

Contents

What This Book Is About	1
-------------------------------	---

Part One:

Of Terrestrial Matters	7
------------------------------	---

Buried Memories Brought To The Surface	9
--	---

Ludwig (I): Grieving widower can smile again	9
--	---

Excursion: How repression works	16
---------------------------------------	----

Paul (I): Mental blackout	22
---------------------------------	----

Excursion: Primal incidents and negative programs	25
---	----

Gisela (I): Child abuse exposed	28
---------------------------------------	----

Excursion: Dramatisation – being caught up in an old film	29
---	----

Gisela (I) continued	32
----------------------------	----

Jochen (I): Only a small accident	34
--	----

Excursion: Acceptance capacity – the cure-all	37
---	----

Could This Be A Past Life?	41
----------------------------------	----

Jochen (II): Extortion in the torture chamber	41
---	----

Excursion: Deeper memory and wider “space within”	42
---	----

Jochen (II) continued	45
-----------------------------	----

Excursion: Mental feedback by GSR metering	51
--	----

Paul (II): Fatal accident in the Alps	54
---	----

Adele: Death as a knight inhibits fiction writing	56
---	----

Excursion: What truth is really true?	58
---	----

Norbert (I): Internet search confirms past life	62
Norbert (II): Internet search confirms past death	65
Excursion: For and against reincarnation	66

When The Spirit Leaves The Body77

Paul (III): Witness of his own fall to death	77
Jochen (III): Heaven or hell – either way it goes on	78
Jon, Beck, Reinhold: Three floating mountaineers	78
Kerstin (I): Mother sees herself having a Caesarian	79
Charlotte (I): Clear-minded despite full narcosis	82
Excursion: Perception from inside and outside the body	83
Horst (I): Father has vision of son in mortal danger	89
Wolfgang (I): I saw myself sitting at the bar	90
Excursion: The mechanics of extra-sensory perception	92
Stanley: Vietnam War a “cosmic joke”	94
Ingrid: Seminar leader beside himself	94
Excursion: Spirits, ghosts, and the mind	95

Life Before Birth101

Gisela (II): Witness to her own birth	101
Ian: How to choose your parents	101
Laura: A threatening shadow at birth	102
Excursion: Thinking without a brain?	104
Franz (I): Grandma was the mother, and mother was the sister	112
Heidrun: Daughter was married to mother	114
Excursion: Memory and imagination	122
Antje: I am my brother	125

Magda (I): Spirit backs away from body	132
Excursion: Emotions without hormones?	134

Which “Me” In Me Is Mine?143

Paul (IV): Spirit aids birth of own body	143
Erwin: Killed as an agent in Chicago	145
Carmen (I): Witness to her own abortion	149
Excursion: The personality shift	152
Johannes: Reincarnation for revenge	156
Excursion: Eternally bonded by mental glue	164
Carmen (II): Armoured lover goes soft	167
Herbert (I): Victim and perpetrator in one	168
Barbara: Girls changes personality after a heavy accident	172
Corina: Body swapped twice during pregnancy	175
Excursion: Snatching another’s body: the “Walk-In“	177

The Internet Of Spirits:

Downloading Mental Content From Others181

Margret: Trapped in another’s past	181
Wolfgang (II): Father’s degradation retraced	186
Wolfgang (III): Unborn learns family philosophy	189
Excursion: Plugging in to foreign memory images	193
Gisela (III): Daughter becomes her mother for some minutes	195
Manuel (I): Shot town mayor dictates a lawyer’s future	197
Theo: Wrongly thought himself a concentration camp victim.....	200
Klaus (I): Foetus knows mother’s past	202
Franz (II): Tenant sharing his home with a ghost	204

Heike: Child mentally contaminated by contents of a box	206
Excursion: The “internet” of souls and spirits	209
Ludwig (II): Struck down by a curse	214
Anja (I): Bewitched servant maid destroys marriage	216
Excursion: Devils, demons, energy beings	220
Anja (II): A pact with the devil	224
The Internet of Spirits: Online by Telepathy	231
Paul (V): Departed spirit sees his future	231
Luiz (I): Simultaneously in Germany and Brazil	234
Moritz (I): Train passenger harassed by suicide spirit	237
Excursion: Connected via spiritual hyperspace	240
Ulrich (I): A spook in the barn	250
Bernd (I): Session guide hit by mental energy shock wave	251
Bernd (II): Dead and did not notice it	252
Barbara: A child poltergeist	256
Excursion: Ghosts	258
Telepathy As A Tool	261
Excursion: Our daily telepathy	261
Hans: Medical diagnosis done by telepathy	263
Beate: Lovers online by telepathy	264
Bernadette: Mind-reading mother mends morbid molestations	266
Mechthild: Session with telepathic side-effect on husband	268
Paula: Taciturn grandmother magically moved to talk	271
Excursion: Defence telepathy	274
Walburga: A thought message to a friend	276

Charlotte (II): Estate Manager removes psychic rubbish	277
Mechthild (II): Contaminated angel cleansed	277
Manuel (II): Lawyer intervenes telepathically	278
Ulrich (II): A very long-distance remote session	281
Excursion: Is it coincidence? Or intentional effect?	283
Ulrich (III): Remote session replaces doctor' appointment	285
Excursion: How is legitimate telepathic help?	287
Greta: Civil war victim finds telepathic solace	289

Body, Soul And Spirit In Conversation295

Ulrich (IV): Burnt cattle in the children's quarters	295
Franz (III): A headache picked up from a pig	296
Excursion: The soul, our most misunderstood friend	297
Gregor: Battling over a body	309
Oleg: Soul sucks spirit back into body	311
Ulrich (V): Dead stag gives signals of life	312
Excursion: Even souls take pictures	313
Ulrich (VI): Tree suffers from being chopped down	315
Zoran (I): Boar hunt disturbs spirit of the forest	316
Sheila: Also a cockroach wants attention	318
Matthias (I): Even semen has a soul	319
Excursion: Consciousness on all levels	320
Ulrich (VII): Rheumatism downloaded	325
Horst (II): Victory over death	326
Matthias (III): Dying gazelle causes influenza	327
Luiz (II): Better to see a shaman than a doctor	328

Excursion: The psychosomatic interface331

Ulrich (VII): Dialogue with the lymph glands336

Manuel (III): Telepathic help for bed-ridden father338

Bernstein: Cat recalls cat world339

Bernstein (II): Cat dies twice341

Excursion: The global memory of nature341

Antonio: Dog relieved of sad past344

Helen (II): Daughter gets infected by mother across a whole
continent346

Ralf and Carmen (III): Body refusal overcome351

Excursion: Our thinking can make us ill – or well354

Literature References361
