

Going backwards to go forwards – Understanding Past Life and Life-Between-Life regression

by Colleen-Joy Page

Past life regression, Life-Between-Life regression or Spiritual Regression are the names for the popular modalities that are rapidly growing around the world.

- But what exactly is a past life regression?
- What is a spiritual regression?
- What is the difference between these two modalities?
- How do we know it's real?
- What are the benefits of having a regression?
- And how should you best prepare for a regression?

What is Past Life regression (PLR)?

Age regression techniques have been successfully used by Hypnotherapists for decades to assist clients to retrieve detailed memory from their current life events. This is helpful when details from the past are needed but cannot be accessed by the conscious mind. In exceptional cases hypnotherapy regression techniques are also used to unblock amnesia.

A past life regression is essentially an extension of age regression, whereby the client is guided to the retrieval of their memories from previous lifetimes. Past Life regression can happen spontaneously during an age regression, as was the case for Michael Newton PhD and Dr Brain Weiss, both internationally highly acclaimed authors and professionals who literally stumbled across past life regression while using traditionally therapeutic hypnotherapy for clients.

It is now commonly understood that all of our memories, including those of past lives are stored in a part of the mind that is not freely available to the active conscious mind. The conscious mind is the mind that we use every day to function in a wakeful state of consciousness. The subconscious and super conscious minds are the minds that are accessible during deeply relaxed states. Although therapists may use different terms and argue over the semantics, it is generally understood that the subconscious mind holds detailed, even photographic records of our entire current life experience – i.e. this body's life experiences from the womb to present. The superconscious mind is the term given to the mind that holds the detailed memories of the soul, i.e. detailed records of our life as souls before this physical incarnation.

Both the subconscious and superconscious can not be easily accessed by the conscious mind. Although many methods and modalities have reported success in being used to retrieve past life memories, by far the most reliable and well documented are those that use hypnotherapy.

Here is a list of some of the common methods used to retrieve past life memory:

- **Dreams** – past life memories creep into dream sequences in varying degrees of detail.

- **Spontaneous recall** – especially common with children who volunteer detail about other lifetimes. Most notably the work of Dr Ian Stevenson where he continues to research and validate thousands of children case studies of spontaneous recall.
- **Flashbacks** – less common, this is when a person has a vivid flashback of a past life scene, sometimes so clearly that the boundaries between this life and the memory, blur for the duration of the experience.
- **Déjà vu** – the strong feeling of having been in a place before, or having known a person before.
- **Meditation** – some meditation techniques can induce a trance state deep enough to access past life memory.
- **Body energy work** – body healing or energy work can facilitate the release of memories from this and other lifetimes.
- **Hypnotherapy based regression** – the most reliable technique because professionally facilitated trance depth is skilfully gained and maintained.

Note that all the methods mentioned are related to a person's 'direct access' of their own memories. This is not about using a psychic to get information about your lives. This is about you getting your own memories and information.

What is Life-Between-Life or Spiritual regression (LBL)?

Life-between-life regression, or Spiritual regression (same modality, different name), are the next natural step after Past Life regression.

A Past Life regression offers flashes, story sequences and information from memories of other lifetimes, this sometimes includes the death scene of the other life. Typically the death scene is consistently experienced as leaving the body, often felt as a floating upwards above the body, and then inevitably the departure of the soul from the physical life towards the "light", or "home" in spirit. In most past life regressions the memory of what happens after the death is brief, containing some detail of the soul's encounter with benevolent beings, sometimes an overview of the life lived, but most regressions of past did not offer much about the life of the soul in-between lives. Rather, the client's mind would flash to another incarnation's memory. Glimpses of the afterlife were scattered and brief. The work of Michael Newton PhD (USA) has pioneered a new field of regression hypnotherapy. Now retired in his 70's he literally spent 30-years of his career as a hypnotherapist doing life-between-life regressions, documented in his books "Journey of Souls" and "Destiny of Souls".

A life-between-life regression (LBL) is an extension of a past-life regression where the client is facilitated to sufficient trance depth to access their memories of being soul, between physical lifetimes.

The trance depth needed for LBL work is much deeper than that needed for past life recall.

Our waking alert state of consciousness is called a 'Beta state', (named after the dominant brain waves prevalent during alert wakefulness). Simply put: just under the Beta state is "Alpha", which can be accessed by relaxing the body and mind. A shallow alpha is a relaxed state where intuition, creativity and memory recall are greatly enhanced. Some

people get spontaneous past life recall from a shallow alpha state. Others need a deeper alpha state to gain past life memory. Deep alpha is a trance state. Trance states are natural parts of our daily life, not to be feared or misunderstood. It is simply a deeply relaxed state of being, with focussed awareness, where the conscious mind is distracted or set aside so that the subconscious and superconscious can be accessed. You go into an Alpha state when you are bored, on your way to sleep, during parts of your sleep and dream cycles every night, when you are doing a repetitive task, etc. Just under Alpha is the "Theta" state. According to Michael Newton solid LBL requires a Theta state.

After doing thousands of LBL's for clients from a very broad spectrum of cultural and religious bias, Michael Newton found consistent information about the structure, nature and functions of –

- souls
- the spirit world
- soul groups and soul mates
- guides, councils and teachers
- soul rejuvenation
- soul recreation
- soul learning
- soul specialisation interests and work
- body selection
- the integration of soul consciousness into the foetus

Michael Newton's international non-profit organisation TNI, (The Michael Newton Institute for Life Between Life hypnotherapy) now trains Hypnotherapists from around the world to do professional LBL work.

A professional LBL is at least 3½ to 5 hours in length. The Newton method of LBL is structured as follows -

1. a classical hypnotherapy trance induction,
2. extensive trance deepening,
3. current life age regression to warm up the retrieval of memory,
4. womb regression,
5. past life regression
6. using the death scene of a past life to access the soul state
7. following the soul from the death scene through the gateway to the spirit world
8. exploring the spirit world and soul relationships in detail
9. using the spirit world with the accompanying soul perspective as a powerful therapeutic tool to bringing the client into alignment with his/her immortal identity, and purpose.
10. integrating the client's soul identity and soul perspective to assist the client in their current life

What's the difference between Past life and LBL regression?

A past life regression explores your past physical incarnations; an LBL explores your immortal identity and spiritual heritage. The LBL requires a deeper trance depth and uses the past life death as an entry point to soul's home and identity.

How do we know it's real?

For sceptical minds Past life regression memory can be checked against historical records, can be researched and validated, but LBL work stands without the luxury of this kind of confirmation. There are no solid ways to confirm or deny the authenticity of LBL memory. Other than Michael Newton's credible methodology and the sheer volume of consistent case studies; an LBL is an inner experience without external validation. For most, its authenticity comes from a deep feeling of knowing, and from the emotional responses their bodies' feel when experiencing their immortal selves and home. Many describe the peace and love of the spirit world as being too much to contain or comprehend physically.

Regardless of the methodology used, the greatest obstacle to accurate past life and spiritual regression work is 'Conscious Mind Interference'.

Conscious mind interference is the ability of the conscious mind to:

- filter
- censor
- block
- and mistranslate

For most clients, the conscious mind is active to some extent throughout a regression; this is especially true with a lack of trance depth. Trance depth must therefore, be constantly monitored and deepened to lessen the effects of conscious interference.

So most importantly, the therapist must be prepared to challenge the client's mind when interference is suspected. Often a client is doing the best they can with the limited vocabulary and knowledge of their human self to interpret vastly broader concepts and realities. Mistakes and misinterpretations do occur and must be worked with.

All LBL work and PLR work is subjective. Think about the enormity of the task at hand. With PLR we are attempting to access information from other times and other places that this current body and brain has no context for. With LBL work we go a step further; we are bringing in information and wisdom from a non-physical, non-linear reality, where communication is beyond human language, is telepathic, and not restricted to our 3 dimensional physical limitations.

The fact that LBL work is fallible does not make it less valuable. The LBL therapist that admits fallibility and works actively with potential problem areas like conscious mind interference and looping (client coming out of trance depths), is able to do the most service to his/her client, by being an advocate for deeper truth. The regressions that doesn't guard against the fallibilities of the work risks the ego and conscious mind tainting the information.

The LBL therapist is an advocate for the client, pushing the frontiers of the human mind to draw resources and information to the surface from the deepest levels of soul.

What are the benefits of having a regression?

Some would say – leave the past alone. Some would say, leave heaven alone, that's God's business. Others feel a call from deep within to search for an internally referenced,

personal truth. They are not happy to accept surrogate truth, born of externals, born of beliefs. They want personal experiences, to make their own minds up, to find their own God, to find their own soul. For the seekers, LBL and PLR work is a valuable path to personal answers, personal wisdom and knowing rather than believing.

From interviews I recently had with other members of TNI in the Bedford UK during a training program on offer there, here are some benefits of LBL work:

“Reconnecting with your soul purpose and fully experiencing unconditional love, beyond mere concepts and beliefs, but as true knowing.” - Paul Aurand (USA) President of The Michael Newton Institute for Life-Between-Lives Hypnotherapy TNI.

When asked about the challenges offered by LBL work he said, “It is a true bearing of one’s soul, and therefore you should carefully select a therapist that you are comfortable.”

“An LBL provides a client with the means to understand their path, that transcends their physical existence.” Pete Smith (Australia) a practising LBL hypnotherapist.

“An LBL provides a client with an opportunity to define with clear vision, ways to develop the intrinsic ethical qualities that exist at the heart of all humanistic wisdom”. Paul de Bell (USA), psychiatrist and LBL therapist.

Michael Newton PhD, founder of TNI says, “The major benefit of LBL work is the Spiritual Integration of the soul with the human body, through professional hypnotherapy. The public should work with a professionally trained TNI hypnotherapist.”

It goes without saying that past life and spiritual regression must be dealt with responsibly and with maturity. On occasion a client is blocked from access to certain information that would interfere with their life choices and the learning of their current lives. Many LBL therapists would agree that the LBL balances much of the potential confusion and disruption that a PLR might result in.

Sometimes memories of past lives alone; without the therapeutic value of the LBL’s soul perspective, guide input and general wisdom; can be haunting and limiting. For example a client may remember a past life suicide, the trauma of this memory is greatly healed and put into therapeutic use when the soul perspective is gained in the LBL. By seeing the bigger picture, and mostly by feeling the unconditional love and acceptance of teachers and guides the client’s past life memory trauma is healed.

In another example, seeing the souls of loved ones and finding the connections of soulmates in the spirit world is clearer from the soul perspective than from the past life perspective.

The past life regression gives the perspective of another physical body, in another time, in another place. The LBL gives the immortal aerial perspective of all lives, and one is invariably left in awe at the freedom, love, wisdom, peace and compassion that is the reality of soul.

And how should you best prepare for a regression?

- Find a reputable regression therapist.

- Ask about their methodologies. Some regressions use other methods like Reiki, Shamanic work, body work, psychic readings etc within the regression. Be sure that you are comfortable with this.
- If you want a traditional LBL find someone who uses solid hypnotherapy as a basis.
- Make sure that you feel trust and rapport for the therapist.
- Ask about the duration of the regression, remembering that a good LBL is no shorter than 3 hours.
- Learn to spot your conscious mind and to work with its interference.
- Train your body to access trance states.
- Start with small steps and work your way up to a full LBL.

Many LBL therapists will tell; you based on what they hear from their clients in LBL; that the spiritual information is being “allowed” through the veils of human amnesia because the earth needs it to face the challenges born of overpopulation, drugs, crime and disillusionment.

Think of PLR and LBL as opening a door, every inch open is valuable. You don’t have only 1 shot at this; you can open the door to your subconscious and superconscious mind a little at a time to find the treasures of asking, seeking and digging for truth. The treasures you unearth are a deeper and personal understanding of your immortal self, more integrated into your life and physical body.

Then we earn the deepest truth, that the light that we seek to guide us through the darkness of earth’s troubles, is the light of our own souls.

“We shall not cease from exploration
And at the end of all our exploring
Will be to arrive where we started
And know the place for the first time”
-T.S. Elliot