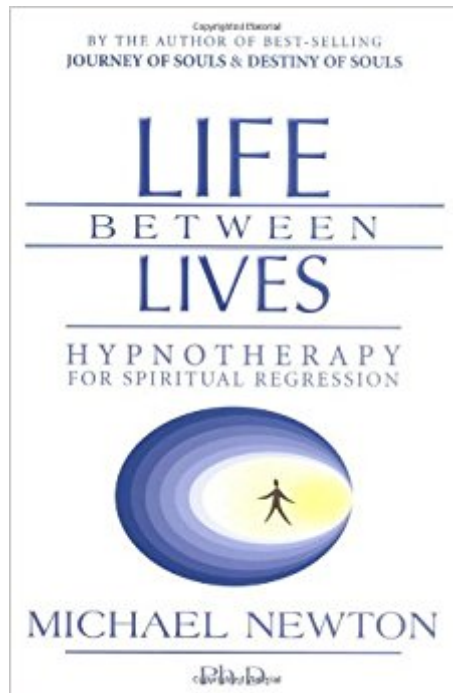




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Life Between Lives: Hypnotherapy For Spiritual Regression



Synopsis

Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journey of Souls* and *Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.

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Customer Reviews

Michael Newton, Ph.D., holds a doctorate in Counseling Psychology, is a certified Master Hypnotherapist, and is a member of the American Counseling Association. He has also been on the faculty of higher educational institutions as a teacher while active in private practice in Los Angeles. Over many years, Dr. Newton developed his own intensive age regression techniques in order to effectively take hypnosis subjects beyond their past life memories to a more meaningful soul experience between lives. He is considered to be a pioneer in uncovering the mysteries about life after death through the use of spiritual hypnotic regression. He now trains other advanced hypnotherapists in his techniques. Dr. Newton is the author of three best-selling books, *Journey of Souls: Case Studies of Life Between Lives* (Llewellyn, 1994) , *Destiny of Souls: New Case Studies*

of Life Between Lives (Llewellyn, May 2000), and Life Between Lives: Hypnotherapy for Spiritual Regression (Llewellyn, 2004). Dr. Newton has an international reputation as a spiritual regressionist who has mapped out much of our life between lives experience. He has appeared on numerous national radio and TV talk shows to explain our immortal life in the spirit world. For information about Life between lives Hypnotherapy (LBL) and how to arrange an LBL session please contact The Newton Institute for Life Between Lives Hypnotherapy at <http://www.newtoninstitute.org>

THE PART ONE INITIAL INQUIRY Addressing Client Belief Systems Before entering into the details of hypnosis methodology connected to the practice of spiritual regression, I think it is fitting to consider your approach to questions about the afterlife. As a spiritual regressionist, you will have clients who are in a personal quandary about their beliefs at the time of their first contact with you. How you respond to their respective concerns might well be the determining factor in their making an appointment. While a large majority of the people who wish you to help them access their soul memories are comfortable with their beliefs, others are conflicted by religious teachings, concerns over the mechanics of hypnosis in reaching their life between lives, or they may have some skepticism about trusting themselves to you in facilitating their mental entry into the spirit world. I begin my sessions by explaining to the unsettled potential client that it will benefit them to enter their hypnosis regression with an open mind. I might even tell them that regardless of their belief system, their unconscious memories are probably going to reveal a home in the spirit world that will be consistent with the reports from everyone who has undergone spiritual regression. A skeptic could argue that this sort of reassurance is actually preconditioning the subject. Even so, after conducting thousands of life between lives hypnosis sessions, I am comfortable with making this statement to an anxious client. When considering bias, there is also the fact that my books about the afterlife are already public knowledge. If a potential client raises the possibility of being swayed by having read these books, I explain that during the many years before my research was published I told most clients very little in advance. Either way, you will find it makes no difference. Once a subject mentally enters the spirit world through deep hypnosis, regardless of their ideology or what I have told them in advance, their reports are going to be similar to everyone who went before them. I have been told by the LBL hypnotherapists I have trained that they have had clients who never heard of me or my books who, without prompting, have also been consistent in their reports of the spirit world. The differences are in the soul activities they see clearly and those that are hazy. No two sessions are exactly the same because each soul has a specific energy pattern for recovering

stored immortal memories and their own unique history of existence. If a potential client has reservations about metaphysical philosophy due to a rigid belief system, this may have created an inner turmoil that you must address at the outset. This person has contacted you because they do want spiritual information about their higher self and yet ideological reservations are holding them back. I often find in such cases that underneath this mental conflict lies unhappiness and dissatisfaction over how these individuals consciously view the world and their lives. Such people have contacted you because they have finally reached a point where they are willing to seek answers by a new approach. In these circumstances, an eclectic therapist can be a good sounding board for open-ended philosophical discussions that are reflective, interpretive, and encouraging to the potential client. For example, in America, with our prevalent Christian society, you might be told, "I want to experience what Heaven is like, but I worry that I might be committing a sin by coming to see you." • Another slant on this same question could be, "I think there is an afterlife, but must one believe in reincarnation in order to be a candidate for spiritual regression?" • I have had clients from cultures where there are strong convictions about life being deterministic, giving them little control over their destiny. Other societies are openminded about reincarnation and fate but their rituals involve the existence of angry gods, evil spirits, and undesirable astral regions after death. Some belief systems do not allow for a soul-ego that exists in a spirit world between lives. Atheists and agnostics, of course, find it hard to accept a higher power and a grand design in the universe. As I mentioned, regardless of ideological preconceptions in their conscious minds, once these people are in a superconscious trance state they will have the same soul memories about their life between lives as all your other clients. Thoughtful people with diverse belief systems will contact you because they are searching for meaning in their lives. They are looking for a different sort of spirituality that is consistent and makes sense to them. Once we separate out the extremists and their radical doctrines, all religions have wonderful creeds of compassion, charity, and love. Yet they are also anchored by centuries of institutional dogma that does not appeal to modern thinking. In my view, the world's great religions are too impersonal for many people. In a sense these powerful religions have lost much of the essence of individual spiritual contact with the divine which gave rise to their origins. People are disturbed by this evolution. The historian Arnold Toynbee stated that throughout the history of humankind when a belief system outlives its attraction as a spiritual model for people it is modified or discarded. We live in a world that is perceived as chaotic. There are those who believe this is of our own making, while others blame the Source that created us and turn away from all faith. Over my years of private practice, I have seen an increase in the number of people who are seeking a new spiritual awareness that is individual and unique to them without

intermediaries who wish to impose their will on what they deem is spiritual. All of us have a tendency to be intolerant of people who don't think as we do. For the spiritual regressionist, having bias toward your own truths is natural but this should not cloud your receptiveness to ideas expressed by clients. As a life between lives therapist, you want to assist the client in reaching both understanding and equanimity about their existence without imposing your values. Everything the client needs to know is inside their mind. Whenever possible you must allow them to first recognize and then interpret their own memories. Your understanding and positive healing energy is vital as you work to expose the client's inner vision of their soul life. In this way you also facilitate alignment of the subject's vibrational soul energy to the rhythms of their human brains. I try to explain to my clients, who represent many philosophical belief systems, that we live in an imperfect world in order to appreciate perfection. We strive for improvement through free will and change. Searching for inner wisdom is essential because unless we find a personal inner knowledge beyond those institutional doctrines developed by others long ago, we cannot truly be wise about how to live our lives today on Earth. Current truths are succeeded by higher truths in each generation, and it is this progression of knowledge and acute awareness of ourselves that is at the core of expressing our personal identity. As spiritual regressionists utilizing the power of hypnosis, we are now blessed with a new medium of therapeutic intervention. If you are able to assist people in seeing the light of divinity within themselves and foster self-discovery, then you will have made a real contribution toward the ultimate enlightenment of our race.

PREPARATION PART TWO FOR SPIRITUAL REGRESSION

Personal Demands on the Spiritual Regressionist

At one of my workshops, I was discussing the effort required in taking people to their life between lives. At the first break a hypnotherapist came up to me and said, "Thank you very much for your time, but I'm leaving. I now realize this work is just too difficult. I have a nice, regulated practice. The hypnosis management requirements of spiritual regression is just not an area of therapy I feel equipped to handle." I told this honest person it was a good thing he recognized these concerns now rather than later. There is no question that three to four hours of intense work, juggling many balls at once, without rest, is demanding. Essentially, you must contend with the simultaneous interaction of a client's immortal soul and the mental processes of their current human brain. These two egos may be conflicted by disrupted integration. An LBL facilitator must cope with this duality of the client's mind while refining and adjusting long phases of spiritual imagery to support a comfortable passage. To do this you must constantly track their mental journey through the geography of the spirit world. This is called mapping. The motivations, fears, self-image, and expectations of your client will be determined by the physical, emotional, and mental makeup of their host body. These elements of

temperament are influenced by what I call the signs of the soul: insight, intuition, and imagination. While your hypnosis subject is telling you about their spiritual life, they are communicating this information through their current mortal body. This can be both confusing and gutwrenching for them. As the drama of the afterlife unfolds in the mind of the client, their transpersonal view of the other side is affected by how well they can face truths about their real self. In addition to everything else, you will also be required to concentrate on the many previous karmic experiences your client has had in other bodies so they will comprehend patterns of cause and effect that affect their life today. Practicing LBL therapy will increase your past life regression skills greatly as you move from life to life using the spirit world as a bridge. You may be required to alternate both permissive and authoritarian hypnosis techniques while shifting back and forth between the client's past lives, soul experiences, and current life. Much depends upon their receptivity, which may vary from past life to spirit world settings. Your task as a spiritual regressionist is to help the client manage their visualizations by allowing them to bring all this information into focus so that they can see relationships by truly understanding their soul and purpose in life and thus be empowered by their session. As an LBL facilitator, this effort can be arduous and requires both skill and tenacity. Certainly we don't engage in personal attachments, but it is a cold therapist who does not feel compassion and empathy for a client who may be going through a difficult time recounting all the reasons why they are in their current body and what their guides and masters have to tell them. No motivated, caring hypnotherapist can remain detached in this work. After a demanding spiritual regression session I usually find myself drained. Clearing my head with hard exercise in the mountains helps me a great deal.

Importance of Training and Experience

My LBL training classes have a mixture of licensed therapists and certified hypnosis professionals. Typically, a substantial number of hours in basic and advanced hypnotherapy training is required, along with a few years of private practice. Having some background in past life experience is of great benefit before tackling the demanding work of a spiritual regressionist. One does not need to be licensed as a psychologist, psychotherapist, or counselor to be a skilled hypnosis facilitator. However, when working with troubled clients, some background in counseling guidance is invaluable. Ethically, therapists are expected to recognize their level of competence and professional qualifications and not employ treatment procedures that are beyond the scope of their training. To all practitioners of spiritual regression who assist clients in seeking the truth about themselves, I would say the more exposure to academic training and professional experience, the better. The issue of self-awareness is important to you as an LBL therapist since it directly relates to your influence on the client. Your energy is affected by your own intuition, motivation, and integrity. I

have great respect for Taoist philosophy. The Taoists believe that inspiration occurs when one's conscious mind gets out of the way of their natural unconscious energy. In a sense, our cosmic chi (energy) is what brings harmony and clarity to the body. Having a keen internal focus also makes you a better therapist. The best regressionists have a perception that allows them to know something without the use of conscious reasoning. These therapists sense things at appropriate moments when working with people. During LBL therapy it is possible for both facilitator and subject to receive help from their respective guides, and these moments should be recognized, especially in the behavioral areas of making choices and problem solving. I believe it is possible to train yourself to recognize and analyze symbols which illustrate spirit-world experiences that cannot be defined in a material way. These metaphors may be symbolic of something on Earth that has applications to a visualized spirit-world event. Frankly, there are times during a session when I feel I am somewhat telepathic. This can be a hindrance when I don't consciously block what I am thinking at critical moments with a client who can pick up my thoughts. I find daily meditation and controlled breathing to be helpful in my LBL practice. In yoga, prana refers to the life force or energy that is manifested in each of us through our breath. As a spiritual regressionist, I manipulate my breathing at times during a session in an attempt to extend my mind into a higher state of consciousness. I may even enter into a self-induced light trance state to be more open to the spiritual forces I feel around me. Please understand that prana is not the breath itself nor the oxygen involved with breathing but the energy connected to the breath. It is a connection to the energy of all living things as a universal life force. I have worked to train myself to seek the energy pathways necessary to reach a particular client's mind while asking for help from my guide and my subject's guide. I begin by opening my mind and asking for guidance. In this way I try to receive information and not send it. What I do send to my clients are messages of confidence and reassurance. The key to being a good therapist is to listen. Another is allowing your client to first interpret their own metaphoric symbols based upon what they are experiencing before you engage in your own interpretations. There is a delicate balance between listening and questioning. To know when to speak and when to be quiet is not easy to teach students. In LBL work one must learn when to gently assist a client in understanding a visualization after they have spent time analyzing what they are seeing themselves. This comes with training and practice, and along the way this exercise and your own creativity may enable you to become more intuitive.

I'm fascinated by Michael Newton's work. This book is for hypnotists wanting to learn his approach to leading folks into the area between lives. Doing this type of hypnosis work is very intensive. Don't

buy this book first... buy his others that take the reader through the journeys. Only then will you be ready to consider whether or not you may want to lead folks through this process. He does NOT teach you how to hypnotize. You must come to this book with that skill already. I'm glad he put this information down on paper before he himself moves on. He's a pioneer and I'm certain that others will add a lot to this information as the years go by. I believe that is what he intends to happen.

This book is the latest of three in Michael Newton's series on learning, via a specialized hypnosis technique, about his clients' memories of their activities in the "Spirit World" in between incarnations on earth or other worlds. These taken together have set a new standard of discipline in the study of memories embedded in the human psyche. They explore his clients' memories of their time in the spirit world in a structured Q&A format that identifies the activities and players in this world. These books have indices, appendices and the other accoutrements of reports of original research in the physical and biological sciences: except discussion and references to other works in this field. In my opinion, Newton's works are distinctly superior to those of other authors in this field recently featured on like Brian Weiss and Robert Schwartz. Firstly, because he seeks to identify a systematic structure of the activities and events in what he calls the Spirit World rather than focusing on specific aspects of this world. Secondly, because he presents "real" client data in the form of edited transcripts of their sessions with him. Thirdly, because his books have usable indices. As the past editor of two physics technical journals and the author of nearly 400 technical physics, chemistry and engineering papers and member of the National Academies of Sciences and Engineering, I feel I have some perspective on these subjects. I am waiting for a scholarly paper by him comparing his methods and results with those of others researchers like Weiss and Schwartz recently and their predecessors like Joel Whitten [Joel Whitten and Joe Fisher, "Life Between Life" (1986)]. Newton's trilogy, "Journey of Souls", "Destiny of Souls" and the present "Life Between Lives", taken as a whole is a five star plus on a rating system. Taken together they redefine the standards of rigor and clarity in the description of what our human brains can access about events beyond our present lifetimes. This information clearly must reside outside our brains as these brains die with us. A possible technical narrative of how this can occur is given by Michael Talbot in "The Holographic Universe", also available on . From the perspective of Talbot's narrative, Newton is probing one small aspect of the fact that our brains are transceivers, constructing what we think of as reality out of signals in what electrical engineers call frequency space: the space of X-rays, radio waves as well as visible light that our eyes detect. Newton's hypnotic techniques allow our conscious brains to access regions of frequency space that our biological evolution sealed off

during early childhood. Sadly, as other reviewers have noted, this particular book seems to be supplementary reading for the Newton Institute's training course of budding Life Between Lives hypnotherapists. It is valuable in that context for training professionals or curious observers (like myself). For an individual new to this area of study or a casual reader, I suspect that its utility is rather low, unless the reader has already mastered Newton's other two books. Bottom line: although Newton's books as a collection are five star plus, this book is likely to prove a disappointment to the average reader. Try "Journey of Souls". It is a great book that you will like much better.

While this book might not appeal to the general public like Michael Newton's other two books, Journey of Souls and Destiny of Souls, I found it most helpful. Being a hypnotherapist, Newton has laid out exactly how he does his Life Between Life hypnosis work. This book is more of a guide to those in the business yet it still might interest those who have read his other two books and can't get enough of Newton's work. There is still enough of the actual regressions that I found interesting even before I started my course of hypnotherapy, though I will now reread the book as a guide to help my own clients one day. It's too bad that Newton has retired since his work is so ground-breaking on the subject of Life after Death. What's significant about Newton's work, is that he lays out what's important in our lives here on Earth. We have a plan, if you will, and are given the means to fulfill that plan. We want to grow as souls, so we use Earth and the amnesia we experience here to test whether the lessons we learn in 'heaven' have really taken. If everyone could realize that Earth is just a testing ground, not a means to an end, we would truly all do the right thing and obtain 'heaven on Earth'. But then again, we can't know for sure unless we have our own Near Death Experience which is not recommended, so we have to have faith and preserve listening to that 'still small voice' and hope to get most of it right. When I Dream

Those interested only in the workings of the afterlife could skip this book in Newton's trilogy. It is a practical textbook for his peer group of hypnotherapists that are seeking to duplicate his work in this field. It lays out the induction process, the recommended wording for questions in order to extract answers from clients that were neither led by the therapist nor corrupted by the patient's personal biases or preconceptions. For lay readers, this book helps validate the information in Newton's first two books by openly disclosing the methodology by which he conducted his research.

Good information. Irritating presentation. Author has an annoying "superiority" attitude toward those he interviewed and the subject in general. Hard to believe the author can remember all his private

thought conversations with such detailed accuracy.

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