



MICHAEL NEWTON[™]
INSTITUTE

Life Between Lives[®] Hypnotherapy Training

Training Manual & Guidelines
for LBL Facilitation

October 11-16, 2021

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www.NewtonInstitute.org

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Our Vision

For humanity to live the unconditional love and wisdom of Spiritual Consciousness.

Our Mission

To raise personal and collective consciousness, by bringing the healing and wisdom of Life Between® Lives to individuals around the globe, reawakening their immortal identity and integrating Spiritual Consciousness.

Who We Are

The Michael Newton Institute is a not-for-profit organization, bringing together a worldwide collective of trained facilitators to offer Life Between Lives® hypnotherapy as pioneered by Dr. Michael Newton. We are committed to providing opportunities globally for people to experience their soul state and the Afterlife.

What We Do

We advocate for the Spiritual Realm, sharing the wisdom received by individuals around the globe through the exploration of their existence between lives by:

- Offering the Michael Newton Method of Life Between® Lives facilitator training.
- Creating and nurturing a community of Life Between Lives® facilitators to connect, learn and grow.
- Providing opportunities for people to connect to our global network of Life Between Lives facilitators®.
- Conducting research and publishing findings about the Afterlife and the therapeutic benefits of the Life Between Lives® experience.

Our Values

As LBL facilitators and members of the Michael Newton Institute we are:

- **Dedicated** and **passionate** about reawakening humanity's connection to the unconditional love and wisdom of Spiritual Consciousness for healing and personal growth.
- **Trusting** in the innate wisdom within everyone and All That Is.
- **Compassionate** to those we serve and each other, seeking to transcend the human condition.

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INTRODUCTION AND WELCOME

Welcome to the Life Between Lives® (LBL) Hypnotherapy training conference offered by The Newton Institute® (MNI). Together, we share the responsibility and joy of bringing this training conference on the methodology of LBL to you. We are assisted by a team of highly qualified LBL hypnotherapy professionals who are members of the Institute. They will be providing their expertise as your trainers and evaluators during the practical experiential portion of this conference.

To assist your progress in becoming a skilled MNI LBL facilitator we have prepared this Training Manual as a comprehensive step-by-step guide to the procedures of Spiritual Regression. The format advocated in this manual has proven to be very effective, and we trust that it will provide a solid foundation for your work at this conference. With time and experience you will develop your own approach and style. Indeed, I challenge all of you to grow LBL beyond its present stage of evolution; as an art and a science Life-Between-Lives Spiritual Regression is still in its early infancy.

I wish you all great success in this endeavor of shepherding clients into the mysteries of their soul and the beautiful life in the spiritual world. It is my sincere hope that you will gain much from our conference and what you will learn here will serve you well into the future. And further, I encourage all of you to complete your certification requirements and later become active members of The Newton Institute® wherein you will enjoy the future association, networking, and professional collaboration of Institute members from around the world.

Michael Newton, Ph.D. (1931-2016)

Founder of the Michael Newton Institute for Life Between Lives Hypnotherapy (MNI)

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LBL Training Schedule, 2021

October 3, (Intro/Orientation)

All times shown are EDT NY based (GMT -4)

<p>11:00am-2:00pm</p> <p>(For time conversion: 8:00am Vancouver 10:00am Chicago 11:00am NY 4:00pm UK 5:00pm Berlin/Madrid 6:00pm Moscow)</p>	<p>Group Meditation</p> <p>Welcome and orientation with introduction of staff and students</p> <p>Breakout groups of 3</p> <p>Overview of LBL work including importance of LBL training and experience. Membership, mentoring, advertising and copyright</p> <p>Find partner before October 11th</p>
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October 11, (PLR Exchange)

11:00am – 12:30pm	<p>Meditation</p> <p>LBL methodology lecture: Client interview, prep and pre-talk</p>
12:30pm – 12:45pm	Break
12:45pm – 2:00pm	<p>LBL methodology lecture: Induction</p> <p>LBL methodology, childhood, womb, past life</p>
2:00pm – 3:00pm	<p>Meal break</p> <p>Pairings and room assignments</p>
3:00pm – 7:00pm	PLR Exchange both ways

October 12, Lecture/Q&A

11:00am - 12:00pm	<p>Meditation</p> <p>PLR Feedback – Group</p>
12:00pm - 12:15pm	Break
12:15pm – 2:00pm	<p>LBL methodology lecture: Leaving the body, crossing over, blocking, interaction with welcoming spirits,</p>

	healing, rejuvenation and orientation Break
2:00pm – 3:00pm	Meal Break
3:00pm - 4:00pm	LBL methodology: Soul groups, soul mates, colors and temperaments. Michael Video
4:00pm – 5:00pm	LBL methodology lecture: Council, other activities, life selection, session closure.
5:00pm – 5:15pm	Break
5:15pm – 6:30pm	“What to do if’s” and Q & A with training assistants. Putting it all together

October 13, (LBL Demonstration)

11:00am – 2:30pm	(Please be on time!) Client intake review LBL demonstration
2:30pm – 3:30pm	Meal break
3:30pm – 6:00pm	Summary and questions from demonstration with teaching points
On your own	Prepare your own list of questions and your “cast of characters” for your LBL experiential and get a good night’s sleep.

October 14, LBL Session Experiential (One way only)

11:00pm – 4:00pm	Intake, review questions, cast of characters, plan induction First round of LBL experientials (one way only)
4:00pm - 7:00pm	Group debriefs of pairs Review first round of LBL experientials with teaching points. NOTE: Student pairs will present their experiences with an emphasis on what worked well and what could have helped more. See guidelines page 91

October 15, (LBL Session Experiential second round)

11:00pm – 4:00pm	Intake, review questions, cast of characters, plan induction Second round of LBL experientials (switch)
4:00pm – 7:00pm	Group debrief of pairs with teaching points (Nora)

October 16, (Closing)

11:00am – 12:00pm	Meditation Wrap up teaching points
12:00pm - 12:15pm	Break
12:15pm -1:00pm	Membership, research sessions Organize exchanges, mentoring (Rita) Certification instructions Conclusion
1:00pm – 2:30pm	Certificate of Completion Closing

LBL CERTIFICATION AND MEMBERSHIP

At the end of your LBL Training you will be provided a letter verifying the number of hours you attended and by recommendation of the training staff, qualified students are invited to apply for associate membership in The Newton Institute® to begin their certification process.

Demonstrated competency as evidenced by the submission of the required case study reports and meeting necessary membership criteria allows graduates to be eligible for certification by MNI as a Life Between Lives practitioner and full MNI membership (which includes a listing on the website's LBL referral page). We wish to see all of our students successfully complete their certification and are here to guide you thru that process.

MNI's Two-Tiered Membership

Associate Membership

Following the successful completion of this training and by recommendation of the training staff, qualified students are invited to apply for associate membership for 9 months from the date of your training. The associate member fee of \$60 enables you to participate in Work Place discussions with practicing LBL professionals, to help support you while you complete your case study reports. Associate members are also required to attend 3 group mentoring meetings during this time to assist with questions that come up during sessions. Associate members are not eligible to receive client referrals through MNI.

Full Membership

An upgrade to full membership is available to those who have successfully completed the required case study reports and recorded session and meet the professional requirements for membership. The fee for this upgrade is \$85.

Full membership includes a professional listing on the MNI website's referral page, participation in Work Place Group discussions other LBL professionals and access to promotional resources and marketing materials. The renewal date for full membership will become due during the next annual renewal date for all members (Oct. 1).

LBL Case Study Report Submissions

Appendix A offers a welcome letter from MNIs Certification Director and more extensive details on the case study report requirements, evaluations and tips.

In order to be evaluated for certification and full membership as a Life Between Lives® Therapist, students are required to submit:

FIVE written case study reports, ONE of which must also be submitted as a recorded session. The recording should run from the beginning of the induction to the completion of the session. All five written case study reports and the single recorded session must be submitted together within 9 months of the date of your LBL training but no sooner than 6 months from the end of your training.

The purpose of these reports and recording is to establish that you have mastered the fundamentals of the LBL approach as taught by the training. Note: you may use the experiential sessions you facilitate during your training as one of your LBL case study reports. However, you cannot submit the experiential session from the training as your recorded session. Please remember to include the date of the session, your name and contact email address on each write-up and recording.

Although you might direct very valuable LBL regressions, please be sure that the cases you submit for review have at least three or more of the typical stops in the Spirit World (including Council visit). Because you do not know in advance how your sessions will go, we recommend that you record each session as if it might be the one you submit. If you find that you need help, you can ask for assistance at your group mentoring or post your question on Work Place for a response from our membership.

Requirements for Case Study Reports

(See also Appendix B for further details)

1. Reports need to be less than 2,500 words and must be in the format provided in Appendix B. LBL Certification Requirements & TIPS.
2. All reports and recordings must be submitted in English. If your recorded case is in a language other than English, you will need to include an English transcript.
3. You may not submit multiple cases from one client.
4. All sessions are face-to-face sessions (live in person or on Zoom).
5. Students may have a maximum of 1 submitted case from their classmates at their LBL training.
6. The recorded case must be of a person who has never had an LBL session before.

Outline for LBL Case Study Reports

Reports must include the following headings with a summary written under each. If your client did not do anything under that heading, please indicate so. Reports need to be less than 2,500 words with emphasis on (d) to (m) of item 8 on page 91. A detailed outline of what is required for your case study can be found in Appendix B - LBL Certification Requirements & Tips.

The Evaluation Process

When you have completed your materials for review, please email your 5 case study Reports (as an email attachment) and 1 recorded session (using www.WeTransfer.com) to our Certification Director all at the same time:

Celia Kakoschke
Certification Director
certification@newtoninstitute.org

Your case study reports will be forwarded to our Review Team for evaluation. A favorable review of all submissions will receive feedback designed to help you grow as an LBL Therapist. If the evaluator finds that certain cases do not demonstrate proficiency in the LBL method, you will be given suggestions as to how to improve your sessions and asked to submit an additional recorded session incorporating the feedback given by your reviewer. In certain instances, individuals might be advised to re-take the training.

We encourage you to start collecting your case material immediately after the training but **do not submit case study reports sooner than 6 months** from the end of your training. ***You have 9 months from the date of your training to submit your case study reports for certification.*** At this time your associate membership will expire and you will be required to retake the training.

LBL PRACTITIONERS' CODE OF ETHICS

Introduction

This Code of Ethics applies to all MNI certified members, associate members, students, volunteers and staff of the Michael Newton Institute®.

The Code of Ethics

The Michael Newton Institute was established to continue on the work of Dr Michael Newton and also to ensure that LBL Facilitators were properly trained and operating under a spiritual code of ethics.

LBL® work is a great honor to facilitate. In practicing LBL® work facilitators respect the unique journey and presentation of each client, trusting that spirit is working for the highest growth of the individual before them.

To guide our LBL® Facilitators, MNI® has a Code of Ethics that all LBL® Facilitators practice under, (see below). LBL® Facilitators also work under the Vision Mission and Values of MNI®.

MNI Members commit to:

1. Act in the highest and best interest of the client and treat each client with respect and dignity.
2. Conduct themselves in such a manner as to uphold the integrity of LBL therapy and The Michael Newton Institute.
3. Use all their skills, training, and experience to reconnect clients to the loving wisdom of the spirit world as they hold sacred space for a meaningful LBL experience which includes remaining open to spiritual guidance when conducting LBL sessions.
4. Display and facilitate sessions with professional etiquette, providing a safe and caring environment. Sessions are expected to be facilitated not only with skill, but with understanding, sensitivity and patience.
5. Allow guidance to be given to clients in the LBL state from Spirit and not from the practitioner. The practitioner's role is to guide, to question and to listen. The needs of the client should be paramount, including allowing sufficient time for the client to process each individual experience.
6. Assess what a professional environment would be for a client in advance of a session. A client is entitled to a clean and dedicated therapy room, which includes facilities.

7. Maintain all client-practitioner communications in a confidential manner, obtain the consent of the client to record past life regression and LBL sessions, and preserve session records and session notes in a secure environment to ensure privacy.
8. Obtain the consent of the client to share or publish session material and to discuss confidential session details.
9. Explain the LBL experience and discuss expectations, intentions and goals with each client prior to the LBL appointment. Discuss with a client the experience and expectations the client is seeking. Review the list of questions and cast of characters. It is expected that all members facilitate the LBL within realistic expectations, intentions and goals of a client.
10. Assess the readiness of clients to participate in LBL therapy through all client contacts (pre-session dialogue, client history intake and session pre-chat). Clients are expected to be open and honest in providing relevant information, members cannot be responsible for anything deliberately withheld by a client.
11. Ensure the client is aware of the range of physiological and emotional experiences that could occur during an LBL session.
12. Assess the client to determine his or her previous PLR experience. It is strongly recommended that a client first experiences a PLR prior to an LBL with the same LBL practitioner. This allows trust and rapport to build as well as initially prepares a client for the forthcoming LBL experience.
13. Advise clients seeking to avail themselves of additional services (e.g. NLP, Reiki, etc.) offered by the practitioner, that such services are beyond the explicit endorsement of the Michael Newton Institute. Delivery of any non-LBL related services with the client are to be conducted separate from an LBL session.
14. (see comment and suggested revision) Acknowledge when the practitioner/client rapport is compromised. This includes acknowledging the possibility of a disruption in rapport being triggered during the pre-talk or the actual session, and the willingness of the practitioner to address the issue, even if it means putting the session on pause, rescheduling or canceling the session, until rapport can be re-established.
15. Ensure that we are in a fit state to facilitate LBL sessions, that is, that we are not ill, exhausted, or under the influence of drugs or alcohol.
16. Treat each other and The Newton Institute's officials respectfully. Avoid disrespectful comments regarding other MNI practitioner and refrain from soliciting another MNI Member's clients.
17. Hold MNI standards and interests ahead of self-interest. Ensure that all advertising and promotional activities are truthful, and that all statements made regarding the LBL experience are realistic. No false claims for example, about training or the

purpose of LBL work, or conducting unauthorized training should be made by any practitioner claiming and, therefore, benefiting from MNI certification.

18. Declare financial policies, including session cost and cancellation policies in advance of sessions and agree to payment arrangements before beginning the session. Manage client expectations prior to the session regarding what is and is not refundable.
19. Deliver LBL therapy according Newton Institute's training and guidelines. It is expected that all members adhere to the protocol devised by Dr. Michael Newton and the MNI teaching faculty.
20. Continue his or her professional practice development in alignment with industry advertised professional certification(s) and credential(s) and operate solely within the scope of their qualifications, skill and experience.
21. Display and/or advertise truthfully all relevant credentials and affiliations related to the services offered and provide, upon request of the client or MNI, documented proof of any qualifications and professional affiliations
22. Obtain the approval of MNI to conduct LBL related research, and obtain explicit and separate consent of the client for their participation in research studies.
23. Uphold the integrity of the organization at all times, act with accountability and responsibility, and always remaining positive ambassadors for The Newton Institute and its Life Between Lives® Spiritual Integration Therapy.

THE LBL METHOD

1. Progressive Relaxation, Induction and Deepening

We highly recommend that you spend approximately 30 minutes on induction and preliminary deepening techniques of your choice, interspersing the eight embedded instructions listed in the next section before continuing on with the Newton Deepening Method described below. This lengthy induction and deepening process, which can total up to 60 minutes, is a key element in the LBL work and must be fully included in your work in order to ensure your clients make a successful transition into the spirit world. Don't short-change your client by minimizing this deepening procedure or by using other means such as energy work to try and obtain the same depth of trance.

This being said, we encourage you to use your own relaxation and deepening techniques too. Prior to this training, you may not have utilized a lengthy deepening process, so suggestions for possible induction and deepening techniques are offered on pages 64 to 67. Also, please refer to Michael Newton's 'Life Between Lives' textbook for further suggestions.

We recommend the following sequence of LBL hypnosis techniques as outlined in the training manual, which you can adjust to your own style and the particular situation:

1. Eye Fixation, Focused Breathing, Progressive Relaxation, Arm Levitation or any other standard technique for induction. (pp. 11-14)
2. Deepening with the use of guided imagery through nature scenes. (p. 14)
3. Final Hypnosis Instructions Before Regression (pp. 17-18)
4. Stair Deepening, with graphic step counting into childhood. (pp. 19-20)
5. Childhood stops, entering the womb. (pp. 20-24)
6. Past lifetime. (pp. 25-30)
7. Gateway into the spirit world from a past life death scene. (pp. 30-35)
8. Life in the spirit world. (pp. 35-51)
9. Return. (p. 52)

Sample Inductions and Deepening

Focus on Breathing

Close your eyes ... make yourself comfortable ... and now take 3 deep breaths ... breathing in through your nose, out through your mouth ... breathe comfort in, release tension, tightness out. Imagine that the room is filled with an essence, an energy, of deep peace and relaxation ... a feeling of calm, comfort, serenity. Bringing all of your attention to your breath, breathe in this deep feeling of peace, calm, serenity.

As you continue to bring more of your awareness inside your body, feel your breath as you breathe in deep peace and relaxation. All hypnosis is really self-hypnosis. It's the power of your own mind that enables you to relax, let go. It's a very natural process. Simply paying attention to your breathing enables your body to relax, let go.

As you take your next breath in, pause just a moment at the top of the breath... then follow your breath as you exhale, releasing tension, tightness, letting go...At the bottom of the breath there's a still point, a moment of deep stillness. As you bring your attention to this still point, you can feel the stillness spread through your entire body. Feel this stillness moving you deeper and deeper.

Progressive Relaxation

And now to help you relax even more deeply... imagine a stream of golden liquid light flowing from an unseen source above. Its warm, golden light flows naturally over your skin... gradually penetrating deeper and deeper... relaxing your body and bringing your mind more and more in tune with the rhythms of your deeper self.

Notice how this relaxing golden liquid light feels as it gently flows over your head and scalp. Feel it moving deeper as the muscles in your forehead, eyes and face become sooo relaxed with the soothing light... follow it as it continues moving down through your cheeks and jaw. Notice the relaxation now in your jaw and tongue... as this light moves down through your body... slowly... gently relaxing everything in its path... leaving whatever it touches with a warm, healthy glow.

The relaxation moves ever deeper as it reaches even your mind... relaxing all your thoughts as it does. The light helps you to see that your thoughts were like a mist or fog that hid your true self. Now as the light penetrates the mist... and drives it out... your mind becomes clearer, calmer and quieter. Each breath in increases the light and helps it disperse thoughts into mist... making your mind even clearer and more relaxed. Helping you feel in touch with your deeper self.

Now, as you take another gentle breath in, feeeel the relaxing golden light moving down into your neck and shoulders. Sense any tension or tightness as an area of relative darkness that is dispersed by the light as it flows down into your arms... leaving a warm, healthy glow in those muscles. Feel the muscles in your upper arms relax now as the light moves through them. Feel the relaxation continue to move through your forearms, as the wave of light warms them and relaxes them. Now feel the relaxation moving through your hands and your fingers. You may even feel a tingling in your fingertips as tensions leave your body, and you go deeper and deeper.

Now, as you take another gentle breath in, feel a deep wave of relaxation move into your chest, filling your chest, your solar plexus, your abdomen, as the golden liquid light continues on. Feel the muscles in your chest and

abdomen relax completely. Now feel this golden light penetrate deeper and deeper... passing through the organs in your abdomen and on into your pelvis and hips...imparting to each organ a healthy glow of its own... so that it functions optimally...in harmony with all the others. Feel now that all is well, and allow that sense of deep peace, relaxation, centeredness and balance to spread.

You're going to find that the deeper you go, the better it feels. And the better it feels, the deeper you can go. Going deeper and deeper into relaxation. Feel now that at every level of your being you are more open and more receptive to the relaxing, cleansing, and calming influence that this light brings.

And now feel this deepening relaxation moving down your back. Feel the muscles across your shoulder blades relax now. And notice how it feels as this relaxation moves down your back, relaxing, releasing, letting go. As you take another breath in, feel this wave of relaxation moving down your spine, all the way down to the base of your spine. And you go deeper, deeper, and deeper into a very pleasant and peaceful relaxation.

As you breathe in and release, feel the deep wave of relaxation spread as the golden liquid light moves downward. Feel it moving through the muscles in your upper legs so that the muscles in your upper legs relax now. Letting go. And this relaxation moves down your legs into your lower legs, filling your calves, your shins.... All the way down into your feet and your toes.

Feel the energy and rhythms of your body are better synchronized... allowing you to go even more deeply, relaxed. Your mind gets lighter and clearer... your body feels heavier and more asleep... as you go deeper and

deeper down. The deeper you go... the better it feels...and the better it feels... the deeper you go... your body more and more asleep, and your higher mind clear, alert and receptive.

As you take another gentle breath in, feel how it sets off another deep wave of relaxation that now moves all the way through you...from your head to your toes... taking you twice as deep, twice as relaxed. Then rest in this peaceful place for a moment... feeling more and more comfortable in your surroundings...quiet inside...feeling very safe... secure... peaceful... as you go deeper and deeper down.

Your entire body is now asleep and very heavy because you are soooo relaxed. The soothing light enters your head and leaves your feet, cleansing your entire body. In your mind's eye see how the light has awakened a certain other light inside of you. See how it causes a golden, protective light to emanate from you... surrounding your entire body...enclosing you in a protective bubble... a luminous shield that will keep you safe. Its strength is reinforced by the energy of higher entities who watch over you and are here today to help us. Feeling sooo secure...you can better receive messages, thoughts and ideas from the higher intelligent consciousness both within and without... to bring you insight, security and comfort during this time of exploration into your spiritual life.

Visualization of Nature Scenes (Meadow Deepening)

See pages 38-41 in 'Life Between Lives' for more information on deepening.

Now, I want you to see yourself mentally moving out and away from this room, higher and higher into the distance toward a beautiful meadow

surrounded by trees. See yourself floating down near these trees on a calm, beautiful, warm day. Notice that the trees form a perfect protective circle around the hidden meadow that is a place of perfect peace. Floating lower and lower as you disengage more and more from yourself. See yourself moving around the outside of this circle of trees looking for a single pathway through which you can pass to reach the center of this serene, magical place.

A gentle, warm breeze causes the leaves of the trees to sway from side to side-- from right to left, to right, back and forth that is soooo relaxing and the warm, yellow sun, high overhead, shimmers down through the stirring leaves casting a flicker of shadows on the path below you, making it seem as if the path under your feet is actually liquid--gentle, soft, warm moving water -- upon which you could float and drift and float soooo easily, forward through the trees into the meadow. (*pause*) And, this you now do effortlessly. As you drift into the meadow of perfect peace and tranquility you see the fleecy whiteness of the clouds against a blue sky overhead, you see the beautiful brown tones of the trees which circle the meadow in front of you and you are soooo relaxed and comfortable without a care in the world. You see the green of the soft grass, the gold of poppies, blue of violets and the pink of roses and the fragrance of these flowers and many others cause you to feel soooo drowsy. There is nothing you need to do but simply relax and absorb the quietness and protection that exists all around you.

As you float into the center of the meadow you sink down into the soft grass, feeling the contours of the meadow without any resistance to the earth itself. Feel the warm sunlight shining directly upon you, forming a

protective golden light all about you of pure loving light. Feel every pore of your body bathed by the purity of this light, spreading warmth from your head to your toes, as you continue to sink deeper and deeper, further down into the meadow. You feel so soothed, so completely relaxed, so detached, so secure. (*pause*)

Now, quietly become aware of a gentle, bubbling brook nearby. You hear the soft rustling of the water as the stream winds its way across the meadow. The water has a pure, fresh taste which you can feel in your mouth and is so refreshing. Notice this blends with the harmony of your breath.... inhaling ... exhaling inhaling... exhaling effortlessly. You feel so revitalized and relaxed and regenerated. (*pause*)

...And now I'm going to count downwards from 4 to 1. At the count of one you will feel my hand gently touching your forehead. And with each count of the numbers your relaxation will double and deepen, bringing you more and more into relaxation and trance.

Four.....Letting go now

Three.... Deeper and deeper.

Two.... Your relaxation is doubling yet again.

And, One..... (*Place your hand on your client's forehead*) – Fully relaxed and at peace.

And throughout our work together, any time you feel my hand on your forehead -- as you do now, it will be a cue to go deeper and deeper within yourself. Deeper into relaxation and trance. Deeper into your own super-consciousness and memory.

Nature Scenes and Visualizations

There are many sorts of nature scenes that you can use in Progressive Relaxation. Another example might be a beach scene (if the client is not afraid of water). Here you could stress that your client sink down in warm, soft, white sand, hearing the lapping of water on the nearby shoreline, watching the seagulls gently floating overhead and smelling the slow currents of fresh air, etc., etc. The important thing for proper deepening, however is that whatever visual metaphor you use should be at least as long as our Meadow Scene example where the client uses their senses while you take them on a progressive journey like you will be using when you take them back into childhood, the past life and then LBL.

Continue with Final Hypnosis Instructions Before Regression. You are on your way!

2. Final Hypnosis Instructions before Regression

Initial Embedded Commands: The following instructions need to be given during the deepening as a means of preparing your client for entry into the spirit world.

And no matter how deep you go today, you will always be able to hear me, and you will always be able to answer me easily and effortlessly. In fact, the sound of your own voice is only going to serve to deepen and maintain this state of peace and comfort. **[Embed #1]**

This [color] bubble of light is a luminous shield of protection around you, so that should any painful memories of the past arise, they will bounce harmlessly off this shield, allowing you to receive the information of the events while leaving any negative imprints behind. **[Embed #2]**

Its strength is lovingly reinforced by all the Beings of Light who love you and who are here today to support you in your exploration of your Soul's journey through time. **[Embed #3]**

This [color] bubble of light is also your vehicle through space and time today, allowing you to move effortlessly through timeless space, first

flowing back through your own life, then to the life that you most need information about today, and finally up to your eternal Spirit Home. **[Embed #4]**

Soon we will be entering the high realm of your soul mind...a world that is always accessible within you. **[Embed #5]**

Knowing that it is safe to experience yourself in other times and other places, and to feel the emotions connected with those earlier times. And as you do, you begin to feel a positive release from any burdens of the past. All of the memories and insights you recover today will be placed in proper perspective, allowing you to complete the remainder of this life as [client name] with renewed passion and purpose **[Embed #6]**

The final of these very important instructions is given next, before asking your client to describe his childhood experiences.

3. The Newton Deepening Method - Moving Backward in Time

We're now going to go backward in time, year by year to your childhood, looking only at positive, happy or neutral memories. Your mind holds the memories of everything that you have ever experienced at the age that memory was recorded. You carry all these memories with you now in your more knowledgeable, comprehensive adult mind.

I want you to imagine a beautiful stairway in the sky ... a beautiful golden stairway with ____ steps ... one step for each year of your life. Soon, as we descend this stairway back in time to your childhood, you will find yourself going deeper and further back with each count. It will be as if you are turning the pages of a photo album where you will see yourself getting younger and younger and then smaller and smaller as you move further and further downward. Anytime I stop you on any step, you will be the age you were then. Each step down will take you deeper and deeper toward that place where we need to be.

These are memory warm-ups only, mental stretching exercises to prepare you for what is coming. We are not here to work on childhood trauma issues, so you will have only positive, happy or neutral memories.

Slowing the cadence of your voice... Proceed with the "stairway technique" for deepening...

As I count down from 5 to 1, drift and float to the top step of this beautiful stairway while you continue to disengage more and more from your body.

Five..... Now detaching from your physical body more and more in a safe relaxing way. Deeper and Deeper.

Four..... Transcending into the deep mental realms of your mind...

Three..... Letting go now...floating...drifting...towards the top step...

Two..... Feeling the lightness...as you drift and float...floating free...now very close to the top step...

One..... You now stand at the top of this beautiful golden stairway with steps.

Excellent, you are now at the top step. You are now going to leave this step safely to begin your descent with me downward and backward in time, becoming younger and younger, and deeper and deeper asleep with each count; with each step you take... Raise one finger of your (right) hand (or nod your head) when you are ready to begin descending. *(Wait until you see your client raise a finger)*

Taking the first step down now ...

Say step number/age.... Continue counting rapidly, occasionally skipping numbers. After reaching age 20, slow your count considerably. Stop at age 12. Remember you are seeking to draw out memories of only neutral or pleasant scenes... this is not a time to focus upon painful past memories. Your information interview should have informed you of any difficult years.

Step off the stairway now and find yourself gently floating to the front yard of your home where you lived at age 12. From where you stand, in the front yard of your home at age 12, tell me...

(Ask about the details of the house and grounds. Pause between questions and adjust in alignment with their receptivity and flow.)

What color is your house? How many floors is it? What color is the front door? As you look around the front yard, are there trees? *(If yes... Are they to the right, left or behind where you are standing?)* Are there flowers or shrubs?

Good.

Now, which way do you go to get to your bedroom? Moving there now, as you stand in the doorway looking in your bedroom, what color is it? Where is the bed, to the right, left or straight ahead? What color is the bedspread or blanket on top? Anything else on the bed? Do you have a dresser? What direction is it from the bed? As you stand in front of your dresser, how high up your 12-year-old body does it come? What's on top of the dresser? *(If a jewelry box, ask about favorite piece of jewelry)* Opening the top drawer, what do you see inside? Good. Now looking around your room, do you have a desk? What does it look like? As you stand in front of your closet looking at your clothes, what's your favorite article of clothing? Anything else you notice in your room?

Good, this is how these memory warm-ups work. You're doing fine. Feel yourself now detaching from this time in your bedroom at age 12, drifting and floating back to that beautiful golden stairway. You gently arrive back to the 12th step, ready to begin to move down from there to a still younger time, becoming younger and smaller, smaller and deeper relaxed, with each step you take down the stairway.

Last of Final Hypnosis Instructions

Even though you are now speaking, you're going to find that the sound of your own voice helps you to relax even deeper. You will be able to talk to me freely about anything without awakening. In fact, the long conversations we will have together will only serve to maintain and enhance your trance depth. During our time together, you will be able to hear my voice clearly and this too will serve to comfort you and maintain your disengagement from the outside world.

Begin to count down slowly and stop at age 7; here ask fewer details than you did at age 12.

Taking the next step now; age 11...10...9...8...7. ...You are now age seven. As before, gently float off of your stairway towards the home where you live at age 7. Is it the same place you described earlier?

After client responds

And this time I would like you to be in a scene when you're doing something fun at age 7. What are you doing just now?

If the client struggles for a memory, provide a prompt...

It could be a pleasant time spent with a favorite playmate, a fun game or toy, or a pet that meant a lot to you.

Regress your client back to his or her earliest memory as a child

Now, let us drift away back to our stairway... And we're going to move down again... and, as I count you are becoming younger and smaller. Younger and smaller. We are going to now return to your very earliest happy memory as a young child. Moving down again, farther and farther back to age 6, 5, 4, 3, perhaps even 2 years old. ...You're very young now. I want you to describe your earliest happy memory as a child.

Don't rush, wait for a response.

And finally into the womb of their mother

I want us now to disengage from this scene and move away back to our stairway because we're going to move down to a still younger time... We're going to move down to the time just before your birth when you were in your mother's womb. And you will find this to be a very easy transition

because you're already so young. And we will spend a few minutes there before we move on to our next stop.

So now, if you are ready to move down further, I'd like you to slightly raise your hand.

Down to age 1... 9 months... 8 months, 7, 6, 5, 4, 3, 2, 1. (*Touch your client's forehead.*)

As you feel my hand gently touching your forehead you are now in your mother's womb and it is just before your birth. The time just before your birth. Feel this dark, warm, moist environment...and I'm going to ask just a couple of very easy questions. First of all...

- Tell me if your arms and legs are reasonably comfortable. ...I know it's a little cramped/ tight space in there because after all it's very nearly time to be born. But is it manageable?
- Is your head and neck position reasonably alright? (Client responds.) It's kind of bent over, but you're going to be okay.
- Now let me ask you this... Can you hear your mother's heartbeat?
- And can you feel your mother's emotions from time to time? (If client responds "Yes", ask...) Can you influence your mother's emotional state if she is under stress?

The line of questioning that follows is largely dependent upon whether the client is a young/undeveloped soul or an experienced soul. For everyone, start with the following:

- Now that you've had a chance to spend a few months inside this body...do you have any feelings about the body that you'd like to tell me about? Will you find it interesting to work in this body?
- Is the body a good match for your soul's consciousness or not?

- Did this body accept the integration with your soul easily...or was it difficult?
- What are your impressions over the last few months with the brain that you've been working with?
- What do these initial impressions tell you about the life you're about to live?

If the client's answers to the above suggest a more experienced soul, try asking the following:

- At what month did you first join the fetus?
- Was it difficult or easy for you to trace the pathways of the electrical circuitry of this brain?
- What is distinctive about this brain?
- Can you discern any character difference between your soul
- and this body?
- What have you learned about how the emotional system of this body affects the brain?
- How does this body compare with others you have occupied?
- Why did you choose this body? (Ask this question only if you are receiving specific answers to your other inquiries.)

4. The Transition into a Past Life

You're doing just fine. It's time to move on now. As I count from 5 to 1, I want you to move away from this time when you are in your mother.

Five..... Drifting away from your mother, drifting and floating as though you are on a current of timelessness.

Four..... Disengage from/ leaving your mother.

Three..... Letting go; drifting and floating away.

Two..... Release the body and move away from this time with your mother.

And...

One..... Floating, drifting, feeling very safe and comfortable, very peaceful and quiet, as you continue to relax even more deeply.

We're now going to move towards a beautiful long tunnel. Create a vivid mental impression of a tunnel. It looks kind of like a railroad tunnel except its very, very smooth and clean. And I'm soon going to count from 10 down to 1. And during the time that we're moving through this tunnel together we're going to be moving into your most immediate past life.

In the beginning you will notice that the curved walls will appear very dark to you. And as I count closer and closer down to 1, you're going to notice the walls will get a little grey, and then grey-white. And as you move faster and further along, at "1" you will exit out of the beautiful round white opening at the end.

Now what is interesting about this journey is that when you exit the tunnel at the count of 1 you will be in a significant scene in this immediate past life

and you will be able to describe all the details of that scene and then, of course, we will move on. But I want you to know that at all times you are fully and completely protected by a shield of golden energy.

Good. I'd like you to nod your head "yes" (or raise your hand slightly) when you are ready to move with me into the tunnel.

Pause until client responds, then continue.

All right now, you're letting go and beginning to move backward in time ... stepping into the tunnel...

Ten.... You're moving backward now. Feel yourself moving through the tunnel to your own past. ... The smooth walls are black. And way down ... at the end of the tunnel ... you see a round white light that will appear larger and larger as you move closer and closer to it.

Nine.... You're moving toward that light, and on the count of one, you'll be there.

Eight.... Moving back in time. On the count of one, you will move out of the tunnel and into the light, and you'll see yourself on a significant day, in a significant event, in your last lifetime.

Seven..... You're moving backward now, picking up speed.

Six.....Five. The walls are grey but the round light is getting larger ahead of you, through that opening at the end of the tunnel.

Four. Three.... You're almost there. The tunnel is getting light and brighter as you're moving faster and faster; closer and closer and closer to the round white light at the end of the tunnel.

Two.... On the next count, you will be in a significant event, in your immediate past lifetime...

One... OUTSIDE. (*Snap your fingers or touch the forehead.*) ...

First I want you to tell me if it's day or night. *(If the client response is delayed...)* What's happening? What do you sense or perceive?

Past Life Entry Questions

1. Is it day or night?
2. Very good. Are you alone or with someone?
3. 3. Okay, and now I need you to tell me now if it's very warm, very cool, or a nice moderate temperature?
4. Are you outside or inside?
5. Now let's talk about the clothing that you're wearing.
6. I want you to begin by looking down at your feet and tell me what, if anything, you see on your feet?
7. Now what is covering your legs as you move on up? Describe the type of clothing. What is the color?
8. And would you describe your clothing as formal, casual, threadbare, the type of clothes you might wear to work? How would you describe them?
9. And what are you wearing from your waist on up? And the color?
10. Very good. Now I'd like you to notice whether you are wearing any jewelry. Do you see a ring or bracelet, or anything else that you're wearing in this moment that you haven't mentioned?
11. Are you male or female?
12. Now take a look at your skin. What is your skin color?
13. Are you a small, medium or large person?
14. By what name are you called?
15. And what are you doing right now?

16. And, as you look around you...can you give me a general picture of the surroundings? Are you in a city, smaller town, countryside? Tell me what the environment is like in which you find yourself just now?

Explore some details of the past life until you are ready to...

5. Experiencing Death, Transition into the Spirit World

Move to the Last Day of the Past Life

All right, now I want us to move to the last day of your life.

(Place your hand on your client's forehead.) On the count of three you will be there. ONE...TWO...THREE!

1. How old are you on this, the last day of your life? *(See the numbers.)*
2. Is there anything going on around you or within you that suggests that your physical death will come this day?
3. Where are you; is the setting familiar?
4. And describe what is happening just now.

Ask further questions to establish the context, concluding with the following...

5. What do you think about this life just lived? What did you learn?
6. Declaration of Physical Death

You have just died and are moving away from the physical body; you have been through this experience many times before and will soon feel no physical pain or discomfort. As you move out of the body, you will be able to continue to talk to me and answer my questions because you are now in touch with your inner, true self. Feel your mind expanding into the highest levels of your being. As you float out of your body when you are ready, all physical pain and discomfort will be left behind. Looking down at your body

you may perceive some brief sadness or remorse at this moment but your spirit has been through this experience before and soon you will be able to return home.

Questions to Ask at the Death Scene

1. Where are you now in relation to your body?
2. Is anyone near you at the time of your death?
3. *(If the answer is, "Yes"...)* Tell me about this person near you. Who is s/he?
4. What do you see around you? *(Or... What are you aware of?)*
5. What are you feeling?
6. What is happening now? Is there anything else you would like to mention?
7. How do you feel about your death?

You are now fully in a soul state directly connected to the highest consciousness of your mind that is like a vast computer holding all the stored knowledge of your entire existence. As an eternal, timeless being you will remember incredible details about your immortal Life Between Lives and, thus, you will be able to respond to my questions about your life as a soul quite easily.

Comforting Those Left Behind

(Not all of your clients will wish to do this)

Before we prepare to move further away from your body and begin your journey back home, do you wish to remain a while longer to say goodbye to someone, or attend to other unfinished business on earth?

If the client responds “Yes”, proceed by asking the following questions; if “No” skip to Section 5. If no response, ask

Or do you prefer to leave now?

1. Who do you reach out first to comfort?
2. Does this person pick up that you are comforting him (or her)?
3. How do you reach out and touch their mind? *(Ask for details!)*
4. How successful are you now, as a spirit, to bring comfort to that person?
5. Do you wish to reach out to touch anyone else or attend to any other unfinished task?

6. Instructions for Passage to and through the Gateway

Further Expansion of Consciousness following Physical Death. (Final Embedded Commands)

As you move into the loving realm of an all-knowing spiritual power, you are going to a place of expanded awareness. Even as you approach and move through the gateway to this beautiful realm your soul can feel the joy at being released. Everything will become very familiar to you as we progress further because this is a loving, peaceful realm of all-knowing acceptance.

[Embed #7]

You are now moving away from the earth plane in perfect comfort. Soon you will receive divine help in releasing all remaining residual negative energy from your physical life. You will be entering your eternal home where we can talk about your immortal life and all the lives you have lived before with objectivity and understanding because this is a spiritual realm of harmony, planning and loving acceptance. **[Embed #8]**

Questions to ask at the Gateway

1. As you move away from your body (through the roof inside a building, or directly into the sky if outside), describe everything that happens so I can stay with you.... Have you started to move?
2. As you leave, do you feel any sort of pulling sensation, or not? ...Is it gentle or strong?
3. Are you moving upward and looking up, or does it feel like you are moving backward up a slide while looking down?
4. Tell me, as you move away from earth can you see long stretches of countryside and towns (or the sea) below you, or is everything a blur?
5. Can you see the earth curved below you? Or is everything around you hazy? Or is it just bright light above you?

Should client blocking occur here because client feels stuck in blackness see p. XX.

Phrasing Questions while Crossing

1. As you find yourself moving higher and higher and further and further away from earth, does the space around you get lighter or darker?
2. You have been this way before. Just keep moving and know that a loving power is bringing you home to a safe place.
3. Tell me when you can see far into the distance beyond your immediate surroundings.
4. Take your time and just move the fingers of your right hand when you can see off into the distance. Do you see a large globe of light near you or do you see points of light off into the distance?

7. Station Stops for the Incoming Soul: At the Gateway

First Contact and Interaction with Welcoming Spirits during the Crossing

1. How many lights do you see/ notice? Count them.
2. Are they bunched together or spread out?
3. Does one seem larger than the rest?
4. Do you need to move to the right, continue straight ahead, or move left to intersect or connect with this light (or lights)?
5. Float (right, left or straight ahead) toward the light while the light floats toward you.
6. As the light comes close to you, and you move close to it, I want to know if it is bright or dim and what colors you see.
7. Please describe the shape and appearance of the light that has come to meet you?
8. Does this light drift close to you, as if taking you by the hand, or does it seem to envelope you with loving energy? How does it feel?
9. Describe what you see and feel now and tell me what happens next.
10. At the Gateway: Initial Contact with the Spirit Guide(s)

You may not be asking all of these questions during a session, but they are meant to elicit increasingly profound answers and move the process forward.

11. Do you have any thoughts or feelings about this being that has come to meet you (that we have not discussed)?
12. Do you have a sense that the being in front of you is male, female, or androgynous in appearance?
13. Can you see any facial features?
14. How about hair color, length and eye color?

15. Does this being have a full body outline that looks like anyone you know?
16. I realize no earthly speech sounds exist in this place, but are you receiving any telepathic communications we should talk about?
17. What is the name of your spirit guide?

If the name doesn't come readily, sound out the name slowly, or spell it. Sometimes the name is not pronounceable

I want you to etch in your conscious mind all of the features and characteristics of your spirit guide so that these mental images will always remain with you.

18. What are you being told? Is there a special message?
19. How does your guide feel about your performance in the last life?
20. What is happening now?
21. Do you feel you are ready to be taken somewhere?

One of the most common questions to be asked throughout the session is...

22. Where are you being taken next?

Should Client "Blocking" Occur Here...

(Skip this section if not applicable)

I realize that communications with your guide are privileged and I honor this. But it is important that you report back to me what you are receiving so that I know that everything is all right.

You came to me to access spiritual information important to your current life and well-being and I need your assistance and cooperation in helping me with this task so it may be recorded (on your audiotape).

Okay, I'm going to address my questions to _____ (*Provide the Name of your client's Guide if you know it*) while you remain in your state of oneness. Your guide will respond to my questions by simply speaking through (Client Name)'s body, while you remain peaceful. If this is agreeable to all of you, permit (Client Name)'s right index finger to rise, and I'll know that we are ready to continue.

Note: If it is your impression that it is your client's guide who is responsible for the block...

SAY THE FOLLOWING WORDS AND HAVE THE CLIENT REPEAT THEM AFTER YOU.

Please repeat after me: I ask that you release the barriers to my mind ... so I can assume greater responsibility for my life with this knowledge. I am ready to face the real truth about myself. I ask that you trust (*your name; the hypnotherapist*) ... as someone who wishes to help me realize my potential ... and will respect and protect what information you choose to give me ... about my life in the spirit world.

At such times, an alternative to the above "permission technique" is to request help directly from your client's guide...

I am now going to call upon your personal spirit guide to come and help us at this time. Your guide is loving and forgiving. Will you allow me to do this and assist me? (*Wait for your client's affirmative response.*) Good. Now on the count of three your guide is going to float down to you and you will be able to describe this being to me very clearly. Ready...

ONE...TWO...THREE! (Place your hand on your client's forehead.) What do you see/ sense?

If you continue having problems moving client turn to helpful hints on page 57.

8. Station Stops for the Incoming Soul: Orientation

Orientation: A Time for Debriefing

1. While you are talking to your guide, do you review what goals you established in advance of your past life? If so, how many of these goals were met?
2. Relative to these goals, could you tell me what was your greatest achievement in your past life and your greatest disappointment?
3. How would you compare your last few lives with all those you lived before in terms of your continuing development?
4. Tell me about your guide's role in helping you before, during and after your lives?
5. Does your guide offer any opinions about your overall advancement during this orientation?
6. What advice are you being given at this stage of your journey?
7. Can you explain what other matters of importance transpire at this conference?

At the appropriate moment, ask:

Is it time to move to your next stop?

In cases where you receive an inadequate response, consider asking a more specific question, such as:

Do you think it is time to rejoin your friends? *(Usually the answer is yes.)*

...or...

For your own mental well-being is there a particular place where you want us to move right now in the spirit world that would be of great benefit? *...or...*

Is there more you want to continue examining at the moment or are you ready to travel with me to another area?

9. Station Stops for the Incoming Soul: Initial Return to Soul Group

A. Questions that are helpful at this juncture:

1. Is it time to rejoin your friends/ soul group? Where do you all meet or gather?
2. Tell me what you see them doing?
3. Do they come to greet you? How does it feel to be there?
4. Do you see these lights moving about singly, in pairs, or as one large cluster of brightness?
5. As you move close to the lights of your friends, I want you to tell me how they are arranged in front of you. In a line, a circle, a half-circle or bunched up?
6. Good. Now count how many lights you see. Take your time and tell me how many there are.
7. Are you positioned in the center, on the left, or on the right of these lights?
8. Okay, in order to help me, just imagine that all these souls are located around you like the numbers on the face of a clock. You are in the center where the hands of the clock would be placed. Thus, the light directly in front of you is at 12 o'clock, the one on your far left is at 9 o'clock while the light on your far right is at 3 o'clock. As you draw closer if a light should move directly behind you it would be at 6 o'clock. The rest of your friends can be anywhere in between. Do you understand?
9. Now tell me from what position on our clock does the first soul move toward you?
10. Is this Being a male or female appearing figure?

11. Who is this person in the life you just left?
12. And who is this person in your life today?
13. What is this soul's immortal spiritual name?
14. And what is your own immortal spiritual name?
15. What color does your friend _____ (give the immortal spiritual name of your client's soul group companion) project to you?
16. And if your friend (*give the name*) was holding a full-length mirror toward you, what colors would you be radiating?

B. Examining Character Types in Groups

1. Of all the souls you see, who is in your life today?
2. Of the souls you have identified, who are the ones you have most often incarnated within your past lives and why?
3. Starting with your primary soul mate, please list the significant roles certain souls in your group most enjoy filling.
4. Identify the different character types within your inner circle of closest friends.and compare your own immortal character in relation to these friends.
5. In your opinion, what is the general state of advancement of your group? Are you all advancing at about the same rate?
6. What thoughts are you receiving from your group? Any messages?
7. Is there anything meaningful going on right now between you and your group that you can tell me about?

C. Soul Group Dynamics (An Optional Exploration)

1. 1. If I was a visitor to your group, what impression would I take away about all of you? Are there common characteristics?

2. Why do you think you were all brought together to form this group in the beginning?
3. Do you engage in any activity in the spirit world with your friends where you evaluate each other's performance from the previous life?
4. Is there a common denominator of talent, interest and goals among you? Do you all aspire to specialize in the same area? (*The answer to the latter is inevitably "No" yet it brings to mind what those differences are.*)

D. Souls on the Periphery

Guides

Do you see or sense someone in the vicinity directing or watching over your group?

Nearby Groups

1. Now that I know of the many character differences between your soul companions, can you tell me if you are aware of a soul existing nearby in another group whose character is very similar to your own and at about the same level of development?
2. What are your connections with souls from other groups in the same vicinity of your primary group?
3. Are the other groups around you generally of a more advanced nature or are they less developed than your own group?
4. Do you personally have any association with certain souls in another cluster group?
5. Could you tell me how the origin of your group compares with others in your general spatial area?

6. Do you know if your guide participates with guides of other groups for activities of mutual benefit between various groups?

E. Following the Cluster Group Visitation – Explore questions 1 & 2

1. Do you wish to stay with your cluster group and engage in some sort of activity with them?
2. Where would you like us to go now? Is there a place where we can obtain further wisdom, that answers the questions from (Client's name)?

Note: This is a time when we take the client further into wisdom that is beyond themselves even in the soul state. Options include The Library, Hall of Wisdom, other Wise Beings (not Soul Group) or a traditional Council setting. Proceed with the client's nominated place, however if directing is needed, proceed as per Section 9.

If no response, move to question A 1 under Section 9, The Council Visit.

10. The Council Visit

A. Taking Clients before their Council

1. Do you ever meet with a Council of Wise Beings or Elders between incarnations?
 - a. By what name do you wish me to call these Beings?
2. Do you typically go with someone or by yourself?
3. Please describe your travel route. I would like to know what you see and do along the way and what happens when you arrive.
4. Tell about where this meeting with your Council will take place.
5. How many beings do you see waiting for you?
6. I would like you to describe to me just how you are feeling right now.
7. Is your guide in the chamber/ room? If so, where is this guide located in relation to you?
8. Where do you position yourself in relation to your Council?
9. Are you going to stand or will you sit?
10. Let's check again on exactly how many beings are here waiting for you. Please count them from left to right.
11. Are they standing or sitting?
12. If they are sitting down please describe any sort of furniture you see in front of them.
13. Is the Council positioned slightly above you on some sort of dais, or are they at eye level directly in front of you?
14. Look closely. Do you see any gender characteristics among the Council members? Can you identify the number of male- and female-appearing beings or are they all androgynous?
15. Describe to me how each member is dressed.

16. Do you have the sense that one Elder will serve as a chairperson, moderator or director of these proceedings?

If the answer is “Yes”, follow with this next question:

- a. Where is this Being located in relation to the others?

17. Is anyone wearing any sort of ornament or emblem you can identify?

If the answer is “Yes”, follow with this next question on medallions:

- a. I want you to describe the design on this medallion and give me the meaning of what you see.

Other peripheral questions which might be asked at this early phase include:

18. Does the number and makeup of your Council change after each life?
19. Is there anything different about the surroundings here since your last visit?
20. Do you have the sense your Council is going to be easy on you this time or do they appear rather severe? *(This question encourages elaboration; Elders never appear harsh.)*

B. Once the Council Meeting is Underway...

1. I am sure that all communication will be telepathic. So what is the first thing you hear in your mind and who addresses you first.
2. Is there a reason why a particular Elder is on your panel?
3. Does one panel member have a certain area of expertise or special interest when they question you that relates directly to your own interests and experience?
4. What do the Elders say about your progress that was not discussed with your guide in orientation or at any other time?
5. During these proceedings does your guide have any input about your progress?

6. What is your opinion about the Elders' general attitude toward the way you lived your last life?
7. Do the Council members make any comments about your current state of advancement as compared to all your former lives?
8. In terms of evaluation, does anyone on the Council offer constructive criticism or specific encouragement toward you?
9. Are the statements given to you by this Council any different from other Council meetings you have attended after former lives?
10. What message is being given to you that could be useful in your current life?
11. Look carefully at your Council right now and tell me how they feel you are doing at this time in your current life?
12. What are your overall feelings about yourself as the Council meeting draws to a close?
13. Is there anything else you wish to say to your director before we leave the Council chamber?
14. Do you sense there is a higher being in this room at a greater level than the Elders?
15. Is there another place that the Council or your guide recommend that you move to that offers even more wisdom?

C. Reviewing Past Life Incarnations with the Council

1. How much is your soul ego influenced by the brain of each body you choose? Do some bodies make it more difficult than others to maintain your permanent identity?
2. What is your most important individual characteristic as a soul which defines the real you that would be carried from life to life?
3. Do you choose to be one gender more than another in your lives?

4. Are you attracted to being in bodies in certain parts of the world for cultural and geographic reasons?
5. What sort of life are you most comfortable living?
6. Of all your past lives, tell me what life was the most significant and productive.
7. What was happening on Earth when you first incarnated on Earth?

...or...

When was your first life on earth?

11. Surveying Other Soul Activities:

- A. The Library
- B. Exploring Past Incarnations on Earth
- C. Dealing with Hybrid Souls
- D. Classroom Activities
- E. Training in the Creative Use of Energy

Other Soul Activities (A “Catch-all” Question)

Would you provide me with details of your other activities in the spirit world? I am thinking of those periods when you are not being evaluated by counselors or undergoing specific training.

NOTE: *Specific soul activities listed below (A to F) is only a guideline of questions for your use if your subject mentions such an activity in the spirit world. Often information on these activities fit in well after questions with the Council but they could be asked at anytime during the session. While you could prompt them with A to F questions if necessary, it would be best to pause and give the subject time to recall a specific activity before you engage in prompting.*

A. The Library

1. In this moment, are you conducted to the library by your guide, or do you go alone?
2. How does this area of study appear to you during your approach?
3. Describe your entry into this space and tell me if you see other souls nearby?
4. Is there an advanced spiritual being (such as an archivist) in charge of this area?

5. Tell me what you see around you at this moment.
6. Do you feel this is going to be a time of life review?
7. Will you be reading something written in a book, looking at still pictures or viewing a movie screen of some sort?
8. Now, begin your work and tell me if you find yourself reading, or watching pictures as an observer, or do you enter into a scene to actually participate in past events?
9. What are you learning or experiencing that relates to your current life?
10. Is there any other information you wish to access while here?
11. Before leaving just now, I was wondering whether there are any patterns to your visits to the library. When are you most likely to come to study?
12. Other than life review, are there any other themes or areas of study that are of particular interest to you when you do visit?

B. Exploring Past Incarnations on Earth

1. How much is your soul ego influenced by the brain of each body you choose? Do some bodies make it more difficult than others to maintain your permanent identity?
2. What is your most important individual characteristic as a soul which defines the real you that would be carried from life to life?
3. Do you choose to be one gender more than another in your lives?
4. Are you attracted to being in bodies in certain parts of the world for cultural and geographic reasons?
5. What sort of life are you most comfortable living?
6. Of all your past lives, tell me what life was the most significant and productive?
7. When was your first life on earth? Tell me about it.

C. Dealing/Working with Hybrid Souls

When working with a hybrid soul, be prepared for the possibility that the individual has psychological challenges. These people may not have made healthy adjustments to life on earth; their association with a human brain and the heavy energy density of the human body could still be daunting.

1. Have you ever taken an incarnation on another physical world or in another dimension?
 - a. *(If a mental world)* Describe this world and your place in it.
 - b. *(If a physical world)* Could this planet be in our own Milky Way galaxy and perhaps near earth?
 - c. *(If a physical world)* Would you say this world was larger or smaller than the size of earth?
2. Does it still exist and what is its name?
3. Please compare the topography of this world to earth in terms of mountains, deserts, and oceans and atmosphere?
4. If this planet had organic life, what was the most intelligent form?
(Usually, this form was the client's body while incarnating)
5. Tell me what you looked like on this planet, your thoughts and range of activities.
6. Why did you stop incarnating on this world and decide to come to earth?
7. Explain the differences in mental make-up between your body on this alien world and your human body on earth.
8. Compare the technology of this world to earth.
9. Is there anyone in your lives on earth who was with you on this world?
10. What did you learn on this world which you carry with you today?

D. Classroom Activities

1. Other than your guide, do you have any other teachers in the spirit world?
2. Do you participate in any classroom activities in areas of your interest?
3. What is the flow of a typical class session?
4. What is the most interesting or significant class that you recall?
5. How do you apply what you learn in these advanced classes in other activities in the spirit world or during human incarnation?

E. Training in the Creative Use of Energy

1. Are there areas inside the spirit world where you or your friends are trained to use energy creatively?
2. Can you tell me anything about how you work or play with energy in the spirit world?

For those who work with energy at an advanced level, ask:

3. Are you familiar with areas outside the spirit world where souls can practice their skills in manipulating energy to practice creating both animate and inanimate objects?

F. Recreation

1. What forms of recreation do you prefer when you are not being evaluated by counselors or undergoing specific training?
2. Do souls engage in song, dance, games, storytelling or other activities in communal areas where souls gather for pure recreation?
3. Do you ever visit other dimensions outside your home area for purposes of recreation, or study and reflection? What do you do there?
4. As a spirit, do you ever visit places you have lived on Earth in physical incarnation? How do you do that?

Following the Council Visit and Prior to Life Selection

5. Was there any sort of instruction we missed between your last life and current life that you are supposed to be working on today?

12. Life and Body Selection

Questions related to Life and Body Selection

1. How are you notified it is time to reincarnate, and who tells you?
2. Would you describe your desire to incarnate again as strong, moderate, slight or resistant?
3. Have you ever said you were not ready for a new life? If so, what were the circumstances and final results?
4. Do you go to the place of life selection alone or with your guide?
5. Are you aware of any other higher beings working in the life selection room/place?
6. Describe the surroundings and tell me what you see and do.
7. How many body choices are available to you? Please describe each in detail.
8. What do you think each body offers you?
 - a. Is there a leading body candidate and was this the body you chose? Why did you reject the others?
9. When you see the body you chose in your current life, do you see it on the screens in live action?
10. Can you regulate the action yourself, or does it seem someone else is controlling the movement of scenes for you?
11. Are you an observer or do you actually enter scenes of your current life as a participant?
12. What scene interests you the most and why?
13. What did you learn before you came to the place of life selection that helped you make the decision for a certain body?

14. While you are watching a variety of life scenes, are some more appropriate for certain body choices than others?
15. What does this body mean to you in terms of advantages and disadvantages? Explain the most significant positive and negative aspects of your body.
16. What percentage of your total energy did you bring into your current body?

Average is from 50% - 70%; experienced souls typically bring less.

17. Do you think you brought enough to complete the goals you established for your body?
18. Are you able to tap into that portion of your energy which remains in the spirit world on a temporary basis from earth?
19. How does the brain of this body differ from other recent bodies you have occupied?
20. What is your primary mission in life and has it changed from what you see in the life selection room?
21. Are you living your life according to what you are viewing on the screens?
 - a. *If not.* What is different and why?
22. Are the goals in this life different from other lives, and if so, in what way?
23. Do you see certain people on the screens you are supposed to work with in this life?
24. Is there anything you see on the screens that we have not discussed?
25. Is some entity preventing you from telling me everything you see?
26. Of all the bodies you have occupied, which one was your most favorite and why?

13. Drawing the Session to a Close

A. Preparing for Departure from the Spirit World

I want you to explain what you are doing just before you leave the spirit world to incarnate into your current life.

Depending upon the client's response, consider asking the following:

1. What triggers or red flags were you given in advance to help you remember the importance of certain events?
2. Can you tell me how you were supposed to remember significant people in your life?
3. What is the most meaningful aspect of your last prep class?
4. What were your primary reasons for coming this time around?
5. Did you sense it was your duty to come as if a new incarnation was inevitable, or could you have stayed behind?
6. Would you characterize your attitude toward rebirth as being...
 - a. Joyful and full of anticipation about the opportunity for a new incarnation?
 - b. One of indifference about another life?
 - c. Cautious or reluctant about rebirth?

B. Completing the Spiritual Regression

1. Well, how do you feel about all that you have learned?
2. Before we close and leave the spirit world, I want you to take a last look around and tell me if there is anything we might have missed of significance that you would like to discuss.

14. Emerging/Awakening the LBL Client

As we begin now to leave the high realm of your soul mind and the beautiful existence in the spirit world between your lives on earth, I want you to remember this loving world is always with you. Everything we have talked about – all your thoughts, your memories and your insights – will be retained to help and empower you as you complete the remainder of your current life with renewed energy and purpose. Allow this all-knowing knowledge to settle calmly within your conscious mind in proper perspective. Allow yourself to now feel completely whole as a single person that is you. Your immortal self now completely joined with your human self as a single unit as we now return back – higher and higher – back through the tunnel of time into the present.

And as you hear me count forwards from 1 – 10, your body and mind will come to wakeful consciousness, feeling as if you have just awakened from a very restful sleep. Alert and wakeful. The healing, understanding and good work you have accomplished today will remain etched in your superconscious mind and will be reflected in your choices, actions, and self-concept from this day forward. You will open your eyes in complete wakefulness when you feel my hand gently touching your forehead after I say the number “10”. And you will remember everything as your eternal knowing merges more completely with conscious memories.

14. The Exit Interview

Leave the recorder on during this post-session discussion

1. Were there any surprises? What did you gain most from your session?
2. How do you understand yourself better as a result of what you have learned?
3. In what way do you now have a greater comprehension of life and your place in it?
4. What possibilities and alternatives do you see that are opened to you now that you have this information?

Your client may not be able to address any of these sorts of questions right after their session with you. Explain in the days and weeks ahead more bits and pieces from his or her released soul memories may continue to surface in flashbacks and dreams.

SUPPLEMENTARY CLINICAL MATERIAL

The Attitude and Approach of an Effective LBL Facilitator

1. **Engagement in the Client's Experience.** Regardless of how many times you have heard similar themes by previous clients, always convey interest and enthusiasm in what your client is saying. Give the impression that you are caught up with their visualizations by occasionally making statements such as...

Example: Oh, really! It sounds wonderful; please, tell me more!

2. As a facilitator **your questions ought to be short, simple, and direct.** At times, change the tempo of questions and level of your voice tone. Especially with younger souls, question very deliberately.
3. **Offer response choices to your clients.** This is an effective way to steer a discussion while encouraging further responsiveness.

Example: Are you entering a space that you see as dark or light, enclosed or expansive?

4. **Use silence effectively.** At times, clients need to process what is happening to them in silence.

Example: While I remain silent, just look around and report back the first thing you see or notice. (You can use this as a bathroom break!)

Example: While I remain silent, converse privately with your Council. In a moment we will resume our conversation. I'd be interested in hearing whatever you wish to share.

5. **Catharsis.** It is not always necessary, and sometimes counter-productive, to encourage "catharsis".

Example: If too much attention is given to returning a client to a gruesome scene or past-life death in order to re-experience the fear, pain and suffering it may be very difficult for the client to proceed into the life between lives state, or soul mind. Again, living through past traumas and continually scarring karmic patterns may so engage your client's human emotions and psychological issues that it becomes impossible to proceed.

At times it is much more effective to permit your clients to visualize the overall negative aspects of an event as a detached observer. Clients are often able to integrate the painful elements connected with traumatic scenes more effectively in the soul state when they have an awareness of their immortal self. From the spirit world a

client can effectively look at past lives, with their inherent challenges and traumas, to locate the origins of a continually scarring karmic pattern. Looking at those harsh physical and emotional events from an “out of body” perspective, permits your clients to reach core issues, dissect them, and expose them to examination for meaning and purpose.

6. **Avoid offering “interpretations” for your clients.** Self-discovery has much more impact than a freely-offered interpretation by another. It is more effective to summarize what you heard your client say and ask for his or her assessment of the implications.
7. Never forget that the average client does not automatically volunteer information. In any session it is easy to miss a guide post if you do not **use a methodical approach to your questioning.**

HELPFUL HINTS

Contents of this Section:

1. Time Allocation for a Typical LBL Session
2. If Your Subject's Current Personality is Trying to Answer for Their Soul Identity
3. Questions to Facilitate Spiritual Recall
4. Clients who have Difficulty with Visualization
5. Conscious Interference, Resistance and Blocking
 - a. Dealing with Conscious Interference during Age Regression and Past Life Regression
 - b. Dealing with Client Resistance or Blocking
 - c. Blocking by the Client's Guide
 - d. Blocking Related to Council Visits
6. Techniques for Discovering Names
7. The LBL Facilitator, Counter transference, and Personalizing Questions
8. Confusing Personal Guides with Famous Religious Figures
9. Signs to indicate that your Client is an Intermediate or Advanced Level Soul
10. Progressing Clients into the Future

1. Time Allocation for a Typical LBL Session

- For best results, the duration of a typical LBL Session is 3 – 4 hours total.
- Spend approximately 1 hour completing your client interview, hypnotic induction and brief PLR.
- The remaining time, 2 – 3 hours, should be spent conducting the LBL regression through the completion of your Exit Interview.

2. If Your Subject's Current Personality is Trying to Answer for Their Soul Identity

If you see that your subject's current personality is trying to answer for their soul identity and having difficulty with self-expression in the period right after death, additional

deepening of the trance state is your first consideration. Also, the following can be said to the client...

You have moved to a place beyond your current personality where your character is more permanent. Yet, you are still who you are. Take three deep breaths and on the third breath you will go to a level where you need to be in order to recall who you really are as a soul with all information related to your immortal identity.

3. Questions to Facilitate Spiritual Recall

1. The open-ended question or statement

Example: Give me your first impression of where you are in relation to your surroundings.

2. The elaboration question or statement

Examples: How do you feel about all this? Are you happy or sad? Are you excited or unsure of how you feel? What does this mean to you? What is it you are trying to tell me? Help me understand what you are seeing and feeling.

3. Repeating and summarizing questions

Example: Now let me try to review what you have told me. (Provide a brief summary.) Have I got it right? Is there anything you wish to add?

4. The “catch-all” question

Example: What, if anything, is happening that you haven’t yet told me about?

5. Use of “automatic writing”

Example: When your client is confronted with hieroglyphs, sacred writing, symbols, or medallions that s/he is unable to interpret, make the assumption that no sort of script (regardless of potential phonetic value), ideogram abstraction, metaphor, or interpretive signs or pictures appears by “accident”. If the client can see them then there is some message being conveyed...so it is important to continue pursuing the matter (drawing upon whatever you may have learned from the client into a conversation about the meaning of signs). When all else fails, hand the client a paper and pen and engage them in an automatic writing exercise for interpretations of what they see (either in or out of hypnosis). Sometimes this sort of disengagement of verbal reporting is a means for the client to give

themselves “permission” to explain the meaning of what they are shown.

4. Clients who have Difficulty with Visualization

Some clients are not “visual”, primarily perceiving through other senses. In such cases, you will have more success phrasing questions that are multi-sensorial, such as...

What are you sensing, feeling, hearing or experiencing?

However, once your client is fully in a soul state reporting from out of his or her body, you will usually find that these same people have an easier time responding to questions that center around the more typical...

What are you seeing?

5. Conscious Interference, Resistance and Blocking

A. Dealing with Conscious Interference during Age Regression and Past Life Regression

There is nothing wrong with a client having conscious prior knowledge about world history because this may help in identifying scenes of the past. However, some aspects of the past, even those which are mythological, could be so attractive to the client that it drives memory and distorts recall. Such conscious interference and distortion may be attributable to:

1. Insufficient trance depth

Example: This can occur when a client is regressed back to childhood. Instead of actually feeling and thinking they are the young person s/he once was, the client strains to remember earlier times and places, or a photograph.

Solution: Deepen the trance and/or modify the induction approach (by emphasizing, for example, a dissociation technique over an age regression method).

2. Conscious Preconceptions and Desired Fantasies

Examples are numerous:

3. Occasionally clients will begin a session by saying, “I just know that I lived in Atlantis in a former life.”
4. A client may report as having lived a past life as a famous historical figure, such as Abraham Lincoln or Cleopatra.
5. A subject may expect that he or she is the incarnation of a particular individual in the family tree.
6. As clients pass The Gateway, it is not uncommon that religious preconceptions result in a guide being mistaken for a religious icon such as Jesus Christ or the Buddha. Staunch Christians may perceive the souls that greet them when they newly depart from a former-life body as angels, complete with wings.
7. Drawn to what is familiar, some clients will report a past life that dies after the birth of their present body. In other words, the numbers “just don’t add up.”
8. Having read Dr. Newton’s books, the client spontaneously states that s/he is a “blue light”, a highly advanced soul.

Solutions: Be mindful of whether a client is recalling this and former lives solely from historical and culturally-conditioned details stored during their current lifetime. This tendency can many times be averted when the client is asked to stop for a moment and reflect, especially when combined with ideomotor signaling (to bypass the conscious mind interference). Consider the following statement made by the hypnotherapist to a client...

“All right – let’s stop for a moment. I want you to take your time here and consider carefully about what you have just told me. We won’t speak to each other again until you have reviewed all your memories to verify that _____. After you have finished your examination of just where you are, I want you to notify me by raising the fingers of your right hand. I will not speak again until I see your fingers move.”

Memories that you suspect are faulty through conscious misconceptions can be handled by gentle challenging or critical questioning. Move back and forth in various time frames while going over the same ground. Checking and reviewing client reports for consistency is very helpful to the subject as well. If you guide your subject carefully into their altered states and work through their perceptions and interpretations during past life recall, by the time the client reaches the gateway to the spirit world s/he will be much better prepared for accurate reporting.

B. Dealing with Client Resistance or Blocking

There will be times when it is necessary to terminate a session, either because of unsatisfactory rapport between the LBL facilitator and client, the client’s unresolved psychological issues and blocks, or the intercession of a client’s Guide to prevent

material from arising that the client is not yet ready to assimilate. No LBL facilitator can guarantee a successful LBL session, yet everything possible should be tried to prevent aborting a session due to blocking, particularly if the cause is self-sabotage. In those cases where a session must be discontinued, follow-up processing with the disappointed client is critical. Your post-session processing about the ramifications of their case may produce self-awareness, insight and understanding that are so valuable to the saddened or displeased client that they will consider even the aborted session a (partial) success.

The following are illustrations of resistive statements that you might hear from subjects at the gateway along with some possible responses that can be made by the LBL facilitator...

Client: I don't trust what I'm seeing.

Facilitator: Allow your imagination to take over and don't try to figure anything out at this moment. Your imagination is the key to soul communication. This is your soul's way of talking with you.

Client: I can't see anything but blackness.

Facilitator: You are an energy form. There is a light from your energy extending from your hands. Turn up the power with your mind and hold your hands out in front of you. This will show us the way and I will follow you because you have been this way before. Or ... Do you notice a lightness somewhere? – perhaps to the left or right? Good. Float and follow that light.

Client: I don't know what I am supposed to do.

Facilitator: I want you to talk silently to your personal Guide, who is nearby. Ask for advice from this wise being and then tell me what you have been told and where you will be taken next.

Client: I feel like I'm stuck in limbo, drifting in a void.

Facilitator: I want you to consider this void as a place or membrane that exists between the physical world you have left behind in your past life and the beautiful spirit world that awaits you. Imagine that an unseen hand is now directing you to a certain place beyond the void. See yourself going there, aided by this unseen benefactor that is acting on your behalf. ...Now, describe to me where you are being taken.

Client: I'm not sure if I am supposed to say anything to you about what I'm experiencing now.

Facilitator: You can say or do anything you want because these memories belong to you since they are in your soul mind. You can give yourself permission to respond to my questions in any way you see fit. I am with you because you want my help. Think of

yourself as a movie projectionist with the ability to show me your pictures and move them fast or slow with the action taking place in your mind.

In addition to the above specific scenarios, sometimes a client is unable to proceed because of individual emotional, mental, or spiritual blocks that arise due to unresolved past and/or present life issues. It is in only rare cases that these are of a magnitude that necessitate aborting the session. Rather than regarding blocks as obstacles, in most cases they are opportunities for the client to face and surmount impediments that likely intrude on their quality of living in their present life. With encouragement and persistence, many of these can be talked through. It may be time to focus upon present life issues with the help of higher Spirit. Once the present concerns, like a relationship or health issue, have been addressed, one can oftentimes move on with the session. Occasionally it can be very helpful to utilize approaches derived from reiki, shamanic, or healing techniques to clear the subject's energy field. If you are not familiar with these techniques, try placing your hand on the client's forehead to affect a positive energy transfer while giving release commands.

C. Blocking by the Client's Guide (Refer to the Section, "Should Blocking Occur..." on Page 34 of this Manual.)

If you believe information is being blocked in some way by a spirit guide it generally means this person has not progressed to the stage in life where they are supposed to have certain information. However, it may still be possible to proceed farther as total blocks from guides are not all that common. Here are some hints if this situation arises...

1. Try to discover the specific area that your client's guide wishes to avoid. Rather than assuming this teacher does not want their student to see anything whatsoever, it may be possible to work around the specific issue of concern.
2. Appeal directly to the blocking guide and instruct your client to do the same. One effective approach is to utilize the "permission technique" which is described and scripted on Page 46.
3. Blocking guides tend to manifest themselves most strongly right after a past life death and before the crossing into the spirit world is completed. At such times, an alternative to the above "permission technique" is to request help directly from your client's guide. This script appears on Page 46.

D. Blocking Related to Council Visits

When a client indicates that he or she is either unwilling or unable to go in front of a Council, there can be at least two possible reasons for resistance...

1. There may have been major karmic problems in the last life.

Facilitator Solution: Be encouraging without forcing the issue.

2. The client has not yet met the expectations of their last Council meeting.
3. Since the spirit world always exists in “Now Time”, clients who hypnotically reenter this realm may judge themselves on their current life and thus become resistant to another Council visitation.

Solution: This is not a common problem. Fortunately, few clients who are resistant about visiting their Council remain so for very long; the attraction to, and wisdom acquired through, the Council are too potent.

6. Techniques for Discovering Names

One of the most powerful skills an LBL Therapist can have is to move a client through the various identities that emerge during a session. Moving the client's present-life human identity and even their past-life persona into the third person, allows for the emergence of deeper levels of wisdom from the superconscious Soul self.

When the client is deep enough, the names will emerge more naturally. It may be possible as early in the session as the Gateway, when greeted by a Guide or Soul friends, though when in the Cluster Group this is where the connections are strongest to the Soul's pure identity. They often experience the deep joy of reuniting with the Souls with whom they have incarnated many times.

Using the names consistently and often is a wonderful anchor of the Between-Lives experience for our clients. Also, because we, as MNI Therapists, need to help our clients be aware of who we are addressing at any given time, it is to everyone's benefit to discover the names as soon as they are ready.

A. For Past Life Names

1. If the Past-Life self is with others, have him/her listen for someone calling his/her name and then report it to you.
2. If the Past-Life self is alone, have him/her move back through time into a memory of when he/she was talking with someone who called his/her name.
3. Use the forehead deepener to bring it to the client's mind.
4. Have the client spell it or sound it out.

B. For Soul Names and Guide Names

1. The easiest place to obtain the Soul name is when the client has returned to their Soul Group and has started interactions with their companions. (Please see this section in the Training Manual)
2. It may be possible to ask the Guide directly for assistance as early as the Gateway (as soon as they connect with and describe the Guide) in retrieving the Guide's name and the Soul's name as a way to further deepen the Past-Life self who is crossing over into the expansion of their Soul awareness. If the client struggles with this, wait until later. (see #1 above.)
3. If the client has trouble hearing what the Guide is saying, ask the Guide to spell the names one letter at a time (strategies 7 or 8 below may be used together with this).
4. If the Guide is not present, but the Past-Life self is greeted by others, ask them for the Soul's name. Again, you may need to use strategies 3, 7, and/or 8 in conjunction with this.
5. If the Past-Life self is not met by either the Guide or a group of Souls upon re-entry, then direct him/her to go to the Place of Rejuvenation for further deepening (by the you) and integration with their Soul-self (through the experience) before going anywhere else in the Spirit World. Once that deepening and integration has happened, the Soul-self almost always remembers the Soul name.
6. If the client insists that there is just a "knowing" and not a name, remind them that a thought-frequency is similar to a sound-frequency because both are used to refer to a specific Being and to differentiate one from another. Ask them to translate the energy of the thought-frequency that refers to themselves into a sound (name).
7. Use the forehead deepener to bring it to the client's mind.
8. Use the permission technique for releasing blocking that is found in the manual. *"I ask that you release the barriers to my mind..."*
9. If all else fails, ask the Soul-self to simply give you a name that you can use to refer to them separately from their incarnations for now, with the understanding that when the Soul does gain clarity, you will be notified so you can use the correct name.

Knowing the various names allows us to make corrections as soon as possible if our clients become confused. **It's important to remember that Souls don't have parents, grandparents, children, or siblings, so if a client is in the LBL portion of a session, they need to be speaking AS their Soul-self, not their Present-Life self.**

For example, if they are visiting the Soul Group and the client says, "I see my mother," you should reply with something like, "[Client's Soul name], you see the Soul who incarnated as [client's] mother or as [past life's] mother? Have you incarnated with this Soul before?...What other relationships have you two explored?"

7. The LBL Facilitator, Counter Transference, and Personalizing Questions

“Transference” refers to a client’s unrealistic projections onto the facilitator. This consists of feelings and attitudes that were experienced previously from other people in the client’s life.

“Counter transference” can be defined as the response of the facilitator’s unconscious to the client’s transference; all non-reality-based feelings the facilitator experiences towards the client are counter transference. Counter transference is displayed by an LBL facilitator by encouraging their subject’s transference and by projecting themselves into client visualizations. Examples of this sort include statements such as: “Do you see me on your Council?” or “Do you see me as one of your spirit guides?” ...Nevertheless, there is no reason why an LBL facilitator should be inhibited entirely from personalizing questions to advance the spiritual regression session. About the time when a Council meeting is getting underway, you might ask:

Why do you feel at this point in your life these wise teachers have mentally encouraged you to seek out my assistance in helping you access information about your soul life?

This inquiry invites thoughts of synchronicity (that is, events that come together at a certain time for a reason).

8. Confusing Personal Guides with Famous Religious Figures

Upon initial contact with their guide in the spirit world, devotedly religious people may interpret what they see based upon their religious beliefs, such as: “I see Jesus” or “An angel has just come to meet me.” This suggests that conscious preconceptions toward religious doctrine are being manifested. There is no suggestion that world religious figures ever appear to clients at this time. And it is no wonder that some people call personal guides guardian angels. These floating beings don’t have wings but sometimes the halo of bright white light around them gives this impression.

Try to be sensitive to the sensibilities of your clients. Offer time for reflection and examination. You may suggest:

That’s fine, but let’s get a little closer so we can have a better look at this figure. Clients soon realize that this preeminent being is their own personal teacher who has been assigned to them from their beginnings.

9. Signs to Indicate that your Client is an Intermediate or Advanced Level Soul

1. An absence of orientation is one of the first indications that your client may no longer be in his or her original group of souls.
2. Upon reentry, your client sees a cluster of small, flickering white lights waiting for him or her. This usually means that you have a more advanced teaching soul who wishes to see their students before anyone else. Being a student teacher usually means the client is part of an independent study group of developing teachers who will someday be full-fledged guides.
3. The non-teacher advanced client will generally go directly to a space where they are able to rejoin peers in their independent study group.
4. Souls in primary groups at Levels I and II are made up of beings who have differences in talent, interest and motivation. However, once a soul evolves into the intermediate and upper levels of knowledge, wisdom and experience, they are often matched with like-minded souls from other primary cluster groups.
5. It is at Level III where specialization begins for souls in training for such activities as teachers, design creators, explorer souls and library archivists.
6. An independent study group, focusing on one skill, usually consists of far fewer souls than primary groups.

10. Progressing Clients into the Future

Progression into the future seems to be unreliable even though time in the spirit world is not an absolute. It seems as in matters that could inhibit future self-discovery, free will, and non-deterministic paths of choice...clients are blocked or given theoretical or even useless information.

APPENDIX A: EVALUATION TOOLS

Self-Assessment Test of LBL Methodology

by Michael Newton, Ph.D.

(Please circle the best answer)

1. Following hypnosis induction, you would normally spend about the same length of time deepening a life between life subject as you would with a past life client.

True

False

2. It is important to explain to a client in advance of her spiritual regression that it is your intention to avoid any childhood trauma she may have experienced in her current life because:

- a. Too much time could be lost in the session dealing with current psychological issues.
- b. She did not come to you for this sort of psychotherapy.
- c. By uncovering any childhood trauma which might exist with your client in her current life you set up disruptive negative patterns that could adversely effect the entire session.
- d. Any of the above.

3. It is not recommended that the LBL therapist regress subjects from their mother's womb in a current life directly into the spirit world. This is because the use of a past life death scene to enter the gateway is more natural and less disorienting for the soul.

True

False

4. At the moment your client visualizes himself leaving his body in a death scene you should first:

- a. Direct him to rapidly move into the spirit world away from Earth to avoid any trauma from the death experience.
- b. Instruct the subject to hover over his body for as long as he wants before directing him to move away.
- c. Ask the subject how he feels and what he wishes to do next as a newly discarnate soul.
- d. Explain to your subject that it is time to leave the scene of his death so he can visit loved ones who may be grieving for him.

5. Once subjects visualize themselves in the soul state right after a past life death, some may be confused and uncertain as to where they are for a few moments.

True

False

6. Directive guidance in questioning subjects by the hypnosis facilitator is not a good idea in spiritual regression because essentially you are “leading the client”.

True

False

7. Your subject has just recounted a death scene after a past life and tells you she has left her body. However, then she reports seeing nothing but blackness. Which of the following is the best approach.

- a. You should end the session at once.
- b. Don't push but get feedback by asking the subject to describe what this blackness means to her in terms of where she is at the moment.
- c. Wait patiently without saying another word until your client offers more information.
- d. Tell your subject to keep trying and the moment she visualizes or feels anything, suggest that she raise the index finger of her right hand as an ideomotor signal.

8. You have a subject who is unresponsive to your directions to move into a past life, or to move from a past life into a disembodied soul state. This means:

- a. Your subject is being blocked by his guide.
- b. He is fearful of moving further because of what he might find.
- c. He is not sufficiently deep enough in a trance state to see or feel anything.
- d. The subject is deliberately sabotaging himself because of skepticism about his own capacity or ability to achieve success in this session.
- e. Deep down, he does not fully trust you or the process of spiritual regression.
- f. Any of the above.

9. Giving your clients alternatives in the phrasing of questions you ask about the spirit world encourages their responses, especially if they seem to be confused or slow in reporting back to you.

True

False

10. Some clients will not experience going through a portal or darkened tunnel before coming into bright light right after death.

True

False

11. Your client is moving deeper into the spirit world. Of the following choices below, select the primary reason why it is a good idea to tell the subject to report back when she visualizes any lights in the distance.

- a. So that you can encourage this client about her progress and help alleviate any possible concern she may have over being lost with no one around.
- b. So that you can ask about the colors of these lights in order to determine if they represent soul mates or a spirit guide.
- c. So that you can find out how fast or slow the soul of your client is proceeding forward into the spirit world.

12. When your client finally visualizes he is getting close to lights in the spirit world it is a good plan to ask that he keep reporting the number of lights and their position back to you. This is because as he moves forward, many lights will often become one single globe of light or one light will become more prominent or larger than the others.

True

False

13. You can assume that the first light to approach an incoming soul is his spirit guide.

True

False

14. When a spirit guide floats near the incoming soul of your client at the gateway, you will most often start getting reports right away about the telepathic communication between them without your having to ask for this information.

True

False

15. It is possible that a subject can see a male and female androgynous spirit guide appearing as one light form.

True

False

16. Some energy rejuvenation for the incoming soul is usually necessary either at the gateway or during orientation. This is because most souls who come to Earth experience a weakening or minor damage of their energy during life in a physical body.

True

False

17. Your clients will typically be disposed, even eager, to give you details about their energy rejuvenation in special centers when their soul energy has been severely damaged after a difficult life on Earth.

True

False

18. All returning souls to the spirit world make three primary station stops: the gateway, orientation, and their spirit cluster group.

True

False

19. Orientation for an incoming soul by her guide involves a counseling review period that varies in length depending upon the circumstances of the soul's last life and her state of advancement.

True

False

20. Your subject is describing his soul travels further into the spirit world after completing an orientation with his guide. Which of the choices below would be his next destination if he was going to be meeting other souls.

- a. In the space of his spirit cluster group where he will be welcomed back.
- b. At a classroom space where his soul group is engaged in some kind of work activity.
- c. Within the space of a large community center with many groups during a recreation period.
- d. Entry into a quiet library space for study among other souls.
- e. Any of the above.

21. After first sighting her spirit group, an incoming soul reports to you there are ten lights waiting in the distance. However, when you take the subject closer to the point of contact with her friends and identify each soul, you and your client can find only eight souls. What is the reason for this discrepancy in the initial report?

- a. Your client simply miscalculated the actual number of lights from a distance.
- b. Two souls acquainted with your client are from a nearby cluster group and wanted to be present in the beginning, but left as the welcoming home ceremony got underway.

- e. At any time during the session when, in your judgment, you feel relevant information about a subject's former lives should be uncovered and discussed.
 - f. Near the end of the session in the space of life selection while they are reviewing bodies for their next life.
41. Which of the three statements below best illustrates why clients should be asked questions about such between life activities as: participating in recreational games, visiting with nearby soul groups, travel trips to physical and mental worlds, etc.
- a. This line of inquiry provides both you and your subject with broader insight into their character, interests and talents.
 - b. Gives both you and your client a definitive gauge of the client's stage of development as a soul.
 - c. Anything you can do to assist in your client's learning about her their soul experiences is interesting to them, even recreation, because that's what they are paying you to do.
42. While in the life selection area, your client may be an observer or a participant in scenes from his next life.

True

False

43. You find that your client has recently reached an intermediate stage of development around Level III. This soul is preparing for a specialization involving more advanced energy training based upon her talents and interests. Which of the three statements below would normally be what you will discover in such a case.
- a. This soul will still be spending most of the time within her original cluster group.
 - b. This soul will start spending most of her time working within a newly formed specialty group.
 - c. This soul will alternate its time about equally between the old and new cluster group.
44. While in the life selection area, your client may be an observer or a participant in scenes from his next life.

True

False

45. A visit to the place of life selection is a meaningful stop for your clients in LBL regression for many reasons. One of the most valid justifications for assisting your clients in re-experiencing these scenes is to stimulate comparisons

between their current body choice and those bodies they rejected. With this approach your clients gain greater perspective about the intended karmic challenges and goals of their current life.

True

False

46. Although reviewing a client's current body choice in the place of life selection would normally occur after you are far into the session, this procedure of body review is enhanced if you have been able to gain information early in the session about the soul's adjustment to its current brain from self reports inside the mother's womb.

True

False

47. It is a common finding in LBL therapy that souls make more life choices in bodies where they are in conjunction rather than in opposition to the emotional temperament of the human brain because the meld is easier with less resistance.

True

False

48. Near the end of a LBL regression, it is usual for a client at the place of recognition to receive details about things that have not yet happened in her present life, like meeting soul mates or knowing the number of children she will have.

True

False

49. Typically, it will take longer for a LBL subject in spiritual regression to return to a fully alert, wakeful state than for subjects undergoing other forms of hypnosis regression.

True

False

50. After the LBL regression session is over, the majority of clients will say their most meaningful discovery was which of the following:

- a. Comprehending what life after death is like and realizing that the spirit world is a place of compassion and love.
- b. Learning about their immortal identity and purpose on Earth.
- c. Being able to see their spirit guides and uncovering the identities of their soul mates.
- d. Finding out about their state of development and direction of specialization as a soul.

Self-Assessment Answer Sheet

1. False	26. False
2. D	27. False
3. True	28. False
4. C	29. A
5. True	30. True
6. False	31. False
7. B	32. True
8. F	33. False
9. True	34. D
10. True	35. False
11. A	36. True
12. True	37. True
13. False	38. False
14. False	39. False
15. True	40. E
16. True	41. A
17. False	42. True
18. False	43. C
19. True	44. True
20. E	45. True
21. D	46. True
22. False	47. False
23. False	48. False
24. C	49. True
25. True	50. B

1 2 3 4 5

8. The PLR portion of my session was of adequate length and detail to promote an effective Life Between Lives Regression.

1 2 3 4 5

9. My student facilitator paced me well. (I was not rushed from scene to scene nor left in one place for too long.)

1 2 3 4 5

10. My student facilitator's questions promoted adequate depth of exploration at each stage of my soul's journey.

1 2 3 4 5

11. My student facilitator's voice and tone was effective for me.

1 2 3 4 5

12. My student facilitator was effective during times of emotional and / or mental distress.

1 2 3 4 5

13. My student facilitator was able to summarize and close the session effectively.

1 2 3 4 5

14. My student facilitator was, overall, effective and supportive throughout my LBL session and I would feel comfortable recommending others to see him / her for an LBL session.

1 2 3 4 5

15. In my opinion, the session was effective and successful.

1 2 3 4 5

16. My "Trainer" was helpful and gave short, effective and constructive feedback.

17. What was most helpful during your session? What would have helped you more?
(continue on back if needed)

Evaluation of Experiential by Student-Facilitator

Date: _____

Client Receiving Feedback: _____

Facilitator Giving Feedback: _____

For the following Questions:

High/Agree

Low/Disagree

1 2 3 4 5

14. I consider myself a skilled Past Life Regression Facilitator.

1 2 3 4 5

15. I received a good understanding of the goals and objectives for the session during the interview.

1 2 3 4 5

16. I experienced having good rapport with my student client.

1 2 3 4 5

17. I felt that the environment I created during the LBL session was safe and conducive for my student client.

1 2 3 4 5

18. My student client did not resist the induction into trance.

1 2 3 4 5

19. My student client was easy to regress.

1 2 3 4 5

20. I felt that my student client was guided into and maintained an an adequate level of trance depth.

1 2 3 4 5

21. I felt that the session was well-paced. (We neither rushed from scene to scene nor stayed in one place for too long.)

1 2 3 4 5

22. My questions promoted adequate depth of exploration through the various stages of my client's soul journey.

1 2 3 4 5

23. My student client kept me apprised of his or her subjective perceptions...both in terms of expressing needs or explaining the details of his or her experience.

1 2 3 4 5

24. I felt adequate in therapeutically attending to my client's needs during times of emotional and / or mental distress.

1 2 3 4 5

25. I felt that I was able to summarize and close the session effectively.

1 2 3 4 5

26. In my opinion, the session was effective and successful.

1 2 3 4 5

27. My "Trainer" was helpful and gave short, effective and constructive feedback.

1 2 3 4 5

28. What do you consider to be the most effective components of your session and what do you think either you or your student client could have done to enhance the session even more? (Use back if necessary)

Guidelines for Presenting What You Learned from Your Experiential

Learning from each other's experience is a vital part of the LBL learning experience. It's just as beneficial to hear about journeys that were not what you might have expected or desired as it is to hear the more successful ones. So that we can hear from everyone who wishes to speak, **please limit your presentation to 5 minutes per person.** Please keep in mind the following guidelines:

AS THE CLIENT:

Your LBL session was most likely personally profound. In this session, however, please focus on what you learned that will help you be a better facilitator in the future.

1. What was most significant experience you had?
2. What did you find to be the most helpful things your facilitator did during your session?
3. What might have been done better to enhance your sense of rapport, safety, the depth of your trance, and the richness of your experience?
4. What surprised you during your session?

AS THE FACILITATOR:

Please remember to honor your partner's confidentiality. Allow him/her to tell his/her own story and focus on what you learned as a facilitator.

5. What was most significant experience you had?
6. What technique(s) did you use that seemed to work especially well?
7. What did you do that didn't work well? Where did you run into stumbling blocks or difficulties?
8. What questions do you have about any of the procedures you used?

Student Training Evaluation

Date: _____

Please rate the following areas by circling the number that best describes your experience. Please elaborate using extra sheets of paper, specifying which parts/trainers/assistant trainers were particularly good and which can be improved in the future. We welcome all suggestions.

Name (optional) _____

Location: _____

For the Following Questions:

1 = Below Average 2 = Average 3 = Above Average 4 = Excellent

1. Overall, the material presented in class met the proposed objectives.

1 2 3 4

Comments:

2. The material and format in class was presented in a way to sustain my interest.

1 2 3 4

Comments:

3. The knowledge I obtained in class was useful to me personally and professionally.

1 2 3 4

Comments:

4. Presenters were able to communicate the material effectively.

1 2 3 4

Comments:

5. There is a need for improvement in certain areas of the presentation.

Yes No

Comments:

6. The physical classroom environment was conducive to learning.

1 2 3 4

Comments:

7. My room and accommodations were conducive for comfort and learning and I would recommend that future programs be held here.

1 2 3 4

Comments:

8. The knowledge and “hands on” practice that I obtained during my Experiential Session as a student client will be useful to me personally and professionally.

1 2 3 4

Comments:

9. The knowledge and “hands on” practice that I obtained during my Experiential Session as a student facilitator will be useful to me personally and professionally.

1 2 3 4

Comments:

10. The feedback and closure I received from my Assistant Trainer at the end of my Experiential Session (as student facilitator) was helpful and well-presented.

1 2 3 4

Comments:

11. The time allotted for the Experiential Sessions was adequate.

1 2 3 4

Comments:

12. Overall, the Assistant Trainers were positive, helpful, and responsive to my needs.

1 2 3 4

Comments:

13. My overall evaluation of the Life Between Lives Spiritual Integration Training was...

1 2 3 4

Comments:

14. My overall evaluation of the registration process and payment procedure was...

1 2 3 4

Comments:

15. How did you find out about MNI and the Life Between Lives Spiritual Integration Training?

16. Are you willing to recommend this LBL training and certification program...

- to the Training Institute from which you have received your training?

Yes

No

- to any Professional Associations you are a member of?

Yes

No

17. If "Yes", please provide your name here or separately so we can notify you when a future LBL Training is scheduled.

_____ (Name)

Additional Comments or Suggestions: (Please use a separate sheet if needed.)

APPENDIX B: LBL CERTIFICATION REQUIREMENTS & TIPS

A must-read section prior to undertaking your practicum cases

A Letter from MNI's Certification Director

Well hello, fellow LBL journeyer!

By now, you're probably in the middle of your training week, and I can only imagine how amazing and life-changing it has been for you! The learning, the sharing, the love, the challenges ... all part of this incredible journey. I still remember my week of training, and how intense it was. I was so excited, as I know the majority of students are, and yet so terrified ... ESPECIALLY of the certification process! What if my clients don't cross over easily after the PL, and I need to get help from their Guide? What if my clients don't go to all the stops? What if my cases weren't good enough? What if I don't get certified? What if? (Not unlike the Shawshank Redemption ...)

*Now that I've said that, *take a deep breath in ... hold ... and release ... and do it again ... another breath in ... hold ... let go*. It's not that bad ... honest!*

As the Certification Director for MNI, and as a past Case Reviewer (and someone who was once in your position!), I am here to guide you through what we need from you in order for you to be a Certified LBL therapist ... doesn't that have a nice ring to it? You have invested a lot into this, and your next step (after your training is over, of course!) is just that another step.

We know you're a good hypnotherapist and PL therapist ... we know you're good at holding the space for your clients (something vital for successful LBL sessions) – you would not have been invited to submit your cases otherwise! But what else is required?

When I was submitting my case study reports in for certification, I recall a good friend of mine (who will be smiling at this as he will recall saying it!) telling me that certification "is only about ticking a box ... that's all you need to keep in mind ... just tick the box." Now this might sound a bit simplistic or not enough, but the truth is, in any study you do, the assessments and exams are about 'ticking the box' to show you both recall and understand what you have been taught. This is not the time to reinvent the wheel! Imagine if a student studying medicine decided she had better descriptions for human anatomy than the standard descriptions ... the digestive enzyme delivery system would not pass when the answer required was the pancreas. You will feel drawn to put your own flair on your LBL sessions, and in time, this is not only encouraged, but means your

individuality will shine through, and your clients will be drawn to you for that – perfect! **However**, for the purposes of certification, there are certain things in the manual that you need to include in all 5 case study reports that you submit, and they're as easy as 1, 2, 3 ... yes, you guessed it ... there are three things that are necessary for you to include in each of your cases submitted for certification.

The first of the three things that needs to be included are **all of the Embedded Commands** – ding! I recall many case study reports that have demonstrated incredible individuality – some that felt wonderful for me to listen to, some not so much – but the students then needed to resubmit another recorded case study report to show that they had understood the Newton methodology. Save yourself the worry / hassle / time of having to resubmit, and follow the guidelines in your manual! They are there because they have been extremely successful for decades, and almost guarantee any client will go back into Spirit easily ... almost!

Along the lines of 'ticking the box', it is also important to mention that your clients do not need to go to every stop in Spirit! Certification requirements are that they go to at **least three of the 'normal' stops in spirit, including going to a Place of Higher Wisdom** – ding, ding, number two! This Place of Higher Wisdom might mean your client meets with their Guide, goes to their Council, it might even be the Akashic Records and/or the Library ... it does not include meeting with peers! The other two places may be meeting their soul group (peers), going to the place of Body and Life Selection, or even somewhere specific your client wants their soul to go (i.e. a healing area or a place they do work when in Spirit, etc.) but ultimately, they will guide you where they are meant to go. Believe it or not, not all clients need to go to their soul group, or want to! One final addition on that ... while it might seem to you that you want your (human) clients to *really* get the most out of their LBL experience, and want them to go *everywhere*, sometimes they aren't meant to do this, and if your client's energy is waning fast, the thing that will stick with them the most is how exhausted they got! My first LBL had three stops and was an exceedingly short session, even though my LBL therapist tried her hardest to get me to go elsewhere. I still remember telling her "No, it's time to go" and the shock she had with being told that ... and personally, my LBL was the best experience I'd ever at that time in my life!

One more *big* thing that your reviewer will be looking for is **Identity Awareness** – ding, ding, ding, number three! This is mentioned many times at your training, but somehow a lot of students forget it or do not understand the importance of it. We *need* to see that you, as the facilitator, not only understand that there are different identities you are talking to (current life, past life identity, soul name), but that you can switch between them, referring to them as separate identities, instead of confusing them all for your client who physically sits in front of you. One of the easiest ways to avoid being asked to resubmit another audio case is to use the individual identities' names

throughout the session – not just getting them and not using them. Ask Jonah (soul) about Brian's (your client's) life ... ask if this is why Amy (past life identity) had such a hard time learning to let go, and does this affect Brian's life. It will feel like there is a group of people in the room you're talking to / about, and in a way, you are! We understand that some souls do not readily give their name or may even have a name that is a color or a sound, even a symbol! Asking the soul something like "I understand your name cannot be translated into English / your native tongue, but can you please give me a name that I can call you so I can address you throughout this session?" works a treat. I have not heard of a soul that has not been willing to come up with a name that can be used when asked this way. (And the humor they use – I love it when they come back with "Bob, you can call me Bob"!! ☺). For tips on eliciting names see the Section "Helpful Hints part 6. Tips for Discovering Names" on page 62).

Tick each one of these three boxes (use all of the embedded commands; minimum of 3 stops in spirit including one to a Place of Higher Wisdom; and using identity awareness) and you are so close to being certified that you could reach out and touch it! It doesn't sound so scary now, does it? Your trainers would have also mentioned about getting your sessions and case study reports done as soon as possible ... for some of you, you will be raring to go and will do them in the flash of an eye (not too fast though!) ... but for others, for whatever reason (fear, I'll just wait a bit, procrastination, etc.) they get put off. Unfortunately, as the Certification Director, I have seen more than a few students drop out of the certification process because they left it too long after their training before starting their cases and in their words, they "forgot a lot of the training" and "should have done the cases sooner". Please, *please* just do it! We know this is important to you ... sometimes it's better to just rip that sticking plaster off in one quick pull!

If you have the same excitement and enthusiasm as I had and I've seen in students at each training I've attended, I know you'll start facilitating LBL sessions and be totally blown away. It truly is a blessing and honour to be taking this journey with our clients – how did we get so lucky? We see them have such positive, amazing sessions that tick all their boxes and leave them feeling incredible ... but please don't be distracted by this. For the sake of certification, you need to tick *our* boxes!

You will have three mentoring meetings following your training to support you and answer any of your questions – Share your cases at the group mentoring meetings before submitting them to me, and you may save yourself a lot of grief! Once you submit your cases, I will assign them to a Case Reviewer who will send you your case review in due time and be available for you to ask questions of afterwards – you can see the journey from training to certification on the next page, including timelines.

It gives all of us (case reviewers, mentors, your training team, the MNI Board, all LBL practitioners, and myself) HUGE satisfaction seeing you certify, as we all know how

*much you have given to get to this very point. Just remember ... all you're doing is *TICKING THE BOX* ... the sooner you do, the sooner it's over and you'll be a Certified LBL Practitioner!!!*

Best of luck, and enjoy the journey! I am really looking forward to receiving your cases.

Celia Kakoschke
MNI Certification Director
certification@newtoninstitute.org

MNI Certification Requirements

MNI's certification requirements are printed in MNI's Training Manual on or near pages 7-8, under the heading, "Requirements for Completion of MNI LBL Certification and Membership." Summarized here for you, the requirements are as follows:

Five written Case Study Reports of their LBL sessions, each of which must include:

1. The date of the session and the student's name and email address.
2. The first name of the client.
3. The Council visit or an alternate place where higher wisdom is offered that goes beyond the client's soul self.
4. At least 3 or more of the typical stops in the Spirit World.
5. An attempt to obtain the Past Life name(s), the Soul Name, and the Guide's Name (See Section "Helpful Hints, Section 6 – Techniques for Discovering Names page 62).

In addition, the written reports must:

6. Be in English unless prior arrangements have been made. If the recorded case is in a language other than English, the student will need to include a complete transcript in English.
7. Be in the range of 2,000 - 2,500 words.
8. Follow the outline in their manual, using these headings:
 - a) Prior Hypnosis Experience of the Subject, Rapport Level, and Cast of Characters
 - b) Hypnotic Induction Methods Utilized During This Session
 - c) Brief Review of Death Scene
 - d) Crossing Over
 - e) Orientation Stops for the Incoming Soul (not every Soul does all three)
 - f) The Gateway

- g) First Contact with Spirits
- h) Orientation Debriefing with the Guide
- i) Cluster Group Characteristics and Descriptions (optional stop)
- j) The Council or place of higher wisdom (required stop)
- k) Other Spirit World Activities (such as the Library, classrooms, other planets, other training, the Place of Rejuvenation, etc.)
- l) Next Life (and Body) Selection (optional stop)
- m) Summary of facilitator's assessment of the session
 - o How was their Client's receptivity? Any resistance?
 - o What surprised them, if anything? What made this client's session unique?
 - o What did the client gain from the session? (This requires them to check back with students a week or two after the LBL)
 - o What did they learn from the session that will make them a better LBL therapist?

The five written reports must be emailed to the Certification Director as attachments in either Word or PDF format. The audio recorded session must be done using a digital recorder or Zoom video and sent to the Certification Director via WeTransfer (www.wetransfer.com).

A student's certification materials must be received by the Certification Director within nine months of the end of the student's training. So, for example, if the training is scheduled for October 11-16, 2021, the certification deadline will be July 16, 2022.

To help you better prepare for successful submission of case studies, we've provided you with a certification review form that will help guide you. Practice is incredibly important, and we recommend starting right away while you have momentum! As you practice, these are the most important aspects of a session to pay attention to and demonstrate in your work with others.

- Connect directly with your client by establishing rapport before and throughout the session and hold space for them as they move through the experience, including if and when emotions come up.
- Get comfortable with pausing and allowing clients to sink into their experience before expecting them to immediately provide you with answers to your questions. Keep them connected and engaged, but pause to give them space for their experience.
- Frequently repeat back what the client tells you, in their words to help them further connect with their experience and develop rapport. Every now and then, add in a "That's right", or "mmhmmm", or "Yes", to demonstrate you are right there with them on this journey.

- Ask open-ended, non-leading questions (Instead of, “Are you at the beach now?”, you could ask, “What are you noticing?” or “What are you experiencing?” “How does that feel?)
- Deepen your client throughout the session. If you notice a client is beginning to pop into more conscious awareness, or becomes distracted, always deepen and reconnect them to the experience.
- You might prefer to use your own induction, deepeners and transitions as long as they are effective for getting the client into soul mind, but do use the embedded commands in the manual to demonstrate that you know how to use them in session. Case reviewers will be looking for your use of them when evaluating sessions.
- Know WHO you are speaking to. Demonstrate understanding of who you are referring to by attempting to get names of their past life self, soul self, their guide and other entities who appear. If no name is given, you can ask that entity/being to perhaps offer a name only for the purposes of this session so that you, the clinician, can refer to them as something and know who you are speaking to, and so the case reviewer can clearly tell who you are speaking to.
- Submit case studies where clients visited at least 3 areas of the spirit realm (doesn't have to be more than this if client fatigues!). This needs to include a “place of higher wisdom” beyond just the soul self. It could be a library, council, with a guide, akashic records or another place where they receive insight beyond their soul self. This does NOT include meeting with peers.

REVIEWER EVALUATION CHECKLIST

Facilitator: _____ Reviewer: _____ Review Date: _____

Assessment Key: 1 – Well Below Standard, 2 – Below Standard, 3 – Good, 4 – Above Standard, 5 – Well Above Standard, Y – Yes, N – No, N/A – Not Applicable

I Preparation (If pre-talk is received)

- Was rapport established? (1-5) _____
- Was the environment conducive to deep trance relaxation? (Y-N) _____
- Music appropriate style and comfortable volume? (Y-N) _____
- Was recording audible? (1-5) _____

II Induction

- Does the facilitator modulate pacing to accommodate the client's level of consciousness (shorter induction if needed or longer induction if needed)? (Y-N) _____
- Does the facilitator demonstrate connection with the client through the induction vs. only looking at the script?

Were Dr. Newton's Embedded Commands utilized? (*Note there are 8 shortened Instructions: 6 Embedded Commands here and 2 at Death Scene.* (Final Hypnosis Instructions before Hypnosis)

1. And no matter how deep you go today, you will... (Y-N) _____
2. This [color] bubble of light is a luminous shield... (Y-N) _____
3. Its strength is lovingly reinforced by all the Beings... (Y-N) _____
4. This [color] bubble of light is also your vehicle... (Y-N) _____
5. Soon we will be entering the realm of your soul mind... (Y-N) _____
6. Knowing that it's safe for you to experience yourself... (Y-N) _____

III Hypnotic Methods

- Were deepening techniques used effectively throughout session?
(1-5) ____
- Was the facilitator comfortable with the script (not reading it)? (1-5) ____
- Was the pacing and voice pitch "hypnotic" and smooth? (1-5) _____
- Did the facilitator "guide" and "follow" the client appropriately... allowing

each step to follow naturally with the preceding step? (Y-N) ____

- Did the questions asked match what client was experiencing? (Y-N) ____
- Were open-ended questions used effectively throughout the session? (E.g. “What are you aware of?”, “What do you see (or feel)?”, “What is happening now?”) (1-5) _____

IV Use of Anchors

- Did the facilitator ask for the past life name? (Y-N) ____
- If the past life name was given, did the facilitator appropriately use it in session and if no name was given, did the facilitator demonstrate understanding of how to differentiate the past life self from current self and soul self? (1-5) _____
- Does the facilitator know how to work with the guide in session to access deeper consciousness? (Y-N) ____
- Does the facilitator address the guide either by name or ask for a guide’s name “for the purposes of the session if no name is given?” (Y-N) ____
- Did the facilitator effectively refer to the soul vs. guides vs. other beings in session, using the correct terminology (name or general entity if name wasn’t given? (1-5) _____
- Is the facilitator able to clarify roles of beings presenting themselves in the session? (1-5) _____

V Review of Past Life and Death Scene

- Did the facilitator effectively use the Past Life and Death Scene as a bridge to the Spirit World? (1-5) _____
- If the client experienced an abreaction during the Past Life or Death Scene, was the facilitator effective in assisting the client? (Y-N) _____
- Was Dr. Newton’s Death Scene Script with Embedded Commands used? (Further Expansion of Consciousness following Physical Death)
 1. As you move into the loving realm...(Y-N) ____
 2. You are now moving away... (Y-N) ____
- Was the death “processed” effectively? (1-5) _____

VI Facilitation of Major Milestones on the Soul's Journey

- Did the facilitator present two or more options for where the client could go next in the spirit realm? (Y-N) _____
- Did the facilitator stay connected with the client and ask open ended questions wherever the client felt guided to? (Y-N) _____
- Did the facilitator help the client effectively transition between different places within the spirit realm? (Y-N) _____
- Did the facilitator guide client to a place(s) where their questions could be answered? (Y-N) _____
- Did the facilitator demonstrate understanding of how to guide client through the spaces they visit in the spirit realm? (Y-N) _____
- Which of the following were processed during the session?
 1. Crossing Over (Y-N) _____
 2. Entering the Gateway (Y-N) _____
 3. First Contact & Recognition of Spirits (Y-N) _____
 4. Orientation Spaces (Y-N) _____
 5. Soul Group (Y-N) _____
 6. The Council or other place of Higher Wisdom (**required**) (Y-N) _____
 7. Life & Body Selection (Y-N) _____
 8. List other milestones (E.g. Library, Specialty Training, Recreation, Healing, etc.): _____ (Y-N) _____
 9. Were transitions smooth? (1-5) _____
 10. Was the facilitator comfortable guiding client through areas visited? (1-5) _____

VII Timing and Processing with Client During Trance

- Was adequate time and attention given to processing the session? (1-5) ____
- Were emotional experiences throughout the session appropriately acknowledged and adequate space held for the client? (1-5) _____
- Were “open-ended” statements effectively used to elicit disclosure? (1-5) _____
- Was the facilitator sensitive to client's energy level and needs? (1-5) _____
- Was the client guided into the waking state gently and effectively when the LBL work was sufficiently complete and processed? (1-5) _____

VIII I Post-trance Debriefing

- Did the facilitator guide the client to relate insights to current life?
(1-5) _____
- Was adequate time given to the client's re-entry into the waking state?
(1-5) _____
- Did the facilitator help the client effectively ground again upon guiding them into a waking state? (1-5) _____
- Was the facilitator knowledgeable regarding LBL methodology?
(1-5) _____
- Did facilitator accurately answer client's questions about the session?
(1-5) _____

IX Professionalism/Overall Experience

- Did facilitator cover what to expect in the session with the client? (Y-N) _____
- Did facilitator incorporate client's personal goals into the session (Y-N) _____
- Was Cast of Characters used appropriately (if relevant to session)
(Y-N) _____
- Were rapport and a sense of safety established/maintained throughout?
(1-5) _____
- Did the facilitator behave in a professional and ethical manner? (1-5) _____

APPENDIX C: SAMPLE CLIENT INTAKE & CONSENT

Name

Address

City, State/Province

Zip/Postal Code

Country

Phone (h)

Phone (c)

Email

Age

Gender

Marital Status

Occupation

If someone referred you to me, please give name or source:

Briefly describe any previous medical or psychological history that you feel is relevant to your PLR - LBL session.

Briefly describe the reason for your visit to undergo hypnosis.

Are you taking any medications or are you under medical care?

Have you ever been hypnotized before? If yes, for what reason and by whom?

I give my consent to be hypnotized by _____ (your name).

I understand it is possible that the regression process might uncover an unpleasant past memory and that this hypnosis session by _____(your name) is not designed to cure me of any physical problems or treat me for mental illness.

The information I am able to recall about my past lives, or Life Between Lives®, may be used for research by myself in connection with the Michael Newton Institute for LBL Hypnotherapy, written publication, or speaking engagements to enlighten others about their purpose on earth, as long as my name and any personal identifying information is not used other than age, gender and general occupation, if relevant.

I understand that my confidentiality will be honored.

Signature _____

Print Name _____

Date _____