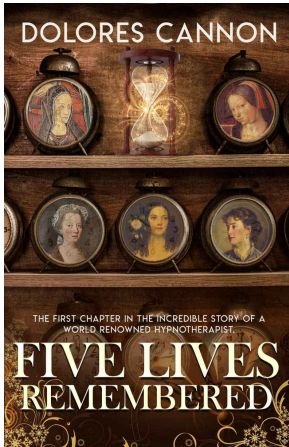


Overview: Five Lives Remembered

Adventures Into Non-Local Consciousness / An Explanation of the Afterlife,
NDE's and other Metaphysical Phenomena
by Dolores Cannon



What do you do when you discover information that is before its time? What do you do when your curiosity takes you on an adventure that is so bizarre that there is nothing "normal" in your experience to relate it to? This is what happened to Dolores Cannon in 1968, long before she began her career as a past-life hypnotherapist and regressionist.”

Five Lives Remembered was Dolores Cannon’s first book, but due to the relatively new and seemingly bizarre nature of the subject matter at that time in 1968, it was only published in 2009, long after her numerous other books.

Her early work was heavily focused on reincarnation, which got her acquainted and comfortable with the concept of time travel. Many of her clients described scenes from past lives where they had lived in past decades, past centuries and even past millennia in a variety of social settings in different locations all over the Earth. She would then spend weeks researching the characteristics of life in those locations and time periods her clients had described living in order to verify the authenticity of the results she was recording. It was through this vigorous verification process that Dolores ensured the authenticity of her results.

Cannon's early understanding of reincarnation seems rather simplistic compared to how far her work has evolved now. However, in looking back at where she started and how she received the information, Dolores realized she and her husband were being lead slowly to lay the foundation upon which she would understand, communicate and explain far more challenging and complex ideas and concepts she would be receiving in the future.

I really enjoyed this, her first effort at publishing, which is a carefully recorded research study. Dolores characterizes the book as 'naive,' but I would say that it reads more like a real life journey of discovery into non-local consciousness at a time when few people knew much about these things and there were no protocols or road maps.

The woman who came to them to find stress relief through hypnosis turned out to be a reservoir of information as she regressed to a past life, and then beyond. In subsequent sessions she detailed other past lives as well as some of her lives “in between.” Some of her lives went back hundreds of years, yet she spoke about what was happening in the present moment. Fascinating! The reason for the candid and accurate descriptions in the book is that Cannon and her husband had the good sense to tape record each session. Dolores also takes great care to tell about their reactions to what they were uncovering at the time, as well as how they planned to go about handling future sessions. For the reader, we are taken along on the journey of discovery with them as it happened!

To put the contribution of Cannon's work in perspective, popularized versions of past life therapy did not fully come into vogue until twenty years later when Dr. Brian Weiss' published his first book on the subject called *Many Lives, Many Masters* in 1988, followed by Dr. Michael Newton's book, *Journey of Souls*, published in 1994. Both Weiss and Newton have gone on to be considered experts in the field.

Looking at the larger context, we have to also see the part non-local reality plays in this. In the late 1990s I had a radio interview program in Chicago dedicated to interviewing authors on the cutting edge of consciousness. Dr. Larry Dossey was one of my guests who was promoting non-local consciousness at that time. Author and medium, Julia Assante said, *"Most people assume that the afterlife is local, meaning it has a definite place or location, spatially as well as temporally. Of course, this is not true. If it were true, the dead would never know when to meet you, let alone where, because they too would be bound by place and time. But, they are not. Hence they know when and where to find us with uncanny precision...the dead seem to be able to project themselves into any time and place, including their own past and future reincarnations."*

The same is true when a subject is in deep hypnosis. This early research depicted in *Five Lives Remembered* explores the same space to reveal numerous past and in-between lives of their subject, who simply came to be hypnotized so she could learn to relax. She got much more than she bargained for!

I emphasize the concept of 'non-local' consciousness because that seems to be the key to understanding the machinations of Reality. This is a hotly debated topic in scientific circles, yet the Spiritualists have been hip to it for quite a few decades now. We have been experimenting with the following non-local practices for over a hundred years. Consider some of the manifestations of Non-Local Consciousness: Mediumship, Psychic Phenomena, Precognition & Premonitions, Exceptional capabilities and Spontaneous Healings. This is a Spiritual Reality that has been well-documented, yet this view of Reality has been ignored and mostly dismissed by modern science, unless you count the work into Remote Viewing conducted in the 1970s at SRI – Stanford Research Institute.

Our spiritual teachers have taught us for millennia that we all have the ability to experience transcendent states of awareness and intentionality and that they are demonstrably resident in the human condition. These states are now beginning to be understood as fundamental properties of our consciousness. We are now reawakening to these states through deep meditation, NDEs, OBEs and through hypnosis. More needs to be done by modern day researchers following in the footsteps tread by true pioneers such as Dolores Cannon. Available on [AMAZON](#).