

Rome: An Unanticipated Journey Into the Past and Into the Future

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The thought was on my mind for quite some time. I dreamt of experiencing the return into my past lives as **Dr. Brian Weiss**, a respected American psychotherapist, described at Oprah's show, as well as in his bestselling book "**Many Lives, Many Masters**". I was thrilled to take on the journey into the unknown, to assure myself about my spiritual purpose. At first I was looking for somebody local with whom I could experience past-life therapy face-to-face, but then I suddenly got the urge to look up Dr. Brian Weiss' website. Unexpectedly enough, he was going to visit Rome and host an intensive three-day seminar the following week, and there was still free space for me! I was thrilled that I am going to meet a pioneer of reincarnation healing practice, who likes "*changing fear into love and wisdom*", and who proved already more than 30 years ago, that reincarnation and spiritual worlds are reality.

Based on the Dr. Weiss experience with thousands of patients, it is obvious, that our lives in this dimension, on this planet, will end one day. For now our souls keep coming back in different bodies to teach us lessons - up to 68 times in the case of Catherine, the first patient of Dr. Weiss with past life healing experience, or we come back more often if we don't fulfill our tasks. We change our race, religion, sex and economic advantage, because we want to experience all these different aspects. We want to grow as much as possible. We continue to reincarnate along with our closest people – souls – throughout time, even though we are in a different relationship with them.

"The only thing we have to do is to awaken, to recollect why we are here ... Life in a physical state is not for us a normal condition. Spiritual state is our natural form ... We are all souls ... The more we love, the wiser we are, the higher stage we achieve on the other side," (Messages From The Masters). All our lives on planet Earth test our merits, vices, and wrongdoings, towards other people and towards ourselves as well. We improve our soul by harmony and balance, love and wisdom. We are born with talents, abilities and intelligence that we bring from our previous lives. We bring with us not just our skills, but also our guilt. *"We have debts that have to be paid. If we do not make up for our wrongdoings, we bring guilt into our future lives ... so that we can correct them then. We develop ourselves by repaying our debts ... When we do not manage to do that, our burdens become heavier. With every other life, that we live without rectifying our guilt, our next life is more complicated. If we managed to correct ourselves, our next life will be more pleasant and easier ... We choose when we enter the physical state and when we leave it. We know when we have finished what we were supposed to on this planet ... We are constantly developing ourselves ... Some souls develop faster than others ... After death, we get to the spiritual form; we keep growing there, too. We have to go through a renewal stage, a learning stage, and a stage of decision. We decide when we want to return, where, and for what reasons ... Our body is just a vessel for us while we are here. It is our soul and spirit that last forever." (Many Lives, Many Masters).*

In line with Dr. Weiss' philosophy, I decided to let everything go during my Rome's trip. I tried to be open as much as possible, to observe any hints and signs that I will receive. *"It is very important to pay a lot of attention to accidents or coincidences, parallel actions, and the moments of déjà vu, while they often represent the connection between our spiritual plan and the real path, we walk on. When we recollect ... we start to understand ... When we remove our fears, the hurdles also*

disappear,” (Messages From The Masters). I immediately understood that “startling” things are on the way, when the driver of my taxi to the airport in Prague happened to be a former Tchibo employee, whom I have not seen for quite some time. It was all clear that the return into my past could officially start.

As I travelled alone, I felt like Julia Roberts in the first part of the book & movie “*Eat, Pray, and Love*”. I met a lot of people who by their own initiative wanted to help me. Maybe I was radiating more energy than usual, but my encounters were intensive, as if everybody wanted to talk to me, to greet me, to assure me, that the journey I have decided to take was correct. It had definitely fulfilled me, and it provoked a thought, if I should travel alone across foreign lands more often one day.

The first non-Italian soul I met at the conference was standing in a queue for the bathroom. Somehow I thought that she has a message for me, so we became friends. She is a 35-year-old pretty lady from Malaysia, who devotes her time to regression therapy and many other spiritual healing techniques for more than 10 years already. I was only to learn later, that the fact that her many certificates, valuable contacts from the spiritual East world, and regular annual month-long stays in Buddhist monasteries, are not sufficient enough for becoming a source of inspiration for me.

There were about one thousand people in the conference room. The chance to meet somebody from the Czech Republic was minimal. How wrong I was. The synchronicity functioned. Two rows in front of me was a woman reading a Czech magazine, a good signal for my introduction. She was also very grateful that she met a Czech soul, as she also travelled alone. During the next break, our Czech community expanded. A journalist, who recognized us by our talk, joined our debate. It was the same one, who spread the word about learning past-life healing therapy in an article about a one-day seminar from Dr. Weiss in London.

The minute Dr. Brian Weiss appeared on stage for the very first time, he exceeded my expectations. He was authentic, compassionate, inspiring. No signs of a show-off. The audience was mainly Italian, foreigners accounted for only about one tenth. Three quarters were women, one-quarter men. Quite a lot of hands rose up to the question “who has already had experience with regression therapies?” I was unfortunately not one of them. During the first regression we focused on the return into our childhood, into our prenatal state, and then into our past. I was surprised, that despite the fact that I am very analytical, and I mostly use the left part of my brain, I still could see many visual scenes. I saw myself as a two-year-old child running with open arms towards my mom: “MOMMY!” I sadly didn’t see anything during the prenatal stage, which was supposed to be the most difficult task. But when we were asked to return to our past lives or our previous spiritual forms, I saw myself happy, a carefree child on a small cloud, observing the Earth with a wide smile. Did I find myself in-between two lives? Should I remind myself, that I know how to be happy? Should I recollect that I have lived lives, which were full of happiness? As Dr. Weiss explains, usually people during regression return into those times that are somehow related to the present, as these past experiences could teach us something new, and make us re-live old traumas or moments of happiness again, to heal us, so that we can start to live a more fulfilled life.

According to Weiss’ evidence, all souls in the Universe are interconnected and thus we should be more helpful and more considerate of others. We should give more love and compassion to others. We live not just this present life with our loved ones, we have already spent time together

with them in some of our previous lives, and most probably we just had other roles in the family and a different gender.

Our souls radiate energy into the objects we hold and use, thus they also have a memory. Objects can also play a role of message receiver from the other side. We are all interconnected. Dr. Weiss asked us to run an exercise to prove that. With a partner we exchanged an object that we possess already for some time. Each of us was to become a medium that brings the message from the item about the unfamiliar person – in the form of symbols, metaphors or visions. I thought this was going to be quite a challenge for me, however I was mistaken. I learned that it doesn't matter if I have a lot of experience with regressions or not, I can easily get myself into a relaxed, hypnotized state, it is only sometimes difficult to interpret the visions we see correctly, and to accept the reality if things are not all just positive.

My partner for this exercise was my Malaysian friend. I gave her my ring; she gave me her phone. During the regression session she held my ring and she was able to see a canoe on a river, in which a young woman paddles, and on the embankment a young happy man with open arms reaching for her. *It was so unbelievable. She didn't even know that my husband gave me that ring, and that he was once a champion in canoeing. We used to go canoeing together in summer.* She had also seen a scene in which we were both happy and together we made a symbolic toast with two rings, as if they were champagne. *This ring has its own story: I received it twice from my husband for my birthdays. The first time was when our daughter was born, and the second time, which happens to be a few months ago - filled with a new diamond. I lost the original precious stone few years ago, shortly after I lost my job. I kept wearing this empty ring, for me it was still a valuable symbol of our love connection.* When I focused during regression on the phone from my Malaysian friend I felt a lot of stress from it. I saw her standing on the edge of a lake in a green tropical hilly surrounding. She wanted to scream, but somehow it was not possible, the wind blew her hair into her mouth. She was very frustrated that she couldn't shout. *During our discussion, what this scene could mean for her, she confirmed, that she used to have longer hair, and once when she was at one of the Buddhist monastery's nearby lake, she learned how to manage emotions and scream them all out.*

During the next two days, I learned that the main topic for her is living in peace with the world and with herself; she has difficulty to enjoy the present moment – *Dr. Weiss calls that the state of mind to "slow down and smell the flowers"*. While Dr. Brian Weiss was talking, she could not give up her texting, and showed anger when he didn't call on her to answer her question, maybe because she didn't show any commitment while coming late after every break and fiddling with her phone. She also acted disrespectful towards other people. She always cut lines, and acted competitively while doing it. Maybe she still holds a part of her past life in her, being a warrior, who always got killed.

Nevertheless I was grateful, that I met her on my journey. She told me several techniques how to meditate and how to get the information from the 'other side' - *I still have to learn to master the acceptance of things as they are.* Accepting death was always a problem for me. I have been searching several years for the answer to my question, *"why do people who are close to me die?"* My sister was diagnosed with incurable cancer and died after four and a half years of suffering (either in the hospital or at home in bed). My first serious boyfriend died from a heart attack at the age of 26. I unsuccessfully resuscitated my great-aunt in our garden. I witnessed a serious car accident and

stayed to help before the first aid came. One of my friends fell off a slope in the Alps on the day of my birthday, and after more than half a year in coma in Lyon (France), he appeared back in Prague in my office to say thank you. In most of these cases – despite all my efforts and help – people died.

Only during the past three years I noticed change: seriously ill people around me started to recover. I realized that my energy can help to heal them. My mom recovered without any side effects from a brain bleeding due to an aneurysm, and half a year later from lung cancer post-operative problems. My husband got rid of his serious backbone pains and my hairdresser who fainted while doing my hair started to feel better when I held her hand. It was more important for me to take care of her than of my damaged dyed hair. I've never had a dilemma if I should step in and do my best or not, I have always intuitively known what to do and how. I only didn't understand why this was happening to me. My Malaysian friend gave me advice in line with Dr. Weiss' philosophy – *It was me, who has chosen to be here for my close people and to help them when they needed it most.* The next day I was to learn from an older woman from Ireland that I already have a lot of experience with healing from my past lives, because I used to be a shaman – once in Peru and once in Mongolia.

“A hard life is not a punishment. The most evolved souls take on the most challenging paths. Our soul achieves the biggest growth and development during these challenging lives. Easy lives are for us more as a resting time ... It is true, that overcoming hurdles and difficulties speeds up our spiritual progress ... the strongest souls choose these heavy burdens, because they represent a big challenge for their spiritual growth. Most likely that is why people are returning into these difficult lives during regression more often. The easier – resting – periods are not as important,” **(Through Time into Healing).**

During the next regression I returned to my life at the noble French King's Court of the 18th/19th century. I am not sure what role I had there, but I was very young, very happy, and trusting, rich and beautiful. I was named Victoria, but they called me Vicki. When Dr. Weiss brought us virtually into the end of our lives, I saw a still beautiful lady that does not want to die. I felt like somebody betrayed her. What can I learn from that life? *It is better to link beauty with wisdom and purpose.* There were times when I could live for the moment without any worries and restrictions; *I know what it takes to be happy.*

During the next regression exercise, that was supposed to go even deeper in history, I had a role of a huge, hairy, and wise hermit, in the middle of the woods. I wore a simple brown robe and I had a wooden stick in my right hand. I was surrounded only by nature and its quietness. I was happy and balanced. I didn't need material goods, or people. Life was just so simple and uncomplicated. I saw my death from above. A lioness jumped on me and I was not able to defend myself. She tore me into pieces. If only I was not alone – in a group the probability of survival would be higher. My great wisdom was obsolete, I could not pass it on to anybody else, the continuity was lost, I had no children, no apprentice. Nobody was sad about my death; nobody buried the remaining pieces of my body. *I learnt from this life that it is always better to be surrounded by people you love.*

Another task we did right after that was again, in couples. This time, by coincidence, I met an about 55-year-old woman from Ireland. In a completely dark room, we watched the face of our partner and focused on the changing pictures. I never believed that I could see that colorful film, when faces changed, one after the other. In her face I saw a young Indian woman with beautiful warm eyes, an older ordinary woman in the countryside, a big muscular man – warrior from

Mongolia, and finally a person without his left cheek. Instead of his skin I saw blood and I was frightened. When I asked my new Irish friend, if something reminds her of the faces I saw, she mentioned that during other similar exercises in the past, people also told her she was an Indian. About the other sights she did not want to talk about. She had an about ten-year experience with regression therapies, but it seemed that she was ashamed to share the outcomes. The truth came out later, when she confirmed that she has seen herself all the time only as a man-warrior, who is always killed and dies alone, without anyone's help. I am sure, though, that she has also lived pleasant and easy lives, because it is natural for us to exploit all the options – not only the negatives. The acceptance of the two sides of her past-life experiences (the positives and the negatives) will be a crucial part for her future soul development.

When my Irish friend observed my face in dark in a complete relaxed state, acting as the medium in between the two worlds, she saw me being a strong warrior in Rome during the time of the Roman Empire, than she saw me as a nice and pretty ordinary village woman, as an ugly poor man without a nose, as a shaman in Peru, and as a shaman in Mongolia.

For the remaining time Dr. Weiss used two volunteers to demonstrate publicly on stage, that his regression hypnosis works. He then finished the day off with a relaxing meditation and a book signing. It was absolutely amazing to meet him. He and I exchanged a few words about where I come from, and that one day I would like to meet him in Prague. For me, our discussion was very intensive, even though the words were simple. He may be more curious and compassionate, because he once claimed to experience one of his past lives as a Czechoslovak pilot in the World War II. During the next days he mentioned Czech Republic several times. I could not stop thinking about how I would like to experience a one-to-one individual regression with him, as I believe there is so much more hidden in my mind that is worth to discover. Would I be able to bring the next messages for the Masters?

Throughout the last day, Dr. Weiss brought us not just towards our past lives with regression, but also towards our future lives with progression. First we went with a theoretical lift downstairs – I came directly to the life of a Greek philosopher – I saw myself as a young man in a white cloth, wearing simple sandals and a crown out of myrtle. It must have been around the time of Plato, Aristotle and Socrates. The sun was shining and it was hot. I walked between crowds of people, and delivered a speech. I loved the contact with their human souls; I had a strong feeling, that I can help them to live a better life. They gave me back their respect and admiration. *Experiencing these special social interactions, I felt that I am raising again my self-consciousness, freeing up my thinking and speech abilities at present.* I was not able to see my death in this life, maybe because I was already too tired after three days of the intensive seminar.

For the journey into the future we used the lift to go upwards. Similarly as in **Alef**, Paolo Coelho's book, we are able to get into the dimension, where the past, the present and the future exist in the same time. Dr. Weiss brought us forward 150 years from now. I didn't see the future of my life in a human body, but I had the 'eye of the beholder' view. I was somewhere out in the Universe. The view I had from out there towards our Earth shocked me though, I saw a massive explosion – like a big white mushroom – destroying all alive. I was sad how far we – human beings – went, and what we allowed to happen. I was relieved that I am not at that moment in my physical body down there, on Earth; that I do not have to live in that horror.

Dr. Weiss then brought us forward 300 years, I was already at that time so far in the universe, that I could not see the Earth, I only saw see-through people, who had a special ability to move in and out of their form. A very similar scene came to my mind 600 years in future. Everything was so distant and non-personal. I felt very little emotions and much less stress, just other forms of beings and souls. I was missing the warm mother Earth. In 1000 years forward I saw a very beautiful green tropical forest and very little civilization. Everything was peaceful, nicely smelling, and the birds were singing. Was it the Earth or some other place in the universe?

About 90% of Dr. Weiss' patients who went into progression saw a huge catastrophe on Earth about 300 years from now. At that time the amount of people reduced significantly and those who survived, lived in love and compassion. Is this really going to be the future? No, it is not decided yet; it is on us, if we humans realize the danger of our possible destruction and if we start to do something about it. The progression technique, that Dr. Weiss uses, could help save this planet. As more people see these alarming scenes of burnt and destroyed land, the more of them will want to prevent the catastrophe. The chances for Earth to be saved could increase. Immediately I started to think, how can I help? I already have the desire to learn these progression and regression methods, but only time will tell me if this is meant to be my future purpose. We shall see if I meet a Master, willing to teach me the techniques.

The last exercise was also related to the future. We again exchanged a personal beloved object with a stranger. This time I worked with a British lady, whose origins are in India. I again gave her my ring; she gave me her wristwatch. I received from her the following message: *The ring contains a lot of positive energy. She saw me being very happy, hanging out in Russell Square in London, with a new red convertible, celebrating with others.* It is true, that I love cars without roof; currently I have one that is already 13 years old. We have not planned to buy a new one for financial reasons. I have never wished for a red car, I rather prefer black or blue colors. And Russell Square? I have never been there before. I have checked on Google Maps, that there are two universities, one museum, and several business offices. But this message of being happy again somehow touched me – more than the car or the London scene. I promised my British friend that I would let her know in case some of it fulfills.

After these three intensive days I felt so balanced, and found my inner peace. I believe Dr. Weiss when he says that: *"Life cannot be rushed, cannot be worked on schedules as we usually want it. We must accept what comes to us at a given time and not ask for more."* We can wish for things, but we should not expect them. On my Italian journey, I learned that it is true: *we are never alone.* I received several messages during my whole stay. An always smiling Brazilian waiter Sergio, surprised me on Saturday morning, when he ran to me after breakfast to hug me and wish me a lot of good luck in my life. This hug was not like one between a man and a woman, it felt so different. The next surprise came the next morning, when I was waiting alone on a bus stop. I saw a singing, rapping priest approaching me. This scene looked so unusual, that my first thought was to record him on my mobile, but then I told myself that this would not be polite. The closer he got, the clearer I could hear what he was singing. There was a church choir singing the words: *"You are not alone"*, in English (not at all in Italian)! This again showed me exactly what Dr. Weiss was teaching. And before I realized it, the bus to Vatican came and the priest left me standing there with smile.

I had a unique opportunity thanks to Brian Weiss to re-live my past lives. Who could have thought a few months ago that I will be able to experience all types of opposites: being rich vs. poor, being famous vs. alone, being beautiful vs. ugly, all of that because my soul wanted to develop further? Maybe because I needed it most, I have returned into the periods that showed me I can be happy - as a Greek speaker, wise hermit, helping shaman or beautiful rich Victoria. I have reenergized myself and hope for the happiness in the future, but I do not expect it. This seminar gave me the courage to write about my journey, even though the topic of reincarnation is totally taboo in our country and I can be discredited.

I hope that with my story I can help others to expand their horizons, because we all have far bigger abilities, than we use. *"We are NOT human beings having a spiritual experience. We are spiritual beings having a human experience,"* as Dr. Weiss quotes **Pierre Teilhard de Chardin**. Then he adds: *"The genuine growth is an inner process. Only we ourselves can achieve our goals, because anyhow the way home is an inner path – by personal return. We only have to trust and then it is just enough to recollect,"* (**Messages From The Masters**).

Author's note: I would like to apologize to Dr. Weiss for these are not 100% accurate quotes as in the English originals. Quotes were taken from the mentioned books in the Czech language that I translated back into the English language.