

Dr. Rick Lindal writes book about the purpose of life

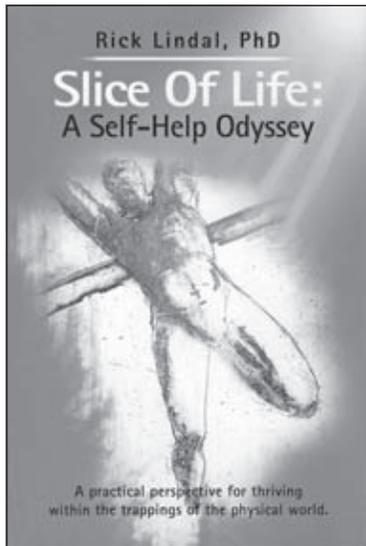
Judy Sólveig Wilson
Nanaimo, BC

Rick Lindal, PhD is a psychologist whose ideas and methods of psychotherapy are non-traditional. He believes that the soul exists eternally, including re-incarnation. One of his main theories is that the soul chooses its existence for the next life in order to learn from the experiences, despite difficulties and tragedy.

In his new book *Slice of Life*, these concepts are explained through the coming of age story of a young boy, his struggles to understand his sexuality, and life as it exists in his experience. *Slice of Life* includes many conversations between the boy, Rikki, and his fylgja, a guiding spirit called Old Soul, who answers Rikki's many questions. The book covers many situations that can be encountered, including bullying, why bad things happen, and why people do bad things. In addition, it covers all of the basic human emotions and the development of a set of core beliefs.

When Rikki is older, he discovers that he has an over-soul, or spiritual guide. This type of soul is in addition to the soul that leaves the body at the time of death. The conversations with Old Soul are interspersed with the story of the boy's life.

There are some fascinating concepts in this book – concepts that I had never before encountered. The author compares his beliefs to those of Neale Donald Welsh in his *Conversations with God* series, the Seth materials, and other similar writing. In fact, past-life regression is one of the techniques that Dr. Lindal uses in his practice. The concepts in *Slice of Life* would be of great comfort to those people who are open to these ideas and are struggling with troubling issues. The thought of reincarnation and choice of lives could help



people cope with difficult and seemingly insoluble problems.

I had many questions. Dr. Lindal agreed to an email interview.

Q. You believe in reincarnation. For you, is it a religious experience?

A. No, it's not a religious experience. In *Slice of Life* the message is not theological, in the sense of worship of a god or a belief in a religion. It is, however, a spiritual message, with a foundational premise that the soul exists eternally, and that it is multi-dimensional.

Q. You speak about forgiveness, and that it is both essential and non-essential. If this is true, what role do you see for the justice system?

A. The role of our justice system is to carry out the will of the people, by implementing laws that have been decided upon through a democratic process. I'm not sure what role the justice system should have in terms of the process of forgiveness. For me, forgiveness is essentially a spiritual journey that allows both the victim and the offender to heal emotionally. I don't think the justice system should have a role in the process of forgiveness. Forgiveness should not have a bearing on sentencing, in my opinion, and neither should the offender's testimony of "remorse" play a role in sentencing.

Q. In your book, it was obvious that you had a very difficult time struggling with your sexual preference as a child and young adult. Unfortunately, there are many people in the world who still hate gay people. How do you view or explain this?

A. We are all on a journey. I believe that I was aware of the societal conditions in Iceland before my birth into this lifetime, and I chose to enter life with "eyes wide open". Our attitudes about life are molded by our culture and the specific social groups into which we are born. And as we come of age, and discover our inner nature, our challenge is to have the courage to live unapologetically. Homophobia and hatred towards homosexuals in western culture is usually perpetrated by those who struggle with their own sexual identity. In my experience, those who are comfortable with their sexual identity never have a personal problem with gays and lesbians.

Q. Did you really have a fylgja growing up and afterward?

A. I do, and I believe that everyone does. We, of course, all have our over-soul that provides gentle guidance during our incarnation, as a mother does to her child. Most of us usually also have a deceased relative who provides us with guidance. I did not write about this in the book, but I engaged in automatic handwriting for a few years back in the '80s where I was guided by my maternal grandfather and paternal grandmother. I have some interesting research material there, that I may take another look at some time.

Q. In your book *Slice of Life* you say that it is both fiction and non-fiction. Was the biographical information in the book fictional or non-fiction?

A. All the biographical information is non-fictional, aside from my accident while

walking my dog. I put that episode in the last chapter as a segue into research that has been done on "near death" experiences and life-between-life existence. Conversations with Old Soul, elves and trolls, are fictional. On another level, the entire book is a product of my soul, and as such, could be viewed as non-fictional.

Q. What made you decide to write the book?

A. It was a long time coming. I had wanted to write about my spiritually anchored

psychotherapeutic approach for many years. And also, over the past few years especially, I have become very concerned with the incidence of bullying and the number of suicides among youth, and especially among gay youth. I felt that my personal story would serve as a good role model for those who struggle to find meaning in their lives, and especially for those who have difficulty coming to terms with their sexual orientation. The time was right to do it now.



RICK LINDAL'S OFFICIAL PR PHOTOGRAPH.
PHOTOGRAPHER: GERRI PHOTOGRAPHY,
COLBORNE, ON.

Rick grew up in Köpavogur, a town adjacent to Reykjavík. He spent four summer months beginning at age seven, with family on the farm Læjamót in Vestur-Húnavatnssýsla. From ages 11 to 18, he worked at the farm Laugardalshólar in Arnassýsla.

His father, Baldur Lindal, was a chemical engineer, and the son of Jakob Hansson Lindal, a farmer, teacher, and geologist. Baldur's mother was Jónína Steinvör Sigurðardóttir, a teacher and housewife. Rick's mother, Amelia, was born in the United States.

After completing school in Iceland, Rick obtained his BSc from the University of Toronto, a Master's degree from the University of Guelph, and a PhD in Psychology from

York University in England. His thesis investigated the emotional response of adolescents to video games. Following this, he worked at a youth custody prison for young adults, then returned to Canada to an outreach program for mentally ill youth at the Kitchener-Waterloo hospital. Surprisingly, he has found that past-life regression therapy does not work with young adults. According to Rick, their inner minds block all attempts to access their past-life memories because they are simply not ready for them. In contrast, children under the age of five often have clear recollections of their most recent incarnation.

Rick went on to the Mount Sinai Hospital in Toronto as a therapist for victims of the AIDS epidemic during the first wave. Rick feels that his spiritually-based therapeutic method comforted those facing imminent death assuring them that their lives did not end there.

He opened his first private practice in the early 1990s, and currently has a practice in Grafton, Ontario.

Rick's website is www.dr-ricklindal.com, and he is on Facebook and Twitter. He also has a blog located at <http://ricklindal.authorsxpress.com> in which he expands upon his theories and discusses other ideas.

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