

michael newton

To:
Subject:

TNI ARCHIVES
FREE WILL---IS THE SPIRIT WORLD TOO REGIMENTED?

In the years when I was on the road giving lectures, book store signings and radio shows, occasionally someone, usually a skeptic, would raise a criticism that my books indicated too much regimentation existed in the spirit world. One time in Tucson, Arizona an old college classmate of mine named, Joe, raised his hand and said: "In my mind, after reading Journey of Souls, death will mean I have joined the U.S. Marine Corps and have just been sent to boot camp with authority figures everywhere." The book store only had about fifty people that night but a few of them objected to Joe disrupting the proceedings. I assured the small audience that he and I were old friends and Joe was an iconoclast. In our undergraduate days both of us did all we could to resist authority and rules we did not like and this was simply an extension of those feelings. I did my best with Joe that night without taking up too much time away from other questions. In the years that followed, I believe I finally convinced him that something better than a place with too many restrictions awaited him on the other side.

Nevertheless, I'm sure that even non-cynical people who read my books might get the impression that because order exists maybe we don't have free will as souls? Because free will is such a significant factor in any argument about spirit world regimentation, I should begin by addressing my belief system on the larger issue of First Cause and a Creator. Over the centuries many philosophers have taken the position that since intelligent matter exists in our evolving universe, a creator, or creator's must therefore exist. Something did not come out of nothing and God exists by his very nature. Without a supreme source there would be no cosmic reality. Our universe is contingent on a first cause that is infinitely powerful.

Any discussion about spiritual regimentation or authority involves power and the use of it by one being over others. Of course, authority may also be delegated to other lesser beings such as the Council of Elders, Spirit Guides and so forth. All this leads me to a primary proposition regarding free will. Total omniscience of advance beings from the creator down is limited by an inability to know in advance how we, as souls, will exercise our own free will at any point in time. I don't think free will is an illusion, however, I should add that I also believe in the philosopher Spinoza's God that, "the ultimate source is not concerned with the fate and actions of individual human beings". Those duties fall to the lesser gods and our personal spirit guides. Free will is necessary because that is how souls make mistakes and evolve into higher beings themselves.

Returning for a moment to my friend, Joe. His idea of a heaven is a space where he can be devoted to doing absolutely nothing. After earth, he wanted eternal rest and not to be told

where to go and what to do. Joe has been a fighter for individuality (as I have) all his life and he saw my spirit world as a place of hierarchy. Even a hierarchy of wisdom and development was distasteful to him. He saw evidence of officialdom in a system arranged by ranks or grades of souls in his mind and this reminded him of military, educational, political and religious organizational behavior. What my friend failed to see—and perhaps the messenger is to be blamed here—is that it is a mistake to use earthly comparisons with the spirit world. As souls, my clients did not feel the spirit world as a space of hierarchy at all but rather they thought that many aspects of the spirit world had to be described in earthly terms to be understood on earth. During my writing I often felt the same way.

There are aspects of the spirit world that my clients were either unable to describe at all or what they had to say was fragmented. However, what many critics who think of spirit world hierarchy fail to realize is that once our souls divest themselves of a human body and all its emotional baggage everything changes. Prejudices, anger, aggression, sadness, fear and all those emotions that are attached to our temperament on earth is gone. Once souls enter the spirit world they experience a release and a sense of peace, harmony, compassion and love. I have many case examples of soul independence such as being in the library to study or participating in group discussions and games. Soul actions in life selection rooms is also interesting. Let's say a soul has three choices of bodies for their next life—choices that began in advance with evaluations on what types of bodies might, for karmic reasons, serve the soul preparing for the next life and souls play a part in this activity. Souls can preview lives themselves, as demonstrated by Case 25 in JS or Case 29 in DS. One body may have the probability for an easy life, another for a moderate life and the third for a difficult one although nothing of the future is certain. Souls usually know what body they “should” choose to best prepare them for advancement in learning but this does not mean they must do so.

On pages 255-57 in DS I explain that souls live in a telepathic world where thoughts are routinely sent and received in a transparent manner. On page 374 in DS in Case 64, I explain that when a soul is considered for a volunteer job that might involve serious consequences they are consulted in advance. I have often been asked that when a soul arrives back in the spirit world must they return to earth right away in another incarnation. The answer is, no. I have had clients who as souls waited a thousand earth years between two lives because the last life completed was so taxing for them. Guides encourage but they don't demand. One client said there is a downside to watching from the sidelines as the souls in your soul group incarnate and return with a host of real life stories to relate to their classmates and get feedback. He said, “I felt left out and decided I could not take it easy as a bi-stander any more.”

From what I am able to determine from my clients is they don't feel “oppressed” at all in their life between lives. They have a drive to advance and want all the help they receive and feel neglected if left alone too long—which some spirit guides do with their students who are

not willing to work on their issues. At the same time we are given privacy and are given as much solitude as we want. We can go to places, such as the Space of Transformation, where we are able to program in an environment of our own choosing with mountains, deserts, oceans and alien realities outside our incarnation experience. We can also roam around old haunts on earth that were significant places in our former lives. Between lives we are given all the time and space we need to reflect and study factors that contribute to our own development. I have had cases of hybrid souls from worlds other than earth who asked their guides to be sent to a more difficult environment. One case gave me a picture of her guide rubbing his hands together with the following statement: "Oh, you want something more demanding? I have just the place for you. It is called, earth."

The sense I get from reports about the spirit world are that we are encouraged but not forced to make certain decisions that would be a challenge to both our talents and interests. Souls move at their own pace and LBL practitioners will say that when examining the progress of a particular spirit group some will move out faster than others in their progress toward advancement. There is no question but that even after thousands of cases I have only scratched the surface on all the nuances of how the spirit world functions. When my audiences asked me to try and give them a picture of the divine workings of the afterlife I used a metaphor that was both graphic and identifiable. I would say, "think of being a child with kind and tolerant teachers around you in various learning situations. These are beings whom you trust because they want only the best for you. They want you to succeed along with the children around you but you never feel controlled or pressured. This is because your environment is gentle and forgiving."

Finally, I should say that with all my audiences during the time I was promoting the LBL movement I stressed that I was not trying to convince anyone of anything in my research. In terms of incorporating my findings into their own belief systems, I said to take what makes sense to you and reject the rest.

FREE WILL

Near the turn of the millennium a survey was conducted among some 36 countries which found that over 70% of people questioned were convinced they had free will in their lives. To properly evaluate the subject of free will in the world, we must subtract those people living under dictatorships or who are mentally ill. Many people charged with crimes, for example, have a high level of psychosis or exhibit antisocial personality disorders. Others in our society suffer from depression or have neurological problems.

To evaluate the core structure of free will we must start with the prime motivator, which is normal people having choices and making decisions. In terms of behavior, this means how does an individual act and make decisions given multiple choices of options. For the young this would involve education and job seeking, for example. Anything surrounding making choices also has the inevitable cause and effect results from taking an action. "Is it worth my taking a chance on.....?"

I must say, that despite the high number of people who believe they have free will there are many psychotherapists and medical science professionals who do not believe in free will. They feel that when people are convinced that they have options in life, this is an illusion because forces outside a person's consciousness are already in motion during the decision-making process. They add this comes from unconscious brain activity because, based upon laboratory testing, that just prior to an action there is what they call "a readiness potential" resulting in an electrical spike in the brain a fraction of second before the brain makes a decision to act on something. They conclude that since conscious awareness of an action was slower than brain intention this means we do not have free will. This statement is not only wrong but also rather vague in hypotheses-making for these professionals because the soul is not taken into consideration. Souls and scientists don't seem to mix! In our LBL work, we know the superconscious soul mind does influence the human brain because both intelligences work in partnership as one Self and are combined into one personality for one life. Any discussion on choice and decision-making must take these factors into consideration because our soul does have influence based upon karmic influences from their past, but not a restrictive influence, because they have a new body and brain to work with in a new life.

Each individual on earth is unique and our individual soul/brain is not replicated. One essence is immortal the other is not and therefore our identity, which includes environmental factors, is one intelligent force. Yet, it does have components not the least of which are personal spirit guides each of whom are quite different. Spirit guides can come to us (perhaps in a dream state) during times of crises and perhaps cause us to become more tenacious in the actions we do take although we often do not recognize them for who they are. Some guides give more support than others in our decision-making depending upon the advancement of the soul in their charge.

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Normal human beings have the mental ability to exercise control over their behavior and take responsibility over their actions. If there were no free will we would be a society of robots living and choosing on impulses without order. So, does having a soul mind within a physical body take away from free will because of past karma? How much influence does the soul have over the human brain that people do not know about because of built-in conscious amnesia? This is a question a senior non-incarnating spirit guide would probably know, but we do not. Even so, we can make assumptions based upon PL and LBL case history with our hypnosis clients. I would refer the reader to pages 370-73 in *Destiny of Souls* under free will and look at my case of John and his sweetheart, Rose during the Civil War where a course change in life was made quickly with radical results. John was a 16 year old farm boy located near Gettysburg in 1863. His life plan did not involve serving as a soldier and being killed. Just hours before the battle started he was asked by a Union officer to serve as a dispatch rider because he was such a good horseman. After John suddenly agreed and was killed the next day his soul returned to the spirit world. He was met by that portion of the soul essence left behind by Rose who then asked: "why are you back here, we were supposed to be married?"

I believe we can make informed assumptions based upon our hypnotherapy cases. Consider this, if souls had a predestined path in life, regardless of the body and brain assigned to them, there would be no room for growth through making changes during life by free will. If fate ruled our lives rather than choice the soul would have no purpose to come to the classroom of earth to learn lessons because they would have all the answers in advance. Actually, free will is fostered by conscious amnesia in human beings.

MICHAEL NEWTON

AMNESIA

Amnesia is defined as a partial loss of memory and is a term often referred to in forensic hypnosis as connected to trauma and stress. Amnesia blocks in both past life and life between lives work, of course, has a wider scope than normally occurs with the human brain because here the soul is involved. Thus, the PL and LBL practitioner must consider the immortal soul as a major cause for lack of memory retrieval over that of the temporary human brain.

A potential LBL client walking around in a fully conscious state may ask: "Why should we need deep hypnosis to recover our immortal memories?" They might inquire further by stating that, "... if the darkness of amnesia cloaks our soul life in a fully conscious state isn't there a reason for this condition? Are we not tampering with what God intended by having a hypnosis session to uncover what has gone before our current life?" These are legitimate questions.

There are a number of approaches here to answering such questions and this is why I place the subject of Amnesia with Free Will and Karma because many Eastern philosophies, for example, believe that if we knew all about our past mistakes in previous lives we might be doomed to repeat them—or exact revenge on wrongs done to us. Thus, they believe, amnesic blocks do not allow for pre-conditioning by past events and this fosters free will. This argument can be countered by simply saying that since skillful hypnosis does uncover both past lives and our soul existence between lives there must be a reason. There are great therapeutic benefits for people to know about all their past experiences that are retained by the soul mind. Also, keep in mind, that most people in the world do not seek out hypnotherapists trained in our methodology. Why? They either don't want to know or some inner voice tells them they should not know. We must honor their feelings.

For those people who do come to us for memory retrieval and have amnesia blocks about the past, present or future we may find amnesia blocks cannot be removed. This too we must honor. Depending upon the client, the blocks may be partial or full because each person sees what they are supposed to see. Often we find the older client sees more than those under 30 years of age because they have already passed certain forks in the road by making free will decisions in life.

I also feel philosophically that since PL and LBL therapy actually exists one of the merits of clouding the conscious mind with amnesia about our past gives us the incentive to search for the light of truth retained in the unconscious mind. The search for our true identity and purpose can foster self-discovery about who we really are as people. Having the conscious knowledge of this immortal identity strengthens the character and resolve of the client. It seems to me that the spiritual powers that be have loosened the bonds of amnesia at the end of the 20th century and start of the 21st for a reason. Our population increases on this planet have brought us to the most overcrowded world in all history. Add to this the fact that never before in history have so many people been impacted by

mind altering drugs that hinder the proper functioning of the soul and human brain to complete reincarnations properly with more effectiveness. I summarize this situation in the last chapter of *Destiny of Souls* called, *Our Spiritual Path* (pages 395-401).

On pages 85 and 158 of our text, *Life Between Lives Hypnotherapy*, I address the issue of blocking by Guides and Elders rather than just from the volition of clients themselves. We must consider a client's age and state of soul development in all matters of amnesia. These higher entities may not want to preempt self-discovery and purpose at a particular stage in the client's current life. For instance, I'm glad that there was no one around before 1968 to give me an LBL and possibly spoil my discoveries into the afterlife with other people. Because I knew nothing before that year about the afterlife, from then on I was open to all possibilities in my research.

With Guides and Elders keeping certain amnesic blocks in place with their charges on earth on certain issues at certain times in their lives we must allow for the axiom that only what your client is supposed to know will be uncovered in session. This is why you must enlist the help of a client's Guide from time to time. For example, on page 107 of *Life Between Lives Hypnotherapy*, I point out that if a soul has suffered energy damage from a prior life and undergone extensive restoration, this experience can be blocked as an act of protective amnesia for that soul in a current reincarnation.

Also, refer to Case #13 on pages 66-68 in *Journey of Souls*. This case illustrates that when the time is appropriate in life the memories contained by the soul can be released. My client in this case said: "My guide, Clodees, allowed me to see the past with you because (at this time in life) it was to my benefit."

In conclusion, troublesome amnesia blocks often come in the early stages of a session. Always check the trance depth of the client first and if this is satisfactory and the problem still exists then interaction with a guide (not only the client's but your own) may prove very helpful as to what memory recall will be allowed and what will not. You must learn therapeutically why the amnesia is in place—or at least parts of it—and the assistance of a guide can be the key you need to unlock the blocks.

Michael Newton

KARMA

Karma can be defined as a moral law of cause and effect and very much involves personal responsibility. Karmic efforts made in this lifetime combine with similar efforts made in previous lives to produce beneficial results and resolution. Therefore, karma represents the sum of all our deeds within our immortal existence, not just one life. I remember one client of mine who took some 4,000 years of lives to overcome jealousy. I can say that while he has conquered this downside to his nature he still has much work to do with intolerance.

The degree that positive or negative karma influences an individual depends upon the fundamental relationship between the soul and each body chosen to execute lessons. Some human brains combined with a physical emotional makeup will function more effectively than others for a particular soul. This is why certain lives appear to be better suited for learning than others for a variety of karmic lessons. Karma is not a fatalistic form of destiny for that would set aside free will in favor of determinism. Rather, it is memory, desire and action to bring about the ultimate resolution of specific issues. Each life gives us the opportunity to work on some aspect of our karmic past and present.

Although karma is associated with justice its essence is not intended to be punitive but rather to provide a means to introduce balance and harmony into a soul's existence. As souls in the spirit world, we chose certain bodies in advance that will exist in a variety of environments with people who also have their own karmic expectations—some from our own spirit cluster group. All are influenced to some degree by conscious amnesia. This gives us the free will to search in the wrong places and take paths in life that seem to be not directly beneficial. Even so, we learn and grow stronger from these challenges as well.

The stream of cause and effect are both formed and modified by our deeds, both good and bad. I believe this stream of causation educates the developing soul in any classroom on earth. Some life variables are the conditions of our birth and family ties, or the lack of them. Particular talents or shortcomings in our personality also create personal dilemmas in a body within the environments where live. Other major karmic influences are our parents, relatives and friends as well as enemies. There are also racial, national and gender issues that come into play creating happiness or suffering. In terms of body/soul match ups starting in the place of life selection, may I suggest re-reading my views on this subject on pages 246-48 in *Journey of Souls*, pages 384-88 in *Destiny of Souls*, and pages 50, 184 in *Life Between Lives Hypnotherapy*.

It is important to remember that while it may seem that souls who enter the Ring for body selection only have a few choices to determine which would be their best karmic fit, there is much more to this process going on behind the scenes. Usually, the soul knows which future body will best serve their needs. Early on in my research, from this clue I learned that Timemasters, Council Members and our Senior Guides all have a hand in

advance preparations for a soul's visit to the Ring . Please refer to my comments on this topic on page 357 in Destiny of Souls.

I had an old college friend who was quite the skeptic about any trappings of what he perceived to be spiritual authoritarian control in terms of free will and karma. He felt that only a few body choices were not enough for the soul. After I asked him to read Chapter 9, The Ring of Destiny, in Destiny of Souls he was still doubtful and called it all, "a stacked deck." However, he would not submit to an LBL session himself. To be honest, it is difficult for our clients to describe those rather mysterious behind the scene activities of The Planners in body selection because the still-incarnating client is not yet advanced enough to know the inner workings of spiritual decision making for souls. Despite this, clients all seems to feel that the bodies being offered to them are more than sufficient for them to make good choices.

The key to understanding human joy and tragedy in life is that when a soul enters into a karmic contract to do their best with a new body they are not shown a specific future but rather certain strong possibilities with their new assignment on earth. There are exceptions such as the probability a life might be short. We learn certain karmic lessons with different paths in life be they long or short. If one looks only at specific horrific events on earth without considering long term lessons for the soul, then tragedy and suffering have no meaning. Frequently, souls have volunteered in advance for an especially difficult life because of the karmic returns involved. Sudden death is never capricious in the long term regarding karma.

It has been said that karma impels rather than compels. I think it is fair to say that karma represents the boundaries we set for ourselves. While it is true that karma is the soul's disciplinarian in life it is also the liberator. Once last thought regarding karma on earth. What we strive to be is as important as who we are at the moment.

MICHAEL NEWTON