

Michael, My Essence

The Origin, Nature, Talents, and Supervisors of One

Human's Soul

by

Ralph B. Allison, M.D

Categories: Psychology & Psychiatry/Spirituality

Word Count: 51,000

Copyright 2006

## CONTENTS

	<i>Introduction</i>	<i>page e</i>
	<i>Preface</i>	<i>page f</i>
Chapter 1	Michael's Last Lifetime	1
Chapter 2	Conversion of a Personality Into an Essence	6
	No Gender Identity	7
	Life Energy	7
	The Original Language	8
	Memory Management	9
	Hallucinations	9
	Pineal Gland	9
	Immune System	9
	End of a Lifetime	9
	Life Support Machines	10
	Premature Death	10
	Falling in Love	10
	Negative Relationships	10
	Master Life Plans	10
	Separation of Essence and Personality	11
	Origin and Final Destination	11
Chapter 3	Touring Thoughtspace	12
	Names of Essences	12
	No Rules in Thoughtspace	12
	Problem Solving	12
	Example of the Use of the Legal Ethics Method	13
	Example of the Use of the Situational Ethics Method	13
	Agape Love	14
	Supervision by the CIE	15
	Akashic Records	15
	Cultural History	17
	Future Discoveries	18
	Rehabilitation Centers	18
	The Nursery for Infant Personalities	19
	The Great Teacher	21
	Chain of Command	22
Chapter 4	How Reincarnation Really Works	24
	Childhood Lifetimes	24
	Survival Training Lifetimes	25
	Lifetime as a Preacher	26

	Lifetime as a Journalist	28
	Lifetime as a Lawyer	28
	Later Lifetimes	28
	Remembering Past Lifetimes	29
	Influence of Past Lifetimes	29
	First Exorcism	30
	Repeating the Drama	32
	Lifetime in India	33
	The Last Lifetime	39
Chapter 5	Operations of the Essence	40
	Mental Operations of the Essence: Memory Management	40
	Intuition	40
	Situational Ethics Problem Solving	40
	Dreams	40
	Flashes of Insight	41
	Filling in the Blanks in Visual Fields	41
	Alter-Personalities	42
	Out-of-Body Experiences and Neath-Death Experiences	42
	Inspirational Imagination	42
	Symbolism	42
	Knowing Sex of Unborn Baby	43
	Blind Sight	43
	Universal Translator	43
	Physical Operations of the Essence: Sleep	44
	Walking Away From Danger	45
	Infections	45
	Chronic and Fatal Diseases	45
	Pregnancy, Miscarriage, and Abortion	47
	Social Operations of the Essence	48
	Making Work Intolerable	50
	Erectile Dysfunction	52
	Breaking With Family Traditions	54
	Communication Between the Essence and the Personality	54
Chapter 6	The Celestial Intelligent Energy, the CIE	60
	The Great Deception	60
	Discovery of the ISH	61
	Faith, a Spiritual Guardian of the Essences	64
	Guard and Protect	64
	Deciding on a Occupation	67
	Family Members and Friends	67
	Hope, a Spiritual Teacher of the Spiritual Guardians of the Essences	68
	Charity, a Spiritual Professor of the Spiritual Teachers of the Spiritual Guardians of the Essences	69

	The Ten Commandments	69
Chapter 7	Charity's Lessons	71
	Imagination	71
	Interface World of Human Imagination	71
	Thoughtforms	72
	Religions in General	73
	Christianity in Particular	74
	No Virgin Birth	74
	Jesus in His Last Lifetime	75
	Jesus Controlled by His CIE	75
	Judas, the Betrayer	75
	Jesus in the Tomb	75
	Resurrection	75
	Darwinian Evolution v. Intelligent Design	77
	Karma	77
	Overpopulation	79
	Fertility Clinics	79
	Schizophrenia	80
	International Issues	82

### **Introduction**

I am very grateful to have an opportunity to write this introduction. Dr. Allison and I have been good friends for more than a decade. If you have already read this book, you now know our Essences have been good friends for more than two millennia.

Let me explain the story of our meeting in this current lifetime. I am an OB/GYN doctor, age 48. My father was also an OB/GYN doctor in Japan. When I became a medical doctor, he died from colon cancer. He ran his own medical clinic and small hospital for OB/GYN patients, which had a delivery section. I was going to begin my medical career as a urologist, and I thought kidney transplantation should be my life's work. I was planning on going to UCLA to learn basic techniques of transplantation

My mother did not want me to go to the United States, since she was not a person who could tolerate loneliness and solitariness after her husband's death. So I took over my father's clinic as an OB/GYN freshmen working at Yamagata University Hospital. After several years of basic training, I reopened the clinic and hospital.

But I had something on my mind, something unfulfilled. My clinic management was successful, but I had troubles in my way of life for 10 years. Then I met Dr. Allison through the Internet activity of Rotary International. After some corresponding with each other via the Internet, Ralph invited me to visit him while I was in the US. I visited him and felt some kind of inspiration from him.

I was in a hole then. I didn't have any meaning in my life. I wasn't fulfilled, something was lacking. But I suddenly realized something was already with me when I met Dr. Allison in person. I became a student of his to learn about dissociation. With the guidance of Dr. Allison, I found my other part, a Risei, Essence, named Jean-Luis. As a student of Dr. Allison's, I went to several European professional conferences to learn more about dissociation and hypnosis. When Dr. Allison and I went to the one in Rome, we had a very rare experience there. That story is written in this book. You will know how amazing the stories are if you have not read them yet.

Norio "Woosie" Sanjoh, M.D.

Obstetrics, Gynecology, & Psychiatry

Shinjo City, Yamagata Prefecture

Japan

## Preface

In 1972, the first patient I diagnosed with Multiple Personality Disorder (MPD), Janette, [not her true name] came to my private psychiatric office in Santa Cruz, California. During treatment, she showed me a dissociated (split off) part of her mind who was all-wise, all-knowing, and who "knows God." I could find no label for such a spiritual/psychic entity in the psychiatric literature, so I decided to call it her an Inner Self Helper or ISH. Such entities were found by other therapists in their MPD patients as well and came to be called, in professional circles, the Allisonian ISH.

In 1975, another patient with MPD, Elise, [not her true name] came to my office. Her ISH used the name Charity. When I asked Charity when she had last had a body to operate, she said it was a Christ-like member of the Aztec culture in Mexico 3,000 years ago. She also told me she ran a school for spirits lasting 200 years, and she introduced me to two of her students, Faith and Hope. They each borrowed Elise's body to talk to me.

In 1978, I moved to Davis, California, to work for the Yolo County Mental Health Service. In my caseload, I found another woman with MPD, Marie, [not her true name] whom I treated until I moved to Los Osos, California, in 1981. After my integrative therapy was completed, who should appear, borrowing her body, but Faith, Hope, and Charity! I kept quiet about my experiences with entities by the same name using the body of Elise in Santa Cruz. But I soon realized they knew all about what I had done in Santa Cruz, as they were the same entities I had talked to when they had previously borrowed the body of Elise.

Ted Schwarz and I wrote *Minds In Many Pieces*, published in 1980, the story of my experiences with MPD patients in Santa Cruz. In 1995, I wrote a 15-year followup chapter and published a second edition in 1999. A Japanese version was published in 1997.

After I retired in 1993, I contacted Marie, who agreed to write a book with me detailing her history. We worked on that manuscript for 18 months, with my primary coauthor being her ISH, Becky. Faith, Hope, and Charity also contributed much about their roles in Marie's life. She had been raised by them after her mother tried to kill her at the age of six months. Her Original Personality dissociated from her ISH, Becky, and that Marie spent the next 30 years being tutored by Faith, Hope, and Charity on how to behave once she returned to her body. My therapy allowed her to return to her body in 1980. In the interim, her body was operated by various alter-personalities created by Becky.

From Becky, Faith, Hope, and Charity, I learned that the ISH is a job description for the Essence, the word they prefer for soul or spirit. ISH is used only in reference to patients with MPD and is equivalent to Disaster Control Officer in the military. Becky has now returned to her original role as the Essence of Marie, who had integrated her alter-personalities into her Original Personality, the one she was born with. Faith, Hope, and Charity are Becky's supervisors. They have usually been called angels. They asked me to use a more accurate term for them, Celestial Intelligent Energy (CIE), and that is what I call them in my writings. Since my retirement, they have been in frequent contact with me by borrowing the body of Marie, whenever they wish to communicate with me. Besides talking to me in person, they have called me on the phone and sent me e-mails from Marie's computer. Below is one e-mail message from Charity outlining what she wished me to write next.

"FROM: Marie F. McKenize  
"TO: Ralph B. Allison  
"DATE: 12/31/95 7:48 A.M.  
"Re: Chapter Headings for CIE

"Dearest Ralph:

"We trust that we did not keep yourself up too late, with not enough rest for yourself

"You had asked ourselves to give you Chapter Headings for the manuscript that you are preparing.

"The First Four (4) Chapters will be explaining the Essence, Guardian, Teacher, and Professor.

"The next five (5) Chapters will be discussing the Principles and the reason behind the Principles; they will be discussed in detail. Including examples, from each of Inner Circle's experiences on how the Principles are working in each of their lives.

"These will also include our visions of how your globe should be operated, including the items that we disapprove of.

"We trust that this will ease your mind, Dearest, and that you will know what to ask that will be included into the manuscript that is in the process with ourselves. We understand that you humans have what Becky refers to as a Breaking Area, that you as a Human feel overwhelmed. We trust that we can ease the emotion.

"We will converse with yourself soon.

"From An Old Friend,

"Charity."

This book is written from the point of view of Michael, my Essence. To minimize confusion, Michael will use male and female pronouns, because there are no pronouns in English for non-gendered intelligent life forms. The Creator will be referred to by initially capitalized masculine pronouns. The CIE, His agents, will be referred to by feminine pronouns. The Essences will be referred to by the gender usually associated with the name itself, or the gender of the associated Personality. The Personalities will be referred to by either male or female pronouns, as seems appropriate.

In working with MPD patients who had dissociated their Essences from their Original Personalities due to life threatening trauma, I discovered a fact which is obvious in retrospect. Every human on earth, not just these patients, has an Essence which is bonded to their Personality, making up the total mind of each human. We therapists are no different from our patients in this regard. We, too, each have an Essence, and only if we listen to it can we do effective therapy with our patients.

Charity wishes all humans to recognize they have their Essences available to help them make the best decisions for their lives. She also wishes that each one of us would listen to our Essence and follow what he tells us to do. That is the purpose of this book.