

THE FUTURE MEMORY PHENOMENON

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No matter how far back in history you go, there are stories told of people who have been privy to the future before it physically manifested. The information these people gained from this awareness was accurate more times than it was inaccurate. Some of them claimed that such revelations were absolute; others said the future could be altered if people were willing to change certain attitudes and behaviors.

But there is another group, unlike the seers of old, who speak of being able to live the future before it physically occurs.

Countless people have described such an episode to me, whereby what could not possibly have been known about in advance later manifested. . . exactly as Pre-lived. After years of investigation, I have come to call this "the future memory phenomenon" - a distinctive experience quite apart from the modes of futuristic awareness most of us are more familiar with.

To clarify what I mean, here is a brief sampling of the ways most people use to access information about the future: prophesying - to predict in advance, depends on interpretation of subtle impressions and emotional promptings; precognition - to know in advance, refers to futuristic knowledge suddenly known without prior prompting; clairvoyance - to see beyond sight, witness the future happen as if an observer to the event; clairaudience - to hear beyond sound, listen to messages about futuristic events.

In the mid-eighties, several researchers of near-death states noticed that some near-death survivors could tap into the future in what seemed to be a new way. "Flash forwards" was the phrase coined to describe this supposedly "rare" ability. Yet, in my own research of the near-death phenomenon, a research project that has spanned nearly two decades and covered over 3,000 interviews of near-death survivors (700 of them in depth), I have found the "anomaly" of remembering future events already lived typical of the aftereffects. I described this ability in both my previous books, "COMING BACK TO LIFE" and "BEYOND THE LIGHT." Concurrent with that effort, I interviewed hundreds of non-experiencers to test how widespread future memory might be. The results so amazed me, how anyone could "physically" live a future yet to manifest, that I wrote "FUTURE MEMORY: HOW THOSE WHO 'SEE THE FUTURE' SHED NEW LIGHT ON THE

WORKINGS OF THE HUMAN MIND."

I now define the future memory phenomenon as: pre-live in advance the ability to fully live a given event or sequence of events in subjective reality before living the same episode in objective reality. This is usually, but not always, forgotten by the individual after it happens, only to be remembered later when some "signal" triggers memory. Sensory-rich, future memory is so detailed as to include movements, thoughts, smells tastes, decisions, sights, and sounds of regular physical living. All this is actually lived and physically, emotionally, and sensorially experienced, not merely watched (clairvoyance), heard (clairaudience), predicted (prophesied), or known (precognition); and that living is so thorough, there is no way to distinguish it from everyday reality while the phenomenon is in progress.

Don't confuse what I've just said with deja vu. Deja vu is past oriented and refers to past lives, past dreamstates, activities long since said and done. Pre-living the future is different in that it concerns what has not occurred. . . it addresses a future capable of unfolding in the present, of events yet to happen overlaying current activity.

Consider these examples:

* A former military officer who now lives in Illinois regularly remembers the future and finds that because of this, his life is infinitely more interesting and more relaxed. He hopes the phenomenon never ends.

The incidents he preexperiences usually involve conversations with people and meetings he attends.

* A woman in Washington State prelives visits to bus and plane terminals.

This enables her to know in advance where to go and which travelers to look for, along with what to say to each and why. These travelers are always troubled, and she sees herself as there to give them comfort and aid. "This is my job now," she related, "but I only intervene in situations where I remember having already done so. This way, there are no slipups and I am always where I'm needed."

* A woman in Alabama finds future memory so accurate and so detailed that it even allows her to "meet" fellow shoppers before she ever gets to a given store. She is also able to preexperience the act of standing at the cash register, looking up and seeing all the other cash registers and what is rung up at each, as well as the price of many items as they are checked through.

* Another woman told this story: "I was doing the morning dishes when this rush of energy nearly lifted my head off. I suddenly experienced myself at a dinner party that night, saw who would be there, and took part in what happened and what was said. The whole thing was so real, I decided to make no plans for the evening, just to see what might happen. Sure enough, a friend called and began apologizing all over herself for being so tardy, then she asked if I would come to her dinner party that night. I had to muffle laughter as I accepted her invitation. When I arrived at the party, it was a duplicate of what I had already experienced that morning; every conversation, every wave of a hand, repeated what I previously lived through. I'm glad I 'attended' the dinner party before it happened so I could be prepared in advance."

From the many interviews I held, I discovered that the future memory phenomenon itself generally lasts but a few seconds, or maybe a minute or two of clock time, while presaging several hours that later manifest. The phenomenon can be rather lengthy, though, and encompass several days or even months of future activities.

Future memory, at least what I have detailed here, does not register in the mind as a flash forward

or a snap or a fleeting glance. This much I want to emphasize. Future memory registers in the mind as if a segment of physical reality was just experienced in its complete entirety.

The pattern of how the phenomenon tends to happen, the one I was able to isolate from the majority of cases I studied, has proven thus far to be universal regardless of the individual involved or country of origin.

THE PATTERN OF FUTURE MEMORY EPISODES

* **Physical Sensation at Onset:** There is usually a rush of heat coupled with a feeling of exhilaration. Some experiencers report a ringing sound in their ears.

* **Present Time-Space Relationship in Place:** Everything becomes brighter and sense faculties heighten, yet nothing and no one moves.

The air can fill with "sparkles," shimmer, or appear "wavy."

Expansion: There is a definite feeling of expanding in size. As you expand, so too does space, while everything else either stretches or fades away.

* **The Future Temporarily Overlays the Present:** A given scenario yet to happen suddenly manifests in such detail it can hardly be distinguished from everyday life. Seldom is there awareness of causative factors or being provided guidance, instructions, or direction. Rather, the event while in progress feels perfectly natural.

* **Present Time-Space Relationships Resume Normal Activity:** The scenario

ends as quickly as it began. Rightful proportions return; regular living restarts. There is a lingering feeling of pleasure or disconcertedness, as if something had just happened that was unexpected.

* **Aftereffects:** Invariably there is a sensation of being startled or "chilled," perhaps puzzled. The event remains vivid as long as it remains in awareness but eventually it is either forgotten or set aside.

* **The Future Event Physically Manifests:** Seldom is there recognition at first, until a particular "signal" triggers memory. Once this occurs, the entire scenario returns to mind intact. This can feel spooky or silly, as the reality of being but an actor or actress playing out a "scripted" role becomes an acute sensation. Some have a clear sense of choice concerning outcomes; others feel resigned to allow what has been pre-lived to fulfill itself.

* **Resolution:** Although uncomfortable to begin with, the phenomenon eventually comes to feel reasonable and appropriate; the experiencer's life develops a kind of flow and sense of orderliness because of it.

Not all reports from the people I interviewed fit the above pattern, but the vast majority do (including my own, for I, too, have experienced the phenomenon). What is mentioned here is the pattern for those whose experience happens while they are wide awake and actively involved in the activities of the day. There is another group whose experiences occur during dreams, daydreams, while thoroughly relaxed and passive, or in a state of reverie. This latter group, though, seems much in the minority, as most people are alert and busy when incidents of future memory suddenly overlay their ongoing daily routines (action is a feature of the phenomenon).

Incidents are typically infrequent, yet one woman reported ten per day during a time in her life when she was undergoing serious emotional and financial difficulties. She said the episodes gave her needed support and the strength to keep going. Interactions and interrelationships are the most common subject matter, some almost boring in their ordinariness.

Occasionally individuals change outcomes, but even then, the original incident can reassert itself at a later date. Case in point: A woman prelived her husband having a serious car accident on his way to attend a meeting that night. This alarmed her, so she insisted on going with him and doing the driving. She thus intervened and the evening was accident free. Several nights later, however, her husband had an accident and totaled the car while driving to yet another meeting, one held at a time she could not accompany him. Her previous intervention, as it turned out, changed only the timing, not the event.

When I asked the people I contacted what they thought the purpose was for preliving the future, the most common reason given was this: Prehappenings are previews; they enable you to see what's just around the corner, then they give you extra time to get ready before you get there. Some described their experiences as practice sessions or learning opportunities or chances to experiment with living. One man called them a window into his future. Most claimed that future memory reestablished a natural rhythm to how their lives progressed, thus enabling them to possess a keen awareness that each person and every activity in life matters, regardless of who you are or what you do.

The idea of future memory episodes being rehearsals perplexed me until I began to study childhood behavior - especially at around the age of four when the temporal lobes develop. Children of this age are almost entirely "future" oriented, as they play with the possibilities of what may soon be expected of them as they mature. Their futuristic rehearsals pave the way for the "birth" of their imagination. . . a major step in brain development that enables youngsters to establish the value of continuity (continuous orconnected imagery) and action/reaction (consequences).

When I compared these findings to my research of near-death states, I began to recognize fascinating links: like how "inner child" issues exaggerate after a near-death experience (unfinished business from one's past surfaces in surprising ways); how experiencers become more "child-like" afterward (often displaying an innocence of charm and wonderment); and how curiosity and learning become an overriding priority (almost as if an intelligence enhancement had occurred, perhaps a growth spurt or "rewiring" of brain nerve networks - mirrors early childhood brain development).

To compare this more directly, a chart follows. My use of the term "brain shift" is meant to encompass anyone who has undergone a partial or more complete transformation of consciousness.

BRAIN DEVELOPMENT COMPARISON BETWEEN THREE- TO FIVE- YEAR-OLDS

AND BRAIN SHIFT EXPERIENCERS

Three-To Five-Year-Olds

Temporal Lobe Development
Emerging Consciousness

Pre-live the future on a regular basis, spend more time in future than in present.

Play with futuristic possibilities as a way of "getting ready;" rehearse in advance demands soon to be made upon them.

No natural understanding of time-space states; consider "future" an aspect of "now." Gain perspective and continuity by establishing the validity of action/reaction or "future" (continuous scenery and connected wholes).

Progress from archetypal mental models to stereotypical ones in a process of self-discovery.

The Birth of Imagination

I am convinced that the future memory phenomenon is not some new psychic anomaly, but, rather, a reliable signal that a person's brain is shifting in structure, chemistry, and function. I have observed that:

Being able to live the future in advance, and remember what one did, alleviates much of the stress and fear worrying about unknown variables can cause. This advanced preparation enables the human psyche to negotiate the demands of sudden change more smoothly. The ability imparts an immense sense of confidence and peace in individuals, no matter what age, and often leads to frequent flow states whether internally experienced or as an aspect to how one's life can "flow."

And there's more. The future memory phenomenon appears to be an aspect of higher brain development. As the higher brain "switches on," the higher mind emerges, bringing with it new sets of abilities and talents far richer and more varied than what most of us have ever dealt with before.

Brain Shift Experiencers

Temporal Lobe Expansion
Enlarging Consciousness

Pre-live the future on a regular basis through dream states, visions, future memory episodes.

Pre-experience life's challenges and opportunities before they occur as a way of preparing for demands they will soon face.

No longer restricted by a sense of time-space states; an awareness of simultaneity and the importance of "now." Embrace broader dimensions of "future" (unlimited perspectives held in tandem with the continuity of stable reference points).

Progress from stereotypical mental models to individuation processes in a journey of soul discovery.

The Rebirth of Imagination

A way to jumpstart higher brain development is by learning how to cause future memory states, and you can. Instructions are in the book. Knowing that many people can remember the future, ordinary people, everyday people, invites us to reconsider what we think we know about time and space, about consciousness, about creation itself. "FUTURE MEMORY" seeks to do that, and in the spirit of high adventure. The format used in the book's making is that of a labyrinth, one you read through instead of walk. Labyrinths are designed to alter and enhance the consciousness of those who use them. By weaving the latest findings on brain research into the labyrinth format, I have attempted to create a device that can help you feel what you are reading about as you read. Thus, "FUTURE MEMORY" is not just another book. It is a brain changer.

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