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Abstract

Reincarnation, or the belief in rebirth, is a fascinating belief that many cultures and different groups of people choose to subscribe to. While it typically accompanies various religions, the idea of reincarnation can be presented in other ways as well, such as regression therapy. Past-life regression therapy involves being hypnotized and recalling previous lives, memories, and information possible through levels of incarnations. Many therapists, psychologists, and even laymen attempt to use past-life regression therapy as a useful tool in overcoming anxieties, fears, dealing with every day concerns, and understanding phenomena. “Maintaining a critical eye but also an open mind. In this way, you can appreciate the astonishing experiences.” (Return to Life 17). Being open-minded to the belief in reincarnation specifically through past-life regression therapy has proved to be beneficial to problem-ridden people allowing them to live more fulfilled and purposeful lives. While there may be skeptics, nonbelievers, and alternative explanations, understanding reincarnation in the form of past-life regressions can be amazingly beneficial, transformative, and meaningful.

Keywords

Reincarnation, Regression, Past-Life, Resurrection, Past-Life Regression Therapy, Religion, Hypnosis

Disciplines

Buddhist Studies | Hindu Studies | Religion

Comments

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FYS 150

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The Benefits of Past-Life Regression and Reincarnation

Reincarnation, or the belief in rebirth, is a fascinating belief that many cultures and different groups of people choose to subscribe to. While it typically accompanies various religions, the idea of reincarnation can be presented in other ways as well, such as regression therapy. Past-life regression therapy involves being hypnotized and recalling previous lives, memories, and information possible through levels of incarnations. Many therapists, psychologists, and even laymen attempt to use past-life regression therapy as a useful tool in overcoming anxieties, fears, dealing with every day concerns, and understanding phenomena. “Maintaining a critical eye but also an open mind. In this way, you can appreciate the astonishing experiences.” (*Return to Life* 17). Being open-minded to the belief in reincarnation specifically through past-life regression therapy has proved to be beneficial to problem-ridden people allowing them to live more fulfilled and purposeful lives. While there may be skeptics, non-believers, and alternative explanations, understanding reincarnation in the form of past-life regressions can be amazingly beneficial, transformative, and meaningful.

The belief in reincarnation is present in many ancient cultures and religions, however it is most popular in and commonly attributed to Hinduism and Buddhism. In order to understand the belief, delving into the history and religious perspectives is necessary. In Hinduism, passages summarized from the *Bhagavad Gita* explain the belief as having “passed through many births! Mine are known unto me, but thou knowest not of thine.” (Head and Cranston 41). Analyzed, it can be interpreted as the process of reliving many lives meanwhile the soul takes away messages

and lessons subconsciously. Furthermore, the belief is described as living for all time, where a person's birth is not their beginning, nor is death the end. In Buddhism, summaries developed through the *Samannaphala Sutta* present the idea of regressions as recalling "one birth, or two or three...or a thousand or a hundred thousand births." (Head and Cranston 53). This idea offers that reincarnation involves continuous and potentially an infinite amount of incarnations, another perspective of the belief that is crucial to understand. These two perspectives gained from the religious side of reincarnation aid in developing a basic understanding of the ideas present, which become increasingly crucial when entering the philosophical theories of reincarnation.

Reincarnation and the processing or journey of our souls can take many variations, however there is an elementary theory of how we reincarnate and the process we are said to go through. In simplistic and religiously removed terms, reincarnation can be described as the belief that human beings do not, "live only once, but on the contrary live many, perhaps an infinite number of lives, acquiring a new body for each incarnation." (Edwards 11). Introduced is the argument that many people struggle with or debate, that whether we are souls or physical beings, reincarnation takes the soul part of that argument. Furthermore, because it is viewed that we are souls it is said, "we're not human beings having a spiritual experience, we're spiritual beings having the human experience." (Spencer and Weisfogel). Our souls are said to take journeys from lifetime to lifetime, changing into different levels and stages as our souls' progress and learn. In theory, we start out as beginner souls which as the term implies, means, "souls who are truly young in terms of exposure to an existence out of the spirit world." (Newton 123). So, it could mean souls who are new to incarnating or it can also take form as, "souls who have been reincarnating on Earth for a long period of relative time, but still remain immature." (Newton 123). This idea is what reflects the stages of souls, meaning that each time we live, we gain

information and learn lessons that progress and mature us into the next stage of our being. These stages reflect the growth we've had, as well as how mature and informed we are about our lives and the right way to act or be. The next stage is said to be called the intermediate soul where souls have reached, "the intermediate levels of maturity (and) are modest about their achievements." (Newton 145). The second part of the quote explains the addition to the new stage and the overall lesson learned from beginning to intermediate stages, the idea of modesty. The last stage is the advanced stage, when a soul's "maturity is this high (it) doesn't seek out a regression therapist to resolve life-plan conflicts." (Newton 169). While the muted sarcasm of this quote will be uncovered later, the underlying meaning is that an advanced soul is mature enough where they feel comfortable in their lives, they understand the lessons they learned and the journey that their soul has taken thus far.

The purpose of living many lives is "that we have lessons to learn here. And that if you haven't learned all of these lessons, then that soul, that consciousness, that spirit comes back into a baby's body." (Spencer and Weisfogel). Respectively, the purpose of our lives is to continue growing and developing our moral character in aims of achieving the highest level of maturity. Perhaps therefore some souls we meet who are equal in age, have similar situational circumstances, and development patterns alike seem less or more mature than us. Sometimes it is unclear why some are so openminded, advanced, or more mature, but by understanding and considering reincarnation that all becomes much clearer based on lessons learned through incarnations.

All the lives we live have effects on our souls carrying the weight of the lessons from one life to the next, where the memory may not be conscious but what is reflected is the impact. One concern many skeptics have with reincarnation is the fact that we cannot recall direct or

conscious memories from our past lives. Within the belief, there are many theories that explain this phenomenon, however the best way to understand why this occurs is to dig deeper into the purpose. As mentioned previously, the purpose of continuous reliving is said to be to learn lessons in order to achieve advanced status or what can be described in some reincarnation literature as a “master” or a “god-like” being (Weiss), where the purpose or “end” goal, if there is any, is to be made like any god-like figure or master controlling reincarnation. In other words, we are learning to become the best that we can be.

Between each life, there is a period of reflection where our souls look at the journey through that lifetime, make meaning of the lessons, and based on our performance in that life we either mature and “level up” or stay in the same stage. This discarnate interval is where the lessons are internalized, stored, and made subconscious, “then lack of memory of those past lives does not prevent our growing morally and spiritually...owing to the nature of our conduct in unremembered earlier lives.” (Ducasse 226). By internalizing and subconsciously holding the memory and weight of our actions in previous lives we still gain the memory, but do not have to bear the same weight continuously through each incarnation. “This would make growth in wisdom possible not only in the manner just described, but also by discernment of some of the consequences of certain of one’s acts in earlier lives.” (Ducasse 226). While the exact actions, events, and memories may be unknown to our conscious mind our souls bear the impact and process of resolutions we have had progressing us further into each stage and life.

While these memories are subconscious, potentially through hypnosis, past-lives may be regressed; a sometimes-useful tool used by psychologists and therapists to uncover realities of the past in people’s lives. This is often referred to as past-life regression therapy as it has been seen to benefit and produce positive effects for people after their participation. “Past-life therapy

is when an individual is regressed, through hypnotherapy, to past lives in order to heal and resolve issues occurring in their current life.” (Yabsley 198). This hypnotic state seems to open people’s minds to reveal the unconscious thoughts and memories experienced in previous incarnations.

“A person who has no memory or belief in reincarnation, under hypnosis will often recall a past life in vivid detail and with great clarity. On awakening, the person can be made to remember part of what they said during the altered state. By a method involving the alteration of hypnosis and the waking state, without any suggestion being given, such a person can be made to consciously remember in detail the people, the places, the emotions, and the events of the past life recalled, and be quite convinced of its authenticity, as it is a memory to them.” (Ramster 31).

This process of hypnosis and regression can bring people to recall past lives and events. The purpose in this process is what can be done with the information following the session. As mentioned by Ramster, the person can be made aware of recalled events in the hypnotic state, the information can then be made accessible to them to do what they please. These are “spontaneous memories...residing in the background of the mind, waiting to be activated by a ‘trigger’” (Dunlap 4). The trigger in this case is hypnosis which opens the mind, activating the impromptu memories. Often, as will be explored later, the information provides explanation for certain fears, phenomenon, anxieties, and more. “Past-life regression is all about learning what went wrong in your previous lives, and what you need to learn in this one to stop making the same mistake.” (Yabsley 198). The therapy session that typically follows the hypnosis is what benefits people in understanding their past, their present, and help them to conquer the future. These mistakes Yabsley is referring to may be the actions or problems that hold a soul back from moving onto another stage. Psychologists are fascinated by past-life regression therapy and many studies have been conducted to analyze the accuracy of the regressions. While they admit it is impossible to say, psychologists theorize that these enactments are what can be called, “manifestations that reflect dissociations of consciousness.” (Spanos et. al). The vagueness of the definition had by

psychologists, although all theory, could potentially be the subconscious memories from past lives. While accuracy in Past-life regression therapy cannot be completely traced down, inaccuracies can be easily found and made note of. Famous and “successful” cases and regressions continue to drive researchers fascinated by reincarnation.

Theorists and researchers have worked to narrow down and create determinations for deeming a regression as successful or true. Typically, this means that the regression or the information recalled during the regression has no other obvious reason or disprovable marker present. A famous fore fronting case that has been deemed unexplainable is the case of Bridey Murphy. Morey Bernstein, a psychologist and hypnotist, in 1954 regressed Virginia Tighe, who when regressed was able to recall details of life as Bridget “Bridey” Murphy in Ireland. Through six regressions, Virginia was able to recall details of her life as Bridey in 1798, information such as her burial, education, family life, all information that would have been unsearchable in 1954. The information she recalled was backed by University records of Bridey Murphy and health history records as well (Ducasse). This case then opened possibilities and the minds of people to exploring alternative beliefs and explanations of life processes. The typical report of a regression usually involves, “a child, two to six years old, begins to tell his parents about a previous existence. There have been 1,600 such reports.” (Lester 101). Psychologists believe the reason most typical cases involve children is because their minds are fresh to their new incarnation so subconscious thoughts can become conscious quicker (Lester). Along with children, struggling or anxiety-ridden people are among the most common to seek out past-life regression therapy. Brian Weiss, a psychiatrist attempted hypnosis with a patient he calls Catherine in *Many Lives, Many Masters*. In this book, he explains the many lives Catherine was able to recall, the research he underwent to verify her information, and the benefits the sessions had on her mental health

(Weiss). Her improvement is a famous case that helps to support the beneficial aspects of past-life regression therapy that will be explored later. Overall, there are many examples of regression sessions that have been deemed unexplainable, all of which can be added to the pile of those that should be considered towards proof for reincarnation.

Before delving into the benefits and success stories of regression therapy, it is crucial to understand the skepticism and counter arguments that many have around reincarnation and regression therapy. Researchers of regressions have “found cases on all continents,” (*Life Before Life* 23) where they perform interviews with the subject’s family, look for obvious markers or birthmarks that could be explained by a previous life’s death wound, perform extensive research, do subject statement analysis, and dig deep into unusual behaviors (*Life Before Life* 23-28). Information from the regressions is not taken lightly, and lots of work goes into dispelling obvious fraudulent cases in order to keep the theories as sound as they can be.

As mentioned previously, researchers have developed rules or obvious markers that deem a regression as fraudulent or suggested. There have been “many cases of deception where it has been decided that the journalist who first reported the case had invented it. In other cases, he decided that there was a strong motivation on the part of some participants to believe that reincarnation had occurred.” (Lester 108). Researchers investigate the reported cases with interest to immediately rule out recollections without hypnosis and “spiced up” stories to be able to possibly understand and give justice to the theory of reincarnation. The methods and markers researchers use to rule out fraudulent cases are if the information provided can be easily searched, if the participant had multiple personality or dissociative identity disorder, if they claim to have been told by “spirits”, if there is a suspicion of cueing or suggestion by the hypnotist, and if the participant is known to be fantasy-prone (Lester). Many cases can be

discarded because of these markers of fraud, however when none of these options match the case, it is harder to disprove the possibility of reincarnation. A good indicator that a case is most likely not fraudulent is when neither the participant nor the therapist believes or investigates reincarnation as a possible suggestive tool.

Other reasons people are skeptical about reincarnation is because they do not understand or believe the argument that we are souls and not just physical beings. “If, however, man is-or perhaps has-a soul, the door is left open to the possibility that the soul persists after death. Thus, the case for future life is no stronger than is the case for the existence of the soul. Are human beings’ souls?” (Head and Cranston 7). In order to even consider the possibility of reincarnation, the argument over souls or beings must be concluded and understood. Without believing that we are souls, there will always be a road block in pursuing the rest of the reincarnation theory.

Many people find reincarnation hard to believe because a lot of the publicized cases are people claiming they were famous or important people in the past. “But hardly anybody ever is a Chinese peasant. You know, everybody is Cleopatra or Mark Antony or Jesus, you know.” (Spencer and Weisfogel). The problem is those examples are most likely fraudulent cases that are publicized based on wanting a coherent catching story in the media; examples that should be dismissed as part of the reincarnation regression theory. People also are uncomfortable with reincarnation if it is unfamiliar to them, contradicting to their beliefs, or they have not explored it as a possibility because it has not affected them directly. “If reincarnation were fact, why hadn’t it touched *my* life? Why couldn’t I at least feel its possibility in my gut?” (Shroder 89). Going back to the idea of being openminded, without exploring alternative possibilities or experiences had thus far, people will lack or be limited to a belief that could benefit their lives and ease their minds about death. Many people dispel past-life regression therapy and reincarnation for the

many stated reasons, however it is beneficial to consider skeptics and counter arguments when attempting to deem a case or regression as successful.

On the other hand, there are many ways that reincarnation helps people understand phenomenon, fears, anxieties, and find comfort in accepting death and their lives. The comfort in the belief comes within details in the theory of reincarnation and spiritual connections. In reincarnation, it is said that those who are connected to in the physical world, are also spiritual soul connections, meaning souls will be connected and reincarnate together (Weiss). This helps when dealing with the discussion of death or loss of family member because in reincarnation, the souls stay together and will meet again in the next life or perhaps in the same life. It also helps deal with anxieties about dying and having no purpose because it gives purpose to one's life by knowing that there are lessons to be learned, there are many second chances, and life continues. All in all, it helps to comfort people whether it is true or not because it eases their minds and amends the most concerning aspects of death.

Alongside this, reincarnation gives explanation to phenomenon that is uneasy to certain people such as birthmarks, deformities, scars, and other fascinating aspects of daily life. Often after learning information about previous deaths, phobias and alike become clear. "For those who experienced a violent death, the incidence of phobias in the present life associated with the mode of death in the previous life was the same in both groups of children." (Lester 104). For example, those who may have experienced death by drowning may have an unexplained aversion to swimming. Understanding these will come into play later with the beneficial aspects of regression, however by understanding where certain phobias or anxieties come from is a help when trying to overcome them.

The fascinating and often fun part of the belief in reincarnation are the explanations of everyday life situations that are unexplainable or blame-ridden. Abnormal appetites during pregnancy, “may be a result of food preference or aversion from fetus’s previous incarnation.” Skills, hidden talents, or prodigies might be “a skill developed in the previous incarnation.” Birthmarks, diseases, or deformities may have come from “injuries sustained in the previous existence.” Excessive births of boys after wars may be because “more male spirits than female spirits are available for reincarnation after wars.” (Lester 141-144). Even some like to theorize that child or premature deaths are because their lessons have been learned and their souls are ready to move onto the next stage. Furthermore, on the birthmark theory, this quote suggests a compelling and concrete example of an unexplainable wound.

“Children have birth marks supposedly corresponding to fatal wounds in their past lives. A little boy who seems to remember the life of a boy in a nearby village who had lost the fingers of his right hand in a fodder chopping machine. And he was born with his hands looking like this here which is a very unusual birth defect to only have one hand affected like this.” (Spencer and Weisfogel)

This example, and all the rest, help to comfort and explain why a deformity occurred, when otherwise it could be assumed to just be a “medical defect”: an incoherent story that “consumers” of the story tend to dislike. While these are theories and they do not necessarily prove phenomenon, it does help to eliminate assumptions of unexplainable issues and provide a possible answer for questions that many people worry or wonder about daily.

While theorizing is interesting and scintillating to do, the belief in reincarnation and past-life regression therapy also does serve a purpose besides enriching one’s mind by exploring alternative explanations. Understanding regressions and accepting reincarnation has been shown to provide beneficial changes in one’s life. With regression often comes therapy, however it is self-guided and more self-enriched than traditional methods. Because it is based on information

recovered from past-lives it is personal information, meaning the information must be understood on a personal level and made sense of that way. “As a consequence of reliving these lives, emotional changes merged in this young woman and for the first time she experienced changes in her personality for the better.” (Ramster 56). People, based on the emotion, lessons, and experiences gained, often feel better about themselves having experienced the emotion they’ve needed to feel for so long. For example, that woman saw changes in her personality, showing it is self-improvement that guided her change and led to happier experiences. Another example comes from a patient realizing the information she needed to heal was self-inspired. “But you come up with the information to heal yourself. Since that session I’ve grown in confidence. My demeanor and energy felt uplifted after our session. I felt empowered, happy and grateful.” (Ayre 2-3). The changes in mindset and in mental health were positive and meant more to patients because the answers were derived from themselves and their past lives. It holds great power knowing that the answers lie within us and that we hold the solution to our problems and sometimes that means looking into our past, even if that be previous incarnations.

Going along with solutions to problems, as noted, some regressions hold explanations to concerns and questions that would never be exposed otherwise. The answers sometimes are explanations to problems, deformities, diseases, and complexes. “Many of his patients have received “great benefits” from “discovering hidden complexes and fears which undoubtedly have been brought over by the astral body from past lives.” (Edwards 82). Understanding and learning why fears and anxieties are in place or having the explanation can ease minds all together, holding the power to benefit the mental health of that person simply because there is a logical explanation that can be resolved and understood. Brian Weiss also found that regression therapy helped his patient Catherine not only with anxieties and complexes, but also with grief and death

counseling. “I found that my ability to heal my patients had significantly expanded, not just with phobias and anxieties, but especially in death-and-dying, or grief, counseling.” (Weiss 163). He found that by understanding past-lives and seeing history play out with the same souls loved now, people find it to be eye-opening and comforting to know that loved ones will be seen again, and lives have purpose, meaning, and they continue. Additionally, “Catherine no longer fears illness or death. Life has a meaning and purpose for her...She radiates an inner peace that many wish for but few attain.” (Weiss 207). Her regressions brought her inner peace because she was able to understand all that happened to her all the while realizing she was still okay presently.

“This time, there were enough events, enough emotions, and enough detail to make sense of all the feeling she had toward herself and her life...all became logical and understandable in light of what she had recalled. It had to be created by something real, from somewhere, sometime.” (Ramster 56).

Through experiencing emotions, another patient was able to understand and make meaning of all the emotion she had recalled making the information dispensable helped her make sense of her life. People find that making meaning of subjective experiences is important in life because it is normal to seek an explanation, and some find comfort in knowing reincarnation could be a logical and beneficial answer to the questions (Meyersburg). These explanations help people move on, create purpose in their lives, and live fulfilled moments that they would not have had prior to understanding and discovering their past.

The most meaningful takeaway from past-life regression therapy and the understanding of reincarnation is the fulfilled, purposeful, and internalized meanings that come along with the recollection of one’s past lives. People who recall such information often feel uplifted, informed, and joyful from knowing they gained insight into their experiences and their purpose. “Catherine maintained her clinical improvement. She felt some joy and real happiness in her life.” (Weiss 193). When there is an explanation for concerns that overwhelm people, worries are lifted, and

the focus shifts towards moving forward and feeling purpose in life. Knowing the theories behind reincarnation and finding comfort in them can help one feel like they have a purpose knowing that there are lessons to be learned and improvements to be had. Psychologists see that there is an “overall reduction in mortality-related distress and increased meaning in life,” (Meyersburg 4) after being regressed. Studies have shown that people become less obsessed with the concern of dying and rather focus on living the meaningful life they believe they should live. All in all, people feel that when they understand the things that hold them back in life, they can move forward and experience the understandings this life is supposed to offer them.

Moving forward and moving on is a huge push in regression therapy as well, because in order to make sense of one’s life, there must be a reflective period of understanding and acceptance. For example, in a book regarding Holocaust victims *Beyond the Ashes*, Yonassan Gershom explains the concern and message for victims of abuse, genocide, and other mal forms of death.

“We can, therefore, see that “forgive and forget” is a fiction, because in order to really learn from our mistakes, we must be able to remember them! In fact, a great deal of past-life regression therapy centers around remembering specific incidents from previous lives which are causing problems in this life. When such a memory surfaces, we should bring it out into the open, so we can examine it and understand what really happened. Rather than “forgive and forget,” we need to forgive and move forward.” (Gershom 159).

The process is beautifully explained and while it is applied here to victims, it can also be applied to anyone who has experienced regression therapy. There are many people who have been regressed that find out information that hurts them, whether it be betrayal or some other negative affect. The purpose of understanding that information is to forgive and move forward. By getting a glimpse into the past, it is a gift to be able to make sense of what happened and move forward and not continue to dwell. While it may be difficult, like it is for most people who haven’t been regressed, overcoming negative information is crucial to moving on and living purposeful lives.

It is not necessarily about the belief or the realities, it is about accepting it for one's self and benefiting from the information personal to them. By bearing witness to such crucial and personal information, naturally, one can move forward and accept the meaning in whichever way they choose.

Past-life regression therapy is beneficial because it comes at such a low figurative cost without needing any parameters to go with it. Past-life regression uses one's own mind to recall subconscious past lessons and lives which is then made sense of by themselves, all done without any medication. A huge plus to this method is that even without belief in reincarnation or belief that the regressions are factual, there is no medical assistance with the therapy. "Catherine was pursuing the therapeutic purpose of exploration and her improvement was dramatically rapid, without any medicine." (Weiss 105). The improvement of one's mental health or purpose in life is all done naturally and intuitively. Not only is that beneficial for the physical body, but as mentioned previously it also makes the improvement feel so much more meaningful knowing it is self-done without assistance of modern medicine.

While theories may be far-fetched for certain people, especially if they contradict what is already believed, past-life regression can still benefit those who do not or will not subscribe to the belief in reincarnation. Because it is done with one's own mind, there is comfort in knowing that without hypnotic suggestion, it is information one holds within their subconscious, making it more meaningful, but also easier to believe. "The therapist or the subject do not need to believe in reincarnation, in order for healing to take place. (Dunlap 6-7). Researchers often find that therapists and patients who don't believe in reincarnation, will most likely believe in it after the experience, but even if they don't there are still benefits learned by the experience. Those who don't want to accept reincarnation will make sense of the information in their own way, still

learning from the experience and benefitting from the lessons even if it is made to be due to another alternative. Even people who believe in reincarnation and regression therapy continue to research and learn, “Let no one think that I know the answer. I am still seeking.” (Lucchetti) The answer is never simple, there are many variations but at the end of the day, whether it be true or not there are still benefits from openness to reincarnation and regression therapy.

People in Western civilization, as it is contrary to their typical beliefs, find it difficult to understand or accept reincarnation as a belief. However, to re-iterate and highlight the purpose of regression therapy and reincarnation theories, whether the stories and information are dramatic, true, or accepted there is still an effect on patients and people who expose themselves to this belief.

“Dramatic or not, releasing the grief and emotion does seem to have a lasting effect on clients. Touching the reality of their spiritual nature also seems to stay with them. Every single regression has the chance of delivering some potent spiritual truths and guidance for the client.” (Barham)

Even when people don't subscribe to the belief, try to disprove the information, or simply dispel the evidence all together, the moral is that those who experience it have been given a gift. They have been exposed to a possible explanation that comforts in different ways whether it be through belief, experience, or just exposure. At the end of the day, if it helps people why does it matter what the belief is, whether these memories are real or not, because the purpose of the experience is to gain meaning and understanding at aims to move on and live fulfilled lives.

Reincarnation, while very complicated and maybe far-fetched for some, offers comfort and explanation to others. Just like every belief, there are loop holes, faults, and easy ways to pick it apart, however when truly giving due time and investigation the meaning behind it and the process of past-life regression therapy is invaluable. Through regression therapy people can turn a leaf, better understand themselves and their identities, and live purposeful lives which is

much more than most people can say. The belief in reincarnation and the understandings given by regression therapy help aid people in overcoming concerns that impact their daily lives and help them forgive and move forward. It is truly a gift to feel that one understands their life and can then therefore live accordingly. Who are skeptics to say that they are wrong? In the end, reincarnation comforts many, helps people live life the way they want to live it, and helps ease their minds about many concerns, even death. In the end, the belief of reincarnation and regression therapy is superbly beneficial to those who even attempt to explore it.

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