



MICHAEL NEWTON[™]
INSTITUTE

Life Between Lives[®] Hypnotherapy Training

Training Manual & Guidelines
for LBL Facilitation

November 3-6 & 10-13, 2022

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INTRODUCTION AND WELCOME

The following is a letter written by Dr. Michael Newton in preparation for his training conference:

Welcome to the Life Between Lives® (LBL) Hypnotherapy training conference offered by The Michael 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 Michael 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 NOVEMBER 2022

Thursday November 3, (Intro/Orientation)

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

10:00am- 10:15am	Group Meditation (Nora)
10:15am – 10:30am	Welcome and orientation with introduction of staff and students (Paul)
10:30am – 11:30am	Breakout groups of 2 (Petra)
11:30 – 12:00	Overview of LBL work including importance of LBL training and experience. Membership, mentoring, advertising and copyright (Mark)
12:00pm – 1:00pm	Meal Break
1:00pm - 2:15pm	LBL methodology lecture: Client interview, prep and pre-talk, client questions (Mark)
2:15pm - 2:30pm	Break
2:30pm - 4:00pm	LBL methodology lecture: Induction childhood, womb, past life PLR for LBL vs PLR as part of LBL (Nora/Jen) Find partner by November 4 or we will pair you

Friday, November 4, PLR Demo

10:00am – 10:30	Open ended/non directive questions and exploration (Nora)
10:30am-10:45am	Break
10:45am – 12:30pm	PLR for LBL demo (Nora) Q+A
12:30am – 1:30pm	Meal Break
1:30pm – 3:30pm	PLR Practice 1 way Pairs and breakouts (Mark)
3:30pm – 4:00pm	Group Feedback - Nora

Saturday, November 5, PLR Practice

10:00am – 11:15am	LBL methodology lecture: Leaving the body, crossing over, blocking, (Mark)
11:15am – 11:30am	Break
11:30am – 12:30pm	Interaction with welcoming spirits, healing, rejuvenation and orientation (Mark)
12:30am - 1:30pm	Break
1:30pm – 3:30pm	PLR Practice 1 way
3:30pm – 4:00pm	Group feedback (Mark)

Sunday, November 6, PLR Practice

10:00am - 11:15am	LBL methodology lecture: Council, Places of higher wisdom other activities, life selection (Petra)
11:15am – 11:30am	Break
11:30am – 12:30pm	Variations and session closure. (Petra)
12:30pm - 1:30pm	Meal Break
1:30pm – 2:30pm	Soul Group soul mates, (video) – Nora
2:30pm-2:45pm	Break
2:45pm – 4:00	Putting it all together “What to do if’s” and Q & A with instructors/assistants.

Between training modules, we encourage you to:

- Prepare your own list of questions and your “cast of characters” for your LBL experiential.
- Read through the manual
- Practice reading the inductions out loud to become familiar with them
- Review sample questions and facilitating phrases
- If you wish, you may review the video recordings of training with the link we will provide

Thursday, November 10, (LBL Demonstration)

10:00am – 1:30pm	(Please be on time!) Client intake review LBL demonstration Mark W/chat details (Jen)
1:30pm – 2:30pm	Meal Break

2:30pm – 4:00pm	Summary and questions from demonstration with teaching points (Jen) See the flow chart on page 91
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Friday, November 11, LBL Session Experiential (One way only)

10:00am – 2:00pm	Intake, review questions, cast of characters, plan induction (45 min max) practice instructions, (Nora) First round of LBL experientials (one way only)
2:00pm – 2:30pm	Meal Break
2:30pm - 4:00pm	Group debriefs of pairs (Travis) Review 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

Saturday, November 12, (LBL Session Experiential second round)

10:00am – 2:00pm	Intake, review questions, cast of characters, plan induction Second round of LBL experientials (Travis)
2:00pm – 2:30pm	Meal break

2:30pm – 4:00pm	Group debrief of pairs with teaching points (Nora)
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Sunday, November 13, (Closing)

10:00am – 11:00am	Meditation (Mark) Wrap up teaching points
11:00am - 11:15am	Break
11:15am -12:00pm	Membership, research sessions Certification instructions (Mark) (Hila) Organize exchanges, mentoring (Billy) Conclusion
12:00pm – 1:00pm	Certificate of Completion Closing (Paul and Mark)

Follow up Classes

December 10, 2022, 10:00 – 1:00 EST (NY)
January 21, 2023, 10:00 – 1:00 EST (NY)
March 4, 2023, 10:00 – 1:00 EST (NY)

ABOUT MNI

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.

The Core Competencies

1. Creation of a Spiritual Environment

- An MNI LBL Practitioner creates an energetic environment to complement the vibration of the spiritual realm for his/her clients.
- The energy of service permeates all preparation activities, the establishment of deep spiritual connection with the client, and the physical/virtual environment where the session is to be held.

2. Beyond Therapist to Facilitator

- An MNI LBL Practitioner moves naturally beyond the therapeutic interventions that may be required in preparation sessions, to the facilitation of the expanded consciousness of the client, always recognizing the soul before them.
- She/He will trust the greater power that permeates LBL sessions and works seamlessly with the client's extended resources found in the spiritual realm to offer healing, honoring a power greater than himself/herself.

3. Client Advocacy

- An MNI LBL Practitioner remains at all times an advocate for their client.
- She/He may suggest a loving evolution of the client's intentions, questions and themes for their session. The LBL Practitioner follows the client beyond the known structures of the spiritual realm as required, to honor their unique journey. He/She remains both creative and flexible as they offer their services.

4. Loyalty to MNI's Philosophy and Intentions

- An MNI LBL Practitioner carries within them, the deepest respect for the intention in which the work was created and from which MNI was founded.
- We are advocates for the evolution of humanity through the exploration of a greater consciousness. We are ambassadors for the spiritual realm and custodians for the life's work of Michael Newton. On the physical plane of existence, we will strive to nurture and support the brand and reputation of our organization, working both as individuals and as a collective, dedicated to a

higher purpose. We embrace our role as thought leaders in the field of afterlife work by advancing research and bringing inspiration to people around the world.

5. Professional Competency and Ethics

- An MNI LBL Practitioner is a highly competent professional in the field of Hypnotherapy and continually strives to learn and grow further.
- She/He will uphold the higher intentions of ethical business practice as expected: managing with compassionate discretion and spiritual integrity the human aspects of boundaries, transference, and projection that emerge in our spiritual work.

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 Michael Newton Institute® to begin their certification process. In some cases the training staff may recommend further training or personal sessions to help you qualify for associate membership and case submissions.

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 for 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 we are here to guide you through that process.

On page 95 of this manual, there are very important details for you regarding the preparation of your case study reports, the requirements for your case study reports, the evaluation process, certification requirements, and full membership in MNI requirements.

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®. By registering for and participating in this training you are agreeing to this code of ethics.

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 and students 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 Michael 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 to Michael 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 remain positive ambassadors for The Michael Newton Institute and its Life Between Lives® Spiritual Integration Therapy.

FACILITATING LBL

Essential Skills for Facilitating LBL

1. Establish good dialog and rapport with Client – be interested in all that they are, observable in pre-talk and throughout the session. Facilitator is in sync with the Client during the session, especially when emotions come up.
2. Allow for pauses during the session – letting the Client's experience to unfold. Do not expect immediate answers to your questions. Refrain from moving Clients ahead when more is coming up, or appears to be.
3. Mirror and repeat back the words Client tells you – use responses like “That’s right...”, “Mmhhh...”, “Good...”, “Yes...”, letting the Client know you are with them on this journey.
4. Ask open-ended and non-leading questions to the Client – e.g., instead of “are you at the beach?”, ask “what are you noticing at the beach?”
5. Deepen the Client throughout the session as needed – when Client is noticeably popping up from the session, distracted, reminiscing, or thinking. Use deepeners to reconnect them to the experience.
6. Who the Client is speaking as, during each phase of the session – childhood, past life, or soul? Get names of themselves and other beings who appear. Facilitator to use the name of the one to which they are speaking or referring. The Certification Reviewer needs to clearly be able to recognize this.
7. LBL Session to include three (3) separate realms of Spirit – library, council of elders, guide, place of external soul experience, Ring of Destiny, etc.
8. Verify the above points continuously throughout the Client's session.
9. Use of the embedded suggestions is optional but they are provided to you to help support you in the session if the client is blocked or stuck and in those cases, they are encouraged (When/if you use them, you can put them in your own words).

Identity Awareness

When facilitating a Life Between Lives session, it is important that you become comfortable with knowing who you are speaking to in the session. In this type of experience, there are many different identities that will come through, and being able to clearly identify who is who is important and beneficial for the client. This is especially the case once the client is beyond their childhood experience and enters the womb, past life, and spirit realm.

For example, when a client enters the womb, they might access the consciousness of their human self in this life at the present time, the consciousness of the developing fetus, and the consciousness of their mother or even others that will be in their life. Sometimes, other souls or guides might come through in the womb. When a client is in the soul mind, such as in the womb, and in the superconscious, linear time becomes obsolete and the consciousness of many different identities can occur simultaneously. Having clarity around which identity is presenting is essential.

Below are examples of which identities might be encountered in each “place”.

Childhood

- The current human self
- The child self

Womb

- The current human self
- The developing fetus
- The mother, father, siblings, or others nearby
- Guides
- Soul friends/soulmates
- The consciousness of beings in other worlds connected to the incarnating soul

Past Life

- The past life self
- Others the past life self shares the lifetime with

Spirit Realm

- Soul Self
- Current human self
- Past life self/selves (can be multiple lifetimes that present in the spirit realm)
- Guides

- Soul friends/Soulmates
- Souls from other soul groups
- Council/Elders
- Incarnated beings in other worlds/planets
- Angels
- Other Beings

How to Distinguish Identities

To remain clear about who is being addressed, spoken to, referred to or who is doing the speaking, you will want to ask questions of the client during the session, and ensure that you are being clear when facilitating. It is important to know who/which identity you are referring to when asking questions of the client.

When the client enters the spirit realm, instead of asking questions with the word, “you” in them, which could be referring to the client’s soul self, human self, or other identity, it is best to be clear in which ‘you’ as the facilitator are speaking to. One way to do this is to ask for names of various identities that come through. Asking for a name to refer to the past life self, a name to refer to a guide, names to refer to other identities that show up and a name for the client’s soul is the easiest way to keep identities separate and clear. Names can be used even if they are created only for the purpose of the session, even when guides state that names are not important. In the spirit realm, they may not be important, but as a human being experiencing a session, they can be helpful for clarification.

Another way to distinguish between identities is to refer to the being you are addressing or asking questions of, such as, “Ask *your guide* if they can help you understand _____” or “What does *this being* wish to show you?”, or “How is this relevant to *the lifetime where you* _____” if you need ways to refer to identities more generally. However, when possible, ask for names to utilize when referring to identities to prevent any confusion.

In the spirit realm, it is also important to distinguish between the client’s current human identity and their soul self, which is why saying “you” to the client should be avoided. Instead, you as the facilitator can refer to the client’s current self by using their name “in the life of (client’s current name)”, for example, or referring to their human identity as “the current human self”. “You” in the spirit realm most often refers to the soul self, but it is best not to assume and instead be clear who is being referred to when the client is using the terms “you” and “I” (is “I” the soul self? The human self?), and do this when you speak to the client.

When facilitating communication between identities, using their names will offer the most clarity, but establishing a means to be clear which identity is communicating to one another is very important regardless of the method used.

When you, as facilitator, are unclear who the client is referring to when they say “you”, or “we”, you can simply ask, “Who is being referred to here?” or, “Who is speaking to you now?” or, “Help me understand who is being referred to when you say “we” or “you”?”.

Tracking the Client and Asking Relevant Questions in Context

Being a client-centered facilitator means that you trust the client’s inner wisdom and soul to show them what they need to know. Your job is to help connect the client to that inner guidance, keep them connected throughout the session, and ask relevant questions based on what arises. When you are client-centered, questions asked of the client are less directive and more open-ended.

While there is a traditional pathway that Dr. Newton provided us with as a map to get to the spirit realm and within the spirit realm, human consciousness has expanded greatly since that time. What sessions look like now are often different from what they used to look like. At times, clients might go straight from the womb to the past life, or they might have guides present or be guided to another space while you are still in the induction. If this happens, stay with the client and what is showing up for them by asking open-ended questions to help clarify what is coming through or where they are being guided to. A list of open-ended questions is provided in this manual.

Rather than reading directly from a script, priority should be given to staying connected to your client and the experience they are having. It is not appropriate to use the questions provided in this manual as a required list that must be asked. Instead, the questions here are available options and examples of what could be asked, but always make sure the questions you ask are relevant to the experience that the client is having and make sense in the context of the session of what is flowing through.

For example, if the client is in the womb and having an emotion come up, you do not want to immediately ask them to notice their body. Instead, you would ask them to tell you more about the emotion. Ask open-ended questions about the emotion. Have the client notice if that emotion is theirs or not. If not, whose is it (sometimes it might be

mom's). If it is theirs, you can ask if it is something that developed in the womb or if it was carried in. Stay with the client's experience that is presented and ask questions about that before moving on to another topic.

If the client is guided to the spirit realm and immediately goes to another worldly incarnation or planet, or to life selection instead of the traditional pathway of meeting with guides and soul group, stay with their experience and ask questions about what is showing up. It is not supposed to be a linear experience and everyone's experience may differ. What is most important is that as a facilitator, you are able to notice what is showing up for the client, and help them understand more about what that is by asking open-ended questions. The main goal is to then ask the client how this information that is flowing through for them is important for their soul's development and for their human incarnation in their current life.

Focus on the Client's Questions

Once you have scheduled your LBL, you will be instructing your client to create a list of questions that they would like answered in the course of their LBL session. This is a key component of the LBL session. It is an opportunity for your client to hone in on what their intention for the session is. You will find that some people are very intentional about their reasons for having an LBL session, and some people may not have given it a lot of thought and are simply following a gut feeling about having an LBL. By creating a list of questions, your client will need to consider the deeper questions they have about life and their soul experience.

You, as the facilitator, have the opportunity to help your client to open their understanding of the types of questions they can ask. You will have clients who have no problem coming up with their questions. And, some clients can become overwhelmed by the opportunity to ask any question. You can help them get clarity about what they want to know. To support people who may not immediately know what questions they'd like answered, you can prompt them in the following ways. You can ask them to consider the questions about their life that they've always wondered about.

- Have they ever felt an inner longing to understand something about their life? For example: Have they gazed longingly at the stars?
- Has your client had a spiritually transformative experience?
- A near death experience?
- Kundalini awakening?
- A death in the family?

- A health crisis?
- A significant event that has left them feeling confused and needing clarification?
- Are there relationships or patterns in the clients life that they hope to gain more understanding, healing and clarity around?

Client questions are where the client really gets to learn all that they've ever wanted to know if they know how to ask it. However, there will also be information that flows through the session that will answer questions that the client didn't know they had, as the realm of spirit and the superconscious can be catalytic to vast downloads of conscious awareness and insight. You, as the facilitator, have the opportunity to help your client think big with their questions. You will have clients who have no problem coming up with their questions. Some clients can become overwhelmed by the opportunity to ask any question. You can help them get further clarity about what they want to know by prompting them with the following questions:

Some ways of helping clients access questions:

- What would you clarify on in your life?
- What are they hoping to learn?
- They can learn about:
 - Relationships: Platonic, Romantic, Familial Relationships here, and Relationships in Spirit
- Health - Physical, Mental, Emotional, Spiritual
- Life Selection
- Patterns in Life
- Lessons Being Learned
- Other Worlds
- Financial Questions
- Skills and Talents
- Ancestral Dynamics
- Purpose
- Healing
- Future Insights
- Trauma

These are just a few of the topics you can mention to prompt your client if they need a little help getting their curiosity flowing around questions to ask during their LBL session.

Reviewing questions and cast of characters ahead of session:

It is important when you meet with the client to discuss their preparation for their LBL that they provide you with this list of questions as well as a brief cast of characters of the key people in their life.

On the day of the LBL session, they will have either sent you their questions ahead of time by email, which will always be the case for virtual sessions, or for in-person sessions, where they will provide a hard copy of their questions. Be sure to go over them with the client before the LBL. You want to make sure you understand the wording and framing of the question since you will be the one asking the client to ask their inner being, guides, or council for the answers. Be sure you are prepared with your clients questions so that they can feel well supported and held throughout their time working with you.

Getting the Client's Questions Answered

Traditionally, questions are asked once the client's soul energy has arrived at *Council*, also known as *The Council of Elders*, and with their guides. If this is how it happens for your client, that's great. Carry on. However, each session will be unique, and it is key as a facilitator that you are flexible and client-centered in the session. This means that you provide alternative opportunities to have questions answered if one does not organically arrive to them in the session. In other words, you may not always be asking client questions in Council. If a client's questions are answered in a place other than council, this will be considered a "place of higher wisdom." You may find that a perfect opportunity to ask questions takes place while the client is visiting with their soul group, life selection, the library, or some other location, such as another planet or world. If so, tune in with yourself and feel if you sense that this might be a good time to ask questions. If your intuition tells you yes, then ask the client in their session. All of the questions do not have to be asked in one place or at one time in the session. There may be different times where specific questions are more relevant than others given the context of what is happening, which is why you want to know what your client is curious to learn in advance of the session.

One way to do this is to ask the client's soul energy, primary guide, or other guides: "Is this a good time to ask the client questions?". The client's soul energy will communicate with their guide or ascertain within themselves for the answer. If the answer is yes, proceed with asking the questions. If the answer is no, then ask the client's soul energy to: "Help me understand where a good place to ask questions might be?". Trust that you will get the correct answer. The spirit realm wants to support and help you and your

client. If the client has completed experiencing where they are, then you can guide your client to “a place where we can review your questions.”.

The LBL Methodology and Outline

Dr. Newton developed a specific methodology that is unique to LBL. This includes regressing the client to early happy childhood experiences, then into the womb for a womb regression, followed by a brief past life experience. From there, clients go through the death of the past life and into the gateway of the spirit realm. Once clients are in the spirit realm, they experience their superconscious or soul's mind and this area is the Life Between Lives.

Clients are regressed to happy childhood experiences with the intention of helping them to further deepen into hypnosis and it also gives the facilitator information as to how the client is receiving the session. It may be visual, a felt sensation or inner knowing. The facilitator is able to gain a sense of how information is flowing for the client which can be mirrored back to them to deepen them into the experience. As a facilitator, you will listen for words such as, "I see _____", or "I feel like _____ is happening." Pay attention to these cues because it will help you better connect with the client if you are matching your language to how they are receiving. This helps establish more rapport and helps the client go deeper into their experience.

The client is not there to intentionally spend the session time working on childhood trauma, so the suggestion is for them to go to a "happy moment in childhood." Once there, you want to stay with the experience they are having and ask open-ended questions. You do not need to spend a lot of time in each childhood time, but enough to gain a sense of what it is they are experiencing at this time and anchor in positive emotions. Unless the client enters childhood as a baby, you will visit 2-3 childhood experiences, regressing them to earlier ages each time, with the final stop in childhood going to, "Your very earliest happy experience in this life now, a time when you are very, very young." Using the word “experience” when guiding clients instead of “memory” helps prevent conscious interference by the client is recommended.

When regressing the client to any point in the past (childhood, womb and past life), it is important to talk to them as if it were the present moment. Instead of using words like "were", you would say "are". Ex... Instead of "What were you doing?", you would say, "What are you doing?", or instead of "How did you feel?", you would say, "How do you feel?".

Unless there is trauma being experienced, you also want to encourage the client to "fully float into this experience now, noticing this from the perspective of this younger body and mind" to help them experience it as if it were the present moment.

Most people will experience pleasant memories when you regress them into childhood, but there are some instances where a client will regress to unpleasant childhood memories. If this happens, first acknowledge the experience the client is having, and ask them if it is OK to place this aside temporarily so that they can revisit it in the spirit realm with the support of guides. If you offer this as the facilitator, make sure to make note of it in a way where you can easily refer back to it so that you do revisit this in the spirit realm. When the client is in soul mind and when it feels appropriate in spirit, you can say something like, "Ask your guide why you were shown that specific experience in childhood... What is significant about that for you to know now?" and "What is needed in order to heal from that?". In a LBL session, you are stepping back from being a hypnotherapist and instead, serving as facilitator only and allowing the client to receive the wisdom needed directly from spirit and their guides.

After visiting 2-3 happy times in childhood, and regressing the client as young as possible through their earliest happy experience in this life, the session will continue and the client will be regressed into the womb. You can use any transition you were already using (bubble of light, counting back, or simply guiding their awareness to the womb). When the client enters the womb, take a moment to pause and give them a chance to feel into the experience before asking questions. You can tell them, "You might notice a heartbeat nearby or not, you might notice an emotion, or you might notice this physical body and brain that is developing.... (Pause). "What are you experiencing or noticing?"

In the womb, it is important as a facilitator to become clear on identity awareness, meaning knowing which identity the client is referring to. When they regress to the womb, they may experience the consciousness of their soul, the consciousness of the human body they are coming into, and the consciousness of their mother. Additionally, though it is not extremely common, there can be other identities that emerge in this space, such as the presence of guides, twins, or the consciousness of other beings the soul is connected to in the spirit realm or in other worlds. More information on this can be found in the "Identity Awareness" section of the manual.

Once the client responds, remain client-centered and stay with their experience, repeating back some of the words they tell you and then asking additional open-ended questions based on what they are reporting. A list of possible open-ended questions can be found later in the manual. Some areas of the womb that might be explored are questions about the developing body and brain their soul is coming into, questions or awareness of their mother, and the client's soul's feelings about coming into this life.

You can regress forward to later times in the womb or backward to earlier times, even when the soul is first integrating with the body if you would like to explore various perspectives and awareness of the client's experiences at different points in time in their development if you would like. Possible questions that can be asked in the womb are highlighted later in this manual.

When you feel the client has sufficiently explored the womb, some clients will go straight to the spirit realm from here, but others will explore a past life that is significant for them to experience. This will not be a full length past life session if the past life were done in isolation, because you want the majority of the time spent in the spirit realm for a LBL session. The past life is explored very briefly with 2-3 places in the lifetime and then moving them forward to the death.

There is a lot of significance that occurs around the time of death. It is important to explore the individual's (in the past life) final conscious thoughts about that lifetime just prior to death, and after fully detaching from the body, looking back at that life and noticing any thoughts, feelings or promises the soul made as a result of living that lifetime. The client's responses are indicative of some things you as the facilitator might want to make note of because they very frequently impact the client's current life and that can be explored in the spirit realm.

After the death and detachment from the body, the client will move to the gateway in the spirit realm and from there, the Life Between Lives experience is had. Much has shifted in human consciousness from the time Dr. Newton conducted his research. Dr. Newton provided an extremely important and significant foundation, mapping the realm of LBL. The intention of sessions now has shifted for individuals to explore LBL to help them gain significance and meaning in their human lives now and are experiencing sessions in less of a linear fashion.

Clients may go anywhere once they enter the spirit realm. Sometimes they visit soul group, other worldly incarnations (may spontaneously go there), library, council or place of higher wisdom, or many other places listed further in the manual. It is important to remain client-centered and stay with their experience, asking open-ended questions. Ultimately, you want to help the client understand how the information they are receiving is significant for the development of their soul and how it has relevance for their life as a human.

This outline includes the main elements for an LBL session. You will learn to piece together different inductions, deepeners, embeds, and transitions based on preferences

and client needs. Some clients will only need one major deepener, some will need multiple, and some may not follow the typical path back in time.

- I. Induction (options are):
 - A. Mindful Awareness Induction
 - B. Light Energy Induction
 - C. Long progressive relaxation

- II. Deepener (options are):
 - A. Safe space deepener
 - B. Counting down deepener
 - C. Meadow deepener

- III. Embedded suggestions (to be paired with deepeners and transitions)
 - A. Responsiveness
 - B. Protection
 - C. Love and support
 - D. Provide vehicle
 - E. Journey within
 - F. Integration
 - G. Release

- IV. Use a transition (such as light, bubble of light, stairway, tunnel, etc.) to go to:
 - A. 1-2 Happy childhood memories
 - B. Earliest happy childhood memory
 - C. Womb
 - D. Past life (short, condensed past life experience)
 - E. Go through the death/transition in the past life

- V. Transition the client to the Spirit Realm, Life Between Lives
 - A. Pause at the death scene for first impressions/brief review
 - B. Possible contact with loved ones before departure
 - C. From here, ask open-ended questions and where relevant at different “places” in the spirit realm, based on what is coming through for the client, get the client’s questions answered where/when it feels relevant and appropriate. This list is not meant to be linear. It will flow in a different order for each person.
 1. Gateway
 2. Welcome
 - a) Initial Contact with Spirit Guide(s)

b) Orientation

3. Guide
 4. Rejuvenation/healing
 5. Life review
 6. Council/Place of Higher Wisdom
 7. Soul group
 8. Library (and other areas)
 9. Place of healing
 10. Life and body selection
- VI. Drawing to a close
- A. Anything more to explore?
 - B. Summarize highlights
- VII. Emerge with lots of grounding
- VIII. Summary and integration

Inductions

We highly recommend that you spend enough time on induction and continuous deepening techniques of your choice to ensure your clients make a successful transition into the spirit world.

After you are certified, we encourage you to use your own relaxation and deepening techniques too. 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 should adjust to fit your client:

Inductions

Progressive Relaxation

Allow your eyes to close ... 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.

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.

Now, as you take another gentle breath in, feel 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 relaxed... 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 relaxed, 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.

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 beings 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.

(Deepeners and transitions that pair well with the Progressive Relaxation induction are Safe Space and/or Counting Down Deepener, and Bubble of Light OR Expanded Awareness Transition).

Inductions

Mindful Awareness Induction

(Pace slowly, pausing between each named body part, similar to a yoga nidra type of practice)

When you feel ready, closing your eyes, and allowing your attention to be here in this moment, giving yourself permission to fully arrive here, feeling your body in this space, supported by the _____ chair/floor/bed beneath you. (pause). Check in with your breath, noticing the experience of the breath in this moment (pause). Now checking in with your thoughts. Acknowledging them. Allowing them (pause).

Notice your emotional experience in this moment. (Pause). Observing the thoughts and emotions now, as if they are showing up in a parade, and you take yourself out of that parade, sitting on the side watching, acknowledging and allowing each and every thought that comes your way with a sense of curiosity (Pause). Being very curious now about each thought or emotion in that parade, as if none of them are right or wrong, or good or bad. Each is a visitor that wishes to be seen and heard (Pause). You are simply noticing and allowing the experience. As you allow these experiences to arrive, be noticed, and flow, just take a nice, relaxing, letting go breath (Pause). Feel how this settles your body and mind, by simply allowing experiences to unfold before you, creating space for all that comes into your field of awareness (Pause).

Tuning in to your human mind now, and letting it know you appreciate all it does for you on a day to day basis to help you get through the human tasks. And, that the very best way it can help you just temporarily during this experience, is to take a little step aside, still being here with you, but becoming a passenger of this journey. Letting the human mind know it can't do this work for you, but that's OK, because this is the work of the heart and the soul, and your heart and soul are ready to lead the way (Pause).

As you tune into the human mind, offering it a chance to have a voice, asking it how it feels about that - about becoming a passenger, overseeing and allowing you to have this experience (Pause). If the mind were to have a voice that could communicate with you, what might it say? Does it feel OK and ready, or does it have any concerns it wants to express?

(Pause and wait for client response...if concerns, let the mind know it is OK, validate it, and ask what it is needing in order to feel comfortable and safe.. Help reassure it letting it know how it feels is normal, provide for what it needs and then, “How is it feeling now?”

You may also suggest your mind to observe everything in order to help you put everything into a new perspective later.)

Good, now bringing your awareness to the body, and guiding your awareness all the way down the body and into the feet. Experiencing the sensations in the feet, and beginning to invite a softening, maybe even subtly into the toes, arches, heels, tops of the feet. Sensing, noticing (pause).

Bringing your awareness into the ankles, lower legs, feeling the muscles of the lower legs letting go even more now...

A softening expanding through the knees, upper legs (bigger pause). Noticing the lower half of the body - experiencing sensation. As the body becomes more and more comfortable, the mind naturally gets lighter and lighter (pause).

Noticing any areas of relative tightness, and giving permission for these parts of the body to relax and let go in the most perfect way for you, just a little bit more with each breath you take. Exhaling...letting go...Good...

Becoming aware of the pelvis, hips, and lower abdomen. Noticing the natural and gentle rising and falling of the abdomen with each breath you take (Pause). Like an ocean wave, flowing inward and outward, very easily, very naturally, all on its own (Pause). Breathing in, inviting a softening, a

gentle, peaceful energy - Breathing out, letting go, flowing - feeling more and more relaxed. Calmer, peaceful. Good (Pause).

Guiding your awareness to the rib cage, solar plexus, chest, sensing even more letting go now, feeling sooooo comfortable (Pause). Noticing the region of the heart center, and inviting the breath to flow into this space. Feeling the heart space open to receive this supportive flow of energy, as the body so comfortably breathes with ease, allowing the heart space to feel even safer, opening even more now (pause). That's right...

Sensing the shoulders, the upper arms, elbows, lower arms, wrists, hands, fingertips. As your awareness flows now to the back body - the upper back, middle back, lower back - deeper and deeper into this space of pure awareness, awareness floating and drifting through the body....

Gently becoming aware of your neck, throat, as it flows to the mouth, tongue.... Jaw, cheeks, nose, ears, eyes, forehead, scalp....

Deeper and deeper into your own being. Expanded, relaxed awareness, sensing, feeling, opening, as another very gentle wave of energy flows from the head all the way down through the feet...

(Deepeners and transitions that pair well with the Mindful Awareness induction are Safe Space and/or Counting Down Deepener, and Bubble of Light OR Expanded Awareness Transition).

Inductions

Light Energy Induction

(Go slowly with pacing between body parts)

With your eyes closed, imagining a beautiful light - a soothing, nurturing, calming light, shining down upon you from the purest source above, any color you choose. Giving yourself permission to experience all this light has to offer, feel this light flowing across the crown of your head, down into the forehead, eyes, nose, ears, cheeks, jaw, mouth. As this light flows down through the body, you feel it relaxing every part of you - every cell, every atom.

This light continues to flow down, bringing with it a wave of relaxation into the shoulders, down through the to the chest, where it meets the heart center - flowing in and around the heart center, bringing a sense of calmness and peace (Pause). Breathe this nurturing light into the heart, allowing the heart to experience a sense of ease. The light flows into the solar plexus and down through the rib cage, deeper and deeper into your being, where this light is openly received by each and every organ in the body.

Feel or imagine the organs allowing this light to flow through the tissues, the cells, bringing with it a sense of peacefulness and serenity. This light is received by the lower abdomen with each breath you take. Noticing the very natural gentle rising and falling as you inhale and exhale (pause).

Breathing in, inviting this peaceful light energy to flow, creating a softening in the body (pause). Breathing out, letting go, as all tensions, stresses, worries and concerns easily flow outward with each exhalation (pause). Deeper and deeper. Opening, letting go.

This flow of light is bringing with it a wave of relaxation flowing from the shoulders and all the way down through the back. Feeling your back body

letting go and releasing, bringing you deeper and deeper down now (pause).

Flowing down your arms, through the upper arms, elbows, lower arms, hands and out through the fingertips. Feeling your body receiving the support of this soothing light (pause).

You can feel the purity of this light being received deep within the body/mind, as it continues to flow down through the pelvis and hips, into the upper legs. The muscles of the legs becoming very relaxed, letting go (pause). Flowing down into the knees, the lower legs, ankles, feet and out through the toes.

This constant stream of pure, nurturing light flowing from head to toe. In, down and throughout your being - a limitless supply of this colored light, deeply relaxing every part of you as you allow yourself to open and receive.

(Deepeners and transitions that pair well with this light induction are safe space deepener, and/or counting down deepener, and using a bubble of light expanding all around them to transition them to other times and places as the client experiences regression).

Deepeners

Deepeners are one of the key elements to successfully facilitate an LBL. Here we offer you a few that can be linked to the induction and transitions. Using shorter deepeners during transitions and throughout the LBL session helps avoid conscious interference and helps maintain soul state throughout the session.

Deepeners

The Meadow

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

Now, imagine yourself mentally moving 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.

Deepeners

Safe Space

Very comfortably floating and drifting now, floating and drifting from this space and allowing your awareness to take you to a safe, comfortable place created just for you (Pause). You might be indoors or out, a place you are familiar with or one created by your imagination, but one where you feel so safe (pause). Using all of your senses now, vividly imagining you are in this space right now in this very moment (pause).

Noticing what you see, sense or feel. Allow yourself to fully explore this space (pause).

And what are you noticing?

(Pause and wait for client response... have them describe it, get to know it, sink them into the experience and use the client's words to repeat some of their experience back to them, THEN ask how they feel in this space...anchor the positive feelings they describe into their body by having them breathe the feeling into the body.)

MAKE SURE YOU USE YOUR CLIENT' WORDS, REPEATING THEM BACK TO THE CLIENT

Example (if the client were to describe this, you can repeat back.):

“That’s right, noticing the forest, the leaves gently blowing in the breeze. Sensing nature all around you, the trees, birds, the air, smelling the Earth...Taking it all in. Noticing the feelings of peace and calmness and breathing these feelings into the body now, anchoring them in as each and every cell opens to receive this feeling of peace....”

Deepeners

Counting Down

And you'll notice that with each number I count now, you will feel yourself going deeper and deeper within, letting go more and more now....

10... Remaining fully in control, just more deeply relaxed

9... Letting go in a way that feels safe and comfortable for you

8... Even deeper now

7... That's right, even more comfortable.

6... Seeing with your inner eyes

5... Hearing with your inner ears

4... Knowing with your inner knowing

3... Going twice as deep now, even more deeply relaxed

2... Expansive, comfortable, floating and drifting

1.... So safe, so comfortable,

(as you find your awareness taking you to another time, another space _____ now) OR (use the light deepener here)

Embedded Suggestions

The following instructions should be combined with the deepeners above and the transitions below as a means of preparing your client for entry into the spirit world, especially when clients are stuck and needing more support.

Deepening and Responding

“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.”

Protective Suggestion

“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.”

Reminder of the Love and Support for the Client

“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.”

Vehicle to Move through Time

“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.”

Journey Within

“Soon we will be entering the high realm of your soul mind...a world that is always accessible within you.”

Integration and Healing

“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.”

Maintaining Contact

“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.”

Release

(This last embedded suggestion is to be used when moving from the past life death scene into spirit)

“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.”

Transitions

These transitions are designed to both deepen and to move your client back in time. You will select and adapt them to use to regress to childhood, womb, and past life. Combining the appropriate embedded suggestion from the previous section with these transitions will help you facilitate the regression and prepare your client for entry into the spirit realm.

Transitions

Bubble of Light

Imagine a beautiful light shining down upon you from the very purest source above now (pause). This light is filled with unconditional love from your guides, spirit team and loved ones who watch over you - from all of those who are here today to help you and to help me as you connect with your soul. Noticing the energy of this unconditional love.

Noticing this light and feeling it flowing down over the crown of your head, down through to the heart. Feeling the heart space opening even more now to fully receive this gentle, loving light (pause). Breathing this light into the heart, as it continues to expand, flowing down into the core, as you go even deeper within now. Here in your core, another light awakens within you - the light of inner knowing.... The part of you that knows there is more than this life, this body (pause). Feeling an expansion of light all throughout your body now from head all the way down through your toes (pause). This light continues to expand within you and all around you, as it forms a bubble of light all around you now (pause).

This beautiful bubble of light keeps you safe and protected and remains with you all throughout your journey.

Noticing now, that this bubble of light comfortably floats and drifts from this space. Floating and drifting.... Drifting and floating.... And even begins to float beyond this time and space, taking you further back through time now, to _____ (childhood, womb, another lifetime). (Ask open-ended questions here based on what is coming up for the client).

“Noticing your bubble of light all around you now, rising above this time and space, this bubble of light taking you even further back now, to _____” (next stop).

(You can use the light to take the client to other places now... to childhood, the womb, and/or to the past life. Their bubble of light is taking them from one place to another. You

do not need to use the light any further once they are in the past life, only to initially get them there).

Infinite Pool (Transition and Deepener)

Just imagine an infinite pool...an infinite pool with no bottom. Begin descending down, you don't have to worry about breathing, in fact this pool may not even be filled with water. It can be any kind of pool, it could be a pool of energy, a pool of light, an infinite pool of relaxation. Allow yourself to descend down, down, down, into this infinite pool of light, energy and relaxation.

The deeper you go in this energy the more you're aware of the love. That's what this energy is.. it's love, and as you continue sinking down, down, deeper and deeper, it's okay to go deeper, it's okay to go down, down, deeper and deeper. The deeper you go the better it feels because you have even more love surrounding you, above you, below you and on all sides of you.

Not only is this infinite pool infinite in terms of what we know in our three-dimensional world of height, width, and depth, it's a multi-dimensional infinite pool in that it expands in every direction simultaneously from the center of your being taking you deeper, deeper and deeper. Becoming more and more absorbed in this infinite pool of energy. More and more absorbed, because there's more and more of this energy all around you. It's also within, as it sinks deeper and deeper into the cells of your body. Every cell of your body is soaking up this infinite pool of love and this is taking you deeper and deeper... down, down, down.

This includes every cell in your body, all the cells in your brain, soaking up the energy in this infinite pool, absorbing this infinite pool of love. An infinite pool within and without, inside your body, your physical body, your energetic body, allow this infinite pool into every cell of your brain. Allow yourself to release anything you do not need into this infinite pool of love.

As you continue to drift and float, deeper and deeper into this infinite pool, you notice there are different possibilities, spheres of possibilities. As you become more and more aware of these round spheres of possibilities, you

begin to notice that each one contains a different memory from your childhood, different possibilities, happy, enjoyable memories from your childhood.

As you continue to drift deeper and deeper in this infinite pool, you notice one of the spheres of possibilities seems to be moving closer to you, and you begin to focus on this sphere of possibilities.

As I count from 5 to 1, reconnect with this happy, enjoyable memory, this sphere of possibilities.

5 - Reconnecting with this sphere of possibilities

4 - Allow yourself to drift and float into this happy enjoyable memory

3 – Notice the impressions, memories, feelings and scenes in this sphere of possibilities

2 - All the way back, and

1 – Be there, be there now....

(Explore the childhood)

(You can use the sphere of possibilities to connect with childhood, womb and past life memories.)

Transitions

Expanded Awareness

Allowing your awareness to take you to another time and place now, an earlier time, to _____

(Use the above statement to transition to 2-3 happy childhood memories, including their “earliest happy childhood memory”, then to the womb, then to a past life that is significant for them to explore”).

(Childhood Example): “An earlier time in your childhood, a moment in time when you felt happy and content. (pause). You might be indoors or out, alone or with others. Noticing where you are and what you are doing...”
(Explore this before moving on to an earlier childhood memory)

“Now rising above this time and place, and going to an even earlier time in childhood, a happy moment in time when you were very, very young.”
(Explore this before moving on to their earliest happy memory.)

“Rising above this time and place, and taking a nice deep, relaxing breath (pause). Good, and going even further back now, going to your very earliest happy childhood memory... Being there now.” *(Explore this before moving on to the womb)*

(Womb Example) “Allowing your awareness to take you to an even earlier time now, a very special time when you were preparing to be born. Going to the time when you were in your mother’s womb, sometime after your conception but prior to your birth...Being there now...” *(Explore the womb prior to moving on to the past life.)*

(Past Life Example) “Rising above this time and space, and allowing your awareness to take you to another time, another place, another body, but you will know that it is you.... Going to another lifetime that is significant for you to explore now. Being there now, at 3, 2 and 1....) *(Explore 2-3 stops in the past life, very briefly before moving to the death scene and then the spirit realm where LBL occurs).*

Transitions

Staircase

(This is a more directive regression method that can be used with clients who require a more directive approach.)

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.

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 relaxed 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...

(Explore some details and feelings with open-ended questions that fit the clients experience. Pause between questions and adjust in alignment with their receptivity and flow.)

Good, this is how these memory warm-ups work. You're doing fine. Feel yourself now detaching from this time 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.

(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. And, describe to me your earliest happy memory as a child.

(Don't rush, wait for a response.)

Useful Facilitating Questions and Phrases

Open-ended non-directive questions used appropriately and in context with the client's unfolding session will help you facilitate the session by moving the client along, exploring, and digging deeper for more insights to benefit your client. There is a natural flow to each and every session. Your client may visit some or even many of these areas in spirit but in no particular order.

The general open ended questions can be used to explore in most of the areas souls visit and to facilitate movement from one area or experience to another.

If there is an area of special interest to your client and they are not going to on their own or with their guide, you can use the appropriate facilitating questions to move them to that area.

Feeling Questions

- How does that make you feel?
- And how does that feel?
- Take some time to just really feel into that.
- Take some time to just absorb that.
- When your guide shows you this, how do you feel?
- What is that like for you?
- How does that feel?
- What are you feeling now?
- And as you bring your awareness down into your heart space, and taking a deep breath now, what are you noticing?
- And as you connect with that experience, notice what it feels like. And what do you notice?

Gaining Deeper Insight Questions

- Help me understand what is happening.
- Help me understand what that means.
- Help me understand what your guide means by that. Ask your guide...
- What is your sense of why your guide is showing you this?
- And what do you notice?
And what else do you notice?
- And then what happens?
- Help me understand (what was shared)
What do you mean (what was shared)

Tell me more about (what was shared)

If your guide (Higher Self, Soul, Soulmate, Council) has a message for you, what would that be?

- Allow the impressions to form now...
What is important to you about this experience?
- What else do you notice?
- Describe to me what you are noticing.
- Describe what is happening.
- What are you sensing?
- Good, and taking a nice deep breath, more details are coming now... and tell what you're experiencing.
- Taking as much time as you need, and when you notice a shift, just let me know. (Not really a question but open ended guidance for inner transformation.)
- Take a deep breath and as you exhale, allow yourself to be aware of additional insight, wisdom, knowledge and understanding (perhaps add from your HS, Guide, Soul, Council, etc.)

Conscious Interference Questions

- Listen with your heart and soul.
- (When a client says, "I don't know")... That's right. You don't know, and you don't have to know, because your soul knows. (then deepen the client)
- Be open to all that your guides and loved ones have to show and tell you.
- Thank your mental mind for trying to help you with this and remind it that you need it to step back and observe in order to help you.
- Ask your mental mind what its concern is.
- Bring your attention back to the center of your chest and belly. And listen with your heart and your soul.
- From that higher, more objective perspective, what is it you would like to tell the human you, laying there?
- Invite your inner wise knowing to guide you with the next breath.
- Ask your mind to sit or lay there next to you, to observe and record what happens. You can even imagine giving it a pen and paper to write questions and remarks for you to consider later, when it's time to integrate the information.

Moving through Time Questions

- Where do you go next?
- And then what happens?
- And what happens next?

- That's right, and what's next?
- And then where do you go from here?
- Moving forward, what happens next?
- What is your sense of what is happening now?
- And then where does your guide take you?
- Are you moving quickly or slowly?
- Does it feel like it's time to move on now?
- Moving forward now to the next significant event, (pause), be there now.
- Allow the next breath to guide you to the next significant event/stop

Station Stop Questions and Phrases

These questions are a resource for you and are not meant to be read in sequence but are to be chosen and used in context with what the client is experiencing. Remember, your client may not visit all of the stations and also the order in which they do visit stations varies greatly. This is NOT a checklist and not all questions will be asked in session. These are simply options and examples. Stay with the client and explore what it is they are telling you before moving on to another topic of exploration.

1. Childhood Facilitation Questions

- And what are the first things that you notice?
- And what do you notice happening?
- Are you alone or are you aware of others?
- If you look or sense off to your left or right, what do you notice?
- Are you sitting, lying, or standing?
- How are you feeling (take time to anchor in positive emotions)?
- What seems to be happening?
- What are you doing?
- Notice how you are dressed.
- What is important about this for you?

2. Womb Facilitating Questions

Here the session shifts from subconscious memory to soul memory. You have the opportunity to begin to explore soul nature and purpose as well as relationship to body, family and life on earth.

- As you move into the womb and your developing body what are the first things that you notice?
- What are you noticing about your surroundings?
- What do you see, feel or hear there in the womb?

3. Questions about the Body and Brain while in the Womb

- Can you tell me about joining this developing body?
- When do you come into it?
- How is it for you to join this body?
- Turning your awareness to this physical body and brain... What are your first impressions about this body?

- What is it like to operate this body?
- What are your impressions about this brain you are working with?
- Do you sense that this body is a good match for your soul's consciousness?
- Is there a character difference between this body and the character of your soul?
- At what month do you first join the fetus?
- What is it like for your soul to come into and integrate with this body?
- Is the integration process with this body easy for you or challenging?
- How does this body compare to other bodies you have had before?
(Only ask this if other questions have received responses)
- Why did you choose this body?
- What do these impressions about this body and brain tell you about the life you are about to live?

4. Questions about the Mother

- Turning your awareness to mom...
- Do you sense mom's heartbeat?
- Can you sense how mom feels about this pregnancy?
- Do you attempt to communicate with your mother from time to time?

(If yes, follow up with next question)

- Does your mother receive or respond to your communication in any way? If yes, how?

5. Questions about feelings around this coming life

Only ask these if they are getting adequate responses to other aspects of the womb as these are deeper level questions, unless they organically come up for the client first)

- How do you feel about coming to be born into this life?
- What is your sense of why you are coming to be born?
- How are you feeling about coming into this developing body and coming to be born?
- What is it you are hoping to do and learn in your coming life?
- About how far along are you?
- When you connect to your mother what happens?
- How is she feeling about being pregnant?

- What's your sense of why you are coming to this particular mother/family?
- During the time that it takes your body to develop, do you stay there with it, or do you come and go?
- (If goes) Where do you go and what do you do? (This can be an entry to spirit. Might skip past life)
- (If stays) Help me understand why you stay and what you do while there.

6. Past Life Facilitating Questions

Briefly explore a few significant scenes in the life to get the general story and then move to the last moments of that life. Stay with the experience of the client and the context of what they give, initially repeat back some of what they state.

- And just describe to me what you are seeing or feeling
- Describe your surroundings
- Do you have a sense of being indoors or outdoors?
- Is it day or night?
- Are you alone or are you aware of the presence of others?
- What is your sense of what is going on?
- What do you seem to be doing?
- Checking your body, are you male or female?
- What seems to be your approximate age?
- By what name are you called?
- Tell me more about your life. What are your days like?
- Do you live alone or with others?
- Are there other significant people in your life?
- How are you feeling at this time of your life (or in this moment of your life)?
- Moving the scene forward, what happens next?
- Moving to another significant even in that life, what happens next?
- What is the overall feeling in this life?

(After briefly exploring two or three significant events in that life move to the last day of the life)

7. Death Scene Facilitation Questions

- Find the last breath, find the time when the soul leaves the body. Let me know when it's all over, you can just say, 'I am out.'

- As you move away from the physical body, realize that you can release all physical pain or discomfort, leaving that behind.
- Let me know, where are you in relation to the body?
- Now that you have left the body, realize that you are in touch with your inner, true self, which makes it easy for you to share your experiences in this soul state with me. As you feel your mind expanding into the highest levels of your being, you realize that your spirit has been through this experience many times before. Soon it will be time to return home.
- In this soul state, you are directly connected to the highest consciousness of your mind with access to all the stored knowledge of your entire existence. As an eternal, timeless being you realize that you are unique and you are ready to connect with your immortal Life Between Lives. As you connect with your inner vision, your inner hearing and your inner knowing, you realize that you can easily connect with your soul experiences, share what you receive and respond to my questions about your life as a soul.
- Moving to the last moments of that life, where are you in relation to your body?
- Are you in it, near it, or above it.
- (If in body, move them out) Leaving your body now, how does it feel to be out?
- Looking back at that scene/your life, what are your first thoughts and feelings?
- What do you feel you accomplished?
- Do you have any regrets?
- What do you feel you learned?
- What do you or not do next time around?

Comforting Those Left Behind

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

- Do you feel a need to comfort those left behind, or are you ready to begin your journey into the spirit world?
- Who do you reach out first to comfort?
- How do you reach out to comfort them? (*Ask for details!*)
- Do you sense they are aware of this connection?
- Do you feel you are successful, as a spirit, bringing comfort to this person?
- Are there others you need to comfort or is this complete?

This is similar to Embed #8

- You have been this way many times before, allow yourself to begin this journey. As you move away from the body you may notice a light or a tunnel. It might feel as if you are moving through clouds, space or you may sense you are moving through nothingness. Let me know, what you are experiencing.

- You know where to go, because you have been through this many times. As you begin this journey, let me know if you feel you are moving on your own or perhaps you sense some kind of assistance. And what do you notice? Continue on this transition to the spirit world and let me know more about your experiences during this transition into the spirit world.
- Allow yourself to become more aware of your surroundings, perhaps you notice the area around you is light or dark. Tell me more about your experience.
- Are you still aware of the earth or have you moved beyond the physical realm?
- (Should client blocking occur here because the client feels stuck in blackness see page 62)
- You have been this way before. Just keep moving and let me know if you feel you are on this journey alone or if there are others assisting you with this transition.
- You may be more aware of your immediate surroundings, or you may see way off into the distance, let me know what you are experiencing.
- You may experience movement or stillness, light or darkness or colors. Continue moving with an awareness and expectation that you are well on your way. Let me know what you are experiencing.

(Continue asking open ended questions, with an awareness that with some clients you may need to be a little more direct during this part of the experience.)

- Do you move away quickly or slowly?
- Are you looking back or towards where you are going?
- Are you moving of your own accord, or do you feel you are being drawn away?
- Where are you going?
- What's your sense of where you are now
- What's happening now?

8. Gateway Facilitating Questions

(First Contact and Interaction with Welcoming Spirits during the Crossing)

- How do you feel now being free from the body of (Past life name)
- As you become aware of the vast expansiveness of your eternal home, your initial awareness may be subtle, or it may be more vivid. Notice what you notice, and let me know if you have a sense you are alone or you are aware of others.
- Who is there to greet you?
- And then what happens?
- Moving forward, what happens next?
- It's ok, you have done this many times before...

- Give yourself some time to adjust...
- Are you aware of the presence of your guide or a loved one?
- And who is there to greet you?
- (If there are others) What can you tell me about the others, do they feel more like friends and family or more like teachers and mentors or it could be a combination?
- (If friends and family) If the friends and family had a message, what would that message be? (repeat the response and ask for more information)
- (If teachers and mentors) If the teachers and mentors had a message, what would that message be? (repeat the response and ask for more information)
- Notice how it feels as you connect with these other beings. Tell me more about how you perceive them during this part of your experience.
- As you connect with these others, let me know what you are experiencing. You may notice these spiritual beings in somewhat of a human form or they may just be light. Be aware of what if any colors they are projecting... and what you notice?
- Take a deep breath and breathe in this experience as you connect with these welcoming beings in the spirit world. Let me know what you see and feel now and tell me what happens next.

9. Blocking Facilitating Questions

(Use these techniques if your client is blocked from entering spirit. Skip this section if not applicable)

- I realize that communication with your guide is sacred and personal and I honor this. But it is important that you report back to me what you are receiving so that I can assist you in getting the most out of your experience.
- Realize that you decided to explore this experience to gain access to spiritual knowledge and understanding that is important to your current life. I need your assistance and cooperation in helping me with this task so it may be recorded.
- I'd like to get your permission to speak to your guide through (Client Name)'s body. May I have permission to speak with your guide? Thank you. May I speak with (Guide Name)?
- [Another way to make this connection is by asking for messages from the guide, relayed to you through the client. When you get a message, ask the guide for more information, referring to the client in 3rd person. For example, if a response is (Client) needs to meditate more, you can ask, how often does (Client Name)

need to meditate. When the response references the client in the 3rd person, chances are you are connected with the guide.

- This is a more subtle way to make this connection, especially if you feel the client is having trouble getting messages from spirit. If they respond, I don't know, that is likely the client. You might say, I know you don't know, take 5 steps back and allow me to talk with your guide. May I speak with (Guide Name)]

(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 the information you share with 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 calling 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 one your guide is going to float down to you and you can describe this being to me very clearly. Ready... THREE... TWO... ONE! (Place your hand on your client's forehead if in person.) What do you notice?

If you continue having problems moving client turn to helpful hints on page 101.

10. Initial Contact with 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.)

- Be aware of any of them that seems to stand out or seems more important to you. Perhaps one seems larger, brighter or is projecting a different color than the others.
- If there is one who seems to stand out from the others, what are your thoughts or feelings about this being? If this one had a message for you, what would that be?
- As you feel into this being, let me know if you sense more of a male or female energy or perhaps neither or both.

- Are you aware of any physical features or is this more of a light being? Describe what you notice about this one.
- What is their role in working with you? Do they only work with you in the spirit world or do they also work with you in your life today?
- If your guide had a name, what would that be? You may ask them to sound out the name slowly or to spell it. (Often tapping on the forehead when asking for the next letter seems to help.)
- I realize no earthly speech sounds exist in this place, but what additional messages are being shared with you at this time. ?
 - Allow yourself to etch in your conscious mind all of the features and characteristics of your spirit guide so that these mental images always remain with you.
- What does your guide have to share with you about your performance in the past life that just ended?
- If your guide had anything else to share with you, what would that be?

11. Orientation Facilitating Questions

(This is a time for debriefing and adjusting to life in spirit)

- What does your guide have to share with you about your goals that were established in preparation for past life? How does your guide feel you did in meeting those goals?
- In terms of these goals in your past life, what was your greatest achievement? What was your greatest disappointment? What could you have done better?
- How does your guide feel you are doing with your continuing development as a soul?
- What is your guide's role in helping you before, during and after your lives?
- As you visit with your guide, are there any comments or opinions about your overall advancement as a soul?
- If your guide had any advice for you at this stage of your journey, what would that be?
- What else does your guide feel you need to know at this time?
- If there was one more piece of wisdom, knowledge or understanding that your guide has to share with you, what would that be?
- (Often the guide will decide enough is enough and will take the client somewhere else without you even discussing moving on. This allows the process to flow smoothly. YOU may need to prompt the client to find out where they want to go or where they need to go.)

- There are so many opportunities to learn and grow during your time here in the spirit world. Perhaps you have an idea where you'd like to go now or your guide may have something in mind. So let me know, what would you like to experience next in the spirit world?
- If they are not sure where to go next, share the possibilities with them, we visit your soul group, the council, the library... where would you like to go next?

If absolutely necessary, consider asking a more directive question, such as:

1. Do you feel it is time to rejoin your friends? (*Usually the answer is yes.*) Great, let's go visit your soul group now.
2. 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? Allow yourself to go there now.
3. Is there more you want to explore with your guide or are you ready to move to another area?

12. Guide Facilitating Questions

- How does your guide appear to you?
- Why is your guide appearing to you this way?
- By what name do you call your guide?
- By what name does your guide call you?
- Are you alone or are you aware of the presence of another?
- What is your sense of how many there are?
- What is it your guide is communicating to you
- What does your guide want to show you or tell you?
- How does your guide feel that you are doing in your current life as (current life name)?
- What is your sense of what your guide wants you to understand about this?
- What is the most important thing that your guide wants you to get today?
- Do you want to ask your guide about (insert client's question)?

13. Healing and Rejuvenation Facilitating Questions

(If your client is in need of healing in their current life (or past life from the session) you may be able to access a place of healing for them in spirit

You might ask (guide/wise beings/loved one) if there is a place you can go or a place they can take you to receive some healing for (client's issue.)

Take all the time you need here and when it feels complete, just let me know.)

- Is there a need for rest or some healing?
- How does this healing happen?
- Notice the effect it is having on you.
- Take all the time there that you need. When it is complete just let me know.
- How are you different now?
- What is your sense of why this healing was necessary?

14. Life Review Facilitating Questions

- How is this review conducted?
- What is it they want you to learn from this?
- How do you feel you did?
- How do they feel you did?
- What is the most important thing for you here?
- How do they feel you are doing with that in your current life?
- Do you want to ask anything about what you have been shown/told?

15. Council/Place of Higher Wisdom Facilitating Questions

- How many beings are there?
- How do they appear to you?
- How do you feel in their presence?
- What is it these wise beings (balls of energy) want to show or tell you?
- I wonder if you want to ask these wise beings about (client's questions)
- What do they most want you to know?
- How do they feel you are doing in your current life?
- How do they feel you are developing through lifetimes?
- How do you feel about what you have been shown/told?

- Is (name of current human self) ready to fully receive this insight/wisdom?

If directiveness is needed to get them there, you can say:

- You may ask your guide now to take you to a Place of Higher Wisdom. (It might be a place where you can meet with a Council of Wise Beings, or some other place.)

In case of blocking or if there is no guide yet:

- I will count for you from 3 to 1 and you will be taken to some other Place of Higher Wisdom where you can gain more insights and answers to your questions. 3, 2, 1 and be there now.
- How does that place appear like? Take some time to sense that place. What do you notice? How would you describe that place to me?

16. Soul Group Facilitating Questions

Initial contact with soul group

- And as you continue to move through this experience, notice if there are others that you feel connection and resonance with?
- And as you connect with the energy of these souls, notice if it's time to meet with them, or if you feel a kind of inner pull drawing you forth.
- Taking as much time as you need, as you arrive, notice what's happening with this group or gathering.
- And noticing now if there is a connection to this current life?
- How does it feel to be back with these close soul friends?
- About how many are there?
- How do they greet you?
- Who comes forward first?
- What is it they want to communicate to you?
- Is there something that you want to tell them?
- Tell me what is unfolding for you?
- How does it feel to make this connection?
- In what way is the connection unfolding?
- As you draw near, describe what this experience is like for you.
- Does it feel like a kind of reunion or some other type of gathering?
- What is it like for you to make this connection?

- As the details fill in, notice if there is organization or a shape to the way these beings are arranging themselves.
- Does it feel intentional or random?
- If organized, it could be in a line, a circle, a half-circle, bunched, or not organized.
- What do you notice?
- Good. Now, if you were able to count those gathered here, getting a sense now, of how many beings are present in this grouping?
- Where are you in relation to them?
- You might imagine using the orientation of a clock or perhaps a compass.
- Take your time as you connect with this information.... And describe how things are unfolding for you.
- Tell me about these souls one by one, starting with the first one that stands out to you.
- Is there meaning in the way this soul positions themselves?
- Do you get a sense of their energy?
- Is this soul familiar to you in some way? Perhaps from your current life or in some other way?
- Is there an immortal soul name for this being, feeling into that now and getting a sense of that name, perhaps hearing it with your inner hearing, or dropping into a knowing about that name.
- And tuning in now to the sound of your own soul name, What do you find?
- Taking in the energy of these beings as a group and individually. Notice if there are distinctions you can make. What do you notice about their appearance?

Examining Character Types in Groups

- Of all the souls here in this group, notice who among them, if any, are in your current life.
- Of the soul's here that are in your current life, who are the souls that reincarnate most often with you and why?
- Explore and get curious about the souls in your group. Notice the connections and how they are significant in your soul and human lives, including the current life.
- Notice and identify the different character types and personalities and the connection you share with them. Are there those that you are closest to? Get a sense of your own immortal character, now.
- In terms of your soul's evolution, help me understand where you and your group are. Do you all evolve at similar rates? What is evolution like for you and for those in this group?

- Notice what thoughts, feelings or images are communicated from your group. Are there any messages that you're receiving now? Just allow yourself to receive that, and let me know when that feels complete.
- Notice if there is anything meaningful or important flowing between you and your group that is important for you to share.

Soul Group Dynamics (An Optional Exploration)

- If I were a visitor to your group, what might be some impressions I would take from that experience?
- Tell me about how you all came to be in a group together? What brought you together in this way?
- What is the experience of life in your group? Are there ways that you and others in your group like to do? Are there activities you engage in?
- Help me understand the soul dynamics of this group. Are there commonalities or themes amongst you? Perhaps talents, interests, goals that connect you?
- Are there areas of specialization that you and/or your group aspire to or focus on?

17. Library Facilitating Questions

- Describe this place to me in as much detail as possible.
- What is it that happens here?
- Are you alone here or do you have some assistance?
- What do you do here?
- I wonder if you can find answers here for some of the questions you have come with?

18. Other Incarnations/Traveler Soul Questions

When working with a traveler soul (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.

- 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?

- Tell me about this place.
- What is your body like?
- What do you do here?
- What is being incarnated here like?
- Are there other beings here too or just you?
- What is life like here?
- What is the reason or purpose for incarnating here?
- What did you learn about this world which you carry with you today?
- How does living in this place serve the development of your soul? (What does this incarnation provide for your soul's development)?
- Is there anything beneficial from this world that you have gained and brought into your life as a human on Earth, or no?
- Does this still exist and what is its name?
- If this planet had organic life, what was the most intelligent form? *(Usually, this form was the client's body while incarnating)*
- Tell me what you looked like on this planet, your thoughts and range of activities.
- Why did you stop incarnating on this world and decide to come to Earth?
- Explain the differences in mental make-up between your body on this alien world and your human body on Earth.
- Compare the technology of this world to Earth.
- Is there anyone in your lives on Earth who was with you on this world?
- Is Earth your primary place of incarnation or do you incarnate elsewhere?

19. Classroom Activities

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

Training in the Creative Use of Energy

- Are there areas inside the spirit world where you or your friends are trained to use energy creatively?
- 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:

- 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? (If so) What is that like for you?

20. Recreation

- What forms of recreation do you prefer when you are not being evaluated by counselors or undergoing specific training?
- Tell me about these activities
- What do you enjoy most about them?
- Do you ever visit other dimensions outside your home area for purposes of recreation, or study and reflection? What do you do there?
- As a spirit, do you ever visit places you have lived on Earth in physical incarnation? How do you do that?

21. Life and Body Selection Facilitating Questions

- Do you feel ready to move to that time and place where you made plans for your current life?
- Do you do this alone or do you have assistance?
- What is it like for you to explore bodies and plans for your current life?
- How does this process take place?
- What is it you are hoping to learn and do in your coming life as?
- Help me understand why it is important to you to _____?
- How does your guide/council feel about this plan?
- How do you feel about this plan now?

22. Drawing to a Close Facilitating Questions

Check to be sure you have explored the main topics and questions your client has come with before emerging.

- We are nearing the end of our time together here today. Are there any other questions you want to ask or anything more you want to explore?
- Are there any other questions you want to ask or anything more you want to explore before you begin your return journey?

- What is the most important thing your (guide, council, loved ones) want you to know today?

23. Emerging Facilitating Questions

- Beginning to prepare for your return journey now.
- Remembering all that you have learned and experienced.
- Bringing with you all of the love, and light and insights.
- Knowing that you can return easily on your own to connect with your guides and loved ones.
- Knowing that we have time to review, gently and gradually begin your return to this day and date, to this time and place.
- Coming all the way back to this room and to your body resting on the (chair, couch, bed)
- Coming all the way back now
- Counting 1-10 with lots of grounding and body awareness suggestions.

24. Summary/Integration Facilitating Questions

Hold space and don't talk right away. Give the client time to ground and marinate in their experience! Be comfortable with the sacred silence. Wait for or invite the client to share before offering a review. These are some possible questions but not all clients will want or need to discuss right after the session. Some facilitators schedule a follow-up in the near future, others process after the session. Match the energy of your client. If they are needing time to process and integrate, honor that.

- How are you feeling?
- Would you like me to review the highlights with you?
- Remember that first childhood experience where you were feeling so care free!
- And in mother's womb you were so clear about why you came into this life and what you wanted to learn!
- That past life makes so much sense now doesn't it?
- You sure moved quickly away from the death scene and into spirit.
- The greeting by your guide was so beautiful. You felt so loved and understood.
- Remember how many times your guide reassured you that you are doing so well!
- What stands out most to you from what your guide showed/told you?
- What stands out most for you from your visit with those wise beings?
- Do you remember what your (grandmother/father/ other loved one) said to you?
- How did it feel to be back home again?

- I wonder how what you know now from this journey fits into your life?

COMBINING THE ELEMENTS OF AN LBL SESSION

The following is an example of how you can put the pieces we have provided you with into a full LBL session. LBLs unfold dynamically and can go many directions. It is always best to track your client rather than to try to fit them to the methodology.

In planning your LBL exchanges please take time together to pair up the appropriate inductions and deepeners and then use the embeds, transitions, and facilitating questions and phrases appropriately as you conduct your sessions to meet the individual needs of each client.

Sample Session Outline

This outline is intended as an example of how you can combine the different elements above to facilitate an LBL. Please keep in mind that your client may not visit all of the areas listed here and that the order in which the client travels back to and through the spirit world will vary greatly from session to session.

Progressive Relaxation	Induction #1
Safe Space	Deepener #2
Counting	Deepener #3
Deepening and responding	Embed #1
Protection	Embed #2
Love and support	Embed #3
Vehicle	Embed #4
Bubble of Light	Transition #1
	1 or 2 Childhood memories
Bubble of Light	Transition #1
	Earliest childhood memory
Bubble of Light	Transition #1
	Womb
	Womb facilitating questions

Inner journey	Embed #5
Integration	Embed #6
Maintain contact	Embed #7
Bubble of Light	Transition #1
	Past life
	Past life facilitating question
Bubble of Light	Transition #1
	Death scene
	Death scene facilitating questions
Release	Embed #8

(Upon leaving the body soul consciousness expands fully as it travels into spirit. Although you may move the session along by asking some facilitating questions like “and then where do you go” or “and what happens next?” You will NOT continue to use a vehicle (light or any other) to move from place to place. **(Remember the places visited and the order in which they are visited may be different than listed below)**)

Gateway

Gateway facilitation questions

Welcome

Welcome facilitation questions

Guide

Guide facilitation questions

(Possible life review)

Rejuvenation

Rejuvenation facilitation questions

Soul group

Soul group facilitation questions

Council

Council facilitation questions

(Possible life review)

Library

Library facilitation questions

Other areas

Other area facilitation questions

Drawing to a close

Drawing to a close facilitation questions

Emerge

Emerging phrases

Integration

Summary and integration phase

SAMPLE SESSION

The following sample session is provided to give a clear example of how you can combine the elements of a LBL into a session. It is not intended to be used as a script to facilitate a LBL but as a sample from which you create your own script or plan for facilitating a LBL.

Induction #1, Progressive Relaxation

Allow your eyes to close ... 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.

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, feel 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 relaxes deeper... 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 relaxed, and your higher mind clear, alert and receptive. Your consciousness expanding beyond the limits of your mental mind.

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 resting deeply 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 and transport you back in time. Its strength is reinforced by the energy of higher beings who watch over you and are here today to help us. Feeling sooo secure...you can better receive messages, ideas and understandings 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.

Deepener #2, Safe Space

Very comfortably floating and drifting now, floating and drifting from this space and allowing your awareness to take you to a safe, comfortable place created just for you (pause). You might be indoors or out, a place you are familiar with or one created by your imagination, but one where you feel so safe (pause). Using all of your senses now, vividly imagining you are in this space right now in this very moment (pause).

Noticing what you see, sense or feel. Allow yourself to fully experience this safe and comfortable space (pause).

And what are you noticing?

(Pause and wait for client response... have them describe it, get to know it, sink them into the experience and use the client's words to repeat some of their experience back to them, THEN ask how they feel in this space...anchor the positive feelings they describe into their body by having them breathe the feeling into the body.)

Example (if the client were to describe this, you can repeat back):

“That’s right, noticing the forest, the leaves gently blowing in the breeze. Sensing nature all around you, the trees, birds, the air, smelling the Earth...Taking it all in” “Noticing the feelings of peace and calmness and breathing these feelings into the body now, anchoring them in as each and every cell opens to receive this feeling of peace....”

Deepener #3, Counting Down

And you'll notice that with each number I count now, you will feel yourself going deeper and deeper within, letting go more and more now....

10... Remaining fully in control, just more deeply relaxed

9... Letting go in a way that feels safe and comfortable for you

8... Even deeper now

7... That's right, even more comfortable.

6... Seeing with your inner eyes

5... Hearing with your inner ears

4... Knowing with your inner knowing

3... Going twice as deep now, even more deeply relaxed

2... Expansive, comfortable, floating and drifting

1.... So safe, so comfortable,

Embed #1, Deepening and responding:

“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 #2, Protective suggestion:

“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 #3 Reminder of the love and support for the client:

“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 #4, Vehicle to move through time:

“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.”

Transition #1, Bubble of Light

This beautiful bubble of light keeps you safe and protected and remains with you all throughout your journey.

Positive childhood memory

Noticing now, that this bubble of light comfortably floats and drifts from this space. Floating and drifting.... Drifting and floating.... And even begins to float beyond this time and space, taking you further back through time now, to an earlier time. Back to a happy or enjoyable time in childhood. 3, 2, 1, and be there now.

And what are the first things that you notice? What seems to be going on? Are you alone have a sense of being with others? About what age do you seem to be? Just describe your surroundings for me or perhaps tell me what it is that you are wearing. And how are you feeling?

(Ask exploring questions related to what your client is experiencing)

Transition #1, Bubble of Light

Earlier positive childhood memory

Continuing back now in your bubble of light, back to an even earlier time. Another happy or enjoyable time. Going back now even younger even earlier. 3, 2, one, be there now.

Good, and notice what it is that's going on around you. What do you notice? Do you seem to be alone or are there others with you? Notice how you're feeling.

(Ask exploring questions related to what your client is experiencing)

Transition #1, Bubble of Light

Earliest positive childhood memory

Bringing those good feelings with you go back now to your earliest pleasant or enjoyable childhood memory. 3, 2, one, and be there now. And what do you notice? Notice if you're sitting lying down or perhaps being held? What is going on around you? And how are you feeling in these moments?

(Ask exploring questions related to what your client is experiencing)

Transition #1, Bubble of Light

Womb

Traveling back now to that very special time and your mother's womb. Moving into your mother's womb and your developing body, what are the first things that you notice? As you move into your developing body you may want to attempt to operate it, to move something, a hand or a foot. And what's that like for you? How are you feeling about coming into this body and coming to be born? What is it that you hope to do and learn and

work on? How is this body that you were coming into going to be important for you in this life to come? How were you feeling about coming into this family? If you turn your attention towards mom, notice how she's feeling about being pregnant. And how is she feeling? How did these feelings influence and affect you and your development there in the womb? During the time that it takes your body to develop, and it takes some time, do you stay there with it or are there times where you leave and go off somewhere else? (Possible entry into spirit from womb)

(Ask exploring questions related to what your client is experiencing)

Embed #5, Journey within:

“Soon we will be entering the high realm of your soul mind...a world that is always accessible within you.”

Embed #6, Integration and healing:

“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 #7, Maintaining contact:

“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 your life on earth.”

Transition #1, Bubble of Light

Past Life

Traveling all of the way back now from your mother's womb, to another lifetime. Going all the way back to a most recent previous life or even more significant one. Going all the way back now, trusting what comes. Going back now 5, 4, 3, 2, one, and be there now.

And what are the first things that you notice?

(Briefly explore 2 or 3 significant events in the PL and then move to the end of the life)

Death Scene

(This is the beginning of a major transition point in the session as the soul consciousness expands and prepares to enter the spirit realm. From here on we provide you with some suggested questions to help you get started with each area of exploration. You will find many more helpful questions in the corresponding sections in the previous Facilitating Questions and Phrases section.)

Moving now to those last moments of the life you are exploring. And be there now. Just tell me what's happening (Pause and allow for response time). Are you still in your body or near it or above it?

From this higher perspective, looking back over that life, what are your first thoughts and feelings? What do you feel you achieved? Do you have any regrets? What do you say to yourself about what you want to do or not do next time around?

(You will no longer use the ball of light from this point on, but you may need to assist the soul in moving away from their body and into spirit)

Do you move away from your body quickly or slowly? As you move away are you looking back at the scene or towards where you're going? Are you moving of your own accord, or do you feel drawn or pulled?

Gateway/welcome

As you move away, describe to me where you are going. What it is that you're going towards. And then what happens? Who is there to greet you?

How does it feel to be back? Taking your time to adjust, what is it that happens next?

(Ask exploring questions related to what your client is experiencing)

Transition: Is your guide with you? or, Where is your guide taking you now? or, Where do you go next? or, What happens next?

Guide

How does it feel to be in the presence of your guide? How does your guide appear to you? What is it that your guide is communicating to you? How does your guide feel you've done in the life from which you've just come? What is your guide's name? And by what name does your guide call you?

Do you want to ask your guide about (client's questions)?

(Ask exploring questions related to what your client is experiencing)

Transition: And then where do you go? And what happens next? Where does your guide take you next?

Rejuvenation

What can you tell me about this place of healing that your guide is taking you? And what is it that happens there? How does this happen? What effect does it have on you? What is different about you after this healing? When this healing and rejuvenation is complete how do you look and feel?

(Ask exploring questions related to what your client is experiencing)

Transition: Once this healing and rejuvenation is complete, where do you go or what happens next? or Do you feel ready to meet with higher beings who can be of assistance to you? or Does your guide feel its time now for you to meet with higher beings who can be of assistance to you?

Council

- How many of these beings are there?
- How do they appear to you?
- How do you feel in their presence?
- What is it these wise beings (ball of energy) what to show or tell you?
- I wonder if you want to ask these wise beings about (client's questions)
- What do they most want you to know?
- How do they feel you are doing in your current life?
- How do they feel you are developing through lifetimes?

(Ask exploring questions related to what your client is experiencing. This is often a place to get your clients questions answered.)

Transition: When your meeting with these wise and loving beings is complete, what happens next? or When this meeting is over, what happens next? or Where do you go from here?

Soul Group

And as you continue to move through this experience, notice if there are others that you feel connection and resonance with? And as you connect with the energy of these soul's, notice if it's time to meet with them, or if you feel a kind of inner pull drawing you forth. Taking as much time as you need, as you arrive, notice what's happening with this group or gathering.

How do they greet you? Who comes forward first? What is it they want to communicate to you? Is there something that you want to tell them?

Tell me what is unfolding for you? How does it feel to make this connection? In what way is the connection unfolding?

(Ask exploring questions related to what your client is experiencing)

Transition: Once your meeting with your soul friends is complete, then where do you go or what do you do? or After meeting with your soul family, where does your guide take you next?

Library

Describe this place to me in as much detail as possible. What is it that happens here? Are you alone here or do you have some assistance?

What do you do here? I wonder if you can find answers here for some of the questions you have come with?

(Ask exploring questions related to what your client is experiencing)

Transition: Now that you have fully explored this hall of wisdom (library) where do you go and what do you do next? or I wonder if your guide can direct you to a place where you could receive some healing for (client's health concern or life issue)?

Place of healing

And how does your guide respond? Where do you go and what happens there? Just take it in and notice the effect it has on you. Take all the time you need here and when it feels complete, just let me know.

(Ask exploring questions related to what your client is experiencing)

Transition: Once this healing is complete, where do you go? or, Once this healing is complete, where are you directed? Or, Perhaps you feel yourself being drawn to the time and place where you make plans for your coming life as (client name)?

Life and body selection

(Ask exploring questions related to what your client is experiencing)

Transition: Before you begin your return to your current life as (client name) is there anywhere else you need to go or anyone else you feel you need to meet with?

Drawing to a close

Before returning, is there something more you need to do or explore? or, Are there any other questions you want to ask or anything more you want to explore before you begin your return journey?

Before returning, just take some time to bask in the energy of this loving and light filled place. What are the most important things for you to get here in spirit before you return? or, What is the most important thing your (guide, council, loved ones) want you to remember today?

(Help your client summarize their experiences in spirit)

Emerging

Remembering all you have seen, felt and experienced as you begin your journey back. Knowing that you will find it much easier now to connect with your guide and loved ones. 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, 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.

Coming all of the way back now. Back to this day and date. Back to this room. Back fully into your body. Feeling your feet and toes. Hands and arms. Feeling the chair/couch/or bed beneath you. Grounding and reconnecting. Taking time to process what you have just experienced.

1 coming up now. 2 all the way back. 3 Grounding and reconnecting. 4 that's right. Back to this day, date, time and place. This room, all the way back into your body. 5 coming up. Consciousness returning to its normal state. 6 Breathing deeper again. Moving hands and feet. 7 knowing that we have time to review. 8 that's right, coming back now. 9 and 10, all the way back allowing your eyes to open. Grounding and connecting.

(Take time and be thorough bringing your client back to their normal state of consciousness)

Summary and integration

(Give your client time here to begin processing their journey. Be quiet and listen before asking questions. Hold the space and let them marinate!)

Is there something about your journey that you want to share with me?

What stands out to you most about your journey?

(Review the highlights and most significant moments of the session for your client without analyzing or over-intellectualizing it, remembering there is a very energetic aspect to the session that needs to be integrated as well.)

LBL FLOW CHART

Intake	Induction/ deepening	Childhood experiences	Womb	Past life	LBL
Client history	Set expectations and path..." you will experience... you will..."	Arrange transport -stairway -sphere of light -other	(move from client centered to Soul Centered)	Arrange transport to P.L. i.e. -Bubble of light	Use 3 levels of wisdom Identify Immortal Identity Fully associate into Soul
Cast of Characters	Embed anchors (conscious interference)	Happy childhood memory -How does it feel -Vividness, which senses -Detail questions	Dissociated questions "Observed Body" Difference from other bodies?	Offer PL choice May be most recent or most relevant	Immortal questions: "Tell me more" "Allow yourself to know" Open ended Questions
List of questions (themes)	Invoke spiritual guides and helpers	Reinforce communication again... "you will be able to speak..."	Prepare for transition to P.L.	Quickly Obtain -detail -presenting issue -short, condensed	Directed questions: "Are there wise beings who guide you?" "Would they be of help now?"
Extend/ develop questions	Induction of choice -Golden light -Mindful Awareness	Earlier happy childhood memory (Artfully vague)	Dissociate from Mother	Death scene (ticket home)	Integration questions "Help me understand what this means for... (Current Life Self)?"
Final bathroom break... (Both)	Deepening -safe space -Counting	Earliest childhood memory (forgotten)	Be prepared if the client goes to LBL from here	Declaration of physical death Gateway to Spirit	Emerging integration and eternal connection
	Embed Comm.. (Adapt to client) -Entering.. -Trust.. -Confidence -Release -Shield Communication	Kinesthetic impressions important		Entry to Soul State -Expansion of Consciousness -Movement and Release	

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 the 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 the 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?

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 associate fee of \$60 enables you to participate in the MNI member forum (Workplace) discussions with practicing LBL professionals, to help support you while you complete your case study reports. Associate members are also required to attend three continuing education 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

Upon the successful completion of the required case study reports, recorded session, and meeting professional requirements for membership, associate members become eligible for full MNI membership.

Full MNI membership includes a professional listing on the MNI website's referral page, participation in Workplace group discussions with other LBL professionals, access to promotional resources and marketing materials, and subscription to *Stories of the Afterlife* quarterly journal. The first full membership fee will be prorated based on the date your full membership begins. Subsequently, yearly membership runs Jan 1 - Dec 1, with renewal time for the following year beginning in November.

CERTIFICATION REQUIREMENTS & TIPS

A Letter from MNI's Certification Coordinator

Dear future LBL Facilitator!

I am so excited for you, at this moment as you take on this incredible journey of becoming an LBL facilitator, I know your soul is rejoicing.

I look back at my training often and remember it as such a pivotal part of my own soul's journey, a place in which I've made connections and friendships that I still have to this day, a place where I learned invaluable things, a place that set me on this amazing path in my life where I witness lives completely transformed in my presence doing this work. I feel honored and blessed to be called to do this work as I know you are!

We want you to know that as the Certification Team we want nothing more than to welcome you to our MNI family and so we want to set you up for success at the end of this training when you approach the certification process.

Our goal is to coach you on your sessions and give you your final review before setting you out into the world as an MNI LBL facilitator. There is no need to stress over this process, this is part of the learning path to becoming a successful facilitator, if you are asked to resubmit we encourage you to look at it as a blessing, a second opportunity to have a seasoned practitioner coach you on your work and help you succeed (but we hope you will get it right the first time!).

Here are some important points we want you to consider.

Always stay Client-Centered and hold Sacred Space

This is above all our job, to allow our clients to reveal their souls to us and to feel safe as we facilitate their journey to remembering who they truly are.

The manual, the questions, and the lessons you're going to learn are all here to support this journey and are important to display but want you to remember the core and main reason why clients come to see you –

TO REMEMBER WHO THEY ARE AND INTEGRATE IT INTO THE NOW.

I remember Dr. Newton telling us in class that “people will come to us for “regression” but really, our job is “integration”. What’s the point of remembering if we don’t integrate, understand, and apply it to our lives?

So, as they most likely will come with questions, and helping them receive answers to those questions is important, it’s more important to allow their soul to **lead them to the answers that they truly are ready to receive and help them integrate this information.**

We invite you to be a spiritual detective, “tell me more” should be your favorite phrase.

Here is a summary of the most important aspects of a session to pay attention to and demonstrate in your work with others as you submit your cases.

- 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.
- 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 beings who appear. If no name is given, you can ask that 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 (more detailed information on this can be found under “Certification Requirements & Tips”).

- For the cases you are submitting for certification please use the induction, deepeners, and transitions provided in this manual.

I hope this helps your certification process. I wish you so much success on your journey

Love and Blessings your way,

Hila Ferguson

Certification Coordinator for MNI

certification@newtoninstitute.org

LBL Case Study Report Submissions

LBL Associate Members' facilitated sessions must show the essential skills listed on page 18 of this manual.

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 Intake interview to the completion of the session including the exit interview. All five written case study reports and the single recorded session must be submitted together within 9 months of the date (unless otherwise discussed) of your LBL training and not before your first Continued Education meeting.

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 – Please follow the sample case provided for all the information required, including a time stamp of your stations.

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 one of the continuing education meetings or from an MNI mentor or post your question on Work Place for a response from our membership.

MNI Certification Requirements

Written Reports

Need to be between 2000 and 2,500 words and must be in the format provided here, and following the Sample case “Lucy”, which you will be provided.

Each one must include:

1. The date of the session and the student’s name and email address.
2. The first name of the client.
4. At least 3 or more of the typical stops in the Spirit World one of which is a place of Higher Wisdom.
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).

Please use the following headlines when writing your reports and place a “time stamp” next to each section –

1. Prior Hypnosis Experience of the Subject, Rapport Level, and Cast of Characters
2. Hypnotic Induction Methods Utilized During This Session – Include brief review of Childhood regression and Womb.
3. Brief Review of Death Scene – Include brief review of the PL.
4. Crossing Over

Orientation Stops for the Incoming Soul (please include at least 3 one of which is place of higher wisdom)

- The Gateway
- First Contact with Spirits
- Orientation Debriefing with the Guide
- Cluster Group Characteristics and Descriptions
- The Council or place of higher wisdom (required stop)
- Other Spirit World Activities (such as the Library, classrooms, other planets, other training, the Place of Rejuvenation, etc.)
- Next Life (and Body) Selection

Summary of facilitator's assessment of the session

- How was their Client's receptivity? Any resistance?
- What surprised them, if anything? What made this client's session unique?
- What did the client gain from the session? (This requires them to check back with students a week or two after the LBL)
- What did they learn from the session that will make them a better LBL therapist?

The Recording

Must include the "Pre – Talk" and "Emerging" (plus Exit Interview if applicable) – please keep the recording running until all conversation ends with the client. Audio Recording of Hypnosis should be between 2.5 - 4 hours with a minimum of 1 hour in the Spirit world.

Here is a suggested outline of Time Allocation for your recording:

Pretalk	30-45 minutes
Progressive relaxation induction	10 minutes
Deepeners (safe place imagery)	3-5 minutes
More deepeners (stairway, light bath)	5-10 minutes
Regression to childhood	10-15 minutes
Womb	10-20 minutes
PLR	15 minutes
Spirit realm	1-2 hours (60 minutes minimum!)
Emerging	15 minutes
Summary and integration	20 minutes

Important points

- You may not submit multiple cases from one client.
- All sessions are face-to-face sessions (live in person or on Zoom).

- Students may have a maximum of 1 submitted case from their classmates at their LBL training (not the recorded case).
- The recorded case must be of a person who has never had an LBL session before.
- We have limited availability to certify in other languages, please check with the Certification Coordinator and the Director of Education if needed.

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 Coordinator, all at the same time: certification@newtoninstitute.org.
- Your case study reports, and recording/video 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, you will be able to re-submit up to 3 times if necessary. 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 before your first CE meeting. ***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.
- **The five written reports must be emailed to the Certification Coordinator as attachments in either Word or PDF format. The audio/video recorded session must be done using a digital recorder or Zoom video and sent to the Certification Coordinator via WeTransfer (www.wetransfer.com).**
- A student's certification materials must be received by the Certification Coordinator within nine months of the end of the student's training. So, for example, if the training ends on November 13, 2022, the deadline will be August 13, 2023.

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:

- Time Allocation for a typical LBL
- If Your Client's Current Personality is Trying to Answer for Their Soul Identity
- Questions to Facilitate Spiritual Recall
- Clients who have Difficulty with Visualization
- Conscious Interference, Resistance and Blocking
- Techniques for Discovering Names
- The LBL Facilitator, Counter transference, and Personalizing Questions
- Confusing Personal Guides with Famous Religious Figures
- Signs to indicate that your Client is an Intermediate or Advanced Level Soul
- Progressing Clients into the Future

Time Allocation for a Typical LBL Session

Each session has a life of its own, but here are some general time markers for a typical LBL session. Having done a preliminary PLR with your client, some of these segments may be shorter for the LBL session.

Pretalk	30-45 minutes
Progressive relaxation induction	10 minutes
Deepeners (safe place imagery)	3-5 minutes
More deepeners (stairway, light bath)	5-10 minutes
Regression to childhood	10-15 minutes
Womb	10-20 minutes
PLR	15 minutes
Spirit realm	1-2 hours (60 minutes minimum!)
Emerging	15 minutes
Summary and integration	20 minutes

If Your Client's Current Personality is Trying to Answer for Their Soul Identity

If you see that your client'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.

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.

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?

Conscious Interference, Resistance and Blocking

1. 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:

A. 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).

B. Conscious Preconceptions and Desired Fantasies

Examples are numerous:

- Occasionally clients will begin a session by saying, “I just know that I lived in Atlantis in a former life.”
- A client may report as having lived a past life as a famous historical figure, such as Abraham Lincoln or Cleopatra.
- A client may expect that he or she is the incarnation of a particular individual in the family tree.
- 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.
- 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.”
- 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. 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, 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 client as well. If you guide your client 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.

2. 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 clients 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: You can 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: You can 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 on 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 client'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.

3. Blocking by the Client's Guide (Refer to the Section, "Should Blocking Occur..." on pages 62, 104 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:**

- 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.

4. 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.**

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

Facilitator Solution: Be encouraging without forcing the issue.

- The client has not yet met the expectations of their last Council meeting.
- 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.

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.

1. For Past Life Names

- a. If the Past-Life self is with others, have him/her listen for someone calling his/her name and then report it to you.

- b. 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.
- c. Use the forehead deepener to bring it to the client's mind.
- d. Have the client spell it or sound it out.

2. For Soul Names and Guide Names

- a. 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)
- b. 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.)
- c. 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).
- d. 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.
- e. 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.
- f. 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).
- g. Use the forehead deepener to bring it to the client's mind.

- h. Use the permission technique for releasing blocking that is found in the manual. *“I ask that you release the barriers to my mind...”*
- i. 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?”

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 client’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).

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.

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.

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 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 _____