



## *The Insight of Reincarnation*

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**Reincarnation** is a concept that appears repeatedly in religion, philosophy, and traditional cultures. It is the one insight shared by a majority of the world's best known religions, including Hindu, Buddhist, Tao, Jain, and Sikh as well and other Eastern beliefs. Reincarnation was a common philosophy among the Egyptians, Greeks, and Romans of classical times and was incorporated in the early Christian teachings until 556 AD when it was removed from common Christianity by Emperor Justinian. Reincarnation is also the belief of many indigenous tribal people, such as the American Native tribes of the Iroquois, Dakota, Huron, Kiowa, Hopi, Tlingit, Inuit, and other Alaskan Native tribes. Credence is also given to the concept of reincarnation in the mystic teachings of the Jewish Kabbalah and Muslim Sufi teachings.

Reincarnation proposes that people live many times. There have been incarnations before this current life and will be more incarnations to come. According to the doctrine of reincarnation, our individual lives and presence here are simply part of an on-going eternal cycle of life, death, and rebirth. Thus every human being undertakes his own infinitely long spiritual journey of enlightenment over many lifetimes.

Reincarnation means we each have all the time we need to learn lessons from living all the scenarios of the universe. We will be male and female, rich and poor, able and disabled, victim and perpetrator, king and pauper, and all other characters in our own play, until we awaken to our Divine Existence.

Reincarnation incorporates the conviction that each individual human life and the lessons learned during it become part of a greater cycle of human existence. The total accumulation and integration of our experiences in all these lives make up our personal path toward the essential spiritual realization sometimes termed "awakening." And there are cycles within cycles. There is the individual soul cycle of reincarnation as well as the cycles of spiritual evolution for mankind as a whole. The purpose of this process is eventual awakening and assimilation for all living beings in and out of the body.

What is so captivating about exploring past lives? Learning to recall your own memories helps validate the indestructibility of the Soul and brings about the certainty that we have all of time at our disposal to learn what we need. Personal memories replace abstract theory with experiences that are emotionally binding and often facts gained during the recall experience can be substantiated in a library or through other research. Without personal experience, reincarnation remains only a nice theory, but without substance or power.

Some of the thought provoking questions pertaining to reincarnation are: Have we lived before? Why are we here? What happens after death? What about the return journey? What is my destiny? Why am I afraid to be who I want to be? What happens at death? These are questions that are described esoterically in the literature of almost every religion. These are also questions that sort themselves out when you explore past lives to realize and remember more fully the sum total of your personal consciousness. Exploration of personal past life memory is one door to spiritual transformation. If we neglect the opportunity to study reincarnation, the result may be an unconscious life. **The more unconsciously we live, the more unexamined our life, the more we are exposed to unnecessary suffering.**

Knowledge of reincarnation helps to more fully comprehend the continuum of mankind's struggle to achieve understanding, fulfillment, and integration while incarnated— regardless of religious or spiritual background. Through this concept comes an appreciation that all things are endlessly created, sustained, and destroyed.

