

Life Between Lives Exam  
(Hypnotherapy for Spiritual Regression)

Description

An overview of all of the memory stations that are encountered within this unique spiritual regression methodology, which is based on the work of Dr. Michael Newton, licensed counselor, clinical hypnotherapist. This controversial work has its merits in giving the student an idea of what occurs after death, if the memories are accurate, but also objectively takes into account the authors research and subjective opinions regarding the work.

Objectives

Learn about the entire process of life between life regressions, which is based on case histories outlined in two best selling books, Journey of Souls, and Destiny of Souls. Discover the methods used to regression clients back through this life, to past lives, through the death scene, crossing over, the gateway, soul groups, the council, next life selection, and more.

This exam is based entirely on the author's findings documented in the book, Life Between Lives: Hypnotherapy for Spiritual Regression, by Michael Newton, PhD.

Exam

Choose the single most correct answer.

1) With Spiritual regression, both past life and life between lives (LBL) therapy are combined.

True

False

2) To work with LBL therapy, you need to reserve the same block of time as you would for a past-life client..

True

False

3) The Alpha brain wave state is as deep as we get before losing consciousness. It uncovers the area of the superconscious mind that reveals spiritual life between lives activity.

True

False

4) Before the client arrives for the LBL session, in order to save time, the author recommends that he/she bring a typed listing of the first names and relationships of people who have impacted his/her life the most.

True

False

5) According to the author \_\_\_\_\_ is the secret to achieving success.

a) deepening

- b) the induction
- c) hypnotic conditioning

6) The sequence of memories before entering into the spirit world advised by the author to LBL therapists to facilitate is:

- a) childhood, past life, death, then the spirit world
- b) childhood, earliest childhood, womb, past life, death, then the spirit world
- c) childhood, womb, and then the spirit world

7) The author's methods include abbreviating the past-life review stages and death scene in order to enter into the spirit world more quickly and to spend more time there instead.

- True
- False

8) The author recommends a quick rapid induction for life between lives regression.

- True
- False

9) Although most researchers in the field find about 20% of the population to be susceptible to a quick deep trance, or are somnambulistic, the author found a national survey indicating.

- a) more than 20% of the population are highly receptive
- b) 20% are either unresponsive or minimally responsive to hypnosis
- c) 10-15% are highly receptive, 70-80% are moderately responsive, and 10-15% are either unresponsive or minimally responsive to hypnosis.

10) When the client appears to be free-associating, or displaying vagueness in responses, the depth of trance is usually the cause.

- True
- False

11) The author's deepening techniques involve approximately 45 minutes of long visualization, as opposed to short-cuts involving pyramiding suggestions, confusion, or the like.

- True
- False

12) The client's past life memory must be his or her most immediate past life, in order for the session to display the most accuracy and overall success.

- True
- False

13) Reasons the author suggests against taking the client directly into the spirit world without going through a past life include:

- a) it could cause confusion
- b) the client will miss the beauty of crossing over into the spirit realm
- c) reviewing a former life allows for more memory warm-up
- d) all of the above

14) The author tries not to spend more than fifteen to thirty minutes in past life memory, because he wants to take clients into their death experience as rapidly as possible.

True

False

15) Regarding the Atlantis Attraction Syndrome, according to the author's skepticism, what is stated as the author's opinions?

a) When a client recalls a past life in Atlantis, he has the client question (e.g. We won't speak to each other again until you have reviewed all your memories to verify that you are in Atlantis.)

b) The client is really a hybrid soul remembering a lifetime from another planet of universe, not Atlantis on earth.

c) A similar term the author uses to label faulty reports of this nature is the Famous Person Syndrome.

d) All of the above

16) According to the author's opinions, what signifies credibility in recall:

a) a strong abreaction with an immense catharsis that is thoroughly discharged

b) intensely vivid visual movies

c) uncommon or disturbing experience over gender, firm convictions, and intense feelings of personal involvement

d) all of the above

17) The author's past life deprogramming, or therapy, techniques involve allowing the client to be a detached observer while still recognizing feelings.

True

False

18) The author believes that historical religious teachings involving spirit possession have provided a proper education for recognizing and allowing such experiences to exist during spiritual regressions.

True

False

19) Reasons for encountering unresponsive LBL clients involve unresolved fears about uncovering unpleasant details about themselves that they don't really want to know, a lack of rapport, and blocking.

True

False

20) Blocking usually involves a negative spiritual entity who is deliberately trying to cause trouble.

True

False

21) What is happening when a loved one from the past life just reviewed is still living on Earth in the same time frame?

a) a part of our energy never leaves the spirit world

b) we are getting false information due to vivid imaginations

c) we have caused transference to occur

22) Primary station stops for the incoming soul include:

- a) the gateway
- b) orientation
- c) a final stop where the soul is returned to its own cluster group
- d) all of the above

23) Orientation is the first one-on-one opportunity for the soul to unload impressions with a teacher about a recently reviewed incarnation.

True  
False

24) Questions that move a client on to soul groups include:

- a) Is it time to move to your next stop?
- b) Do you think it is time to rejoin your friends?
- c) Is there more you want to continue examining at the moment, or are you ready to travel to another area?
- d) all of the above

25) Three major categories of souls in our immortal lives include:

- a) primary soulmates, companion soulmates, affiliated souls
- b) primary soulmates, companion soulmates, romantic souls
- c) intimate soulmates, companion soulmates, affiliated souls

26) The most common cluster group is the phalanx-diamond position.

True  
False

27) The "hunkering-down syndrome" is a case in which one soul hides behind another during the group identification process until a more appropriate period.

True  
False

28) The average soul takes about 50-70 percent of its own energy into a body.

True  
False

29) When approaching the council, and asked how many beings are waiting for the client, it is common for clients to respond by giving a number greater than ten.

True  
False

30) Often, the author asks if there is a chairperson, or moderator, or director at the council proceedings. He also typically asks if the council members are wearing ornaments or emblems.

True  
False

31) In order to save time, the author occasionally ends a council meeting without asking (i) if there is anything else the client wishes to say to

the director or chairperson before leaving the council chamber, and (ii) what message is being given that could be useful in the current life.

True

False

32) What is the "Presence" that some clients have described during council visitations.

a) the guardian angel

b) the elders

c) a superior, Godlike source that monitors the council

33) When a client claims that he or she sees the LBL therapist in the spirit group, it is most likely to be related to transference or dependency issues; and it is best to politely remove this misinterpretation as rapidly as possible.

True

False

34) When a client goes to life selection in the middle of a council meeting, it precludes the therapist from doing so again in more detail later as the session draws to a close.

True

False

35) The author disagrees with Tibetan mysticism and Eastern religious philosophy declaring "dependent origination" or Samskaras (negative karmic patterns that pass from body to body and plague one's psyche), because past life practitioners not familiar with LBL therapy fail to take into consideration that negative thoughts and feelings from our past lives are largely healed between lives in the spirit world.

True

False

36) Prior to some lives, your client will be offered only one or two body choices. At other visits to the place of life selection, he/she may be given up to five.

True

False

37) The author believes that attempts to facilitate future time hypnosis progression is productive in LBL therapy.

True

False

38) The author has indicated the following opinions

a) A client's experience with religious figures is erroneous

b) He has never experienced a "walk-in" who joined a body after birth

c) MPD is not a result of past life memories, but a single current personality traumatized by earlier events in the current lifetime.

d) all of the above

39) One of the therapeutic benefits of one reconnecting with the spirit world (after a LBL session) is contacting with spirit guides on a regular basis.

True  
False

40) Which is true at the exit interview?

- a) The majority do not want to talk much about what they have seen because it is so private and personal
- b) Some clients will immediately want to process the highlights of their session
- c) Both a and b are both untrue