

1

00:00:00,000 --> 00:00:10,947

This series presents information based in part on theory and conjecture.

2

00:00:10,947 --> 00:00:20,955

The producer's purpose is to suggest some possible explanations, but not necessarily the only ones to the mysteries we will examine.

3

00:00:20,955 --> 00:00:27,960

How do we explain the feeling when we know we've been somewhere before?

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00:00:27,960 --> 00:00:35,966

Is this feeling coincidence, or is it possible we've lived past lives?

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00:00:35,966 --> 00:00:43,972

A woman in Scotland believes that she has lived before as a young king who died 450 years ago.

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00:00:43,972 --> 00:00:52,979

Two sisters killed in a car accident are believed by their father to have been reincarnated as twins in the same family.

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00:00:52,979 --> 00:00:57,982

And what is the action?

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00:00:57,982 --> 00:01:01,985

I'm walking down a path in the woods.

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00:01:01,985 --> 00:01:06,989

A woman undergoes regression therapy to learn about her previous life.

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00:01:06,989 --> 00:01:14,995

As I'm walking, I start to feel that somebody's watching me.

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00:01:14,995 --> 00:01:18,998

Is it possible to discover if we have lived past lives?

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00:01:23,001 --> 00:01:28,005

The End

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00:01:41,015 --> 00:01:46,018

One of the greatest generals in the history of warfare was George S. Patton,

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00:01:46,018 --> 00:01:52,023

a brilliant commander with an uncanny sense of cavalry tactics.

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00:01:52,023 --> 00:02:00,029

He was a philosopher and poet, and had a fundamental belief in reincarnation.

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00:02:00,029 --> 00:02:08,035

Once, as he drove through the French countryside, Patton heard the sounds of a distant battle.

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00:02:08,035 --> 00:02:18,042

He was certain he had fought here before as the commander of a Roman legion, or perhaps as a Napoleonic general.

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00:02:18,042 --> 00:02:23,046

General Patton's belief in reincarnation, in his timeless military experience,

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00:02:23,046 --> 00:02:29,051

gave him the confidence that his decisions were right above all others.

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00:02:29,051 --> 00:02:36,056

For anyone who has had that uncomfortable tingling, that memory of an event they could not possibly have witnessed,

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00:02:36,056 --> 00:02:45,063

there may be a way to unlock the past. It's a technique called regression therapy.

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00:02:45,063 --> 00:02:53,069

Loy and Robert Young teach reincarnation at the experimental college at California State University at Northridge.

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00:02:53,069 --> 00:02:58,072

The Youngs say past lives is not a new concept.

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00:02:58,072 --> 00:03:06,078

Reincarnation, and the belief in reincarnation, is a lot older than the belief in the one lifetime idea.

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00:03:06,078 --> 00:03:12,083

In fact, up until the Middle Ages, a majority of people in Europe believed in some form of reincarnation, or rebirth.

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00:03:12,083 --> 00:03:17,087

In more recent times, we've gone to this one lifetime theory.

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00:03:17,087 --> 00:03:21,090

In fact, nobody has ever proved that we've only had one lifetime.

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00:03:21,090 --> 00:03:26,093

What I'd like to go over briefly is just the description of reincarnation in karma.

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00:03:26,093 --> 00:03:31,097

In seminars, the Youngs discuss the principles of life and rebirth.

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00:03:31,097 --> 00:03:41,105

Reincarnation just simply means that a person keeps coming back, and coming back, and coming back until they reach a stage of perfection.

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00:03:41,105 --> 00:03:49,110

Classes are told that problems we experience in our present lives, such as emotional traumas, can be traced to a previous existence.

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00:03:49,110 --> 00:03:57,116

The Youngs feel that if we discover our past lives, we can understand and thus solve our current problems.

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00:03:57,116 --> 00:04:02,120

When you work with regression therapy, you're really going back for the cause.

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00:04:02,120 --> 00:04:11,127

If you just stay in this lifetime, all you've got to do is to blame your parents for what went wrong with you, or maybe your early childhood training, or something like that.

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00:04:11,127 --> 00:04:18,132

And as soon as you can go out of this life, you're not limited to time, then you can go after the real cause of something.

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00:04:18,132 --> 00:04:23,136

And when you can find the real cause of something, that's it. You're finished.

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00:04:23,136 --> 00:04:30,141

Few psychologists agree with the Youngs, who are almost alone in practicing regression therapy.

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00:04:31,142 --> 00:04:32,143

Hello.

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00:04:32,143 --> 00:04:33,143

Oh, hi.

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00:04:33,143 --> 00:04:34,144

Hi, I'm Boa.

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00:04:34,144 --> 00:04:35,145

Hello, how are you?

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00:04:35,145 --> 00:04:36,146

That's my husband.

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00:04:36,146 --> 00:04:47,154

Lucia Capicheoni is a practicing psychologist and author, who for many years tried unsuccessfully to understand why she felt fear in her relationships with men.

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00:04:47,154 --> 00:04:52,158

She came to the Youngs hoping she could benefit from regression therapy.

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00:04:52,158 --> 00:04:53,158

Is that comfortable?

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00:04:53,158 --> 00:04:54,159

Fine.

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00:04:54,159 --> 00:04:55,160

Good.

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00:04:55,160 --> 00:04:56,161

Good.

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00:04:56,161 --> 00:05:01,164

What I'd like to do first, really identify this problem that you're having with men.

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00:05:01,164 --> 00:05:03,166

Could you tell me exactly what it is?

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00:05:03,166 --> 00:05:13,173

Well, I've been through a series of relationships with men in which either I'm not getting what I want out of the relationship where the man isn't.

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00:05:13,173 --> 00:05:15,175

It's very unsatisfying.

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00:05:15,175 --> 00:05:16,176

Okay.

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00:05:16,176 --> 00:05:22,180

So like sadness or fears, what could you identify a little bit more closely?

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00:05:22,180 --> 00:05:26,183

Well, at this point, I feel a lot of fear about it.

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00:05:26,183 --> 00:05:34,189

Now, have you ever had like any reoccurring dream, anything connected with men, something that's happened over and over and over?

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00:05:34,189 --> 00:05:40,194

Lucia has recently experienced nightmares, which could be symbolic of events from a past life.

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00:05:40,194 --> 00:05:42,195

Could you tell me briefly about it?

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00:05:42,195 --> 00:05:53,203

Well, in the dream, I'm asleep in bed and I sense the presence of a stranger, a man outside who's trying to break into the house to harm me.

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00:05:53,203 --> 00:05:57,206

Just close your eyes and relax your body.

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00:05:57,206 --> 00:06:02,210

I don't want to give you the commands because I don't want you to go into a hypnotic trance in any way.

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00:06:02,210 --> 00:06:10,216

The next phase begins with a series of sensory awareness exercises to completely relax Lucia's mind and body.

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00:06:10,216 --> 00:06:15,220

These therapy sessions last for several hours.

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00:06:15,220 --> 00:06:23,226

Now, if it is not in this life then, if that's pretty sure, nothing like that has ever happened, we need to focus out of this life now.

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00:06:23,226 --> 00:06:25,227

Focus out of this life.

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00:06:25,227 --> 00:06:30,231

Lucia says that the incident in her nightmare has never actually occurred in this lifetime.

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00:06:30,231 --> 00:06:36,236

Therefore, Loy concludes that the cause of Lucia's fears could be hidden in a past life.

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00:06:36,236 --> 00:06:38,237

Really use your intuition.

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00:06:38,237 --> 00:06:41,239

This is the key moment in regression therapy.

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00:06:41,239 --> 00:06:44,242

And there, right there.

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00:06:44,242 --> 00:06:45,242

Okay.

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00:06:45,242 --> 00:06:49,245

Loy must now guide Lucia back to a previous existence.

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00:06:49,245 --> 00:06:58,252

Well, I'm in a woods in daytime, it's like early afternoon.

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00:06:59,253 --> 00:07:04,257

I'm a young girl.

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00:07:04,257 --> 00:07:09,260

I'm wearing a long white gown of some kind.

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00:07:09,260 --> 00:07:15,265

It feels like a Greek gown, yeah.

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00:07:15,265 --> 00:07:26,273

I'm walking down a pathway and I feel the leaves under my feet and I can hear them crunching.

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00:07:26,273 --> 00:07:31,277

Alright, let's move to the crisis part and let's find out what happened.

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00:07:31,277 --> 00:07:37,281

Well, as I'm walking down this path, I'm alone.

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00:07:37,281 --> 00:07:49,290

And I sense the presence of somebody behind me somewhere in the trees.

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00:07:49,290 --> 00:07:54,294

There's somebody there.

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00:07:54,294 --> 00:07:59,298

It feels like there's somebody watching me.

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00:07:59,298 --> 00:08:01,299

And I'm really scared.

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00:08:01,299 --> 00:08:04,301

I don't know what to do because I'm alone.

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00:08:04,301 --> 00:08:13,308

And I don't know whether to scream or run.

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00:08:13,308 --> 00:08:15,310

Stay with it.

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00:08:15,310 --> 00:08:20,313

Somebody!

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00:08:20,313 --> 00:08:23,316

Somebody's coming for me.

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00:08:23,316 --> 00:08:30,321

Somebody has it at hands around my throat and I can't move.

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00:08:30,321 --> 00:08:32,322

I'm so scared.

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00:08:32,322 --> 00:08:35,325

Alright, go on through it.

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00:08:35,325 --> 00:08:42,330

I can't see who it is because there's a black thing over my head.

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00:08:42,330 --> 00:08:45,332

And I'm being pushed down to the ground.

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00:08:45,332 --> 00:08:50,336

I can't see anything.

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00:08:50,336 --> 00:08:54,339

I can't move.

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00:08:54,339 --> 00:08:58,342

It was a man.

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00:08:58,342 --> 00:09:02,345

That man killed me.

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00:09:02,345 --> 00:09:05,347

Release that life now.

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00:09:05,347 --> 00:09:07,349

Release and let the lifetime go.

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00:09:07,349 --> 00:09:17,356

And you can slowly open your eyes.

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00:09:17,356 --> 00:09:18,357

There we go.

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00:09:18,357 --> 00:09:19,358

How do you feel now?

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00:09:19,358 --> 00:09:24,361

I feel better.

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00:09:24,361 --> 00:09:28,364

I feel like I wouldn't unblock without going out of this life.

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00:09:28,364 --> 00:09:33,368

I've never experienced anything like that in my life.

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00:09:33,368 --> 00:09:39,373

A few weeks later, Lucia met a man and is now involved in a satisfying relationship.

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00:09:39,373 --> 00:09:44,376

So from Lucia's point of view, regression therapy seems to be working.

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00:09:44,376 --> 00:09:48,379

However, there are often conflicting views about reincarnation.

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00:09:48,379 --> 00:09:52,382

In England, two daughters do not agree with their father's belief

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00:09:52,382 --> 00:09:57,386

that they are the reincarnation of their two sisters who have been killed.

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00:09:57,386 --> 00:10:05,392

Yet there are compelling reasons to support their father's opinion.

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00:10:05,392 --> 00:10:08,394

Scarborough, England.

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00:10:08,394 --> 00:10:12,397

May 5, 1957.

114

00:10:12,397 --> 00:10:17,401

Joanna Pollock aged 11 and Jacqueline Pollock aged 6 were walking to church

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00:10:17,401 --> 00:10:28,409

when they were struck and killed by a speeding motorist.

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00:10:28,409 --> 00:10:33,413

John Pollock, the father of the two girls, was devastated by the tragedy.

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00:10:33,413 --> 00:10:39,418

Yet out of his profound grief and later events, he began to accept a bizarre theory.

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00:10:39,418 --> 00:10:45,422

I have no belief at all that my daughters are here other than their mortal remains.

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00:10:45,422 --> 00:10:48,424

My two daughters were incarnated.

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00:10:48,424 --> 00:10:54,429

John Pollock was convinced that in fact he never lost his two daughters.

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00:10:54,429 --> 00:11:01,434

Falling year, my wife became pregnant.

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00:11:01,434 --> 00:11:06,438

In the August of that year, she went to a prenatal clinic

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00:11:06,438 --> 00:11:10,441

and she was examined by the gynecologist, our own family doctor,

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00:11:10,441 --> 00:11:15,444

and the midwife who was later present at the birth.

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00:11:15,444 --> 00:11:19,447

She had asked if everything was all right. She was told yes.

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00:11:19,447 --> 00:11:22,450

There was only one heartbeat, one set of limbs.

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00:11:22,450 --> 00:11:25,452

On the 4th of October, a little girl was born.

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00:11:25,452 --> 00:11:30,456

Ten minutes later, to everyone's amazement, the second girl was born.

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00:11:30,456 --> 00:11:35,459

I was amazed to see that the younger girl had a scar

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00:11:35,459 --> 00:11:39,462

which went right across the forehead and into the right eye.

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00:11:39,462 --> 00:11:43,465

The younger daughter who was killed had the identical scar.

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00:11:43,465 --> 00:11:49,470

As the twins grew older, Mr. Pollock reports that unusual incidents strengthened his belief

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00:11:49,470 --> 00:11:54,474

that the twins were the reincarnation of his first two daughters.

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00:11:54,474 --> 00:12:00,478

The twins immediately recognized old items of clothing that had belonged to their two sisters.

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00:12:00,478 --> 00:12:05,482

One recreated incident underlines his theory.

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00:12:05,482 --> 00:12:13,488

I found two dolls that had belonged to the two girls that had been killed, my younger daughters.

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00:12:13,488 --> 00:12:16,490

The elder of the twins picked up a doll and said,

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00:12:16,490 --> 00:12:21,494

that is my Susan. I haven't seen her for a very long time.

139

00:12:24,496 --> 00:12:29,500

The younger of the twins went and picked up the other doll and said, that's my Mary.

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00:12:29,500 --> 00:12:32,502

I haven't seen her for a very long time.

141

00:12:32,502 --> 00:12:36,505

These twins had never seen these dolls in their life.

142

00:12:36,505 --> 00:12:40,508

They belonged to their two sisters who had been killed.

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00:12:40,508 --> 00:12:46,513

My wife and I brought the twins to Hexham to an area well known to the two girls who had died.

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00:12:46,513 --> 00:12:54,519

We brought them in proximity of the church in school, coming along here where there's a four foot high wall.

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00:12:54,519 --> 00:12:57,521

They were below the height of this wall, they couldn't see what was behind.

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00:12:57,521 --> 00:13:02,525

As we approached they turned around and said, there is the school around here where we used to go

147

00:13:02,525 --> 00:13:05,527

and there is the playground behind it.

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00:13:05,527 --> 00:13:12,532

They could not possibly see this from where they were and they cannot see the playground in any shape or form from here

149

00:13:12,532 --> 00:13:15,534

because it lies behind the schools.

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00:13:15,534 --> 00:13:24,541

We proceeded on and as we approached the abbey gates, one of them turned to the other and said,

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00:13:24,541 --> 00:13:29,545

the playground's over here with the swings where Mummy used to take us and they turned and said,

152

00:13:29,545 --> 00:13:31,546

Mummy are you going to take us over there now?

153

00:13:31,546 --> 00:13:35,549

You can't see the playground because it lies below that incline.

154

00:13:35,549 --> 00:13:37,551

It's impossible to see it from the road.

155

00:13:40,553 --> 00:13:43,555

Today the twins work in the family bookstore.

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00:13:43,555 --> 00:13:48,559

It has been more than 21 years since their two sisters were killed.

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00:13:48,559 --> 00:13:52,562

Do they agree with their father's belief in reincarnation?

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00:13:52,562 --> 00:13:55,564

No, not at all, no. Nothing, no different.

159

00:13:55,564 --> 00:13:57,566

Sometimes I feel like I'm somebody else, not myself.

160

00:13:57,566 --> 00:13:59,567

I don't think my sister's either really.

161

00:14:00,568 --> 00:14:05,572

I mean I've got no doubt that we haven't been reincarnated to come back as our sisters.

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00:14:05,572 --> 00:14:12,577

From a series of unusual events however, John Pollock has fashioned his own unshakable theory of reincarnation.

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00:14:12,577 --> 00:14:17,581

My two daughters who had been killed had been reincarnated, they'd been given back.

164

00:14:17,581 --> 00:14:19,582

They'd been reborn to us.

165

00:14:19,582 --> 00:14:26,588

Outstanding evidence to me which I looked for, I wanted perhaps, I don't know,

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00:14:26,588 --> 00:14:31,591

but it was given to me and I accepted it as such, as proof.

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00:14:32,592 --> 00:14:38,597

For many of us, the memory of a past life exists only as fragmented images appearing in our dreams.

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00:14:38,597 --> 00:14:44,601

Yet sometimes these images are so vivid in our minds that we feel compelled to investigate.

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00:14:44,601 --> 00:14:49,605

Can we possibly verify the existence of a previous life?

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00:14:50,605 --> 00:14:59,612

Kouris Abbey in Scotland, a favorite retreat for His Majesty King James IV of Scotland during his reign in the 16th century.

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00:15:01,614 --> 00:15:11,621

Oh yes, I know this place. I'm sure this rings a bell and I'm sure I think of that gate.

172

00:15:11,621 --> 00:15:16,625

A.J. Stewart believes she is the reincarnation of James IV.

173

00:15:16,625 --> 00:15:20,628

There's the little swipe and passage.

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00:15:20,628 --> 00:15:26,632

In search of cameras were present when she arrived for her first visit to Kouris.

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00:15:26,632 --> 00:15:30,635

And if you listen very hard you can still hear them singing.

176

00:15:34,638 --> 00:15:36,640

And it's only yesterday.

177

00:15:36,640 --> 00:15:40,643

Well, it's... to me it's only yesterday.

178

00:15:42,644 --> 00:15:48,649

James IV was born in 1488 and was crowned King at the age of 15.

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00:15:48,649 --> 00:15:56,655

His prosperous reign ended tragically when he was slain on the battlefield of Plotton in 1513.

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00:16:06,662 --> 00:16:13,668

The trail of her memories led us into the town of Kouris itself. Had she been here before?

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00:16:13,668 --> 00:16:21,674

And there's the market square. Horses look much better.

182

00:16:25,677 --> 00:16:31,681

But always it was like this of houses piled on top of each other.

183

00:16:37,686 --> 00:16:47,693

And always the roofs are like this. They're much later than my time, but...

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00:16:47,693 --> 00:16:54,698

These observations, although interesting, do not provide us with any conclusive evidence of her past life.

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00:16:54,698 --> 00:16:59,702

The next stop was Traquere House, 50 miles south of Kouris.

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00:17:00,703 --> 00:17:05,707

A.J. Stewart said she had never visited here before. As she searched her mind,

187

00:17:05,707 --> 00:17:10,710

she became aware of disturbing recollections, having nothing to do with her own life.

188

00:17:11,711 --> 00:17:18,716

I had been dreading the journey down because I had an awful feeling it was going to look like I knew it did.

189

00:17:18,716 --> 00:17:22,719

And it does. The colouring on the walls is different.

190

00:17:22,719 --> 00:17:28,724

It was grey stone then, there was no harling, and I didn't approach that way.

191

00:17:28,724 --> 00:17:31,726

I came across the old road where I'm sitting now.

192

00:17:32,727 --> 00:17:36,730

How did A.J. Stewart come to believe that she was once a great king?

193

00:17:36,730 --> 00:17:47,738

Well, it's a gradual process. I'd call it a life's remembering and forgetting, and then the remembering again.

194

00:17:47,738 --> 00:17:56,745

And the very sudden confirmation of it was in 1967 when I'd been fighting very hard against these memories

195

00:17:56,745 --> 00:18:02,749

that had been thrusting through all the days of my life, and I'd been trying to suppress them.

196

00:18:04,751 --> 00:18:10,755

We brought A.J. into the castle through the current entrance added after the death of King James.

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00:18:11,756 --> 00:18:18,761

She said she was immediately disoriented and sensed that perhaps something was out of place.

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00:18:18,761 --> 00:18:25,767

Her first impressions were correct, as this was not the entrance used by James IV.

199

00:18:25,767 --> 00:18:30,770

The king would have entered through the secret passage used only by royalty.

200

00:18:31,771 --> 00:18:37,775

We first brought A.J. into the room where the king is said to have slept.

201

00:18:40,778 --> 00:18:47,783

They're right about this, you know. This was the king's bedchamber. History hasn't changed.

202

00:18:47,783 --> 00:18:52,787

It's like yesterday, and I could be lying down in that same bed.

203

00:18:52,787 --> 00:18:56,790

And the portraits, no, the portraits are after my time.

204

00:18:57,790 --> 00:19:03,795

These aren't my people, but the room is the height, the height of the walls. That's right.

205

00:19:03,795 --> 00:19:08,799

And there's an oratory somewhere, is there not? There ought to be an oratory.

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00:19:08,799 --> 00:19:13,802

The king used to address his subjects from the balcony off the bedchamber.

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00:19:13,802 --> 00:19:17,805

This is the window to the oratory, surely. It must be.

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00:19:17,805 --> 00:19:22,809

There's a window that's open to the public.

209

00:19:22,809 --> 00:19:28,814

There's a window that's beyond, because always I must have an oratory.

210

00:19:28,814 --> 00:19:35,819

Like a departed spirit returning home, she describes the room as she says it had been in the king's

time.

211

00:19:35,819 --> 00:19:41,823

And I know that fireplace, and they had... there was a... great...

212

00:19:41,823 --> 00:19:45,826

But is this a past life memory, or simply imagination?

213

00:19:45,826 --> 00:19:51,831

Not merely metal. There was a stone thing built round, because we had to screen off the heat,

214

00:19:51,831 --> 00:19:57,835

because even in the basket you got this casting of the cinders and the things.

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00:19:57,835 --> 00:20:05,841

But of course there were... there were kind of silken rugs that were put down for the king, and tapestries.

216

00:20:07,843 --> 00:20:11,846

I've been down this stair before.

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00:20:11,846 --> 00:20:16,850

Could A.J. Stewart in a past life have actually descended these steps,

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00:20:16,850 --> 00:20:24,856

which led down a passageway to these stairs, which now lie in ruin, closed to the public?

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00:20:24,856 --> 00:20:30,860

Or are all of her claims merely a romantic notion of history?

220

00:20:30,860 --> 00:20:34,863

It's a place that hasn't changed since my time.

221

00:20:34,863 --> 00:20:38,866

The ground always feels like home on places that I have known.

222

00:20:38,866 --> 00:20:41,868

No matter what is built on them, the ground will feel the same.

223

00:20:41,868 --> 00:20:44,871

Just occasionally I meet a house, and I think to myself,

224

00:20:45,871 --> 00:20:54,878

this is not nearly what it was like. This is really home to me, and this is my home to me in the 16th century.

225

00:20:59,882 --> 00:21:10,890

Throughout much of the eastern world, there exists the belief that all human spirits continue beyond physical death as part of the endless cycle of life.

226

00:21:11,891 --> 00:21:15,894

This concept is foreign to most western minds.

227

00:21:15,894 --> 00:21:20,898

Like the Pollock twins, many of us do not accept such beliefs.

228

00:21:20,898 --> 00:21:30,905

But for others, such as Lucia Capicione and A.J. Stewart, the possibility of past lives is beyond question.

229

00:21:41,913 --> 00:21:49,919

Coming up next in search of continues with the journey into the realm of dreams and nightmares.

230

00:21:49,919 --> 00:21:57,925

Then a Navy man poses as a Soviet spy in Operation Lemonade, one of the FBI's untold stories.

231

00:21:57,925 --> 00:22:09,934

And later tonight, world records and death by water are just an instant apart as racers push the envelope of top speed at 9 Eastern 10 Pacific.

232

00:22:09,934 --> 00:22:13,937

Here on the History Channel, where the past comes alive.