



Spiritual Integration Hypnotherapy Questions & Answers

What is the best way to prepare for my Life Between Lives (LBL) Session?

I want you to have the best session possible. Because the sessions are lengthy and require a deep state of relaxation, it is important that you feel comfortable with me as your facilitator. View the document on preparing for your LBL session for more information.

What is a Life Between Lives (LBL) Session?

LBL therapy is based on the ground-breaking work of Dr. Michael Newton, best-selling author of *Journey of Souls* and *Destiny of Souls*. In a deep trance state, you will connect with your own superconscious mind and experience yourself as an eternal spirit and be able to answer the fundamental questions... "Who Am I?" and "Why Am I Here Now?". LBL assists individuals in realizing themselves as spiritual beings...not through belief, but through an actual conscious experience.

What's the Difference Between Past Life and LBL therapy?

A past life regression (PLR) explores your past physical incarnations; an LBL explores your immortal identity and spiritual heritage. The LBL requires deeper trance depth and lasts considerably longer than a PLR.

Will I remember the session? Will I do or say foolish things?

In clinical hypnosis, your conscious mind is always present, though less active. Hypnotized subjects fully adhere to their usual moral standards and are apt to correct the facilitator if something is misunderstood or incorrectly surmised. You will remember the session because your conscious mind plays an integral part, incorporating lessons learned from the subconscious and superconscious states.

Will I be able to reach the necessary level of trance?

Most people are able to reach sufficient trance levels for LBL. It may be helpful to practice self-hypnosis, visualization and relaxation techniques if you typically have an active mind.

Why a Past Life Regression first?

For two reasons- first, so that you may get comfortable with me as your facilitator; and two, to know that you can reach the necessary level of trance. I want your LBL experience to be a success, and the PLR helps to ensure that it will be. That said, there are some circumstances where we may both feel it's okay to skip it.

What should I look for in a practitioner?

Your practitioner should be trained by the Michael Newton Institute or another reputable source. Sessions offered should be at least 3 hours in length. Ask the practitioner about his/her background in this or related fields. Make sure you feel trust and rapport before scheduling.