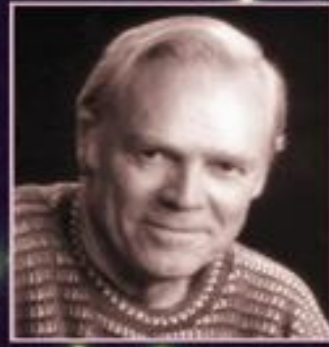


OVER 250,000
COPIES SOLD!



MICHAEL NEWTON, PH.D.

JOURNEY
OF
SOULS

CASE STUDIES OF
LIFE BETWEEN LIVES

See Through the Eyes of the Immortal Soul

Why are you here on Earth? Where will you go after death? What will happen to you when you get there? Many books have been written about past lives, but there has been little about the ongoing existence of our souls as we await rebirth—until this startling and provocative book.

When Dr. Michael Newton, a certified Master Hypnotherapist, began regressing his clients back in time to access their memories of former lives, he stumbled onto a discovery of enormous proportions: that it is possible to “see” into the spirit world through the mind’s eye of subjects who are in a hypnotized or superconscious state; and that clients in this altered state were able to tell him what their soul was doing between lives on Earth.

What you are about to read will shake your preconceptions about death. Over many years, the author has taken hundreds of people into the spirit world. The 29 cases recounted here encompass the reports of the very religious, the spiritually noncommitted, and those in-between—all of whom displayed a remarkable consistency in the way they answered questions about the spirit world.

Dr. Newton learned that the healing process of finding one’s place in the spirit world was far more meaningful for his clients than describing their former lives on Earth. *Journey of Souls* represents many years of his research and insights to help you understand the purpose behind your life choices, and how and why your soul—and the souls of those you love—lives eternally.

“This remarkable, fast-moving book uncovers some of the mysteries of life in the spirit world.”

—NAPRA Trade Journal

“*Journey of Souls* is the first truly new metaphysical information to come out in years. The book is essential reading for anyone wanting to know what awaits them on the other side.”

—Dick Sutphen

“Here is a brilliant and perceptive approach to our next thrust in trying to understand the nature of existence.”

—*The Association for Past-Life Research & Therapies Newsletter*

Winifred B. Lucas, Ph.D. and Carole Clark, M.S.W.

Readers Respond to Journey of Souls

Journey of Souls is a masterpiece which will be long remembered after other books in this field are forgotten. Congratulations.

—Fran

Boston, MA

Your book has made me aware of my inner self and given me a sense of purpose in life. It was spiritual without religious dogma. How can I thank you?

—Vic

Amsterdam, Netherlands

After I purchased *Journey of Souls* I carried it with me wherever I went because I could not put it down. Your book touched me as no other has.

—Vio

Toronto, Canada

I believe your spiritually gifted book has no comparison with any existing literature on the Spirit World, its laws and processes.

—Jo

Istanbul, Turkey

You have given the world a great gift with your book *Journey of Souls* which rings with such truth that it is overwhelming.

—Mado

Kona, Hawaii

I must tell you that *Journey of Souls* is the most serious and interesting book I know describing the period of life between incarnations. No other book has such detail. Its power comes from your critical manner in questioning your patients.

Zelj

Tubingen, Germany

Journey of Souls is a classic that should be in every library. I wonder if you have any idea of the heart it has touched?

—J.

Dublin, Ireland

To Peggy, beloved wife and soulmate.

Besides the enormous contributions of my wife, special acknowledgements to Norah Mayper, John Fahey, and those associates who gave me time out of their lives for editing, advice, and encouragement. And to all my subjects, whose fortitude made this research possible by allowing me to travel the pathways of their minds alongside them.

About the Author

Michael Duff Newton holds a doctorate in Counseling Psychology, is a certified Master Hypnotherapist and a member of the American Counseling Association. He has been on the faculty of higher educational institutions as a teacher while active in private practice in Los Angeles. Dr. Newton developed his own age regression techniques in order to effectively take hypnosis subjects beyond their past life memories to a more meaningful soul experience between lives. The author is considered to be a pioneer in uncovering the mysteries about our life in the spirit world, first reported in this best-selling book. *Journey of Souls* has been translated into ten languages. Dr. Newton has an international reputation as a spiritual regressionist, appearing on numerous radio and TV talk shows and as a lecturer at New Age expositions. In 1998, he received the annual award for the “Most Unique Contribution” in bridging mind, body and spirit from the National Association of Transpersonal Hypnotherapists. He was honored for his years of clinical soul memory research and discoveries into the cosmology of the afterlife. The author is a historian, amateur astronomer and world traveler. He and his wife, Peggy, now make their home in the Sierra Nevada Mountains of northern California.

Other Books By Author

Destiny of Souls (Llewellyn, 2001)

Life Between Lives (Llewellyn, 2004)

Memories of the Afterlife (Llewellyn, 2009)

To Write to the Author

If you wish to contact the author, please write to the author in care of Llewellyn Worldwide, and we will forward your request. Both the author and the publisher appreciate hearing from you and learning of your enjoyment of this book and how it has helped you. Llewellyn Worldwide cannot guarantee that every letter written to the author can be answered, but all will be forwarded. Please write to:

Dr. Michael Newton
c/o Llewellyn Worldwide
2143 Wooddale Drive, Dept. 978-1-56718-485-3
Woodbury, MN 55125-2989, U.S.A.

Please enclose a self-addressed, stamped envelope or \$1.00 to cover costs.

If outside the U.S.A., enclose international postal reply coupon.

Journey of Souls

-0

Case Studies of Life between Lives

Michael Newton, Ph.D.

LLEWELLYN PUBLICATIONS
Woodbury, Minnesota

Journey of Souls. First Edition © 1994. Fifth Revised Edition © 1996 by Michael Newton. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever, including Internet usage, without written permission from Llewellyn Publications except in the case of brief quotations embodied in critical articles and reviews.

As the purchaser of this e-book, you are granted the non-exclusive, non-transferable right to access and read the text of this ebook on screen. The text may not be otherwise reproduced, transmitted, downloaded, or recorded on any other storage device in any form or by any means.

Any unauthorized usage of the text without express written permission of the publisher is a violation of the author's copyright and is illegal and punishable by law.

FIFTH REVISED EDITION, Twenty-seventh Printing, 2009

FOURTH EDITION, First printing, 1995

THIRD EDITION, First printing, 1995

SECOND EDITION, Second printing, 1994

FIRST EDITION, First printing, 1994

First e-book edition © 2010

E-book ISBN: 9780738717500

Cover Art and Design: Anne Marie Garrison

Book Design and Layout: Susan Van Sant

Llewellyn Publications is an imprint of Llewellyn Worldwide Ltd.

Llewellyn Worldwide does not participate in, endorse, or have any authority or responsibility concerning private business transactions between our authors and the public.

Llewellyn Publications

Llewellyn Worldwide, Ltd.

2143 Wooddale Drive, Dept. 978-1-56718-485-3

Woodbury, MN 55125-2989

www.llewellyn.com

Manufactured in the United States of America

CONTENTS

[Introduction](#)

[Chapter One **DEATH AND DEPARTURE**](#)

[Chapter Two **GATEWAY TO THE SPIRIT WORLD**](#)

[Chapter Three **HOMECOMING**](#)

[Chapter Four **THE DISPLACED SOUL**](#)

[Chapter Five **ORIENTATION**](#)

[Chapter Six **TRANSITION**](#)

[Chapter Seven **PLACEMENT**](#)

[Chapter Eight **OUR GUIDES**](#)

[Chapter Nine **THE BEGINNER SOUL**](#)

[Chapter Ten **THE INTERMEDIATE SOUL**](#)

[Chapter Eleven **THE ADVANCED SOUL**](#)

[Chapter Twelve **LIFE SELECTION**](#)

[Chapter Thirteen **CHOOSING A NEW BODY**](#)

[Chapter Fourteen **PREPARATION FOR EMBARKATION**](#)

[Chapter Fifteen **REBIRTH**](#)

[Conclusion](#)

[Index](#)

*You would know the hidden
realm*

*where all souls dwell.
The journey's way lies
through death's misty fell.
Within this timeless passage
a guiding light does dance,
Lost from conscious memory,
but visible in trance.*

M.I

Introduction

ARE you afraid of death? Do you wonder what is going to happen to you after you die? Is it possible you have a spirit which came from somewhere else and will return there after your body dies or is this just wishful thinking because you are afraid?

It is a paradox that humans, alone of all creatures of the Earth, must repress the fear of death in order to lead normal lives. Yet our biological instinct never lets us forget this ultimate danger to our being. As we grow older, the specter of death rises in our consciousness. Even religious people fear death is the end of personhood. Our greatest dread of death brings thoughts about the nothingness of death which will end all associations with family and friends. Dying makes all our earthly goals seem futile.

If death were the end of everything about us, then life indeed would be meaningless. However, some power within us enables humans to conceive of a hereafter and to sense a connection to a higher power and even an eternal soul. If we do actually have a soul, then where does it go after death? Is there really some sort of heaven full of intelligent spirits outside our physical universe? What does it look like? What do we do when we get there? Is there a supreme being in charge of this paradise? These questions are as old as humankind itself and still remain a mystery to most of us.

The true answers to the mystery of life after death remain locked behind a spiritual door for most people. This is because we have built-in amnesia about our soul identity which, on a conscious level, aids in the merging of the soul and human brain. In the last few years the general public has heard about people who temporarily died and then came back to life to tell about seeing a long tunnel, bright lights, and even brief encounters with friendly spirits. But none of these accounts written in the many books on reincarnation has ever given us anything more than a glimpse of all there is to know about life after death.

This book is an intimate journal about the spirit world. It provides a series of actual case histories which reveal in explicit detail what happens to us when life on Earth is over. You will be taken beyond the spiritual tunnel and enter the spirit world itself to learn what transpires for souls before they finally return to Earth in another life.

I am a skeptic by nature, although it will not seem so from the contents of this book. As a counselor and hypnotherapist, I specialize in behavior modification for the treatment of psychological disorders. A large part of my work involves short-term cognitive restructuring with clients by helping them connect thoughts and emotions to promote healthy behavior. Together we elicit the meaning, functions, and consequences of their beliefs because I take the premise that no mental problem is imaginary.

In the early days of my practice, I resisted past life requests from people because of my orientation toward traditional therapy. While I used hypnosis and age-regression techniques to determine the origins of disturbing memories and childhood trauma, I felt any attempt to reach a former life was unorthodox and non-clinical. My interest in reincarnation and metaphysics was only intellectual curiosity until I worked with a young man on pain management.

This client complained of a lifetime of chronic pain on his right side. One of the tools of hypnotherapy to manage pain is directing the subject to make the pain worse so he or she can also learn to lessen the aching and thus acquire control. In one of our sessions involving pain intensification, this man used the imagery of being stabbed to recreate his torment. Searching for the origins of this image, I eventually uncovered his former life as a World War I soldier who was killed

by a bayonet in France, and we were able to eliminate the pain altogether.

With encouragement from my clients, I began to experiment with moving some of them further back in time before their last birth on Earth. Initially I was concerned that a subject's integration of current needs, beliefs, and fears would create fantasies of recollection. However, it didn't take long before I realized our deep-seated memories offer a set of past experiences which are too real and connected to be ignored. I came to appreciate just how therapeutically important the link is between the bodies and events of our former lives and who we are today.

Then I stumbled on to a discovery of enormous proportions. I found it was possible to see into the spirit world through the mind's eye of a hypnotized subject who could report back to me of life *between* lives on Earth.

The case that opened the door to the spirit world for me was a middle-aged woman who was an especially receptive hypnosis subject. She had been talking to me about her feelings of loneliness and isolation in that delicate stage when a subject has finished recalling their most recent past life. This unusual individual slipped into the highest state of altered consciousness almost by herself. Without realizing I had initiated an overly short command for this action, I suggested she go to the source of her loss of companionship. At the same moment I inadvertently used one of the trigger words to spiritual recall. I also asked if she had a specific *group* of friends whom she missed.

Suddenly, my client started to cry. When I directed her to tell me what was wrong, she blurted out, "I miss some friends in my group and that's why I get so lonely on Earth." I was confused and questioned her further about where this group of friends was actually located. "Here, in my permanent home," she answered simply, "and I'm looking at all of them right now!"

After finishing with this client and reviewing her tape recordings, I recognized that finding the spirit world involved an extension of past life regression. There are many books about past lives, but none I could find which told about our life as souls, or how to properly access the spiritual recollections of people. I decided to do the research myself and with practice I acquired greater skill in entering the spirit world through my subjects. I also learned that finding their place in the spirit world was far more meaningful to people than recounting their former lives on Earth.

How is it possible to reach the soul through hypnosis? Visualize the mind as having three concentric circles, each smaller than the last and within the other, separated only by layers of connected mind-consciousness. The first outer layer is represented by the conscious mind which is our critical, analytical reasoning source. The second layer is the subconscious, where we initially go in hypnosis to tap into the storage area for all the memories that ever happened to us in this life and former lives. The third, the innermost core, is what we are now calling the superconscious mind. This level exposes the highest center of Self where we are an expression of a higher power.

The superconscious houses our real identity, augmented by the subconscious which contains the memories of the many alter-egos assumed by us in our former human bodies. The superconscious may not be a level at all, but the soul itself. The superconscious mind represents our highest center of wisdom and perspective, and all my information about life after death comes from this source of intelligent energy.

How valid is the use of hypnosis for uncovering truth? People in hypnosis are neither dreaming nor hallucinating. We don't dream in chronological sequences nor hallucinate in a directed trance state. When subjects are placed in trance, their brain waves slow from the Beta wake state and continue to change vibration down past the meditative Alpha stage into various levels within the Theta range.

Theta is hypnosis—not sleep. When we sleep we go to the final Delta state where messages from the brain are dropped into the subconscious and vented through our dreams. In Theta, however, the conscious mind is not unconscious, so we are able to receive as well as send messages with all memory channels open.

Once in hypnosis, people report the pictures they see and dialogue they hear in their unconscious minds as literal observations. In response to questions, subjects cannot lie, but they may misinterpret something seen in their unconscious mind, just as we do in the conscious state. In hypnosis, people have trouble relating to anything they don't believe is the truth.

Some critics of hypnosis believe a subject in trance will fabricate memories and bias their responses in order to adopt any theoretical framework suggested by the hypnotist. I find this generalization to be a false premise. In my work, I treat each case as if I were hearing the information for the first time. If a subject were somehow able to overcome hypnosis procedure and construct a deliberate fantasy about the spirit world, or free-associate from pre-set ideas about their afterlife, these responses would soon become inconsistent with my other case reports. I learned the value of careful cross-examination early in my work and I found no evidence of anyone faking their spiritual experiences to please me. In fact, subjects in hypnosis are not hesitant in correcting my misinterpretations of their statements.

As my case files grew, I discovered by trial and error to phrase questions about the spirit world in proper sequence. Subjects in a superconscious state are not particularly motivated to volunteer information about the whole plan of soul life in the spirit world. One must have the right set of keys for specific doors. Eventually, I was able to perfect a reliable method of memory access to different parts of the spirit world by knowing which door to open at the right time during a session.

As I gained confidence with each session, more people sensed I was comfortable with the hereafter and felt it was all right to speak to me about it. The clients in my cases represent some men and women who were very religious, while others had no particular spiritual beliefs at all. Most fall somewhere in between, with a mixed bag of personal philosophies about life. The astounding thing I found as I progressed with my research was that once subjects were regressed back into their soul state they all displayed a remarkable consistency in responding to questions about the spirit world. People even use the same words and graphic descriptions in colloquial language when discussing their lives as souls.

However, this homogeneity of experience by so many clients did not stop me from continually trying to verify statements between my subjects and corroborate specific functional activities of soul. There were some differences in narrative reporting between cases, but this was due more to the level of soul development than to variances in how each subject basically saw the spirit world.

The research was painfully slow, but as the body of my cases grew I finally had a working model of the eternal world where our souls live. I found thoughts about the spirit world involve universal truths among the souls of people living on Earth. It was these perceptions by so many different types of people which convinced me their statements were believable. I am not a religious person, but I found the place where we go after death to be one of order and direction, and I have come to appreciate that there is a grand design to life and afterlife.

When I considered how to best present my findings, I determined the case study method would provide the most descriptive way in which the reader could evaluate client recall about the afterlife. Each case I have selected represents a direct dialogue between myself and a subject. The case

testimonies are taken from tape recordings from my sessions. This book is not intended to be about my subjects' past lives, but rather a documentation of their experiences in the spirit world relating to those lives.

For readers who may have trouble conceptualizing our souls as non-material objects, the case histories listed in the early chapters explain how souls appear and the way in which they function. Each case history is abbreviated to some extent because of space constraints and to give the reader an orderly arrangement of soul activity. The chapters are designed to show the normal progression of souls into and out of the spirit world, incorporated with other spiritual information.

The travels of souls from the time of death to their next incarnation has come to me from over thirty years of life between lives hypnotherapy. The travels of souls from the time of death to their next incarnation has engaged my study since the 1970s, growing with each decade. However, most of the LBL cases in this book were collected within the past ten years. It surprised me at first, that I had people who remembered parts of their soul life more clearly after distant lifetimes than recent ones. Yet, for some reason, no one subject was able to recall the entire chronology of soul activities I have presented in this book. My clients remember certain aspects of their spiritual life quite vividly, while other experiences are hazy to them. As a result, even with these twenty-nine cases, I found I could not give the reader the full range of information I have gathered about the spirit world. Thus, my chapters contain details from more cases than just the twenty-nine listed.

The reader may consider my questioning in certain cases to be rather demanding. In hypnosis, it is necessary to keep the subject on track. When working in the spiritual realm, the demands on a facilitator are higher than with past life recall. In trance, the average subject tends to let his or her soul-mind wander while watching interesting scenes unfold. My clients often want me to stop talking so they can detach from reporting what they see and just enjoy their past experiences as souls. I try to be gentle and not overly structured, but my sessions are usually single ones which run three hours in length and there is a lot to cover. People may come long distances to see me and not be able to return.

I find it very rewarding to watch the look of wonder on a client's face when his or her session ends. For those of us who have had the opportunity to actually see our immortality, a new depth of self-understanding and empowerment emerges. Before awakening my subjects, I often implant appropriate post-suggestion memories. Having a conscious knowledge of their soul life in the spirit world and a history of physical existences on planets gives these people a stronger sense of direction and energy for life.

Finally, I should say that what you are about to read may come as a shock to your preconceptions about death. The material presented here may go against your philosophical and religious beliefs. There will be those readers who will find support for their existing opinions. For others, the information offered in these cases will all appear to be subjective tales resembling a science fiction story. Whatever your persuasion, I hope you will reflect upon the implications for humanity if what my subjects have to say about life after death is accurate.

Death and Departure

- Case 1

S. (Subject): Oh, my *god!* I'm not really dead—am I? I mean, my body is dead—I can see it below me—but I'm floating ... I can look down and see my body lying flat in the hospital bed. Everyone around me *thinks* I'm dead, but I'm not. I want to shout, *hey, I'm not really dead!* This is so incredible ... the nurses are pulling a sheet over my head ... people I know are crying. I'm supposed to be dead, but I'm still *alive!* It's strange, because my body is absolutely dead while I'm moving around it from above. *I'm alive!*

THESE are the words spoken by a man in deep hypnosis, reliving a death experience. His words come in short, excited bursts and are full of awe, as he sees and feels what it is like to be a spirit newly separated from a physical body. This man is my client and I have just assisted him in recreating a past life death scene while he lies back in a comfortable recliner chair. A little earlier, following my instructions during his trance induction, this subject was age-regressed in a return to childhood memories. His subconscious perceptions gradually coalesced as we worked together to reach his mother's womb.

I then prepared him for a jump back into the mists of time by the visual use of protective shielding. When we completed this important step of mental conditioning, I moved my subject through an imaginary time tunnel to his last life on Earth. It was a short life because he had died suddenly from the influenza epidemic of 1918.

As the initial shock of seeing himself die and feeling his soul floating out of his body begins to wear off a little, my client adjusts more readily to the visual images in his mind. Since a small part of the conscious, critical portion of his mind is still functioning, he realizes he is recreating a former experience. It takes a bit longer than usual since this subject is a younger soul and not so used to the cycles of birth, death, and rebirth as are many of my other clients.

Yet, within a few moments he settles in and begins to respond with greater confidence to my questions. I quickly raise this subject's subconscious hypnotic level into the superconscious state. Now he is ready to talk to me about the spirit world, and I ask what is happening to him.

S: Well ... I'm rising up higher ... still floating ... looking back at my body. It's like watching a movie, only I'm in it! The doctor is comforting my wife and daughter. My wife is sobbing (subject wiggles with discomfort in his chair). I'm trying to reach into her mind ... to tell her everything is all right with me. She is so overcome by grief I'm not getting through. I want her to know my suffering is gone ... I'm free of my body ... I don't need it any more ... that I will wait for her. I want her to know that ... but she is ... not listening to me. Oh, I'm moving away now ...

And so, guided by a series of commands, my client starts the process of moving further into the spirit world. It is a road many others have traveled in the security of my office. Typically, as memories in the superconscious state expand, subjects in hypnosis become more connected to the spiritual passageway. As the session moves forward, the subject's mental pictures are more easily translated into words. Short descriptive phrases lead to detailed explanations of what it is like to ente

the spirit world.

We have a great deal of documentation, including observations from medical personnel, which describes the out-of-body near-death experiences of people severely injured in accidents. These people were considered clinically dead before medical efforts brought them back from the other side. Souls are quite capable of leaving and returning to their host bodies, particularly in life-threatening situations when the body is dying. People tell of hovering over their bodies, especially in hospitals, watching doctors perform life-saving procedures on them. In time these memories fade after they return to life.

In the early stages of hypnosis regression into past lives, the descriptions of subjects mentally going through their past deaths do not contradict the reported statements of people who have actually died in this life for a few minutes. The difference between these two groups of people is that subjects in hypnosis are not remembering their experiences of temporary death. People in a deep trance state are capable of describing what life is like after permanent physical death.

What are the similarities of afterlife recollection between people reporting on their out-of-body experiences as a result of a temporary physical trauma and a subject in hypnosis recalling death in a past life? Both find themselves floating around their bodies in a strange way, trying to touch solid objects which dematerialize in front of them. Both kinds of reporters say they are frustrated in their attempts to talk to living people who don't respond. Both state they feel a pulling sensation away from the place where they died and experience relaxation and curiosity rather than fear.

All these people report a euphoric sense of freedom and brightness around them. Some of my subjects see brilliant whiteness totally surrounding them at the moment of death, while others observe the brightness is farther away from an area of darker space through which they are being pulled. This is often referred to as the tunnel effect, and has become well known with the public.

My second case will take us further into the death experience than Case 1. The subject here is a man in his sixties describing to me the events of his death as a young woman called Sally, who was killed by Kiowa Indians in an attack on a wagon train in 1866. Although this case and the last one relate death experiences after their most immediate past lives, a particular death date in history has no special relevance because it is recent. I find no significant differences between ancient and modern times in terms of graphic spirit world recall, or the quality of lessons learned.

I should also say the average subject in trance has an uncanny ability to zero in on the dates and geographic locations of many past lives. This is true even in earlier periods of human civilization, when national borders and place names were different than exist today. Former names, dates, and locations may not always be easily recalled in every past life, but descriptions about returning to the spirit world and life in that world are consistently vivid.

The scene in Case 2 opens on the American southern plains right after an arrow has struck Sally in the neck at close range. I am always careful with death scenes involving violent trauma in past lives because the subconscious mind often still retains these experiences. The subject in this case came to me because of a lifetime of throat discomfort. Release therapy and deprogramming is usually required in these cases. In all past life recall, I use the time around death for quiet review and place the subject in observer status to soften pain and emotion.

- Case 2

Dr. N: Are you in great pain from the arrow?

S: Yes ... the point has torn my throat ... I'm dying (subject begins to whisper while holding his hands at the throat). I'm choking ... blood pouring down ... Will (husband) is holding me ... the pain ... terrible ... I'm getting out now ... it's over, anyway.

Note: Souls often leave their human hosts moments before actual death when their bodies are in great pain. Who can blame them? Nevertheless, they do stay close by the dying body. After calming techniques, I raise this subject from the subconscious to the superconscious level for the transition to spiritual memories.

Dr. N: All right, Sally, you have accepted being killed by these Indians. Will you please describe to me the exact sensation you feel at the time of death?

S: Like ... a force ... of some kind ... pushing me up out of my body.

Dr. N: Pushing you? Out where?

S: I'm ejected out the top of my head.

Dr. N: And what was pushed out?

S: Well—me!

Dr. N: Describe what “me” means. What does the thing that is you look like going out of the head of your body?

S: (pause) Like a ... pinpoint of light ... radiating ...

Dr. N: How do you radiate light?

S: From ... my energy. I look sort of transparent white ... my soul ...

Dr. N: And does this energy light stay the same after leaving your body?

S: (pause) I seem to grow a little ... as I move around.

Dr. N: If your light expands, then what do you look like now?

S: A ... wispy ... string ... hanging ...

Dr. N: And what does the process of moving out of your body actually feel like to you?

S: Well, it's as if I shed my skin ... peeling a banana. I just lose my body in one swoosh!

Dr. N: Is the feeling unpleasant?

S: Oh no! It's wonderful to feel so free with no more pain, but ... I am ... disoriented ... I didn't expect to die ... (sadness is creeping into my client's voice and I want him to stay focused on his soul for a minute more, rather than what is taking place on the ground with his body)

Dr. N: I understand, Sally. You are feeling a little displacement at the moment as a soul. This is normal in your situation for what you have just gone through. Listen and respond to my questions. You said you were floating. Are you able to move around freely right after death?

S: It's strange ... it's as if I'm suspended in air that isn't air ... there are no limits ... no gravity ... I'm weightless.

Dr. N: You mean it's sort of like being in a vacuum for you?

S: Yes ... nothing around me is a solid mass. There are no obstacles to bump into ... I'm drifting ...

Dr. N: Can you control your movements—where you are going?

S: Yes ... I can do some of that ... but there is... a pulling ... into a bright whiteness ... it's so *bright!*

Dr. N: Is the intensity of whiteness the same everywhere?

S: Brighter ... away from me ... it's a little darker white ... gray ... in the direction of my body ... (starts to cry) oh, my poor body ... I'm not ready to leave yet. (subject pulls back in his chair as if he is resisting something)

Dr. N: It's all right, Sally, I'm with you. I want you to relax and tell me if the force that took you out of your head at the moment of death is still pulling you away, and if you can stop it.

S: (pause) When I was free of my body the pulling lessened. Now, I feel a nudge ... drawing me away from my body ... I don't want to go yet ... but, something wants me to go soon ...

Dr. N: I understand, Sally, but I suspect you are learning you have some element of control. How would you describe this thing that is pulling you?

S: A ... kind of magnetic ... force ... but ... I want to stay a little longer ...

Dr. N: Can your soul resist this pulling sensation for as long as you want?

S: (there is a long pause while the subject appears to be carrying on an internal debate with himself in his former life as Sally) Yes, I can, if I really want to stay. (subject starts to cry) Oh, it's awful what those savages did to my body. There is blood all over my pretty blue dress ... my husband Will is trying to hold me and still fight with our friends against the Kiowa.

Note: I reinforce the imagery of a protective shield around this subject, which is so important as a foundation to calming procedures. Sally's soul is still hovering over her body after I move the scene forward in time to when the Indians are driven off by the wagon train rifles.

Dr. N: Sally, what is your husband doing right after the attack?

S: Oh, good ... he isn't hurt ... but ... (with sadness) he is holding my body ... crying over me ... there is nothing he can do for me, but he doesn't seem to realize that yet. I'm cold, but his hands are around my face ... kissing me.

Dr. N: And what are you doing at this moment?

S: I'm over Will's head. I'm trying to console him. I want him to feel my love is not really gone ... I want him to know he has not lost me forever and that I will see him again.

Dr. N: Are your messages getting through?

S: There is so much grief, but he ... feels my essence ... I know it. Our friends are around him ... and they separate us finally ... they want to reform the wagons and get started again.

Dr. N: And what is going on now with your soul?

S: I'm still resisting the pulling sensation ... I want to stay.

Dr. N: Why is that?

S: Well, I know I'm dead ... but I'm not ready to leave Will yet and ... I want to watch them bury me.

Dr. N: Do you see or feel any other spiritual entity around you at this moment?

S: (pause) They are near ... soon I will see them ... I feel their love as I want Will to feel mine ... they are waiting until I'm ready.

Dr. N: As time passes, are you able to comfort Will?

S: I'm trying to reach inside his mind.

Dr. N: And are you show tired souls can be successful?

S: (pause) I ... think a little ... he feels me ... he realizes ... love...

Dr. N: All right, Sally, now we are going to move forward in relative time again. Do you see your wagon train friends placing your body in some kind of grave?

S: (voice is more confident) Yes, they have buried me. It's time for me to go ... they are coming for me now ... I'm moving ... into a brighter light ...

Contrary to what some people believe, souls often have little interest in what happens to their bodies once they are physically dead. This is not callousness over personal situations and the people they leave behind on Earth, but an acknowledgement of these souls to the finality of mortal death. They have a desire to hurry on their way to the beauty of the spirit world.

However, many other souls want to hover around the place where they died for a few Earth days, usually until after their funerals. Time is apparently accelerated for souls and days on Earth may be only minutes to them. There are a variety of motivations for the lingering soul. For instance, someone who has been murdered or killed unexpectedly in an accident often does not want to leave right away. I find these souls are frequently bewildered or angry. The hovering soul syndrome is particularly true of deaths with young people.

To abruptly detach from a human form, even after a long illness, is still a jolt to the average soul and this too may make the soul reluctant to depart at the moment of death. There is also something symbolic about the normal three- to five-day funeral arrangement periods for souls. Souls really have no morbid curiosity to see themselves buried because emotions in the spirit world are not the same as we experience here on Earth. Yet, I find soul entities appreciate the respect given to the memory of their physical life by surviving relatives and friends.

As we saw in the last case, there is one basic reason for many spirits not wanting to immediately leave the place of their physical death. This comes from a desire to mentally reach out to comfort loved ones before progressing further into the spirit world. Those who have just died are not devastated about their death, because they *know* those left on Earth will see them again in the spirit world and probably later in other lives as well. On the other hand, mourners at a funeral generally feel they have lost a loved one forever.

During hypnosis, my subjects do recall frustration at being unable to effectively use their energy to mentally touch a human being who is unreceptive due to shock and grief. Emotional trauma of the living may overwhelm their inner minds to such an extent that their mental capabilities to communicate with souls are inhibited. When a newly departed soul does find a way to give solace to the living—however briefly—they usually are satisfied and want to then move on quickly away from Earth's astral plane.

I had a typical example of spiritual consolation in my own life. My mother died suddenly from a heart attack. During her burial service, my sister and I were so filled with sadness our minds were numb at the ceremony. A few hours later we returned to my mother's empty house with our spouses and decided to take a needed rest. My sister and I must have reached the receptive Alpha state at about the same time. Appearing in two separate rooms, my mother came through our subconscious minds as a dream-like brush of whiteness above our heads. Reaching out, she smiled, indicating her acceptance of death and current well-being. Then she floated away. Lasting only seconds, this act was a

meaningful form of closure, causing both of us to release into a sound sleep of the Delta state.

We are capable of feeling the comforting presence of the souls of lost loved ones, especially during or right after funerals. For spiritual communication to come through the shock of mourning it is necessary to try to relax and clear your mind, at least for short periods. At these moments our receptivity to a paranormal experience is more open to receive positive communications of love, forgiveness, hope, encouragement, and the reassurance your loved one is in a good place.

When a widow with young children says to me, "A part of my husband comes to me during the difficult times," I believe her. My clients tell me as souls they are able to help those on Earth connect their inner minds to the spirit world itself. As it has been wisely said, people are not really gone as long as they are remembered by those left on Earth. In the chapters ahead, we will see how specific memory is a reflection of our own soul, while collective memories are the atoms of pure energy for a souls. Death does not break our continuity with the immortal soul of those we love simply because they have lost the physical personhood of a mortal body. Despite their many activities, these departed souls are still able to reach us if called upon.

Occasionally, a disturbed spirit does not want to leave the Earth after physical death. This is due to some unresolved problem which has had a severe impact on its consciousness. In these abnormal cases, help is available from higher, caring entities who can assist in the adjustment process from the other side. We also have the means to aid disturbed spirits in letting go on Earth, as well. I will have more to say about troubled souls in Chapter Four, but the enigma of ghosts portrayed in books and movies has been greatly overblown.

How should we best prepare for our own death? Our lives may be short or long, healthy or sick, but there comes that time when we all must meet death in a way suited for us. If we have had a long illness leading to death, there is time to adequately prepare the mind once initial shock, denial, and depression have passed. The mind takes a short cut through this sort of progression when we face death suddenly. As the end of our physical life draws near, each of us has the capacity to fuse with our higher consciousness. Dying is the easiest period in our lives for spiritual awareness, when we can sense our soul is connected to the eternity of time.

Although there are dying people who find acceptance to be more difficult than resignation, caregivers working around the dying say most everyone acquires a peaceful detachment near the end. I believe dying people are given access to a supreme knowledge of eternal consciousness and this frequently shows in their faces. Many of these people realize something universal is out there waiting, and it will be good.

Dying people are undergoing a metamorphosis of separation by their souls from an adopted body. People associate death as losing our life force, when actually the opposite is true. We forfeit our body in death, but our eternal life energy unites with the force of a divine oversoul. Death is not darkness, but light.

My clients say after recalling former death experiences they are so filled with rediscovered freedom from their earthbound bodies that they are anxious to get started on their spiritual journey to a place of peace and familiarity. In the cases which follow, we will learn what life is like for them in afterlife.

Gateway to the Spirit World

FOR thousands of years the people of Mesopotamia believed the gates into and out of heaven lay at opposite ends of the great curve of the Milky Way, called the River of Souls. After death, souls had to wait for the rising doorway of Sagittarius and the autumn equinox, when day and night are equal. Reincarnation back to Earth could only take place during the spring equinox through the Gemini exit in their night sky.

My subjects tell me that soul migration is actually much easier. The tunnel effect they experience when leaving Earth is the portal into the spirit world. Although souls leave their bodies swiftly, it seems to me entry into the spirit world is a carefully measured process. Later, when we return to Earth in another life, the route back is described as being more rapid.

The location of the tunnel in relation to the Earth has some variations between the accounts of my subjects. Some newly dead people see it opening up next to them right over their bodies, while others say they move high above the Earth before they enter the tunnel. In all cases, however, the time lapse in reaching this passageway is negligible once the soul leaves Earth. Here are the observations of another individual in this spiritual location.

- Case 3

Dr. N: You are now leaving your body. See yourself moving further and further away from the place where you died, away from the plane of Earth. Report back to me what you are experiencing.

S: At first ... it was very bright ... close to the Earth ... now it's a little darker because I have gone into a tunnel.

Dr. N: Describe this tunnel for me.

S: It's a ... hollow, dim vent ... and there is a small circle of light at the other end.

Dr. N: Okay, what happens to you next?

S: I feel a tugging ... a gentle pulling ... I think I'm supposed to drift through this tunnel ... and I do. It is more gray than dark now, because the bright circle is expanding in front of me. It's as if ... (client stops)

Dr. N: Go on.

S: I'm being summoned forward ...

Dr. N: Let the circle of light expand in front of you at the end of the tunnel and continue to explain what is happening to you.

S: The circle of light grows very wide and ... I'm out of the tunnel. There is a ... cloudy brightness ... a light fog. I'm filtering through it.

Dr. N: As you leave the tunnel, what else stands out in your mind besides the lack of absolute visual clarity?

S: (subject lowers voice) It's so ... still ... it is such a quiet place to be in ... I am in the place of spirits ...

Dr. N: Do you have any other impressions at this moment as a soul?

S: *Thought!* I feel the ... power of thought all around me. I ...

Dr. N: Just relax completely and let your impressions come through easily as you continue to report back to me exactly what is happening to you. Please go on.

S: Well, it's hard to put into words. I feel ... thoughts of love ... companionship ... empathy ... and it's all combined with ... anticipation ... as if others are ... waiting for me.

Dr. N: Do you have a sense of security, or are you a little scared?

S: I'm not scared. When I was in the tunnel, I was more ... disoriented. Yes, I feel secure ... I'm aware of thoughts reaching out to me ... of caring ... nurturing. It is strange, but there is also the understanding around me of just who I am and why I am here now.

Dr. N: Do you see any evidence of this around you?

S: (in a hushed tone) No, I sense it—a harmony of thought everywhere.

Dr. N: You mentioned cloud-like substances around you right after leaving the tunnel. Are you in a sky over Earth?

S: (pause) No—not that—but I seem to be floating through cloud stuff which is different from Earth.

Dr. N: Can you see the Earth at all? Is it below you?

S: Maybe it is, but I haven't seen it since I went in the tunnel.

Dr. N: Do you sense you are still connected to Earth through another dimension, perhaps?

S: That's a possibility—yes. In my mind Earth seems close ... and I still feel connected to Earth ... but I know I'm in another space.

Dr. N: What else can you tell me about your present location?

S: It's still a little ... murky ... but I'm moving out of this.

This particular subject, having been taken through the death experience and the tunnel, continues to make tranquil mental adjustments to her bodiless state while pulling further into the spirit world. After some initial uncertainty, her first reported impressions reflect an inviting sense of well-being. This is a common feeling among my subjects.

Once through the tunnel, our souls have passed the initial gateway of their journey into the spirit world. Most now fully realize they are not really dead, but have simply left the encumbrance of an Earth body which has died. With this awareness comes acceptance in varying degrees depending upon the soul. Some subjects look at these surroundings with continued amazement while others are more matter-of-fact in reporting to me what they see. Much depends upon their respective maturity and recent life experiences. The most common type of reaction I hear is a relieved sigh followed by something on the order of, "Oh, wonderful, I'm home in this beautiful place again."

There are those highly developed souls who move so fast out of their bodies that much of what I am describing here is a blur as they home into their spiritual destinations. These are the pros and, in my opinion, they are a distinct minority on Earth. The average soul does not move that rapidly and some are very hesitant. If we exclude the rare cases of highly disturbed spirits who fight to stay connected with their dead bodies, I find it is the younger souls with fewer past lives who remain attached to Earth's environment right after death.

Most of my subjects report that as they emerge from the mouth of the tunnel, things are still unclear

for awhile. I think this is due to the density of the nearest astral plane surrounding Earth, called the *kamaloka* by Theosophists. The next case describes this area from the perspective of a more analytical client. The soul of this individual demonstrates considerable observational insight into form, colors, and vibrational levels. Normally, such graphic physical descriptions by my subjects occur deeper into the spirit world after they get used to their surroundings.

- Case 4

Dr. N: As you move further away from the tunnel, describe what you see around you in as much detail as possible.

S: Things are ... layered.

Dr. N: Layered in what way?

S: Umm, sort of like ... a cake.

Dr. N: Using a cake as a model, explain what you mean?

S: I mean some cakes have small tops and are wide at the bottom.

It's not like that when I get through the tunnel. I see layers ... levels of light ... they appear to me to be ... translucent ... indented ...

Dr. N: Do you see the spirit world here as made up of a solid structure?

S: That's what I'm trying to explain. It's not solid, although you might think so at first. It's layered—the levels of light are all woven together in ... stratified threads. I don't want to make it sound like things are not symmetrical—they are. But I see variations in thickness and color refraction in the layers. They also shift back and forth. I always notice this as I travel away from Earth.

Dr. N: Why do you think this is so?

S: I don't know. I didn't design it.

Dr. N: From your description, I picture the spirit world as a huge tier with layers of shaded sections from top to bottom.

S: Yes, and the sections are rounded—they curve away from me as I float through them.

Dr. N: From your position of observation, can you tell me about the different colors of the layers?

S: I didn't say the layers had any major color tones. They are all variations of white. It is lighter ... brighter where I'm going, than where I have been. Around me now is a hazy whiteness which was much brighter than the tunnel.

Dr. N: As you float through these spiritual layers, is your soul moving up or down?

S: Neither. I am moving across.

Dr. N: Well, then, do you see the spirit world at this moment in linear dimensions of lines and angles as you move across?

S: (pause) For me it is ... mostly sweeping, non-material energy which is broken into layers by light and dark color variations. I think something is ... pulling me into my proper level of travel and trying to relax me, too ...

Dr. N: In what way?

S: I'm hearing sounds.

Dr. N: What sounds?

S: An ... echo ... of music ... musical tingling ... wind chimes ... vibrating with my movements ... so relaxing.

Dr. N: Other people have defined these sounds as vibrational in nature, similar to riding on the resonance from the twang of a tuning fork. Do you agree or disagree with this description?

S: (nods in assent) Yes, that's what this is ... and I have a memory of scent and taste, too.

Dr. N: Does this mean our physical senses stay with us after death?

S: Yes, the memory of them ... the waves of musical notes here are so beautiful ... bells ... strings ... such tranquility.

Many spirit world travelers report back to me about the relaxing sensations of musical vibrations. Noise sensations start quite early after death. Some subjects tell me they hear humming or buzzing sounds right after leaving their physical bodies. This is similar to the noise one hears standing near telephone wires and may vary in volume before souls pull away from what I believe to be the Earth's astral plane. People have said they hear these same sounds when under general anesthesia. These flat ringing sounds become more musical when we leave the tunnel. This music has been appropriately called energy of the universe because it revitalizes the soul.

With subjects who speak about spiritual layering, I mention the possibility that they could be seeing astral planes. In metaphysical writing, we read a lot about planes above the Earth. Beginning with ancient Indian scriptures called the Vedas, followed by later Eastern texts, astral planes have historically represented a series of rising dimensions above the physical or tangible world, which blend into the spiritual. These invisible regions have been experienced by people over thousands of years through meditative, out-of-body observations of the mind. Astral planes also have been described as being less dense as one moves farther away from the heavy influences of Earth.

The next case represents a soul who is still troubled after passing through the spiritual tunnel. This is a man who, at age thirty-six, died of a heart attack on a Chicago street in 1902. He left behind a large family of young children and a wife who was deeply loved. They were very poor.

- Case 5

Dr. N: Can you see clearly yet as you travel beyond the tunnel?

S: I'm still passing through these ... foamy clouds around me.

Dr. N: I want you to move all the way through this and tell me what you see now.

S: (pause) Oh ... I'm out of it ... my God, this place is *big!* It's so bright and clean—it even smells good. I am looking at a beautiful ice palace.

Dr. N: Tell me more.

S: (with amazement) It's enormous ... it looks like bright, sparkling crystal ... colored stones shining all around me.

Dr. N: When you say crystalline, I think of a clear color.

S: Well, there are mostly grays and white ... but as I float along I do see other colors ... mosaics ... all glittery.

Dr. N: Look into the distance from within this ice palace—do you see any boundaries anywhere?

S: No, this space is infinite ... so majestic ... and peaceful.

Dr. N: What are you feeling right now?

S: I ... can't fully enjoy it ... I don't want to go further ... Maggie ... (subject's widow)

Dr. N: I can see you are still disturbed about the Chicago life, but does this inhibit your progress into the spirit world?

S: (subject jerks upright in my office chair) *Good!* I see my guide coming towards me—she knows what I need.

Dr. N: Tell me what transpires between you and your guide.

S: I say to her I can't go on ... that I need to know Maggie and the children are going to be okay.

Dr. N: And how does your guide respond?

S: She is comforting me—but I'm too loaded down.

Dr. N: What do you say to her?

S: (shouting) I tell her, "Why did you allow this to happen? How could you do this to me? You made me go through such pain and hardship with Maggie and now you cut off our life together."

Dr. N: What does your guide do?

S: She is trying to soothe me. Telling me I did a good job and that I will see my life ran its intended course.

Dr. N: Do you accept what she says?

S: (pause) In my mind ... information comes to me ... of the future on Earth ... that the family is getting on without me ... accepting that I am gone ... they are going to make it ... and we will all see each other again.

Dr. N: And how does this make you feel?

S: I feel ... peace ... (with a sigh) ... I am ready to go on now.

Before touching on the significance of Case 5 meeting his guide here, I want to mention this man's interpretation of the spirit world appearing as an ice palace. Further into the spirit world, my subjects will talk about seeing buildings and being in furnished rooms. The state of hypnosis by itself does not create these images. Logically, people should not be recalling such physical structures in a non-material world unless we consider these scenes of Earth's natural environment are intended to aid in the soul's transition and adjustment from a physical death. These sights have individual meaning for every soul communicating with me, all of whom are affected by their Earth experiences.

When the soul sees images in the spirit world which relate to places they have lived or visited on Earth, there is a reason. An unforgotten home, school, garden, mountain, or seashore are seen by soul because a benevolent spiritual force allows for terrestrial mirages to comfort us by their familiarity. Our planetary memories never die—they whisper forever into the soul-mind on the winds of mythical dreams just as images of the spirit world do so within the human mind.

I enjoy hearing from subjects about their first images of the spirit world. People may see fields of wildflowers, castle towers rising in the distance, or rainbows under an open sky when returning to thi

sample content of Journey of Souls: Case Studies of Life Between Lives

- [read The Woman Who Died a Lot \(Thursday Next, Book 7\)](#)
- [click Diary of Annies War: The Diary of an Englishwoman in Germany during WW1 pdf, azw \(kindle\)](#)
- [Strategies & Tactics for the FINZ Multistate Method \(Multistate Bar Exam\) \(3rd Edition\) for free](#)
- [Calypso \(87th Precinct, Book 33\) for free](#)

- <http://rodrigocaporal.com/library/Daily-Life-of-the-Aztecs--The-Greenwood-Press-Daily-Life-Through-History-Series-.pdf>
- <http://econtact.webschaefer.com/?books/Nerve-Center--Inside-the-White-House-Situation-Room.pdf>
- <http://xn--d1aboelcb1f.xn--p1ai/lib/Virtual-Light--Bridge-Trilogy--Book-1-.pdf>
- <http://patrickvincitore.com/?ebooks/Sherbrookes--Possession---Sherbrookes---Stillness--American-Literature-Series-.pdf>