

To: TNI Archives
Subject: SUICIDE

I have included certain themes in my archive material that are well explained in my books but I still see the need to write a position paper on certain topics. I feel that in doing so I not only show the importance of the issue to our members but also just where to find the best examples in my books. Suicide is a case in point.

During the years of my LBL practice I worked with a number of subjects who had committed suicide in former lives. Almost always the first thing they would tell me right after the moment of death in that life was, "Oh, how could I have been so stupid? Now, I'll just have to come back and do the karmic lesson that led me to this drastic action all over again!" I must say right up front that these are rather young healthy people and not the elderly who are sick. While all souls are treated with understanding, a healthy person who commits suicide is considered to have deliberately broken their life contract. While our spiritual masters expect us to fight for life because it is a precious and sacred thing, they are far more understanding with people who kill themselves because of debilitating illness involving serious chronic pain or a physically disabled body that allows no quality of life. Of course, a religious fundamentalist might say that there is no excuse for suicide under any circumstances. Yet, I have seen delineations in the spiritual counseling sessions that follow death from suicide depending upon the motivation of my clients at the time.

When a physically healthy person commits suicide—particularly the young—our teachers consider this an act of immaturity and the abrogation of responsibility. When a soul is in a body suffering from severe emotional pain rather than physical pain they expect the soul to strongly interact with the mind of that body to foster enough internal fortitude to work through it and this is one of the karmic tasks we set for ourselves. As a general rule of thumb, people who tell me they don't belong on earth fall into one of three spiritual categories as I have outlined on Page 154 in *Destiny of Souls*.

A) A young, highly sensitive, undeveloped soul who began their incarnations on earth, but has spent so little time here they have difficulty adjusting to any human body.

B) Both young and older souls who incarnated on another planet for either a short or long series of lives. These souls have typically lived on worlds more gentle and forgiving than earth and they are simply overcome by the emotional complexity and density of the human body in terms of energy. These are the Hybrid Souls and after a few lives on earth most adjust to our environment.

C) A soul below Level III who has been incarnating on earth since their creation but are not merging well with their current body. These souls accepted a life contract with a host body whose physical ego/mind is radically different in structure from their immortal soul/ego. There may be other physical factors such as hormonal imbalances that severely affect the central nervous system. Especially, the younger soul may not have sufficiently developed coping mechanisms to counter a mentally disturbed human brain.

Here is a case example. A Colorado mother contacted me in desperation because her daughter, Nancy, a college freshman had tried twice to commit suicide because, "she had no direction in life." Her first serious boyfriend had in a rather callous manner broken up with Nancy. After giving herself completely to him she now felt no self-respect. Her career major in college had provided no self-validation either. Nancy had told her mother, "I won't fail next time to leave this world because it isn't worth it." I agreed to see her right away after Nancy also wrote me a letter asking for help and placing it in her mother's letter.

I soon found that this young soul had committed suicide that ended her last immediate past life, and again two lives before that one. We found that right after the death scene in her past life we went straight to the Council chamber accompanied by her spirit guide. The first thing she was told was, "We are unsatisfied with your progress because a pattern of ending the lives we give you has developed. We are concerned you are throwing away the gift of life too many times as a solution to your problems. We suggest three choices. One, never return to earth again. Two, wait for a very long period before trying again. Three, return to earth right away with a new resolve."

Suddenly, it seemed to Nancy that the actions of her Council was happening in "Now" time and had a direct bearing on current decision-making on her part. The message she got was raw and immediate. Her interpretation of what had transpired in deep hypnosis ended by her personal spirit guide telling her in a calm, straightforward way, "We are all troubled by your unwillingness to use your strength. You have been given a beautiful body and good mind to deal with setbacks and I want to see more backbone!" After this I ended the session and Nancy woke up bathed in sweat, her hands shaking. I then called her mother into the room to share in my debriefing with Nancy which is something I did not do normally. Nancy told her mother and I the following: "Dr. Newton, this session has scared the hell out of me and I never want to go back to the spirit world after a suicide and face their disappointment again. I deeply feel my sadness at not being up to the expectations of my guides whom she also called, "handlers." She then hugged her mother and told her she was sorry for causing her such pain. I later received a wonderful letter from Nancy's mother who told me her daughter had a whole new positive outlook on life and she saw a different brand of courage in everything Nancy was doing by solving problems with determination.

I would like to close this subject of suicide by suggesting a review of certain pages in my books involving other cases. Please see pages 155 and 235 in *Destiny of Souls* for other reactions to suicide by superior beings in the afterlife. In *Journey of Souls*, Case 13 on page 57, indicates what another client felt like after confronting his spirit guide after a suicide in a life just ended. Clients who describe these events in the spirit world give me their own emotional feelings in earthly terms and maybe it is interpretative projection on their part, but I heard the word "disappointment" a great deal.