

A CONFEDERATE SOLDIER IN THE MODERN WORLD: THE CASE OF JEFFREY KEENE/GENERAL JOHN B. GORDON

BY KAREN FRAZIER

Jeffrey Keene is a man with a past. A very long past. A retired Assistant Fire Chief in Westport, Connecticut, Keene has one of the most evidentially compelling cases for reincarnation known.

In his book, *Someone Else's Yesterday* (please see book review on page 33), Keene details the strange events that led to how he learned of his past life as Civil War General John B. Gordon.

His journey into the world of reincarnation began in 1991, when Keene and his wife, Anna, were on an antiquing trip to Pennsylvania. Impulsively stopping at the Antietam Battlefield in Sharpsburg, Maryland, Keene had a strong physical and emotional reaction while walking by himself down the Sunken Road.

In the book, Keene describes his experience. "A wave of grief and sadness washed over me. Without warning, I was suddenly being consumed by sensations. Burning tears ran down my cheeks. It became difficult to breathe. I gasped for air as I stood transfixed in the old roadbed. To this day, I cannot tell you how much time transpired, but as these feelings, this emotional overload passed, I found myself exhausted as if I had run a marathon."

Keene's experience took place on the very spot in the Sunken Road

where Gordon was wounded. So began the series of strange coincidences that led Keene to his journey of discovery into reincarnation and his past life as General John B. Gordon.

A Compelling Case

The evidence in Keene's case is compelling.

- There is an uncanny physical resemblance between Keene and Gordon, including scars and marks on Keene's body in five places that match Gordon's wounds suffered in the Civil War.
- Linguistics experts have studied samples of Keene's and Gordon's writings and note the similarity in writing style.
- There are people in Keene's life today that closely resemble people in Gordon's life.
- There are similar personality traits and taste in clothing that match.
- Keene was born on September 9, 1947 — a date that coincides with events occurring on September 9, 1862, that led to the battle of Antietam, where Gordon was severely wounded.

Then there's the incident that transpired on Keene's 30th birthday. On that day, Keene was taken to the

hospital ER with a severe mysterious pain in his face. No reason for the pain was ever found, but Keene learned many years later that the pain in his face on his 30th birthday coincided exactly with where Gordon was shot in the face during the Battle of Antietam when he was 30 years old.

While skeptics may dismiss all of this evidence as coincidence,



In his book, *Someone Else's Yesterday*, Jeffrey Keene (pictured at left) details the strange events that led to how he learned of his past life as Civil War General John B. Gordon (pictured at right).

War and worked it backwards to John Gordon," Keene said.

That couldn't be farther from the truth. Keene pointed out that prior to his experience at Antietam, he'd never had an interest in the Civil War. He had viewed a few episodes of the Ken Burns series Civil War in which John B. Gordon was mentioned, but he had not singled him out for any reason. Keene had never read any books on the Civil War.

I recently had the opportunity to speak to Jeffrey Keene on the telephone. Warm and personable, Jeffrey Keene was happy to share his experiences and what he believes is the greater meaning behind them.

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Q: In your book, you describe a time while you were in the military where you had a nighttime encounter with a shadowy figure standing by your bed. Later, you mention the face was that of Gordon. What do you think it was?

Keene: I don't know. I believe we have a lot of input into our lives. There are events that trigger things for us and lead us to where we need to go. My experience at Antietam was

a trigger. So was the shadowy figure. It was full figure that looked a lot like Abraham Lincoln — very gaunt with sunken eyes. Of course, Gordon was very gaunt during his war experience. Later I recognized from a picture of him taken during the war that the figure I had seen was John Gordon.

Was it a self-produced hologram? Is our soul in pieces? I've never really figured out what it was. What I do believe is that we are given signs and directions about where we are supposed to go. Maybe this was a sign for me.

Q: I was unclear after reading your book how much of your knowledge of General Gordon came from past-life memory, and how much came from your meditation and spontaneous writing. How clear are your memories of your life as Gordon?

Keene: It's strange. A lot of my personality is similar to his.

In her book *A Change of Heart: a Memoir*, Claire Sylvia talks about going through a heart and lung transplant and afterward experiencing many differences in her personality — including her likes and dislikes, such as a craving for chicken McNuggets. It turns out that the organs she had received

were from a little boy who ate chicken McNuggets a lot.

That is cellular memory. I have a cellular memory from a past life. Just look at how I look and the markings I have. I have markings in five places where Gordon was wounded during the war. I look in the mirror, I look at these markings, and then I look at my experiences. To me, it all adds up — it can't be anything other than that I had been General Gordon.

The spontaneous writing didn't work too much for me. A psychic named Jean Loomis taught me how to meditate, and I meditated a lot. Dreams that hadn't made sense before started to make sense.

I was skeptical — but every time I started to doubt, something would come down the pike to whack me in the head. It comes with knowing — you don't know how you know, you just know it. It isn't a belief, it is a knowing.

In meditation, sometimes there are vignettes. I had one of General Gordon helping his wife, Fanny, out of a carriage. It was so vivid, so real, that I have but to close my eyes, and I can still feel my hands around her tiny waist.

It is like putting together a puzzle, where all of the puzzle pieces keep fitting into place. There are bits and pieces of everything. A word here, a sound you hear there, a dream, a picture that arises in your mind.

Sometimes it's an experience that happens — like the time on my 30th birthday when I went to the hospital ER with severe pain in my face exactly where Gordon was shot through the face at Antietam when he was 30. When you start to put

these things together, there is only one explanation that makes any sense — reincarnation.

Q: Did you use spontaneous writing often? And, if you did, how did it occur?

Keene: It didn't really work for me. I was more successful with meditation.

Q: Was your reaction at Antietam the most you've emotionally and physically connected to the battlefields where Gordon fought?

Keene: Years ago, I went to a Civil War battlefield with my parents. I wasn't much into it. What happened to me at Antietam was the trigger for everything that came



Keene is pictured having a reading with psychic Candace Zellner in which she confirmed memories he'd had of his life as a French or English soldier.

after it. It was the first time I had any sense that there was something larger going on.

Q: Since you completed your book, have you continued to experience more waking memories, emotions, and/or impressions about John B. Gordon?

Keene: I stopped doing meditation. I pray now instead. I was get-

ting more and more psychic from the meditation. I would have songs in my head and be singing them, and it would be a song that had been running through someone else's head.

I don't need or desire to be psychic. I don't really need to go into any more past lives either.

I was trying to say in the book that you need to live in this life. The past may be interesting, but it is gone. So many people get caught up in their past lives and ignore this one. I think it is best to stay present in the life that you are living now.

Q: When you come into contact with a relative of Gordon's, do you feel any special connection to that person?

Keene: Most have been written letters, e-mails, phone calls. One time, I met with John B. Gordon's great-great-nephew Steve Smith in person. It is always interesting.

Q: You talk about soul groups and reincarnating with people in your soul group. Have you experienced some special kind of recognition when you've come across them?

Keene: Yes — for sure. I am married to one. My wife, Anna, was either Fanny Gordon (John Gordon's wife) or one of her sisters. I think probably she was one of Fanny's sisters. She literally saved my life. Anna was an answer to a prayer.

I was going through a rough time, and I prayed for someone with certain qualities. And there was Anna — she was exactly what I had asked for. We've been married for nearly 18 years.

Q: I notice in your book that you refer to Gordon in the third person throughout the book. How much connection do you feel to your past-life incarnations?

Keene: I feel a strong connection to the Gordon lifetime, but it is important to understand that I am not John Gordon. It would be more correct to say he is part of me — part of my spiritual DNA — you might say. I was him. I am in this life now and need to live Jeffrey Keene's life.

Q: There seem to be recurrent themes that run through many of the lives that you've experienced.

Keene: My theme seems to be warrior priest.

Q: How many past lives have you remembered?

Keene: Samurai, WWII British soldier, Irish girl, Tibetan monk, Franciscan friar, Druid priest, two Native Americans (Anasazi and Mariposa), a Knight Templar or someone fighting against the Knights Templar.

Q: When you are drawn into a remembrance of a past life, how fully do you experience it?

Keene: It is like a puzzle. You just look at all of the things that arise in your life and put it all together. Your job is to listen — and you will be directed where you need to go.

Q: Tell me about the role that synchronicity has played in your life.

Keene: We're guided. We're led to the places we're supposed to go, and we meet the people we're supposed

to meet. Synchronicity is this guidance in action. There really isn't any such thing as coincidence.

So many times, my instincts led me to where I needed to be to get the information that I needed to get. When I first visited Antietam, we hadn't planned to go to any Civil War battlefields. Instead, I saw the sign and said, "Let's go here."

Later, when I went to Petersburg — a city of 45 square miles; in the dead of night, with no directions, I took the right exit (there were five) and drove to the exact street that I sought.

When I was looking for the only copy of Gordon's article for *Youth Companion* magazine, it was in a room at the library where the key had been lost for a long time. They found the key to the room right

before I showed up asking for the article. I've had strange things happen like this all throughout my life.

Q: How can you tell the difference

between something that is just a random thought and something that is guiding you toward some insight? Or is there a difference?

Keene: That's a tough one. If I knew the answer for that, I'd probably have avoided a lot of the difficult situations in my life. Although, sometimes what seems like the wrong decision isn't the wrong decision, at all. Sometimes you need to go through the suffering and pain to learn a lesson.

How many times has someone had something seemingly bad happen to them, just to hear them say, "That's the best thing that ever happened to me," because it led to

TIMELINE

- Jeffrey J. Keene was born in Danbury, Connecticut, in 1947 and grew up in the town of Westport, Connecticut, attending Staples High School.

- He joined the Air Force after his graduation in 1965. Following basic training, Keene specialized as a medic and received an honorable discharge in 1969 at the rank of sergeant.

- Returning to Westport, Keene joined the town's fire department in 1976. In his 28 years in the fire service, Keene studied Fire Science at Norwalk State Technical College and attended Delaware State Fire School, where he progressed to the fire instructor level. One of the state's first hazardous materials technicians, he also developed a Mock Crash Program to educate local high school students on the dangers of drinking and driving, gaining recognition for his efforts from Mothers Against Drunk Driving.

- Jeffrey Keene is a decorated firefighter, and in 2003, he retired as an assistant fire chief with the Westport Fire Department. Keene had spent his last 15 years as a shift commander and was charged with the development and implementation of standard operation procedures for the department.

- After retiring from the fire department, Keene became an accomplished Civil War researcher and speaker. He has lectured on Civil War topics to groups ranging from elementary students to peer experts.

- *Someone Else's Yesterday* was a finalist in the 2004 Visionary Awards held at the International New Age Trade Show in Denver, Colorado, in June 2004.

- Keene resides with his wife Anna in Trumbull, Connecticut. ♦



something that they needed.

We judge too quickly. Things are neither good nor bad, they just are. The secret of life is life.

Q: Do you have any advice for others who wish to become more aware of the guidance they are receiving?

Keene: Pay attention. Stop to spend time with yourself. Quiet yourself down and ask, "Show me the things that I need to see."

Then pay attention to what happens. Keep a pad and write down dreams, thoughts, impressions. These are all messages we are giving ourselves.

Q: How about advice for people who want to remember past lives.

Keene: Trust yourself. Find your own way of meditating. Keep track of all of the stuff that comes to you — a word, numbers — and somewhere down the line, they will make sense.

If I could say one thing to people about this, it is this: You remember, you just don't know you do.

Everything in your life is a reminder of what you need to know — from your taste in clothes and the way you decorate your house to songs that move you to relationships that you choose.

Q: You describe memories from many past lives. What purpose do you feel it serves to have past-life recall?

Keene: To help others. We're here as teachers, we're here as students, we're here to pay back debts. Maybe we have karma we need to work out, or maybe we need to help someone else with resolution of their karma.

Q: Why do you feel that some people have seemingly ready access to past lives, while others never have any past-life recall?

Keene: Everyone remembers — they just don't know that they do.

An example of this: I have always wanted to go to Killarney. One day, I saw a magazine on a table with a picture on the cover. I said, "That's the road to Killarney." I opened the magazine and found the caption for the photo and it read, "Cover Photo Road to Killarney." How would I know that?

Another time, I was at a visitor center at Appomattox Courthouse.



Keene's experience took place on the very spot in the Sunken Road where Gordon was wounded. So began the series of strange coincidences that led Keene to his journey of discovery into reincarnation and his past life as General John B. Gordon.

I saw a flag that was used during the surrender of the South to the North during the war — but there was a print of the surrender showing a different flag being used.

I asked the Park Ranger at the visitor center if the flag I saw was the one actually used in the surrender rather than the one in the picture. The answer was, "Yes." I just knew — it came across me as a knowing.

I think if people pay attention, they know far more than they are

aware that they do.

Sometimes people ask me, "Why can't we remember every moment of every past life?" We've lived many, many lifetimes. Can you imagine how schizophrenic we'd be if we recalled every moment of every life? We remember what we need to remember.

Q: I read in an interview that you did with *Psychic and Spirit* magazine that you hope you are at the end of your incarnations. Do you believe you are? What do you believe will happen with your spirit after it is done reincarnating?

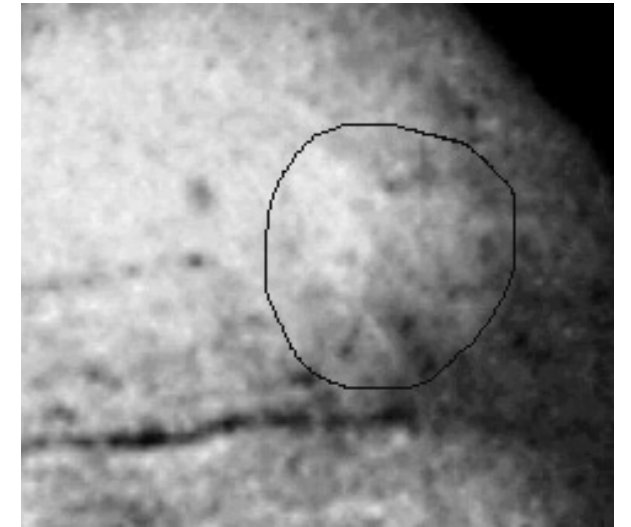
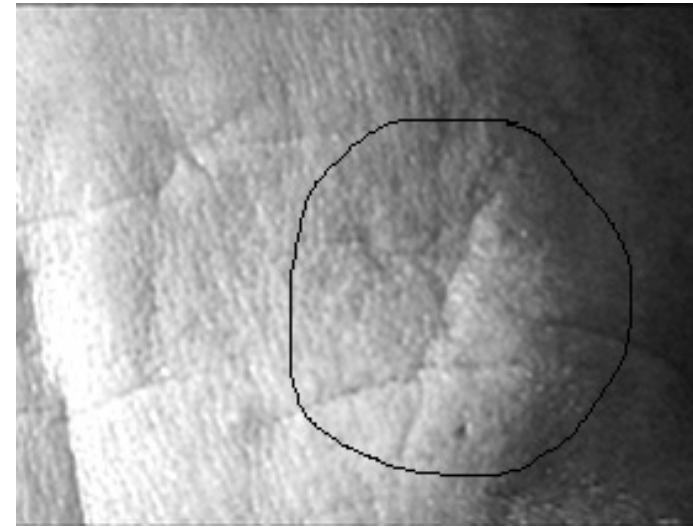
Keene: I hope I don't have to come back here. I've gotten a little weary of this world and how people treat one another. Why can't people realize that we are all one? We need to realize that all people we see are us. We're all just trying to get back to where we started from.

There is no reason why there should be one person hungry in this world. We should have weaned ourselves off of fossil fuels 50 years ago. But we haven't. I have to think that there are better places to incarnate to. But then, I tend to be the guy who volunteers for things.

They ask for volunteers, my hand goes up, so I may be back.

Ultimately, where, when, who, and whether we incarnate is up to us. We have free will and get to choose what we do.

If I don't reincarnate here, what would I do? There could be other planes of existence, other worlds. It's a big universe. How arrogant are we that we believe we're the only ones? Maybe I could incarnate somewhere



According to one account, John Gordon received a grazing blow from musket fire on his forehead above his left eye, which was not serious but bled profusely. Jeffrey Keene suggests that this mark on Gordon's forehead (image at right) may have come from this incident. Note the smaller star-shaped mark on Keene's forehead (image at left).

else. Maybe I could study and learn. Or teach. I won't know until I get to the Other Side, Heaven, Home, whatever name you care to use.

An example that there is more going on than we know: We tend to think of things as so solid in our world. Look at a brick — it appears solid. You touch it, it feels solid. But if you look at it on a microscopic level, it is atoms and empty space. Things aren't what they seem, and so much of this world is illusion. That brick would be better described as an event happening before our eyes.

There are some people that have the need to fear that they have a soul. We are subject to karma. This isn't necessarily punitive — it just is. Some people don't want to believe that they will come back to this to face their karma. Some people need to believe that this life is all there is and that death is the end of it. This world is not an easy place to come back to.

Q: You spend some time in your book talking about past-life recall in very young children, and you relay stories about several children

you've encountered who seem to have significant past-life recall. Do you think there's a way that we can keep children's minds more connected to their spirits as they mature and grow?

Keene: They haven't forgotten and don't forget — it's in the subconscious. We carry it all with us — it is written on the soul. The connection can be made through meditation.

There is an interesting Web site: www.childpastlives.org/. On the forums, there are several mothers whose two- and three-year-olds are having memories of being firefighters in the World Trade Center on September 11.

These kids know the things a firefighter would know — and they speak the way firefighters speak. I have told these mothers that some of the things their children say are things that only a firefighter would know, which points to the truthfulness of their statements.

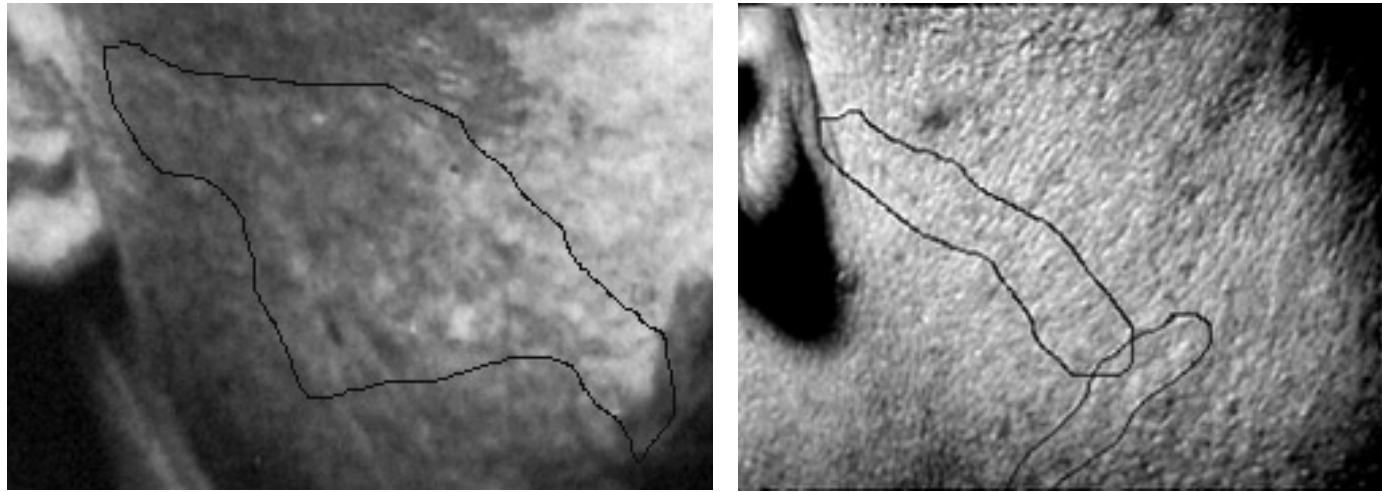
Q: If two- to three-year-old children are reincarnations of firefighters who perished on 9/11, that's a pretty fast turn-around in lives. Don't we get time to rest?

Keene: Do you want to know what the rule is? You could come back five minutes after death, five years after death, 500 years after death or never. There is no rule, because we come back when we feel we need to.

Q: In your book, you make it very clear that you'd never had any past-life regression hypnosis up to the point the book was published. Does this remain true? Do you feel that hypnotherapy is a valid method for past-life recall?

Keene: I never have. Not because it is a bad tool, but because there is a stigma attached to it. There is the belief among skeptics that the therapist leads their subject, so any memories obtained are tainted. I wanted to be able to have my evidence stand on its own so that I can get my message out.

When I did the Sci Fi show, *Proof Positive*, I passed a three-hour polygraph test with a 99.6% accuracy that I was not being deceitful. The only thing I didn't do was the past-life regression — because that would be the one thing that people would remember about my appearance.



Jeffrey Keene bears marks, one of which looks like a long scar, on his right cheek (image at right) for which he can remember no physical causes. General Gordon bears a wound from battle across the right cheek (image at left).

Q: You mention that one of the first significant books you read on reincarnation is Brian Weiss' *Many Lives, Many Masters*. In that book, he discusses life between lives. Do you have any recall of life between lives?

Keene: In Dr. Weiss' books, one of the things that always frustrated me was that he never said beyond a shadow of a doubt that he believed in reincarnation. He always said that the evidence seemed to point in that direction, but that it didn't matter if it was real or not as long as it helped the patient.

Of course it matters. Think of how we would all live if we understood that we are all one, and that we realized we came back again and again with the same group of people that we loved. Recently, he finally said that he believes in reincarnation. I was happy to see that.

I have some recall of life between lives in that I remember leaving my body, heading to the light, and being welcomed. It stops there.

Q: I've read that many say yours is one of the most compelling evidential cases for reincarnation. Do you feel this gives you some re-

sponsibility for ambassadorship?

Keene: No. The evidence makes my case stronger. It's proof to me. It is the strongest case I've seen. I don't care whether others believe or not. My purpose is to put the story out there. I feel like this is one of the things I am supposed to be doing.

I didn't realize I was writing a book. I was just noting the things

"Love is forever. Everyone we love, have loved, and will love continues to exist. The meaning of life is life."

that had happened. It turned into a book. Long after I was convinced, things just kept happening. I figured there must be some purpose to that. The only conclusion I could come up with was that I was to put it all out in book form.

Q: You touch on genetic memory in the book. Can you explain this concept?

Keene: An example of genetic memory is where someone's grandfather fought in the Civil War, and they have some of their grandfather's memories. Frankly, I find that harder to believe than reincarnation. I keep an open mind — but reincarnation makes more sense to me than genetic memory.

Q: What is the primary understanding you have taken away from your experiences?

Keene: The documentary *Beyond Death* asked that as their last question. I said, "Isn't it amazing that there is no death as we know it? We live forever. We're immortal. Love is forever. Everyone we love, have loved, and will love continues to exist. The meaning of life is life."

They didn't include that in the documentary, which is funny because to me, that is the essence of all I have experienced.

Q: How do you think people can internalize these understandings?

Keene: When the student is ready, the teacher will come. Like my trigger event at Antietam. I was in a state of readiness for that. Some people are ready now. Some will never be

SOMEONE ELSE'S YESTERDAY: A BOOK REVIEW

BY CAROLYN M. HUGHES

“Not yet” was the order given by Colonel John B. Gordon in the Sunken Road to the 6th Alabama soldiers under his command on September 17, 1862. “Not yet” was the response uttered by Jeffrey Keene on October 31, 1992, to a palm reader who had just told him that he died in that Sunken Road on the Antietam battlefield. Not yet . . .

The 2003 book, *Someone Else's Yesterday*, chronicles a Connecticut fireman's amazing discovery that, not only had he lived before, but that he was one of the South's greatest Civil War heroes. Jeffrey Keene's book records one of the most startling “waking memory” reincarnations documented to date.

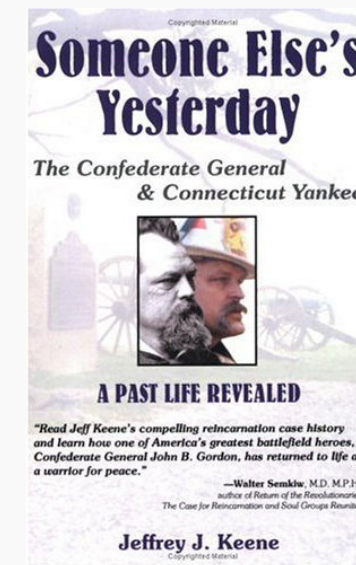
A Journey Begins

Having no real interest in the Civil War, Keene's journey began innocently enough while on vacation with his wife in Maryland during May 1991.

Though Keene had never read a book on the Civil War before or had any affinity for that era, he felt compelled to visit the Antietam National Park Battlefield. His account of what happened to him while standing in what is known today as “the Sunken Road” or “Bloody Lane” is riveting.

A wave of grief, sadness and anger washed over me. Without warning, I was suddenly being consumed by sensations. Burning tears ran down my cheeks. It became difficult to breathe. I gasped for air, as I

stood transfixed in the old roadbed. To this day I could not tell you how much time transpired, but as these feelings, this emotional overload passed, I found myself exhausted as if I had run a marathon. Crawling up the steep embankment to get out of the road, I turned and looked back. I was a bit shaken to say the least and wondered at what had just taken place. It was difficult getting back to the car because I felt so weak. I did



not have any answers, just questions. I would one day receive my answers, but not until more than a year later and then from a most unusual source . . .”

Startling Findings

It wasn't until 18 months later, at a Halloween party, a palm reader asked Keene: “Do you believe in

past lives?” Thus begins one man's incredible journey of discovery.

In his book, Keene freely shares his thoughts and confusion as he delves into Colonel John B. Gordon's history and discovers parallel events in both his and Gordon's life that are undeniable. Events that are too specific to be coincidence.

Two of Keene's most startling findings are that not only does he share an incredible physical “mirror” likeness to Gordon, but that he has birthmarks and scars that match Gordon's battle wounds, which Keene illustrates through photographs.

He also shares photographs of notable Civil War era soldiers that bear a striking resemblance to people he either works with today or has worked with in the past.

The latter evidence gives credence to the theory of “soul groups” — reincarnating groups of souls with a common purpose and common level/state of advancement/enlightenment, who work together toward a common goal.

And whether that common goal of Keene's “soul group” was to win a Civil War battle or to suppress a raging fire, the soul group theory comparison detailed in *Someone Else's Yesterday* is compelling.

I highly recommend Jeffrey Keene's spellbinding book, *Someone Else's Yesterday*. You may find yourself questioning your ideas about reincarnation! ♦

ready. Pay attention, watch where life leads you. Follow it.

Q: You touch on physical resemblances throughout incarnations. Do you believe these physical resemblances transcend gender and race? Do we look the same (or similar) in every incarnation?

Keene: Dr. Walter Semkiw (who believes he is the reincarnation of John Adams — www.johnadams.net) says there is, that the underlying “facial architecture” remains the same from lifetime to lifetime. I say there may be similarities, but it’s not always a great resemblance.

How strong can a resemblance be if you are a six-foot Nordic man in one life and a five-foot African woman in the next? I do believe that the eyes tend to stay the same. I believe it is true that the eyes are the windows to the soul.

Q: You’ve been in touch with your reincarnations for a long time now. Are there ever times that you doubt yourself?

Keene: Not anymore. I am 99.999999999999% — however many nines I can throw in there — certain that what I know is real. When this all started to happen, I had a choice — either look into it or forget about it. I chose to look into it.

Q: What about others who choose to ignore the guidance they are being given?

Keene: It happens. Probably a lot. Above all else, we have free will.

If we ignore the guidance, our life might go in directions that are more difficult. The guidance is always there if we just pay attention.

Q: How accurately do you feel the reasons for the Civil War are portrayed in modern history?

Keene: It’s very complicated. People think there was a line across the United States, with the North being the angels and the South being the devils. That’s the farthest thing from the truth.

There were racists in the North as well as the South. The War Between The States did not start solely to end slavery.

Horace Greeley wrote a scath-

ing letter about the Lincoln administration. Lincoln wrote back in his response that if he could free all the slaves and keep the states together, he’d do that. If he could keep the states together and free half of the slaves, he’d do that. If he could keep the states together without freeing any slaves, he’d do that.

lot of money. The war didn’t become about slavery until two years into the war, after the Battle of Antietam. Lincoln waited to write the Emancipation Proclamation until after the North had a victory. This was a way to keep France and England out of the war because they would have sided with the South.

After the Proclamation came out, there were riots and lynching of blacks in the North, as well as large desertions of Union troops who felt that they hadn’t signed up to fight for that cause.

Q: Given the cost of human lives of the Civil War, do you feel that it was worth it to keep the country in one piece?

Keene: There are many who say that the South won because things didn’t change much after the war. I do think we’re stronger as a group and a nation because we are all together.

Q: Any last thoughts you’d like to leave our readers with?

Keene: It would behoove people to spend more time looking within and learn about themselves so they can

learn about where they came from and where they are going.

*Keene’s Web site is www.confederateyankee.net. Keene’s book, *Someone Else’s Yesterday*, is available from Amazon.com and BarnesandNoble.com. More information about the Jeffrey Keene/John B. Gordon case can be found on Walter Semkiw’s site, www.johnadams.net and at www.near-death.com/experiences/reincarnation07.html. ♦*



There is an uncanny physical resemblance between Keene and Gordon, including scars and marks on Keene’s body in five places that match Gordon’s wounds suffered in the Civil War.

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The Civil War was about money and keeping the states together. If the South was no longer part of the Union, the government would lose a

REFLECTIONS ON REINCARNATION

BY KAREN FRAZIER

After reading Jeffrey Keene’s book, *Someone Else’s Yesterday*, and then interviewing the author, I am finding that my position on reincarnation is shifting — from skeptical believer to believer.

When I look at my past beliefs on reincarnation, I’ve always leaned more toward belief than disbelief. I have that weird combination of spiritual and scientist in my makeup.

I guess you could say that I am one who seeks to find the nature of the universe from both sides of the spectrum — science and spirit.

And I’m not so sure that the two aren’t moving toward meeting in the middle. (Don’t tell the scientists or spiritualists I said that!)

When I look at quantum physics (and I do look at quantum physics an awful lot), it is hard not to notice that at the tiniest level we can observe, we are all made up of the same stuff that everything else is made up of.

It is also pretty clear that what we observe and experience in our universe on a macro level is illusion on a grand scale. Knowing that, how can one not be open to the possibilities?

For the past several weeks, I have been immersed in the subject of reincarnation — first with my past-life regression hypnotherapy followed by my research for that article,

then reading Keene’s book and talking with him, and finally following up with some of the resources with which he supplied me.

I’ve read about the history of past-life regression. I’ve interviewed a practitioner of past-life regression hypnosis. I’ve read what skeptics have to say, and I’ve read what be-



lievers have to say. I’ve viewed Web sites and read books from several experts in the field.

I’ve perused bulletin boards where people discuss their experiences with reincarnation — some with amazing and compelling stories. And I’ve spoken with a man who has perhaps the most compelling case out there toward proving that he has lived another life as a Civil War general.

There’s a legal term — preponderance of evidence. From all I’ve heard, read, studied, and viewed, I would say that the preponderance of the evidence points toward reincarnation being a reality.

Imagine the implications. How would you choose to live if you knew beyond a shadow of a doubt that you can come back?

How would you choose to live if you realized that there was an overarching purpose to not only this life, but to all of your lives and your very existence?

For that matter, how would you choose to live if you knew that you were made up of the same stuff as your best friend and your worst enemy — so much so that it was hard to tell where you left off and the other person began — and that all of you were here working toward a common purpose?

If I am you and you are me at our very basic level and we both know this, imagine how it could change the ways in which we interact.

In a world that is often harsh and cruel, the message of reincarnation is ultimately one of hope. In the words of Jeffrey Keene, “love never dies.”

It goes on forever and ever, and we are lucky enough to have a chance to get it right. Maybe someday we will. ♦