

ROCKING THE PAST



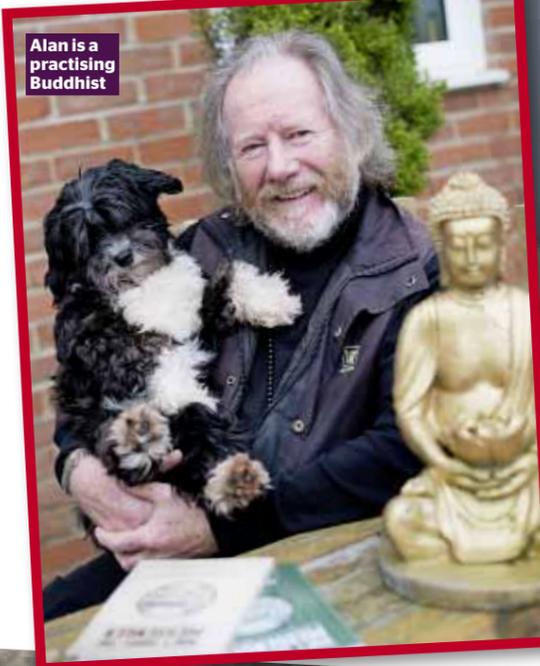
Could a past-life regression help drummer and band manager **Alan Whitehead** gain insights into his colourful life in the here and now?

What made you choose to have a past-life regression?

I've been told by different mediums over the years that I've lived before. One told me I was a female nurse during the Crimean War in the 1850s, and that I also had a life as a member of the 17th-century Prussian royal family when I used to ride horses.

It's funny, because in this life I gravitated towards healing and caring for others when I studied reiki in 2000. And weirdly, I'm a naturally good horse rider even though I've never had any lessons. Maybe they're talents I've inherited from my past lives.

As a practising Buddhist, I believe in reincarnation because I don't think it's possible to learn all your spiritual lessons in one lifetime. I believe that we have many lives as women and men to give our souls a balanced education. So I booked a private one-to-one session with past-life regressionist and psychologist Dr Susan Phoenix in London to discover more about my previous incarnations and the sort of lives I've lived in the past.



Alan is a practising Buddhist



Susan guided Alan into a meditative state

What did you hope to get out of the experience?

Knowledge. I wanted to know what I've been in past lives in order to help me understand my present life. I wanted to go back to earlier lives and see what could be gleaned to help me better understand my present life lessons.

'I still wondered if there was something fundamental missing from my life'

And what do you believe these life lessons are?

For many years I was addicted to sex and money and I believe I chose a life of fame and fortune to conquer those addictions. When I was the drummer in the rock band Marmalade I slept with hundreds of women – I stopped counting at 1,000. Then when I was 26, I had everything. I was married to my beautiful Swedish model

wife, Leena, and I had a house in the country with a swimming pool and a Rolls-Royce. Yet I still wondered whether there was something fundamental missing from my life.

I needed to learn not to let sex and materialism be the focus of my life. Although I've now put most of those things behind me and become a different person, I still feel I'm not quite there and hope that the regression can shed more light on my present life.

Can you tell us what your regression involved?

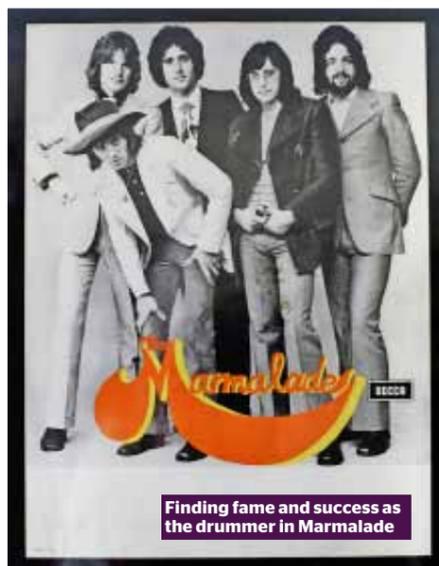
I lay on a sofa while Susan talked me into a state of relaxation, then my eyes closed and I was guided into a meditative state by her calming voice. She told me to visualise going through a door into a different world, where I'd see my other lives. I've studied hypnosis in the past and usually I'm not open to going under, but Susan quickly and easily put me into a trance and the whole experience lasted 45 minutes. I felt so comfortable that Susan found it difficult to get



Alan once had all the trappings of wealth



Falling easily into a hypnotic trance



Finding fame and success as the drummer in Marmalade



With his ex-wife, Swedish model Leena Skoog



He owned a Rolls-Royce at 26



Alan had a vision of himself as a healer

me out of the trance at the end because I didn't want to come back to this life.

What happened when you stepped through the door?

The first thing I noticed was the colours – a bright purple and golden sunset. In the distance was a pyramid and people were milling around. I'm not sure whether it was Egypt or South America, but it was warm and I felt relaxed. I lived alone and separate to the village – there was no woman in my life – and I was a healer and teacher. I wore a long beige robe, like a Jedi outfit, made of rough material, and a fancy gold belt with a big buckle.

There were lots of kids around me aged between 10 and 15 and I felt happy and chilled. There was no fear or unhappiness in my heart. I lived a simple life but I didn't lack anything and I wasn't hungry. I love the sun in this life, so it was interesting I revisited that life at sunset.

Were there any other past lives?

Susan guided me through another door and I entered a family scene,



Alan managed the pop duo Mel and Kim

perhaps 300 years ago. I was in England in an old house with a thatched roof, and I saw a friend of mine in this life called Sasi, but she was now my eight-year-old daughter and playing around me.

It's funny, but the minute I met her in this life in 2013 I felt an instant connection that was

'The regression helped me understand I'm a teacher in this life as well as in a past life'

beyond rational. In the regression she looked similar – dark-haired with Mediterranean skin, bright brown eyes and jet-black hair. I recognised her vivacious energy, a bit cheeky and flirtatious, and I was aware of her and no one else in the room.

How does the knowledge of your past life with Sasi affect your relationship with her today?

It helps me understand why I feel the way I do about her. As pretty as she is, I've never thought of her in a sexual manner. She's like the daughter I don't have in this life and I feel protective towards her, and I want to help her to help herself.

Did the regression help you understand yourself better?

In some ways, yes. It's confirmed that I'm a teacher in this life as well as in

Susan cleanses the room before the session



His friend Sasi appeared to him

a past life. I've managed bands since 1978, including people like the British pop duo Mel and Kim. Most of the artists I've managed said I'd taught them a lot and helped changed their lives for the better.

As for the sex addiction, it was reassuring to know I've had past lives where I've been happily celibate so I know that I can be again, even though I've struggled in this life with getting over my addiction to sex.

I'm still battling my final lesson – letting go of money – even though I live a materialistically simple life in Hertfordshire and I've lost all desire to get a bigger and better house and car. It was illuminating to see myself living a happy, simple, rewarding life during the regression and it's given me food for thought. Now I imagine one day selling everything, buying a motorhome and disappearing into the sunset.

Also, thanks to the regression I have no fear of death. When my body ceases to work it won't be the end of everything I am. It will be the beginning, not the end.

Overall, how did you rate Susan's regression?

I'd never had one before so I had no preconceived ideas or expectations and just went with the flow. I thought she was excellent, a competent regressor. I felt comfortable and safe with her and would give her an eight out of 10. ■

WANT TO FIND OUT MORE?

For more information about Susan's work, visit susanphoenix.com

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