

Highlights of a Sample Between-Lives Session

[From Chapter 7 of *Frontiers of Knowledge*]

In Appendix E, I present a moderately detailed account of a between-lives session I conducted in 2009 with a female subject in her late thirties or early forties. From it, the reader can obtain a better sense of the process and the richness of the subject's spiritual experience. I conducted the session following Newton's outline in *Life Between Lives: Hypnotherapy for Spiritual Regression*: his between-lives regression instructional manual. As I mentioned in this chapter's introduction, the secret to an effective between-lives regression is getting the subject into a very deep hypnotic state. Most between-lives sessions take three to four hours. This sample case was limited to three hours because of time constraints.

Key Experiences in the Spiritual Realm

Below I place the highlights of my subject's experiences during her between-lives session in the outline presented earlier in this chapter for a general representation of the soul's journey through the spiritual realm.

Death scene and departure. She is an old man (approximately 90), and death occurs as an easy, gradual process. The subject has planned the end scene with help from her friends. She does not linger around after death since she has already said all of her good-byes. She experiences moving upward quickly as soon as she leaves her body.

Energy healing before entering the spirit realm. The subject describes moving very fast toward a bright light. She next finds herself inside a ball of light energy with the energy surging through her. She does not see her guide at this time. (Later, she clearly saw/sensed her guide and gave me its name.) After being released from the energy ball, she finds herself in a womblike structure undergoing what is probably an energy restoration and balancing session, which Newton normally places in the orientation stage.

The welcoming. When she arrives for her welcoming, she finds herself in the middle of a big, disorienting surprise party. Key members of her soul family have planned and executed this homecoming event around an Alice in Wonderland theme. She tells me that several in her group have a very good sense of humor, and it is their idea to use this homecoming theme. The scene is so disorienting and chaotic for me that I have to ask her to slow the scene down and arrange her friends in a row so that she can introduce them to me. I encourage her to take her time to clearly sense them, interact with them, and identify who they are in her current life.

She selects seven souls from her soul family and starts giving me information about each. All are people with whom she has had or still has significant family, friendship, or romantic relationships. Included in the seven are her father and mother and her current boyfriend. She also tells me that her mother had been her sister in her previous life. During this process, I ask her to identify their primary energy color, which Newton and Backman believe is representative of the soul's energy-consciousness level. She is able to provide me with this information.

After we have finished identifying the members in her cluster group (her soul family), I ask her if there are any significant souls in adjacent groups. She says she senses her daughter's soul and that of her future granddaughter in an adjacent soul cluster group.

Orientation: adapting to the spiritual realm. The two key adaptation experiences Newton describes for this segment occur for her in other segments of her between-lives session. Her energy renewal and rebalancing seem to happen after the initial portal experience when she is in a womblike structure, and her life review occurs in her meeting with her council of wise elders (presented below).

She did not experience or describe any transportation via a soul “mass transit” system.

Placement for study and training. She next goes to a classroom building that she tells me resembles a Bundt cake. Within this large structure, she selects a classroom on energy work related to human interaction—something she has the greatest difficulty with in her current life. The teacher appears to be instructing her on how to more effectively interact with others, doing so playfully and using lots of humor.

In the classroom, she meets her closest soul mate, who has not incarnated with her this time; nor is he in the soul family lineup. It is a very emotional reunion for her. This supports Backman’s concept of a core soul unit made up of two or three souls who are especially close.¹ I discuss this concept further in chapter 8.

Meeting with council of wise elders. This turns out to be her most important segment by far because of all the key spiritual-realm segments (experiences) that occur in it for her.

As she enters, she sees seven ethereal, spiritual beings present. My subject describes each as a white etheric mist with lights within the mist. As a side note, by this time in our session, my subject’s responses have become very clear and strong,

Life review with council: The elders review the many highlights of this life (the one that came up in her past-life segment) and in summary tell her, “You did a really good job, considering all the challenges. You helped many others.”

Current life review with council: The elders tell her;

You are doing well. Your last life’s challenges were more direct and obvious. They are more subtle this time, and you need to define boundaries. You need to go

back and work in the class. You have to find the balance for self—challenges for this life are coming from everywhere. It is also more challenging because this is your first life without a strong soul mate/companion relationship.

Current life selection. The following information comes to her during her meeting with the council.

- She sees that having her mother (a member of her soul group) play an Asian woman allows her mother to create a degree of separation such that she does not have a deep, intimate mother-daughter connection. This is part of the life plan to make relationships more challenging.
- She receives information about the karmic connection she has with her current boyfriend; they were twins a few lives back. They have a good connection, but their thinking and areas of growth are different, creating another challenge.

Council advice for her current life. She is told to focus on having relationships that are less filled with turmoil and high emotions and to work at maintaining relationships.

Planning the next human life and selecting a human identity. I ask her if she has been given the choice of several bodies. She says that she went to the chamber (Newton’s Ring of Destiny) to examine several options, but she had essentially made up her mind beforehand. She was given only three choices, of which only one was female, and she really wanted the female experience of being a mother again.

Reviews of previous past-lives. When I ask her if she wants to go to a place of knowledge to review her past lives, she says that she has already received access to all of them, during the council session. (This is probably a clue that she has merged with her higher self during the

¹ Backman, 67. If there are only two souls in a unit, they would easily see themselves as “soul mates.”

council session.) I then ask some questions about them; highlights of what she told me follow.

Her first earth incarnation took place in 1157, and she was a tall, muscular black man. He “traveled” on foot as a runner, hunting game for his family and village. Leading a very physical life and having no demanding social interactions helped her make an easy transition into her first human existence.

Before having lives on earth, she had physical lives on a world named Melurah. It is an enchanting place with lights strung among trees and with houses she describes as resembling “funky mushrooms.” Life on Melurah is very serene; it is a place of “No war, and no head or heart games.” On Melurah, beings communicate by telepathy via the heart (emotion) and have a strong sense of community with each other. She chooses to start incarnating on earth because there aren’t many opportunities for spiritual growth on Melurah.

Preparing for a new incarnation, and incarnating. We were not able to cover this stage because we ran out of time.

Comparing Between-Lives Cases with NDEs

Earlier I wrote that I see strong similarities in the between-lives experiences and those in NDEs that include rich experiences of the spiritual realm. Below I present the results from two comparisons.

Sample Between-Lives Case. In table 7-1, I summarize the experiences of the above sample

between-lives case using 13 of the expanded NDE elements.² For each element, I state whether my subject experienced it; and if she did, I provide highlights of her experience. My subject experienced all 13 NDE elements. Some of her major experiences were: being energized in a womblike structure (element 6), meeting key members of her soul family (element 7), having a past-life reviews with her council (elements 9 and 11), and learning special knowledge of self (element 12).

Generalized Between-Lives Cases.

In table D-1 of appendix D, I summarize the generalized between-lives experiences using the same 13 NDE elements as above and compare them with Jan Price’s NDE—one in which all of the key 13 NDE elements were experienced.

For the generalized between-lives case, I estimate that between-lives subjects always experience seven of the NDE elements and almost always experience the other six. I believe that two of the elements (4 and 5) are not always experienced because the subject’s soul has higher levels of spiritual consciousness (an advanced soul) and does not need to experience them. I see this is not that different from having strong NDEs in which the NDEr does not experience some of these key elements.

² The two NDE elements I left out are: (1) encountering a barrier which if crossed, would not allow them to return to their body and (2) a return to the body, either voluntary or involuntary (aware of decision regarding return).

Barriers never seem to come up in between-lives sessions, and the between-lives subject always returns to its conscious “body” awareness under the direction of the hypnotherapist.

Table 7-1. Sample Between-Lives Case Summarized Using NDE Elements

Expanded NDE Elements (NDE and Between-Lives)	Subject Experienced Element? Highlights of Sample Between-Lives Session Experiences
1. Out-of-body experience—OBE	Yes. Experienced moving upward from body and then moving fast toward a bright light.
2. Heightened senses	Yes. Especially present in spiritual-realm class-room and meeting with council of wise elders.
3. Intense and generally positive emotions or feelings	Yes. She felt empowered following information and insights from the council experience.
4. Moving rapidly from earth to nonphysical realms	Yes. Subject reports moving fast toward a bright light (after past-life death); sees large ball of light.
5. Soul being energized and rebalanced	Yes. In a dark, womblike structure in which she undergoes more energy rejuvenation.
6. Encountering a mystical or brilliant light	Yes. Reported moving fast toward a bright light; later found herself inside this energy sphere.
7. Encountering mystical beings or deceased relatives	Yes. Homecoming with seven souls (some relatives) and the etheric council beings.
8. A sense of alteration of time/space	Yes. Time alteration in life review. Both in “homecoming” scene with the spiritual beings going at “Mach speed.”
9. Life review (of all or some of life’s events)	Yes. Council conducted a review of her past life, in which Information was coming very quickly.
10. Encountering unworldly realms (“heaven”)	Yes. Experience occurs in spiritual realm: meeting deceased relatives, guides, etc.
11. Meeting with council of wise elders or wise being for insight on their human life	Yes. Council gave a review of her just-completed past life and progress and feedback on her current life and summarized her challenges.
12. Learning special knowledge of universe or self	Yes. Had access to all of her past lives, including knowledge of lives on another physical world.
13. Communication is mind to mind (telepathic)	Yes. In the council session, classroom, and in recalling life on another physical world.