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To: ARCHIVES
Subject: PRINCIPLES AND ASSUMPTIONS OF SPIRITUAL REGRESSION

IN THE BACK OF OUR TEXTBOOK, LIFE BETWEEN LIVES HYPNOTHERAPY (LBLH) UNDER THE APPENDIX, I HAVE LISTED 14 SPIRITUAL PRINCIPLES CALLED: The Way of Souls. THIS BOOK WAS PUBLISHED IN 2004.

DURING THE WRITING OF LBLH IN 2003, I DRAFTED THIS PAGE LISTING 13 STATEMENTS ABOUT THE SPIRIT WORLD, THE COSMOS AND SOULS IN LONGER FORM.

HOWEVER, IN MY FINAL DRAFT OF LBLH TO THE PUBLISHERS I CONDENSED THESE 13 PRINCIPLES AND ADDED A NEW 14th PRINCIPLE. I THINK OUR ARCHIVES SHOULD HAVE THE ORIGINAL DRAFT AS I WROTE IT.

Life Between Lives Spiritual Regression
Statement of Underlying Principles and Assumptions

- 1) Our physical universe appears to coexist with other physical and mental dimensions. These alternative dimensions of consciousness may be layered within our own physical space, parallel to our space, or linked by unknown designs around our dimension.
- 2) Contained within our universe are energy waves that appear to be guided both by design and wisdom from a higher consciousness. Our dimension is inhabited by the vibrational energy of immortal beings we call Souls who evolve by gaining knowledge and acquiring wisdom.
- 3) Souls exist multi-dimensionally, both within and beyond linear time and space. The natural domain of Souls who come to earth is the nonphysical dimension that we call the spirit world where Souls go between their incarnations. The spirit world is a place of love, kindness and compassion as well as one of order, planning and direction. It is possible that a higher space of perfection (beyond the spirit world) may exist which is not accessible to Souls still incarnating in the human body.
- 4) Our human reality is a three-dimensional material universe that includes movement and, therefore, a passage of time with the aging of all things physical. Time exists as an expression of change. However, in the spirit world Souls exist in a Now time, which is not on one timeline and is not absolute.
- 5) The spirit world is designed to teach the Soul. It is comprised of many dimensions with varying degrees of vibrational density and materiality, and varying combinations of spiritual and mental energies, all created for the apparent purpose of training and growth of the evolving Soul.
- 6) The human body and physical brain contain the spiritual mind of an immortal Soul. Conscious thought consists of ideas generated by the human and Soul mind in association with each other. Indications are that unconscious intuition, insight and conscience are influences of the Soul.
- 7) Each Soul is part of a decision-making process in choosing a body for the next life to experience certain karmic lessons as an outgrowth of former lives. All information and experiences accrued through human bodies is retained by the Soul. The reservoir of these Soul memories and accumulated wisdom derived from experience is referred to as the Superconscious mind.

8) The Soul's prior history is retained in higher consciousness, the Superconscious mind, and may be released into human consciousness through various means, one of which is hypnotic regression. However, pre-existing amnesia may be a partial or complete blocking agent for some, which may limit recovery of past life and between life information.

9) While Soul memory may be hidden from the level of conscious awareness, thought patterns of the Soul influencing the human brain may induce motivations for certain actions. We do not know the degree to which human choices or actions are influenced by the Soul, since this variable is different with each person.

10) Reincarnation, or the transmigration of the Soul, is designed to advance Soul development through the choice of a specific body that will be involved in certain timeline events. This choice is governed by the special needs of the Soul to advance from lower to higher levels of learning based upon performance and desire, as well as karmic issues from former lives.

11) During physical incarnations on earth, there exist different possibilities and probabilities on certain timelines that allow for free will of the Soul to make choices and learn without a deterministic existence.

12) The meaning behind the existence of each individual has been planned in advance to allow all Souls to come into their physical incarnations with a purpose. Goals are originated, in part, by karmic patterns from former lives and, in part, by specific lessons relating to the ambitions of that Soul. These objectives are established in concert with a Soul's spiritual peers, their personal guides and a Council of enlightened spiritual Elders.

13) A new age of spiritual enlightenment has ushered in a period of human history where, with increasing frequency, people are seeking different approaches to exposing their immortal minds. A significant catalyst in this process is Life Between Lives Spiritual Regression utilizing hypnosis.