



MICHAEL NEWTON™
INSTITUTE



Life Between Lives® and Beyond Training

Training Manual & Guidelines
for LBL Facilitation

www.NewtonInstitute.org

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INTRODUCTION AND WELCOME

Welcome to the Life Between Lives® (LBL) and Beyond training 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 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)



MNI'S BEYOND PROGRAM

“When I started so many years ago I had to break new ground about the use of hypnosis to reach our life between lives, which you will not have to do. At the same time I know that future spiritual regression therapists will carry this work far beyond what I have done.”

Dr. Michael Newton, Life Between Lives

Hypnotherapy p209 (Llewellyn 2004)

You are part of this training because you have answered a call.

It came from a deeper and limitless part of you that is your soul. This is the same soul that chose to be you...out of 8 billion other options on the planet you were the only one that would do. Just feel into that for a moment as it is the greatest act of unconditional love you will ever experience.

There is something in the timing of this call you have answered as well.

MNI is being rebirthed into something that serves humanity even more than what we have. In times of rapidly shifting consciousness it is imperative that we be the brightest possible beacon of light for humanity. While other systems fall away, we need to stand strong on behalf of the spiritual realm as powerful ambassadors for a limitless energy that awaits all of us when our time is finished here.

Though, something completely new was unfolding.

Our sessions were changing and we knew that if we didn't change as well, that this incredible gift to humanity would lessen in impact at a time when it was most needed. This more than anything would be heartbreaking and contradict the purpose for why we came here in these times. We would be letting Michael down as well, and that energized us towards a powerful evolution of this shared calling of the MNI collective.

What follows is a story that you are now part of, as the new generation of MNI Members. You are being trained differently with both a greater breadth of skill and a depth of personal experience of our LBL and Beyond work, like we've never offered it before.

So how has this come about?

In 2022 we started a conversation about how we could accept Michael's invitation to take LBL work forward for the next generation of Afterlife Facilitators.

We are the custodians of his legacy and carry both his personal endorsement and his vision to continue to serve humanity through LBL. This makes us unique in the eyes of the world.

For some time, other inter-life hypnotherapy schools had been emerging, some of them even teaching Michael's methods, so our classes were shrinking. Whilst we had trademarks and copyrights in place it became evident to us that our role was not to defend the work, but to advance it in ways that others couldn't follow.

We had become a revenue stream for Llewellyn Publishing, receiving only a small portion of the ongoing royalties (15%) of the three books we had published under MNI.

We had noticed for some time that the LBL sessions no longer followed the structure of Michael's books most of the time and our members were having to find new ways of working on the fly in their clinics as they courageously followed their clients into spirit.

MNI's energy was being stifled as we held on to the old ways of training that had served us so well in earlier times. We were no longer teaching what was happening in our clinics around the world. After the trainings we had a hand-off between our Trainers to the Mentors to the Certification team, making it harder to be consistent across teams and relationship focused more generally with our newest members.

In late 2022, we held an election nomination process for the four Board roles that were becoming vacant. In the application period we had no-one come forward. It helped us to understand that our volunteers were tired and burning out.

All this was happening during an acceleration of the evolution of consciousness for this planet. At the individual and collective level we had come here not just to be part of it, but to lead it. At times we would sense a collective conversation we all had before we came. This spurred us on and it was clear to all of us that we were not in the flow...

We had to bring about change at all levels. Our LBL work was too important to the shift of consciousness and we were most importantly the custodians of Michael Newton's legacy to humanity. It was time to step up...and we did.

Our first endeavor was to stabilize and extend our leadership. We did this by invoking a clause in MNI's Bylaws that states that in times of urgent change, we would move to the structure of an Advisory Council rather than a partially elected Board structure. The Advisory Council was appointed from our most experienced people bringing in three new positions to represent the Asian Region, Europe and the Spanish speaking world. This

gave us our first true global representation to complement our portfolios of Education, Research, Public Engagement, Exec Director and we established a role specifically to lead the changes needed.

We decided to call it the 'Beyond Program' – named in honor of Michael's invitation to us to take his work into the future.

We took a vision to our members about the need for change, to update what we were offering to the world and to build a newer version of MNI that would be sustainable for generations to come... and help lead the shift in consciousness with new energy.

We asked the members to come forward to help with the changes and within a few weeks almost 40 had done so as the passion of our new vision won the hearts and minds of many of our people.

We formed a range of strategic projects designed to move MNI into a new energy:

Education and Training

We took a year off from the trainings and asked two of our most strategic minds who had taught LBL, how they would build a new training. They devised a strategy that moved us from a single week, to sixteen days spaced out over a year.

This strategy was then handed to a curriculum team with broad teaching experiences across Hypnotherapy and beyond, to design the more detailed content.

We put in place a number of MNI Career Advisors, placed geographically around the world and covering all time zones. This gave people access to experienced LBL Facilitators for conversations about a possible LBL career path with MNI and our Member's accredited schools.

We created LAB (LBL & Beyond) Coaches, amalgamating the 3 contact points of Training Assistant, Mentor and Reviewer with a deliberate shift to a relationship approach. These LAB Coaches would make contact with the new students and prepare them for the training weeks and look to close skills gaps one on one through the whole year. Their role was designed to walk beside the new students all the way to certification.

Our previous one week training had become a deeply supported year-long immersion into all aspects of LBL – both new approaches and honoring traditional methods, from first point of contact.

MNI Publishing

We decided to publish our own books to take our energy to the world without the financial restrictions of a publishing house. Already Stories of the Afterlife as our quarterly journal had showed the power of this potential through ongoing subscriptions. Our first book will leverage this momentum and expand some of the SOTA content further under a theme of ‘Finding Purpose’.

A series is planned and the next book will come from a research project into the state of consciousness on this planet, how this affects humanity and MNI’s role in it.

When we asked for members to be part of this research , again we had nearly 40 volunteers come forward. More research projects and themes are to follow, documented in a series of books in the years ahead.

Social Media

Our social media has continued to grow under this new energy being created.

We have understood the need to outsource some key operational aspects, while building internal content. We have since launched new strategies to support members in their own businesses, while promoting MNI’s brand to the world through a range of inspirational videos that showcase not just our own work, but that of others who are making a difference to the world.

Other Beyond plans are emerging all the time as we step further into a new energy...

What this means for you as our newest people coming into an organization that is looking for fresh energy is you have joined us in exciting times, both within MNI and also in a world that is changing rapidly

Thank you for answering the call, for joining our wave of consciousness and bringing light and hope to our world as more come to know their immortal essence.

Namaste...

Pete Smith

MNI Beyond Program

WELCOME MESSAGE FROM PETRA BRZOVIC

I clearly remember when I heard about Michael Newton and his work – in that moment I knew in every part of my body and soul that I will be somehow connected to him and his work. Back then I couldn't dream how significant a role I will have in years to come!

Not being a therapist at that time, I had a very long journey ahead of me to get to the point to even be able to enroll in LBL training, let alone become a facilitator.

I am sure that you had a similar experience and that you felt the same kind of excitement and awe reading his books. And I am sure that your journey, just like mine, wasn't short either. I guarantee you that it will all be worth it!

Doing this work for years now, brought me so much – it shaped me and my life in profound ways.

Years later, being chosen to be a member of the Advisory Council and Director of Education is a huge honor and responsibility that I take humbly and seriously.

The rapid changes in the world we witness and messages that are coming through sessions we facilitate are clear signs that are directing us in the direction of taking Michael's work beyond what was known before. Michael gave us a priceless gift, a foundation for the new world. It is up to us now to continue building upon what he left us as his legacy while he is continuing to guide us from the world beyond senses.

Saying that, I want to express my warm welcome to you into this magical realm – a realm that Michael opened the door to for all of us – so that we may all together help the world heal.

May you enjoy this manual that was created with love by Michael and other teachers, and may you enjoy your training as a journey that is shaping you into an extraordinary LBL and beyond facilitator.

I, along with others, will be here to offer you my guidance by sharing my knowledge, wisdom and light with you.

With love and light,

Petra Brzovic

Director of Education of the Michael Newton Institute

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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.

LIFE BETWEEN LIVES® and Beyond Training

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

When you are accepted into our LBL Training, you were allocated a LAB (LBL & Beyond) Coach. They are here to help you develop before, in between and after the formal training times. They will perform various quality checks of your work along the way, provide personal support and give you the best possible advice. They are all experienced LBL Facilitators and are a wonderful resource to draw upon.

Note that while you are seen as part of the MNI family once you are accepted into trainings, you will not be an official MNI LBL Facilitator until you pass certification.

The Lead LAB Coach will monitor your progress through your LAB Coach and monitor the LAB Coach Team for consistency, through regular team meetings, where your progress is discussed. It is your LAB Coach who will recommend you for certification when they feel you are ready.

The qualities of an LBL Facilitator with the Michael Newton Institute are more than just competencies in the techniques we share. We are looking for people who have a great personal presence for their clients, and are the best possible ambassadors for this work and the Spiritual Realm generally.

Part of our offering is to move you into your purpose for this lifetime and share the journey with you.

Once certified, many members serve MNI in one of our volunteer teams to support our work out in the world, publish client stories through our publications or help develop the next generation of LBL Facilitators.

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...”, “Mmhmm...”, “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.

We encourage you to use your own relaxation and deepening techniques, too. Also, you can refer to Michael Newton's 'Life Between Lives' textbook for further suggestions.

We recommend the following sequence of LBL techniques as outlined in the training manual, which you should adjust to fit your client, while allowing you to use your own preferred induction and deepening techniques as well.

Progressive Relaxation Induction

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).

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?")?

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 (Exhale). 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....

Awareness 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).

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 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 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.

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.

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.)

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....”

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.

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 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.)

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).*

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.
- 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.
- 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 give 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

- 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?
- How does mom feel 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 (PL 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 the 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 72).

Session Flow Chart

INTAKE/RAPPORT

Cast of Characters. Questions

INDUCTION

Relaxation, Using Breath

Safe Place

DEEPENING

Nature visualization

Protective light

FINAL HYPNOSIS INSTRUCTIONS

Expanded Consciousness / High Realm of Soul Mind

DEEPENING

(Stair) Childhood Stops (move from spatial orientation, layers of memory, emotional connection)

Womb

PAST-LIFE

Names & circumstances, events and relationships

Last Day - Regrets? What stands out?

GATEWAY PASSAGE

Moving to Higher Consciousness

Spirit Guide – Name

Soul Name

EMERGE

Is there anything of significance that we may have missed?

Loving world always with you . . .

Bring back (notes from session) Energy returning . . . this time . . . this place

POST-SESSION DISCUSSION

Becoming a Certified MNI Member

After the Certification Requirements are complete and the LAB Coach Team decide you are ready to be certified you will be accepted as a full member of MNI, so you will be formally endorsed globally as an MNI Certified LBL Facilitator.

Full MNI membership includes a professional listing on the MNI website's referral page, participation in 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. [1]

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.**

LBL Script

1. INDUCTION

Focus on Breathing

Close your eyes...make yourself comfortable... and now take three deep breaths...breathing in through your nose, out through your mouth...breath 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 point, you can feel the stillness spread through your entire body. Feel this stillness moving you deeper and deeper.

Progressive Relaxation

And now to help you relax even more deeply...imagine a stream of golden liquid light flowing from an unseen source above. Its warm, golden light flow 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 so 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 your body...slowly...gently relaxing everything in its path...leaving whatever it touches with a warm, healthy glow.

The relaxation moves even deeper as it reaches even your mind...relaxing all your thoughts as it does. The light helps you 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 the tensions leave your body, and you go deeper and deeper.

Now, as you take another gentle breath in, feel a deep wave of relaxation moves 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 is all 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 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 the rhythms of your body are better synchronized...allowing you to go even more deeply, relaxed. Your mind gets lighter and clearer...your body feels heavier and more asleep...as you go deeper and deeper down. The deeper you go...the better it feels...and the better it feels...the deeper you go...your body more and more asleep and your higher mind clear, alert and receptive.

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

Your entire body is now asleep and very heavy because you are so 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 awoken a certain other light inside of

you. See how it causes a golden protective light to emanate from you...surrounding your entire body...enclosing you in a protective bubble... a luminous shield that will keep you safe. Its strength is reinforced by the energy of higher entities who watch over you and are here today to help us. Feeling so secure...you can better receive messages, thoughts and ideas from the higher intelligent consciousness both within and without...to bring your insight, security and comfort during this time of exploration into your spiritual life.

Visualization of Nature Scenes (Meadow Deepening)

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

A gentle, warm breeze causes the leaves of the trees to sway from side to side—from light to left, to right back and forth that is so 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 so 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 so relaxed and comfortable without a care in the world. You see the green and 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 so 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 blend 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 1 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.

4. – Letting go now.

3 – Deeper and deeper.

2- Your relaxation is doubling you yet again.

And, 1 (place your hand in 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.

2. Final Hypnosis Instructions before Regression (Embedded commands)

[EMBED #1]

Soon you will be entering the realm of your soul mind...a world that is always carried within you. The thoughts, memories and insights you will consciously recover today will be retained to help and empower you as you complete the remainder of the current life with renewed energy and purpose.

[EMBED #2]

I want you to trust your ability to look at the pictures you will see of yourself in different times and places and feel the emotions connected with these scenes and report back to me anything I wish to know without censorship. I will be your guide in our travels together and others whom you have known and loved will join us, including your own personal guide who will come to help me to help you and provide comfort and strength.

[EMBED #3]

In the beginning, just look at the scenes and tell me what you can with total confidence. As we progress, your memory will get better and better. You will see more, accept more, and have greater understanding of what you see and feel so that soon you will be able to help me evaluate what you see and feel.

[EMBED #4]

And as you re-experience the feeling and emotions connected with earlier times in other bodies and all you have been before, you will begin to feel a positive release from any mental burdens from the past. All your memories will be placed in proper perspective and integrated into your life today to bring you into perfect harmony with yourself.

[EMBED #5]

Now, before we move on, I want you to visualize that I am placing a powerful translucent golden shield of light all around you from head to toe, protecting you from

all outside forces and giving you warmth, radiance, light and power. Should any negative memories of the past come to you they will bounce harmlessly off your shield of protective light.

[EMBED #6]

You will be able to talk to me freely and without awakening, in fact, the long conversations we will have together will only serv 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.

3. The Newton Deepening Method - Moving Backward in Time

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

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

Slow the cadence of your voice...

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 the beautiful golden stairway with steps.

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

Taking the first step down now...

Start counting at their age. Slow down when you get to 20

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

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

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

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

Last final hypnosis instructions

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

Taking you the next step now; age 11...10...9...8...7...You are now age seven. As before, gently float off your stairway towards the home where you live at age

7. Is this the same place you described earlier?

After the 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...

Regress the client back to the earliest memory as a child

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

And finally, into the womb of their mother

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

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

Down to age 1...9 months... 8 months..., 7,6,5,4,3,2,1 (*touch the forehead*)

As you feel my hand gently touching your forehead you are not in your mother's womb and it is just before your birth. The time just before your birth. Feel this dark, warm, moist environment...and I'm going to ask just a couple of very easy questions. First of all...

- Tell me if your arms and legs are reasonably comfortable... I know it's a little cramped& tight space in there because after all it's very nearly time to be born. But is it manageable?
- Is your head and neck position reasonably alright?
- Now let me ask you this...can you hear your mother's heartbeat?
- And can you feel your mother's emotions from time to time? If yes, ask can you influence your mother's emotional state if she is under stress?
- Now that you've had a chance to spend a few months inside this body...do you have any feelings about the body you'd like to tell me about? Will you find it interesting to work in this body?
- Is the body a good match for your soul's consciousness or not?
- Did this body accept the integration with your soul easily...or was it difficult?
- What are your impressions over the last few months with the brain that you've been working with?
- What do these initial impressions tell you about the life you're about to live?
- If the client's answers to the above questions suggest a more experienced soul, try asking the following:
- At what month did you join the fetus?
- Was it difficult or easy for you to trace the pathways of the electrical circuitry of this brain?
- What is distinctive about this brain?
- Can you discern any character difference between your soul and this body?
- What have you learned about how the emotional system of this body affects the brain?
- How does this body compare with others you have occupied?

- Why did you choose this body? (*ask this question only if you are receiving specific answers to your other inquiries*)

4. Transition into a Past Life

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

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

Four... Disengage from/ leaving your mother.

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

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

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

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

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

Now, what is interesting about this journey is that when you exit the tunnel at the count of 1 you will be in a significant scene in this immediate past life and you will be able to describe all the details of the scene and then, of course, we will move on. But I want you to know that all the times you are fully and completely protected by a shield of golden energy.

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

Wait till the client responds

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

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

Nine. You're moving toward that light, and on the count of 1, you'll be there

Eight. Moving back in time. On the count of 1, you will move out of the tunnel and into the light, and you'll see yourself on a significant day, in a significant event, in your last lifetime.

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

Six...

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

Four...

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

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

One. OUTSIDE. (*Snap your fingers or touch the forehead*) ... First, I want you to tell me if it's day or night. What's happening? What do you sense or perceive?

Past Life Entry Questions

- Is it day or night?
- Very good. Are you alone or with someone?
- Ok, and now I need you to tell me if it's very warm, very cool, or a nice moderate temperature?
- Are you outside or inside?
- Now, let's talk about the clothing you're wearing.
- I want you to begin by looking down at your feet and tell me what, if anything, you see on your feet.

- Now, what is covering your legs as you move on up? Describe the type of clothing. What is the color?
- And would you describe your clothing as formal, casual, threadbare, the type of clothes you might wear to work? How would you describe them?
- And what are you wearing from your waist on up? And the color?
- Very good. Now, I'd like you to notice if you are wearing any jewelry. do you see a ring or a bracelet, or anything else that you're wearing in this moment that you haven't mentioned?
- Are you male or female?
- Now take a look at your skin. what is your skin color?
- Are you a small, medium or large person?
- By what name are you called?
- And what are you doing right now?
- And, as you look around you...can you give me a general picture of the surroundings?
- Are you in a city, smaller town, countryside? Tell me what the environment is like in which you find yourself just now?

5. Experiencing Death, Transition into the Spirit World Move to the last Day of the Past Life

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

Place your hand on your client's forehead.

On the count of 3 you will be there. One.... Two... Three...

- How old are you on this last day of your life? (*see the numbers*)
- Is there anything going on around you or within you that suggests that your physical death will come this day?
- Where are you? Is the setting familiar?
- And describe what is happening just now. (*establish the context*)
- What do you think about this life just lived? What did you learn?

Declaration of Physical Death

You have just died and moving away from physical body. You have been through this experience many times before and will soon feel no physical pain or discomfort. As

you move outside of the body, you will be able to continue to talk to me and answer my questions because you are now in touch with your inner, true self. Feel your mind expanding into the highest levels of your being. As you float out of your body when you are ready, all physical pain and discomfort will be left behind. Looking down at your body you may perceive some brief sadness or remorse at this moment but your spirit has been through this experience before and soon you will be able to return home.

Questions to ask at the Death Scene

- Where are you now in relation to your body?
- Is there anyone near you at the time of your death? If yes, tell me about the person near you. Who is he/ she?
- What do you see around you? What are you aware of?
- What are you feeling?
- What is happening now? Is there anything else you would like to mention?
- How do you feel about your death?

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

Comforting Those Left Behind

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

If yes, ask the following. If no, skip to the next section.

- Who do you reach out first to comfort?
- Does this person pick up that you are comforting him/ her?
- How do you reach out and touch their mind? (*details*)
- How successful are you as a spirit, to bring comfort to that person?
- Do you wish to reach out to touch anyone else or attend to any other unfinished task?

6. Instructions for Passage to and through the Gateway

Expansion of Consciousness

1. [Embed #7] We are now going to a place of expanded awareness as you move upwards into the loving realms of all-knowing spiritual power. Even though you are only at the gateway to this beautiful realm, your soul can feel the joy of being released. Everything will become very familiar to you as you progress further because this peaceful realm embodies and all-knowing acceptance.

2. [Embed #8] You are soon 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 planning and harmony.

Questions to ask at The Gateway

- As you move away from your body describe anything that happens so I can stay with you. Have you started to move?
- As you leave, do you feel any sort of pulling sensation, or not? Is it gentle or strong?
- Are you moving upward and looking up? Does it feel that you are moving backward up a slide while looking down?
- Tell me as you move as you move away from Earth can you see the long stretching countryside and towns (or the sea) below you, or is everything a blur?
- Can you see the Earth curved below you? Or is everything around you hazy? Or is it just bright light above you?

Phrasing Questions While Crossing

- As you find yourself moving higher and higher and further and further away from Earth, does the space around you get darker or lighter?
- You have been here before, just keep moving and know that a loving power is bringing you home to a safe place.
- Tell me when you can see far into the distance beyond your immediate surroundings.

- Take your time and just move the fingers of your right hand when you can see off into the distance. Do you see a large globe of light near you or do you see points of light off into the distance?

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

First Contact and Interaction with Welcoming Spirits During the Crossing

Do not use their past life name anymore. We want the spirit and guide's name.

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

At the Gateway: Initial Contact with the Spirit Guide(S)

- Do you have thoughts or feelings about this being that has come to meet you?
- Do you have a sense that the being in front of you is male, female or androgynous in appearance?
- Can you see any facial features?
- How about hair color, length and eye color?
- Does this being have a full body outline that looks like anyone you know?
- I realize no Earthly speech sounds exist in this place, but you are receiving any telepathic communications we should talk about?
- What is the name of your spirit guide?

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

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

- What are you being told? Is there a special message?
- How does the guide feel about your performance in the last life?
- What is happening now?
- Do you feel you are ready to be taken somewhere?
- Where are you being taken next? *(one of the most common questions to ask throughout the session)*

Should Client “Blocking” Occur Here... *(Skip this section if not applicable)*

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

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

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

If it is your impression that it is your client's guide the one responsible for the block: SAY THE FOLLOWING WORDS AND HAVE THE CLIENT REPEAT AFTER YOU.

Please repeat after me: I ask that you release 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 < **facilitator name** >... as someone who wishes to help me realize my potential... and I will respect and protect what information you choose to give me... about my life in the spirit world.

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

I am now going to call upon your personal spirit guide to come and help us at this time. Your guide is loving and forgiving. Will you allow me to do this and assist me?

If affirmatively answered...Good. Now, on the count of 3 your guide is going to float down to you and you will be able to describe this being to me very clearly. Ready... 1... 2... 3... place your hand on client's forehead

What do you see/ sense?

8. Station Stops for the Incoming Soul: Orientation

Orientation: A Time for Debriefing

- While you are talking to your guide, do you review what goals you established in advance of your past life? If so, how many of these goals were met?
- Relative to these goals, could you tell me what was your greatest achievement in your past life and your greatest disappointment?
- How would you compare your last few lives with all those you lived before in terms of your continuing development?
- Tell me about your guide's role in helping you before, during and after your lives?
- Does your guide offer opinions about overall advancement during this orientation?
- What advice are you being given at this state of your journey?
- Can you explain what other matters of importance transpire at this conference?
- *(at the appropriate moment, ask)* Is it time to move to the next stop?
- *(in the cases where you receive an inadequate response, consider asking a more specific question, such as)*
- Do you think is time to rejoin your friends? *Usually the answer is yes. Or...*
- For your own mental well-being is here a particular place where you want us to move right now in the spirit world that would be of great benefit? *Or...*
- Is there more you want to continue examining at the moment or are you ready to travel with me to another area?

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

A. Questions that are helpful at this juncture:

- Is it time to rejoin your friends/ soul group? Where you do all meet or gather?
- Tell me what you see them doing?
- Do they come to greet you? How does it feel to be there?
- Do you see these lights moving about singly, in pairs, or as one large cluster of brightness?
- As you move close to the lights of your friends, I want you to tell me how they are arranged in front of you. In a line, a circle a half-circle or bunched up?
- Good. Now count how many lights you see. Take your time and tell me how many are there.
- Are you positioned in the center, on the left, or on the right of these lights?

VISUALIZE CLOCK

Ok, in order to help me, just imagine that all these souls are located around you like the numbers on the face of a clock. You are in the center where the hands of the clock would be placed. Thus, the light directly in front of you is at 12 o'clock, the one on your far left is at 9 o'clock, while the light on your far right side is at 3 o'clock. As you draw closer if a light should move directly behind you it would be at six o'clock. The rest of your friends could be anywhere in between. Do you understand?

- Now tell me from which position of our clock does the first soul move toward you?
- Is this Being a male or female appearing figure?
- Who is this person in the life you just left?
- And who is this person in your life today?
- What is this soul's immortal spiritual name?
- What is your own immortal spiritual name?
- What color is your own immortal spiritual name?
- What color does your friend _____ (give the immortal spiritual name of your client's soul companion) project to you?
- And if your friend (give the name) was holding a full-length mirror toward you, what colors would you be radiating?

B. Examining Character Types in Groups

- Of all the souls you see, who is in your life today?

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

C. Soul Group Dynamics (An Optional Exploration)

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

Why do you think you were all brought together to form this group in the beginning?

Do you engage in any activity in the spirit world with your friends where you evaluate each other's performance from the previous life?

Is there a common denominator of talent, interest and goals among you? Do you all aspire to specialize in the same area?

D. Souls on Periphery

Guides

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

Nearby Groups

Now that you know of many character differences between you and your soul companions, can you tell me if you are aware of a soul existing nearby in another group whose character is very similar to your own and at about the same level of development?

What are your connections with other souls from other groups in the same vicinity of your primary group?

Are the other groups around you generally of a more advanced nature or are they less developed than your own group?

Do you personally have any association with certain souls in another cluster group?

Could you tell me how the origin of your group compares with others in your general spatial area?

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

E. Following the Cluster Group Visitation ç Explore Questions 1 & 2

- Do you wish to stay with your group and engage in some activities with them?
- Where would you like to go now? Is there any place where we can obtain certain wisdom that answers question from (CLIENT'S NAME)?

Note: This is the time when we take the client further into wisdom that is beyond themselves even in the soul state. Options include: The Library, Hall of Wisdom, other Wise Beings or a traditional Council setting. Proceed with the client's nominated place, however if directing is needed, proceed as per section 9. If no response, move to question A1 under section 9, The Council Visit.

10. THE COUNCIL VISIT

A. Taking Clients before their Council

- Do you ever meet with a Council of Wise Beings or Elders between incarnations?
- By what name do you wish me to call these Beings?
- Do you typically go with someone or by yourself?
- Please describe your travel route. I would like to know what you see and do along the way and what happens when you arrive.
- Tell me about where this meeting with your Council will take place.

- How many Beings do you see waiting for you?
- I would like you to describe to me just how you are feeling right now.
- Is your guide in the chamber/ room? If so, where is the guide located in relation to you?
- Where do you position yourself in relation to your Council?
- Are you going to stand or will you sit?
- Let's check again on exactly how many beings are here waiting for you. Please count them from left to right.
- Are they standing or sitting?
- If they are sitting down please describe any sort of furniture you see in front of them?
- Is the Council position above in some sort of dais, or at they at eye level directly in front of you?
- Look closely. Do you see any gender characteristics among the Council members? Can you identify the number of male and female appearing beings or are they all androgynous?
- Describe to me how each member is dressed.
- Do you have sense that one Elder will serve as a chairperson, moderator or director of these proceedings? *If yes*, where is the being located in relation to the others?
- Is anyone wearing any sort of ornament or emblem you can identify? *If yes*, describe it.
- Does the number and make up of your Council change after each life?
- Is there any different about the surroundings here since your last visit?
- Do you have the sense your Council is going to be easy on you this time or do they appear rather severe?

B. Once the Council Meeting is Underway

I am sure that all communication will be telepathic.

- So, what is the first thing you hear in your mind and who addresses you first?
- Is there a reason why a particular Elder is on your panel?
- Does one panel member have a certain area of expertise or special interest when they question you that relates directly to your own interests and experience?

- What do the Elders say about your progress that was not discussed with your guide in orientation or at any other time?
- During these proceedings, does your guide have any input about your progress?
- What is your opinion about the Elder's general attitude toward the way you lived your last life?
- Do the Council members make any comments about your current state of advancement as compared to all your former lives?
- In terms of evaluation, does anyone on the Council offer constructive criticism or specific encouragement toward you?
- Are the statements given to you by this Council any different from other Council meetings you have attended after former lives?
- What message is being given to you that could be useful in your current life?
- Look carefully at your Council right now and tell me how they feel you are doing at this time in your current life?
- What are your overall feelings about yourself as the Council meetings draws to a close?
- Is there anything else you wish to say to your director before we leave the Council chamber?
- Do you sense there is a higher being in this room at a greater level than the Elders?
- Is there another place that the Council or your guide recommend that you move to that offers even more wisdom?

C. Reviewing Past Life Incarnations with the Council

- How much is your soul ego influenced by the brain of each body you use? Do some bodies make it more difficult than others to maintain your permanent identity?
- What is the most important characteristic as a soul that defines the real you that would be carried from life to life?
- Do you choose to be one gender more than other in your lives?
- Are you attracted to being in bodies in certain parts of the world for cultural or geographical reasons?
- What sort of life are the most comfortable living?
- Of all your past lives, tell me what life was the most significant and productive?
- What was happening on Earth when you first incarnated on Earth?
- When was your first life on Earth?

11. Surveying Other Soul Activities

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

A. The Library

- In this moment, are you conducted to the library by your guide or do you go alone?
- How does the area of study appear to you during your approach?
- Describe your entry into this space and tell me if you see other souls nearby?
- Is there an advanced spiritual being (such as an archivist) in charge of this area?
- Tell me what you see around you at this moment.
- Do you feel this is going to be a time of a life review?
- Will you be reading something written in a book, looking at still pictures or viewing a movie screen of some sort?
- Now, begin your work and tell me if you find yourself reading, or watching pictures as an observer, or do you enter into a scene to actually participate in past events?
- Where are you learning or experiencing that relates to your current life?
- Is there any other information you wish to access while here?
- Before leaving just now, I was wondering whether there are any patterns to your visits to the library. When are you most likely to come to study?
- Other than life review, are there any other themes or areas of study that are of particular interest to you when you do visit?

B. Exploring Past Incarnations on Earth

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

- Do you choose to be one gender more than other in your lives?
- Are you attracted to being in bodies in certain parts of the world for cultural and geographical reasons?
- What sort of life are you most comfortable living?
- Of all your past lives, tell me what life was the most significant and productive?
- When was your last life on Earth? Tell me about it.

C. Dealing/Working with Hybrid Souls

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

- Have you ever taken an incarnation on another physical world or in another dimension?

(mental world) Describe the world and your place in it.

(physical world) Could this planet be in our own Milky Way galaxy and perhaps near Earth?

(physical world) Would you say this world was larger or smaller than the size on Earth?

- Does it still exist and what is the name?
- Please compare the topography of this world to Earth in terms of mountains, deserts, and oceans and atmosphere?
- If this planet had organic life, what was the most intelligent form?
- 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 and 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?
- What did you learn on this world which you carry with you today?

D. 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 the other activities in the spirit world or during human incarnation?

E. Training in Creative Use of Energy

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

F. Recreation

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

Following the Council Visit and Prior to Life Selection

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

12. Life and Body Selection

- How are you notified it is time to reincarnate, and who tells you?
- Would you describe your desire to incarnate again as strong, moderate, slight or resistant?
- Have you ever said you were not ready for a new life? If so, what were the circumstances and final results?
- Do you go to the place of life selection alone or with your guide?
- Are you aware of any other higher beings working in the life selection room/place?
- Describe the surroundings and tell me what you see and do.
- How many body choices are available to you? Please describe each in detail.
- What do you think each body offers you?
- Is there a leading body candidate and was this the body you chose? Why did you reject the others?
- When you see the body you chose in your current life; do you use it on the screens in live action?
- Can you regulate the action yourself? Or does it seem someone else is controlling the movement of scenes for you?
- Are you an observer or do you actually enter scenes of your current life as a participant?
- What scene interests you the most and why?
- What did you learn before you came to the place of life selection that helped you make the decision for a certain body?
- While you are watching a variety of life scenes, are some more appropriate for certain body choices than others?
- What does this body mean to you in terms of advantages and disadvantages? Explain the most significant positive and negative aspects of your body.
- What percentage of your total energy did you bring into your current body?
- Average is 50% to 70% - experienced souls typically bring less.
- Do you think you brought enough to complete the goals you established for your body?
- Are you able to tap into that portion of your energy which remains in the spirit world on a temporary basis from Earth?
- How does the brain of this body differ from other recent bodies you have occupied?
- What is your primary mission in life and has it changed from what you see in the life selection room?

- Are you living according to what you are viewing on the screens? *If not, what is different and why?*
- Are the goals in this life different from other lives, and if so, in what way?
- Do you see certain people on the screens you are supposed to work with in this life?
- Is there anything you see on the screens that we have not discussed?
- Is some entity preventing you from telling me what you see?
- Of all the bodies you have occupied, which one was your most favorite and why?

13. Drawing the Session to a Close

A. Preparing for Departure from The Spirit World

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

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

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

B. Completing the Spiritual Regression

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

14. Emerging & Awakening the LBL Client

As we begin now to leave the high real of your soul mind and the beautiful existence in the spirit world between your lives on Earth, I want you to remember this loving world is always with you.

Everything we have talked about – all your thoughts, your memories and your insights – will be retained to help and empower you as you complete the remainder of your current life with renewed energy and purpose. Allow this all-knowing knowledge to settle calmly within your conscious mind in proper perspective. Allow yourself to now feel completely whole as a single person that is you. Your immortal self now completely joined with your human self as a single unit as we now return back- higher and higher – back through the tunnel of time into the present.

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

15. Exit Interview

Leave the recorder on during this post-session discussion

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

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

Online Zoom Sessions Protocol for LBL

The following steps should be followed if an online LBL session is conducted, using Zoom video call. You can use this as an sample communication, following it in the order presented below.

Email to the client the following documents for completion and return:

- Consent & Release Form
- Intake Form
- Hypnosis Preparation Information

One week before the session, have a brief preparatory Zoom meeting to discuss:

- The completed forms
- Client's experience with hypnosis or meditation
- If the client is new to hypnosis, recommend them trying a Guided Meditation on YouTube
- Discuss the physical Zoom setup, including:
 - Headset (with both microphone and earphones) is mandatory
 - Minimizing distractions (e.g., children, pets, or other interruptions)
 - Phone or doorbell management
 - Eye mask, blanket, and pillow
 - Computer or tablet setup, ensuring I can see your upper body (face and chest)
 - Camera and tripod setup

LBL Facilitator's Setup:

- Headset
- Audio Recording: The session will be recorded starting from the beginning. I will trim the discussion/induction from your copy and send you the Mp3 file via WeTransfer.com
- If You Lose Connection, inform the client that:

- You will stop hearing background music
- You will be able to open your eyes while maintaining your trance level
- Instructions on how to re-establish connection:
- Set your cell phone to receive calls/notifications from my number
- I will contact you via cell phone (if you have limited calls, ensure they are only from my number)
- Alternatively, you can log back in or call me to reconnect
- If you need anything repeated, just ask.

Ask if the clients have any further questions? I will email you an invoice after our preparatory Zoom session, with payment due the day before your appointment.

- What Will Happen In Session?
- We will review:
- Your setup
- Measures to avoid distractions
- Procedures for reconnecting if necessary
- I will contact you via phone (or vice versa) to manage any issues
- If needed, we will both rejoin the Zoom meeting to continue
- After the session, we will discuss any questions you may have
- I will send a link to your audio file shortly after your session.

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 _____

Certification Requirements and Guidelines for Students

Introduction:

To be an LBL therapist you must know how to conduct LBL sessions. To be certified you must show that you know how to facilitate an LBL session properly and according to the teachings you received in the LBL training. To show this you will submit a case, sending a writing report and the recording of the session.

This document describes the certification requirements and guidelines regarding the important skills you have to develop to properly conduct LBL sessions. These guidelines were created so that you, as a student, know the skills that your LAB Coach will be looking for when supervising your work and practices.

Certification Requirements:

To show that you know how to conduct LBL sessions, you will have to practice with clients until you can facilitate one or more sessions that embrace the teachings of MNI. After you have practiced sufficiently and you pick a case that highlights your ability to correctly facilitate an LBL session, you will be ready to submit the case. At that moment, you will be assigned a reviewer for your case. The evaluation of your case will be done for a LaB Coach different of yours. This is important, because the reviewer of your case will be a second person that will help you sharing their wisdom and experience with your case evaluation.

The job of your LAB Coach is to support you in your learning and development until you are certified. They can help you with the fine tuning of your case. They can supervise in advance, the case that you will submit and give you comment or feedback about it. So when you have an excellent case to submit, you will be sending it to your reviewer. She/he will evaluate your case and decide if is accepted for certification or not. If your reviewer is not convinced that you are ready to be certified, then a request for certification will not be submitted. That is why it is very important that your work is aligned with what your LAB Coach expects from you.

However, it is important to consider the following: If you submit a case that does not show optimum skills, then it is highly likely that your reviewer will not accept this case and you will be asked to submit another. To prevent this from happening, it is very important that you make sure the case(s) submitted, show your skills, talents and that you know how to adequately offer LBL sessions.

When you submit a case to your reviewer, they will review it. If the reviewer considers that your case clearly shows that you know how to correctly conduct an LBL session, they can submit a request for your certification. If they consider that your session was not conducted well enough and indicates that several skills need to be improved, your

reviewer will give you feedback and point out those areas of needed improvement. Your reviewer together with your LaB Coach will ask you to continue practicing and developing the skills or techniques that need to be improved.

When you have another good case to present, submit it as your second case. Again, it will be reviewed. If the reviewer considers that the session was very well conducted, they will submit a request for your certification. If they consider that the case still does not show that you can properly conduct a session, you will get feedback regarding the skills or techniques that need to be improved and you will be asked to submit a third case.

The third case you submit will not be reviewed by the previous reviewer; it will be reviewed by a different or independent reviewer as determined by MNI. If the independent reviewer feels you are a competent facilitator, then they will ask your LAB coach to submit a request for your certification. If the Independent reviewer does not accept the case, your LAB Coach and the MNI administration will be informed that you have not successfully completed the LBL training.

Notes and Requirements for Submissions:

- You have since the end of week 3 of training and until January 31, 2025, to submit your initial case. If you are later asked to submit a second or third case, you will have 4 weeks to submit it.
- The client of your submitted cases must be a person who has never had an LBL session
- Sessions can be face-to-face or online
- You have to send the case with a recording and a written report of the session in English, unless other arrangements were made. If the submitted recording is in a language other than English, you need to include a complete verbatim transcript of the whole session in English, including pre and post talk

About the Recording of the Session:

- It has to include the pre-talk and post-talk with the client
- If your submitted case was an online session, the submitted recording must be a video in mp4 format. Please do your best to ensure that both your face and the client's face are shown in the video. If it is face-to-face, the submitted recording can be a video in mp4 format or an audio in mp3 format. The name of the submitted recording file has to have the student's and client's name.
- Make sure that the volume of the submitted recording is adequate and that it is clearly audible. If it isn't, the submitted case will not be reviewed or accepted.

- The file with the recording of the session will be deleted from the files of the reviewer at the end of the certification process

About the Written Report of the Session:

- The file of the submitted written report has to have the student's name
- It must have a minimum of 2000 words and a maximum of 2500 words
- It has to include the following headings with a summary written under each. In this summary, please report in detail not only what your client did or experienced or achieved, but what did you do for the client to obtain that information or have that experience. What were the questions, actions or things that you did to ensure your client had the experience they had? If you only describe what was happening without indicating what you were doing, it is impossible to know if that happened spontaneously or you helped make it happen
 1. Hypnotic and Induction Methods utilized during the session
 2. Brief review of Death Scene. If past life was reviewed
 3. Brief review of Crossing Over
 4. Clear description of what happened in the spirit realm from arrival to the end of the session, including the following:
 - Places or stops the client visited
 - Contacts with guides or spirit beings or other souls. Please give an explanation of their participation, description who they were, and when and where this happened
 - Any other information that helps to clearly understand how the client navigated the spirit realm, as well as all the interactions the client had there
 5. Other Spirit World Activities and/or experiences in other places/dimensions
 6. Summary of facilitator assessment of the case, including the following:
 - How was the client's receptivity? Was there any resistance or difficulty?
 - What surprised the client? What surprised you? What made this client's session unique?
 - What did the client gain from the session?
 - What did you learn from the session that will make you a better LBL Therapist?

Guidelines to Obtain Certification:

These guidelines are divided in two parts. The first part refers to basic skills the students need to have and demonstrate in order to conduct an LBL session. The second and most important part refers to the necessary advanced skills the students need to have and show to obtain the best experience for the client in an LBL session.

Part 1 - Basic Skills

- Ensures the environment is conducive to relaxation and deep trance (face-to-face or online)
- Establishes good rapport with client
- Has adequate volume of voice, tone, and rhythm
- Shows patience when waiting for answers. Don't be afraid of silence.
- Utilizes appropriate time and content management for induction, age regression, womb regression, PLR, and LBL
- Creates smooth transitions
- Deepening (continually during the session and done in various ways)
- Following the client (observe/sense the energy of the client, facial impressions, body language...)
- Dancing with the client, mirroring the client, breathing with the client
- Taking short notes, being attentive to the client and following her/him
- Never make assumptions, or give advice, better always to ask
- Obtains the names of the past life entity, the soul, the guide, and uses them during the session
- Demonstrates the ability to navigate through different stops or places the client might visit during the session
- Demonstrates professional behavior at all times

Part 2 – Advanced Skills

1. Reading the Client's Environment
 - Shows an ability to know when a client needs to be deepened and when consciousness interference is intruding in the session. Has various ways to approach any resistance, block or conscious interference that might arise in the session.
2. Advanced Language Skills

- Moves seamlessly between different types of open ended questions that bring insight and wisdom for the client
3. Facilitating the Session for the Client
- Possesses advanced rapport skills that mirror the client and moves through any environment that emerges
 - Holds a profound presence that takes rapport to a new level and relies on attentively listening to the client and mirroring it rather than note taking.
4. Identity Management
- Leads the client through various personas across age, womb and past life regression and soul realm adapting to the changing needs of each.
 - Bring insights from spirit into human form. Knows how to address different personas and facilitate communication between them. E.g. talking easily and clearly to the soul self about the current life self and past life self or facilitating conversations between the soul self and the guide
 - Shows the ability to facilitate interactions with a range of advanced beings that may come forward, including Guides, Council, etc.
5. Intuitive Guiding
- Leads the session from the heart, transcends the need for process whenever possible, and has surpassed the need to rely on scripts and manuals
 - Allows the client and spirit to lead whenever possible

And finally, please feel free to ask your trainer or LAB Coach any questions you have about the certification requirements or these guidelines.

Michael Newton Institute