian times

POPULAR BELIEF

- 20% of adults in USA
(Gallup Organization, 2005).
- 22% of adults in Western Europe.

SCIENCE

Ian Stevenson
Erlendur Haraldsson
Jim Tucker
Satwant Pasricha

PHILOSOPHERS

Pythagoras
Socrates
Plato
Plotinus
Giordano Bruno
Voltaire
Emerson
Thomas Huxley



OTROS

Goethe
Benjamin Franklin
Henry Ford
Winston Churchill
Glen Ford

The idea of reincarnation is not strange in the world, but rather it is a concept universally recognized in different times and in different peoples. Several religions have it in their beliefs. It was also common in some thinkers in the early days of Christianity, as an inheritance of Paganism, until it was declared anathema at the Council of Constantinople in 553.

Many philosophers and notable people like Pythagoras considered it seriously because it offers a coherent explanation of the differences of maturity towards life among the human beings that are in the world.

According to a survey conducted in 2005 on several issues by the Gallup Organization, 20% of adults in the United States of America and 22% in Europe believe in reincarnation. Another study conducted in Europe by Erlendur Haraldsson of the University of Iceland between 1999 and 2002 reveals similar figures although with a lot of variation according to the countries. In Western Europe an average of 22% of the population believes in reincarnation. In Spain they believe in it 20% while in Switzerland they do it 36% and in Iceland 41%.

For a review of reincarnation in towns and thinkers from different eras, see on the Internet:

Article "Reincarnation definition, meaning, proof and evidence":

<http://www.themystica.com/mystica/articles/r/reincarnation.html>

It is also highly recommended the Wikipedia article:

<http://en.wikipedia.org/wiki/Reincarnation>

Is there any evidence?

- There is no conclusive scientific evidence but there are very significant indications:

- Affections without apparent explanation

- Hypnotic regression

- Spontaneous or sought perceptions

- Testimony of children



However, the fact that reincarnation is a relatively popular belief or a hopeful and beautiful idea does not make reincarnation something true. Can it not be that we try to escape the fact of inevitable death? Could it not be a self-defense reaction to the destruction of the self?

Then we must ask ourselves legitimately: is there evidence that reincarnation really exists?

The challenge in answering this question is that according to the model, in each incarnation we have a fresh mind, and therefore although we have developed the skills we have learned in the past, we do not remember the events of the previous incarnations.

According to the rigorous method of scientific research, there is still no conclusive evidence, but there are very important indications that can be classified into several categories and that we will analyze in depth:

- Unexplained affections
- Hypnotic regression
- Spontaneous or sought perceptions
- Testimony of children

Unexplained affections

- Unexplained interest in a country or culture
- Recurring dreams or nightmares
- Apparently irrational fears or phobias
- Physical conditions not explained (somatization), perhaps chronic
- *Déjà vu*

They are very subjective impressions
They can be influenced by many factors



One of the signs that we have a past prior to our current birth is that of affections that can not be explained by events of the present incarnation.

Most of the preferences and rejections that we have are due to experiences of the present incarnation. As it is well known by psychologists, the experiences of our childhood leave a deep imprint on our mind and our emotions even if we do not realize it. Many people unconsciously tend to look for a partner that resembles one of their parents, or try to continue or remedy in their new family situations that occurred in their parent's family.

But sometimes there are tendencies, likes for a certain style, interest in a strange country or an ancient culture that are not caused by childhood events or education, and that may be rooted in a previous incarnation. Sometimes these conditions manifest themselves in the form of dreams or recurrent nightmares without clearly meaning being noticed.

The shocking experiences suffered in a previous incarnation could be behind unexplained phobias such as the terror of water or fire, and of chronic diseases that have no apparent cause and that occur rather through somatization.

Finally, the phenomenon known in popular culture as *déjà vu*, finding ourselves in a new place or circumstances and having the feeling of having already been in that place or having gone through that experience, may be due to a similar experience lived in another incarnation.

Hypnotic regression

- Memory of past lives in a state of hypnotic trance
- They can extend to several incarnations
- Hypnotherapy
- Very susceptible to fantasies and transposition
- Very unreliable
- ... but there are remarkable cases (i.e.: Jane Evans)



Hypnotic regression is a therapeutic and research technique by which the subject is induced into a state of hypnotic trance by a therapist. When in a trance state, the therapist asks him to try to remember and relate events from his previous incarnation.

During the hypnotic trance the subject is more open to the contents of the unconscious. In the same way that childhood experiences that seemed forgotten appear, the regression to a previous incarnation can reveal experiences that are not in the ordinary mind of the subject but in his spiritual soul and that manage to pass to the current personality through the mental structure of the subconscious.

The subject thus develops a broader perspective that allows him to better understand his present incarnation and overcome some traumas or anguish due to facts incomprehensible to him. This is the foundation of *hypnotherapy*. In the hypnotic regression can appear stories not only of the previous incarnation but also of other incarnations that were significant for the soul.

The main driver of the hypnotic regression is the American psychiatrist Dr. Brian Weiss (1944-), author of the book "*Many lives, many teachers*" in which he tells the stories of one of his patients, whom he called Catherine, obtained through hypnotic regression. Weiss, who initially did not believe in reincarnation, verified many details of these stories that encouraged him to continue in this way.

The problem with hypnotic regression is that it is very unreliable since it is subject to the influence of the therapist, who is able to transmit his own beliefs and previous ideas. Also the own fantasy of the subject can distort or magnify these stories in such a way that they do not come from experiences of previous incarnations but from desires or unconscious fears of the subject.

However, the fact that the hypnotic regression is unreliable and very subject to fantasies does not invalidate the evidence of reincarnation that some notable cases can provide.

One of these remarkable cases is the one of the nicknamed Jane Evans who was subjected to hypnotic regression by Dr. Arnell Bloxham and who was treated in a BBC documentary called "The Bloxham tapes".

Jane Evans, a Welsh housewife, agreed to be filmed for BBC television being regressed back to a past life by Arnell Bloxham, president of the British Society of Hypnotherapists and a respected practitioner. She had originally consulted him about rheumatism and under hypnosis, revealed seven past lives including one life - where the regression was televised - where she identified herself as a Jewish woman living in the city of York in 12th century England.

She described many details of Jewish life at the time and how she and the local Jews were forced to wear badges to identify themselves. She also spoke of a terrible massacre of the Jewish population by the local townspeople. During this event, she recalled taking shelter with her children in the crypt of a local church, but they were discovered by the mob and that is where she died.

Professor Barrie Dobson, an expert on Jewish history at York University, was called in to check the information from her memories. He found that her description of 12th century Jewish life was impressive with its accuracy and in fact he was convinced that some of the details would have only been known to professional historians. However it also seemed that some details appeared to be quite incorrect. Firstly, it was not until the 13th century (1215 to be precise) that the Church authorities in Rome decreed that Jews in Christian countries were to wear special identification. Secondly, from her description, the church had to have been St. Mary's Castlegate, but it did not have a crypt.

However further investigation revealed that the practice of making Jews wear identification was already widespread in England during the 12th century before the church decree. Then astonishingly several months later, during renovation of the church a sealed chamber was discovered below the floor which appeared to have been a crypt - a very rare phenomenon indeed for churches in the area.

So not only did her regression bring forth obscure details which were historically accurate, it also yielded historical information which should most definitely not have been available at that time.

From the web The Reincarnation FAQ, talking about the documentary "The Bloxham Tapes" by BBC:

<http://kuriakon00.tripod.com/reincarnation/faq.htm>

Other perceptions

- Spontaneous fleeting memories (**flashbacks**)
- They can be activated by an event
- They can appear with meditation
- They are very subjective and unreliable



The experiences of previous incarnations can also manifest as bursts or spontaneous perceptions that appear in the mind triggered by an external or internal event. They are fleeting memories (*flash-backs*) that do not date from the present incarnation but from some circumstance lived in a previous incarnation.

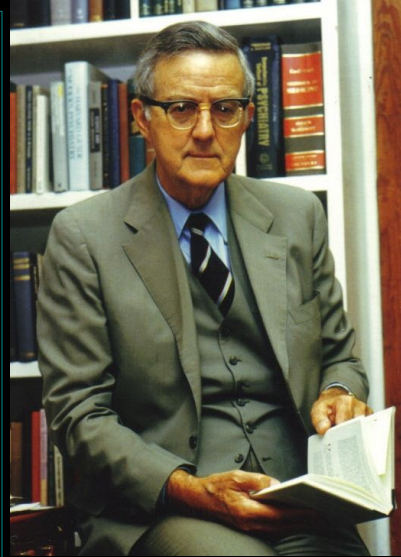
Meditation and all introspective activity that quiets the mind and tries to focus the consciousness deeper inside can trigger this type of sensations.

Fugitive memories may be messages from the unconscious that try to appear in the field of consciousness, perhaps in the form of allegories or symbols. But only a part of the unconscious is related to our inner being and our previous incarnations. The rest is populated by fears, desires, traumas, unconscious memories of childhood, etc.

So, like unexplained affections, fleeting perceptions are highly subjective, unreliable, and should be taken only as a slight clue, the cause of which could be very different from reminiscences of previous incarnations.

The past lives of children

- Scientific research on the testimony of children who claim to remember a past life.
- **Dr. Ian Stevenson**, was Professor and Director of the Division of Perceptual Studies at the University of Virginia.
- He researched 3,000 cases of children who said they remembered a previous life.
- A lot of scientific publications.
- Very methodical and rigorous research, in several countries and cultures.
- Study of birthmarks.
- Science does not yet have an explanation.



Dr. Ian Stevenson
(1918 – 2007)

There are many researchers who have examined a large number of cases of children who claim to remember a previous incarnation and who have given details about it. We can quote Francis Story, a Buddhist writer, researcher of reincarnation cases in Sri Lanka, and Carol Bowman, a therapist specialized in these cases who maintains an interesting website: (<http://www.carolbowman.com/childrens-past-lives>) and Erlendur Haraldsson, doctor in psychiatry who worked on these cases for several universities, and many more researchers.

But the most impressive research work done in the academic field of science is undoubtedly the one carried out by **Dr. Ian Stevenson** (1918-2007) and his team at the University of Virginia, United States of America.

Dr. Ian Stevenson founded the Division of Perceptual Studies, a unit of the Department of Psychiatric Medicine at the University of Virginia, United States of America. He and his team have investigated since 1961 more than 3,000 cases of children who spontaneously had memories of a previous incarnation. Dr. Stevenson followed a rigorous protocol in these investigations, crossing testimonies, filtering the fraud and analyzing the most common hypothesis that could explain the cases. Then, with the data provided by each child, Dr. Stevenson has identified the family of his alleged previous incarnation, has investigated the events and has tested the child to verify his testimony and see if he could recognize the former relatives and its environment.

Using research methods of historians and crime scene investigation (CSI) specialists, he conducted a meticulous search, verifying many hundreds of cases as authentic and not explainable by other means.

Many of these cases have in common that in their previous incarnation there was a violent death. But Stevenson went further, finding that the children in these cases used to have birthmarks and somatizations that frequently corresponded to deadly damage or major problems they had in their previous incarnations.

One of the striking cases studied by Stevenson is the so-called "Sweet Swarnlata", that of a girl in India who remembered with great detail her previous family and the place where she lived. This case is summarized in the following web:

<http://www.carolbowman.com/dr-ian-stevenson/sweet-swarnlata>

Stevenson only published scientific works, more than 300 works and 14 books directed entirely to the scientific community, leaving him questions that can not be explained at present by means of the reductionist ideas commonly accepted by the main scientific currents.

Other researchers continue this work discovering and documenting cases all over the world. Many skeptics question this research saying that it is selective thinking, coincidences or things like that. However, these criticisms seem to be the product of prejudice because Stevenson's methodology has been unquestionable and the documented facts can not be scientifically refuted although to date there is no scientific hypothesis to explain them.

Either Dr. Stevenson is making a colossal mistake, or he will be known as the Galileo of the twentieth century.

Dr Harold Lief, *The Journal of Nervous and Mental Disease*

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Internet

- Documentary "**Children's Past Lives**"
<https://www.youtube.com/watch?v=sqvwzdStDg0>
- Article on reincarnation in Wikipedia:
http://en.wikipedia.org/wiki/Reincarnation_research
- Article on Ian Stevenson in Wikipedia:
http://en.wikipedia.org/wiki/Ian_Stevenson
- Division of Perceptual Studies, University of Virginia web site:
<https://med.virginia.edu/perceptual-studies>
- University of Virginia web page dedicated to the memory of Dr. Ian Stevenson:
<https://med.virginia.edu/perceptual-studies/dr-ian-stevenson>
- Obituary dedicated by The Telegraph from UK:
<http://www.telegraph.co.uk/news/obituaries/1542356/Professor-Ian-Stevenson.html>
- Comments on "The American Journal of Psychiatry" to a Stevenson's paper about european reincarnation cases.
<http://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp.162.4.823>
- Carol Bowman web dedicated to past life experiences:
<http://www.carolbowman.com>
- Carol Bowman web section devoted to Stevenson's work:
<http://www.carolbowman.com/dr-ian-stevenson>

Books

- Stevenson, Ian. Children Who Remember Previous Lives: A Question of Reincarnation, revised ed., 2001.
- Stevenson, Ian. Where Reincarnation and Biology Intersect.

Reincarnation explains life

- Reincarnation explains many facts and certain contradictions of life
- The evolving soul may be infantile or mature
- The purpose of the incarnation for the inner being is to learn
- It is not an escape from pain or death
- Life makes its way like a lotus flower blooms even though its roots are in the mud



Investigating memories of children's past lives is the most tangible and compelling evidence of reincarnation. It is not a mere fantasy or belief. There is very strong evidence that supports it. To the extent that people are willing to accept the facts found, the investigation will take a spectacular turn. One of the remarkable consequences of these cases of reincarnation is that they invalidate the reductionist assumptions of most biologists, that is, the belief that the phenomena of consciousness are a product of the biological phenomena of the brain. How did the new brain get the memories of the previous personality? If the brain were the only storage of memory, why these memories not were destroyed when the person died?

Reincarnation satisfactorily explains many facts and apparent contradictions of life that can not be explained simply by genetic inheritance and education received. How do early geniuses emerge? Why do some people go through life with great maturity and understanding while others make mistakes continuously that bring them pain and frustration?

Physical life is the great school of evolution. All beings are in it to learn and develop our potential. Some souls are more inexperienced and others have learned more. The soul can not realize its learning and development in the term of a single incarnation. A reboot is needed, like computers when they get stuck. The prejudices acquired, the fear of change and the narrowness of the personality make it a very difficult moment for the inner being to continue learning through it. The assimilation in the period after death gives the internal being the necessary perspective to learn what happened in the last incarnation and in the previous ones and prepare the next.

In research on near-death experiences, many people reported a well-known fact in psychology, the review of life when it is about to die. And most of them said that they saw their life pass quickly, without pain or sorrow, only as they watched how much they had loved and how much they had learned in it.

Reincarnation is not an idea to escape the pain of life or the loss caused by death, but it speaks to us of how our inner being makes its way as the lotus flower blooms although its roots are in the mud.

To think



Watch, think, investigate, inquire ...
Make the following questions or thoughts suggestions
But don't stay here, ask yourself and find out.

- 1- Mention some of the cycles that take place in the human being.
- 2- What are in your opinion the most important reasons to sustain reincarnation? And reasons against?
- 3- Investigate and cite some evidence of the teaching of reincarnation in some ancient teaching.
- 4- Find the epitaph that Benjamin Franklin wrote for himself and comment on it.
- 5- Why is it so difficult to remember details of previous incarnations? How do we do then to learn throughout various incarnations?
- 6- How long do you think the inner being (Higher Atma-Buddhi-Manas) must reincarnate?