The Awakening of a Warrior:

Past Lives of a Navy SEAL Remembered

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Foreword:

Reincarnation has captured the imagination of many in the West and is gaining in popularity across a broad spectrum of ideas and thought. The concept of reincarnation has long been a belief and accepted reality in much of the East for thousands of years, all the way into the present. In the West, the idea of past lives currently receives regular mention in feature films, television, popular books, and popular music.

I believe that many of us that are attracted to certain time periods, eras, lifestyles, people, cultures, and geographic locations on the planet and are very likely having memories of past lives filter into our current reality. We may meet a particular person ﻿we have never seen or met before, and upon eye contact or briefly speaking with that person, we have a strong affinity or attraction to them. Perhaps we have known them in a past life or even in many lives and are now reconnecting with them. We may travel to a different location or city that we have never been to before and surprise ourselves in our ability to get around with no problem while others are completely lost. Perhaps we have had a life or several lives in that city before.

More and more people are accepting the possibility of reincarnation, and as the information age continues to undercut and erode old dogmas and outmoded ways of thinking, we will see this process accelerate.

﻿In my last book, The Intuitive Warrior, I wrote about how the energy of love has begun to influence everything in my life. In this book, I will give an account of how my lives as priests developed the aspect of love I talked about in The Intuitive Warrior. I’ll describe how the variation between warrior and priest lifetimes provided the necessary balance for me to get to the point where I was able to utilize the skills of an intuitive warrior. I’ll give you my own personal lifetimes as an example of how we deal with power and how we come back again and again to perfect different aspects of ourselves until we achieve self-mastery. Once we’ve achieved mastery of a particular aspect, we then move on to another aspect and so on until we have developed mastery of all aspects of power.

If we look at the perspective of any two ﻿people who witness the same event, they will invariably have a different view. This could be due to their different vantage points at the scene, different educational levels, their ability to articulate words, their upbringing, their political or religious views, as well as a myriad of other factors. Do not get wrapped up in my views because they are only meant to inform. Any reference to living families is not meant to draw favor or to get into any kind of relationship from former lives. I do not mean to intrude, insult, or draw any unnecessary attention to living relatives of my former lives. Nor do I intend to curry favor or influence anyone in anything other than to inspire and motivate others in their own personal search for past life information.

Many of the viewpoints from my own perspective of history may not ﻿fit with particular recognized stories or with the way history has been written. History is often written and shaped by the victors or by those with an agenda that does not include promoting what the truth really is. History is occasionally retold incorrectly or completely forgotten through suppression or fabrication. But we can make progress in discerning the truth amid the fog of time in which history has been forgotten, misinterpreted, or manipulated, if we are open to a variety of sources. Memories of former lives from many different people can come forth spontaneously or through different practices and may help to uncover the true history of an era or certain events. I believe, at some point in the near future, past life insights will be commonly recognized and considered a potential part of research into historical ﻿events.

Some of the lives I’ve lived are hard to trace, and specific proof is not always readily available by current scientific standards. I’ve tried, to the best of my ability, to hold all of my information to the light of truth. I have also tried, to the best of my ability, to triangulate from different sources, which include historical evidence, experts on the subject, and actual data that has survived through time.

My desire and my intent for writing this book are to spark an interest and perhaps stimulate an awakening in many to their own past lives and how these past lives have shaped and molded them over time. I firmly believe that our entire collective past lives have shaped and guided humanity in its entirety to this current point in time. I did not write this book out of an egotistical need to ﻿show how I have lived the life of kings and great conquerors. I have used historically significant figures to draw interest and to show a pattern throughout many lifetimes that can be cross-referenced and validated for those that are skeptical. I am aware that my best efforts at convincing some will likely never be enough. My true desire is to educate humanity and further our collective advancement through a medium that is highly rewarding when approached with a desire to be informed.

So what does learning about past lives do for you personally? Think about your current life and how your experiences in this life have developed you into the person you are today. All of the challenges, frustrations, victories, joys, and moments of love and bliss are all part of who you are today. At unprompted times, some of these ﻿distant memories flash before you. A piece of your life will appear, and, if focused upon, a whole stream of memories will spill forth. Now think of the possibility that on the farthest side of your earliest memories exist even more memories. Myriad memories, in fact, and, if you could tap into these, they would reveal amazing things about who you are. Some of these memories would open up the possibility of skills and abilities that would vastly improve your life if you could tap into this treasure trove of information again.

You could possibly remember moments in history that have long been forgotten but would immeasurably improve the knowledge of humanity. This is actually starting to happen with many individuals all over the planet. You could remember an architectural technique that ﻿would allow homes to be built cheaper and last longer. Keep in mind that science still doesn’t understand how many of the very ancient structures on Earth were built with such precision, and we are still in the process of decoding the sophisticated geometrical, astronomical, and arithmetical knowledge within the architecture of those structures. The list of possible uses of past life memories is long, and your imagination is the only limit as to what they could offer you and all of humankind as well.

The benefits are potentially many and can include everything from releasing past traumas that may be influencing your current life to achieving an understanding of why you are attracted to certain people, places, or things. Knowledge of a past life can give you insight as to why you are passionate and driven in certain areas ﻿and completely averse to other aspects of life. If we can come to a realization that we have had incarnations as people from many different races, cultures, and religions, and that we have been poor, rich, noble, peasants, slaves, male, and female, would we still have the number of wars and conflicts with each other that we have at the moment?

The information in this book has taken me nearly half a century of research and introspection to come to. I’m completely convinced of reincarnation after having read dozens of books, had several past life readings, and experienced many synchronistic events that pointed me to my final conclusion that we all reincarnate. One of the aims of this book is to condense my own intensive personal research over the last several decades so that you can come to your own ﻿conclusions much faster than I did. I confidently believe that, if you don’t currently believe in reincarnation, you simply have not investigated this topic thoroughly enough yet. Therefore, you have no cogent evidence, which is unfortunate because past life knowledge is extremely enlightening in a multitude of ways. This book will give you the proof if you are remotely open to it.

In my opinion and in the opinion of many advanced thinkers throughout time, the evidence is overwhelming and irrefutably in favor of spiritual transmigration. If we were to set up a trial of reincarnation in a court of law for perjury, which is defined as the deliberate and willful giving of false, misleading, or incomplete testimony under oath, it would be found not guilty. Whether you now believe in reincarnation, are curious but on ﻿the fence, or have no belief at all, you will find this book, at a minimum, entertaining, thought-provoking, and persuasive, if not downright enlightening and transformative.

﻿Introduction:

I began to have thoughts about the possibility of past lives when I was quite young. Around age eleven, my parents allowed me to stay up late and watch the movie Patton with them on the televised Sunday night movie. George C. Scott’s Oscar-winning performance as the American general and tank commander during World War II absolutely fascinated me. I was especially intrigued when he mentioned in the movie that he’d had past lives. Patton himself immortalized his feelings about reincarnation in a poem, whose verses are truly mesmerizing.

﻿*So as through a glass and darkly,*

*The age long strife I see,*

*Where I fought in many guises,*

*Many names, but always me.*

*So forever in the future,*

*Shall I battle as of yore,*

*Dying to be born a fighter,*

*But to die again, once more.*

Reincarnation, which literally means “to be made flesh again,” is the belief that the soul, after the death of the body, comes back to Earth in another body. My understanding is that, a new personality is developed during each life in the physical world, but the soul remains constant throughout the successive lifetimes. As I matured, I continually came across literature and great works by many people from all times who had believed in past lives. Among them was the industrial ﻿trailblazer Henry Ford, who said, *“I adopted the theory of reincarnation when I was twenty-six. Genius is experience. Some think to seem that it is a gift or talent, but it is the fruit of long experience in many lives.”*

Over time I found more interesting quotes from other well-known people that made me ponder the possibility that I may have had past lives as well. Powerful leaders, such as Mahatma Gandhi in India, would have me pause and meditate on quotes like, *“I cannot think of permanent enmity between man and man, and believing as I do in the theory of reincarnation, I live in the hope that if not in this birth, in some other birth I shall be able to hug all of humanity in friendly embrace.”*

The accomplished writer Ralph Waldo Emerson similarly stated, *“The soul comes from without into the human body, as into a temporary ﻿abode, and it goes out of it anew as it passes into other habitations, for the soul is immortal. It is the secret of the world that all things subsist and do not die, but only retire a little from sight and afterward return again. Nothing is dead; men feign themselves dead, and endure mock funerals—and there they stand looking out of the window, sound and well, in some strange new disguise.”*

Another contemporary of Emerson and one of my favorites as a boy, after I read the classic book Walden, was Henry David Thoreau who said, *“Why should we be startled by death? Life is a constant putting off of the mortal coil—coat, cuticle, flesh and bones, all old clothes.”*

Oliver Wendell Holmes served as an associate justice on the US Supreme Court from 1902 to 1932. Noted for his long service, his concise and pithy opinions, and ﻿his deference to the decisions of elected legislatures, he is one of the most widely cited US Supreme Court justices in history. Emerson’s words deeply impressed him, as he said, *“Emerson was an idealist in the Platonic sense of the word, a spiritualist as opposed to a materialist. He believed, he says, ‘as the wise Spenser teaches,’ that the soul makes its own body. This, of course, involves the doctrine of preexistence; a doctrine older than Spenser, older than Plato or Pythagoras, having its cradle in India, fighting its way down through Greek philosophers and Christian fathers and German professors, to our own time.”*

Many different leaders within several diverse and varied fields would come to deeper insights of our world and share them with us, like Jalal ad-Din Muhammad Rumi, an Islamic Sufi poet of the thirteenth century. Rumi, who is ﻿my favorite poet of all time, said, *“I died as a mineral and became a plant, I died as a plant and rose to animal, I died as animal and I was man. Why should I fear? When was I less by dying?”* Along these lines, he expressed his perspective on the idea that we migrated down as souls to the lowest denominator to experience all of existence through countless incarnations. In this manner, we work our way up through first mineral form, then plant, then animal, and now as humans. But even now as humans, we are still evolving into a higher form of existence. The evolutionary process is in a constant state of flux.

Among the earliest known religious teachings in the world today are the Vedic Hindu scriptures, which state that the soul is immortal while the body is subject to birth, decay, old age, and death. An essential part of these ﻿scriptures are the Upanishads, where the term *karma* originated, which is intricately linked with the idea of reincarnation. In Christianity, the principle of karma is described in the saying *“as you sow so shall you reap.”* Karma literally means action; it is the product of one’s actions and the force that constantly determines one’s destiny and sets the stage for the next reincarnation. The cycle of death and rebirth, governed by karma, is referred to as samsara. Many religious leaders throughout time believed in reincarnation and spoke openly of it with their followers.

Siddhartha Gautama, the man who became known as Buddha (563–483 Before Current Era, BCE), offered the following on reincarnation: *“Samsara—the Wheel of Existence, literally the ‘Perpetual Wandering’—is the name by which is designated the ﻿sea of life ever restlessly heaving up and down, the symbol of this continuous process of ever again and again being born, growing old, suffering, and dying. It is constantly changing from moment to moment, as lives follow continuously one upon the other through inconceivable periods of time. Of this Samsara, a single lifetime constitutes only a vanishingly tiny fraction.”* The current Dalai Lama, Tenzin Gyatso, is the leader of the Gelugpa lineage of Tibetan Buddhism. He is the fourteenth recognized reincarnation of the same soul and the inheritor of a rich tradition and culture, which started with Gendun Drup (1391–1474 Current Era, CE). This fascinating reincarnation story has been ongoing for over six hundred years! Before he dies, the Dalai Lama will meditate on his next incarnation and give the upper echelon of the Gelugpa monks ﻿clues as to what he sees through the eyes of his next incarnated self as a two- or three-year-old. After his death, the monks will start their own meditation on the location of the Dalai Lama’s next incarnation, and then they will faithfully search for him. The monks correlate where he is located through previous clues and their own meditations over a two-to-three-year period. They will then travel to the general location and narrow down the potential children through a purposefully designed process of tests to find the true successor.

The monks then present several artifacts from the previous Dalai Lama’s life to the children in question, such as an old worn toy that he had enjoyed, but they will also present a new and shiny one. The right child picks his previous toy and other artifacts such as prayer beads, ﻿staffs, and so on for a count of around ten different objects or questions. Satisfied, they ask for the child from the honored parents, and he is brought up as the new incarnation of the Dalai Lama. So far, this has always happened in Tibet, but the current Dalai Lama said that he would probably not reincarnate in what is now China and that he might even come back as a woman, *“but a beautiful one!”* he said jokingly.

The Dalai Lama wrote, in the preface of the book The Case for Reincarnation by Joe Fisher, that *“reincarnation is not an exclusively Hindu or Buddhist concept, but it is part of the history of human origin. It is proof of the mind stream’s capacity to retain knowledge of physical and mental activities. It is related to the theory of interdependent origination and to the law of cause and effect.”*

In all three ﻿Abrahamic religions, Judaism, Christianity, and Islam, there are several references to reincarnation. Josephus, the best-known Jewish historian from the time of Jesus, said that “all pure and holy spirits live on in heavenly places, and in course of time they are again sent down to inhabit righteous bodies.” Other spiritual insights would follow from masters like Yeshua, who is commonly referred to as Jesus. In the account of John 3:3, he said, *“I tell you the truth, no one can see the kingdom of God unless he is born again.”* In the Pistis Sophia, which is part of the Gnostic Gospels, Yeshua is quoted as saying that *“souls are poured from one into another of different kinds of bodies of the world.”*

While fasting and in deep meditation in a mountain cave outside of Mecca, an area in present-day Saudi Arabia, the prophet Muhammad received ﻿messages from Allah through his messenger Archangel Gabriel. In the Holy Qur’an, we find the verses, *“And Allah hath caused you to spring forth from the Earth like a plant; Hereafter will He turn you back into it again, and bring you forth anew”* and *“God generates beings, and sends them back over and over again, till they return to Him.”*

Scientific proof of reincarnation is also coming from many different sources. I have read many books by Dr. Ian Stevenson (October 31, 1918–February 8, 2007), who was the former head of the Department of Psychiatry at the University of Virginia. Before he passed, he was the director of the Division of Personality Studies at the University of Virginia and, over forty years, compiled several thousand cases of reincarnation from all over the world. In his book *Twenty Cases Suggestive ﻿Suggestive of Reincarnation*, he gives very credible accounts of children who remembered past lives that he had personally researched.

It is known that the Egyptians believed in reincarnation or the transmigration of the soul from body to body. This was one of the main reasons why they embalmed and preserved the body, so that it could journey along with *“Ka,”* an animating force that was believed to be an energetic counterpart of the body, the equivalent to what we understand as the soul. This establishes the concept of reincarnation back to the ancient Egyptian religion in 3750 BCE, but many think the concept dates back even further.

A contemporary of Siddhartha Gautama was the Greek philosopher and mathematician Pythagoras, who taught that the soul is immortal and merely ﻿residing in the body, surviving its physical death. His teachings also held that the soul goes through a series of rebirths during which the soul rests between every death and rebirth, where it is further purified in the underworld. The purpose of this continuous process is for the soul to evolve to the point where it can eventually leave the transmigration or reincarnation cycle. Countless philosophers have discussed the idea of reincarnation such as Socrates (469–399 BCE), who is one of the most acknowledged philosophers of all time. He stated that he was *“confident that there truly is such a thing as living again, that the living spring from the dead, and that the souls of the dead are in existence.”*

Plato (427–347 BCE), another renowned Greek philosopher who was taught by Socrates and in turn taught ﻿Aristotle, shared similar views as Pythagoras about the eternal nature of the soul of man in that it is preexistent and wholly spiritual.

The early Christian philosopher Origen (185–254 CE), is considered one of the most prominent of all of the church fathers. In his Contra Celsum, he states, *“A soul enters into a body according to its former actions and then changes body.”*

The Latin philosopher Saint Augustine (354–430 CE) was greatly influenced by neo-Platonism, which revolves around the idea of a single supreme being or source of goodness from which all other things in the universe descend. Neo-Platonists support the idea of a world soul, or anima mundi, which bridges the divide between the realm of forms and the realm of intangible existence. Saint Augustine is deemed one of the most ﻿important figures in the development of Western Christianity, and in the Contra Academicos, he said, *“The message of Plato’s reincarnation is the purest and most luminous of all philosophy.”*

Truth has a wonderful way of coming back full circle into the forefront of the collective consciousness. The knowledge of reincarnation and the self-realization that it initiates have been lost or suppressed for centuries in many cultures and religions, but now humanity’s awareness is inexorably on its way to setting things straight. You may decide for yourself, as I did over time, that reincarnation is part of who and what we are as spiritual beings having a human experience over many lifetimes.

My thoughts on reincarnation and how we can benefit from our personal studies of past lives are multifaceted. ﻿Pulling in the added wisdom and experiences from another lifetime could help expand your horizon in many different ways. You might be able to figure out why you are actually here in this particular life and what you may need to do in order to progress and be more fulfilled. Learning what you have done wrong in past lives could motivate you to not repeat those mistakes in this life.

The awareness of past lives and my connection to them in this life have been part of my own spiritual awakening, a process of awakening that I believe everyone will eventually encounter as they progress on the spiritual path. To deny or suppress this integral part of spiritual ascension of consciousness is to impede or negate one’s own right as a soul in passage through the human experience. It is with this concept of our ﻿rights as soul entities that I relate my own personal experiences in the hope that it will enhance or awaken your own personal spiritual development and intuition.

As Edgar Cayce wrote, *“In time, we who are trapped in the cycle of birth and rebirth can once again come to know our original state and purpose, and regain our celestial birthright as a companion to God. In time, we can again come to realize that the conditions in our current life are the result of our free actions and choices from past lives.”*