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THE MIDDLE EAST: A Land of Mystery and Unknown

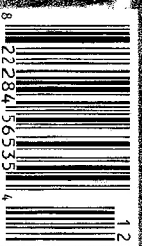
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# Karma and the Lost Child



by Michael Newton, Ph.D.

## Life Between Lives

**B**renda, a woman in her 40s, was crying softly in my office. A mother of three daughters, she had come to me seeking help for a family dilemma: "I have always suspected that my middle daughter, Kathleen, was switched by mistake in the hospital nursery room. She could not be more different from her sisters because she is so hateful to me. My oldest and youngest are dream children with their love and consideration toward my husband, Bob, and me. From the day Kathleen was born she did not seem to bond with us. I have tried to be a good mother. We have worked so hard to treat Kathleen with the same devotion as we give to her sisters. However, her rage has caused me endless pain and today we hardly speak to each other."

Before I retired, my counseling psychology practice centered on the specialized use of life-between-lives hypnotherapy. FATE readers may remember from my previous articles that over many years I developed a deep trance technique called spiritual regression. This hypnosis methodology assists us in recovering our immortal soul memories about our life in the spirit world. These techniques are outlined in my new book, *Life Between Lives*, published by Llewellyn (Saint Paul, Minnesota).

Brenda came to me as a client because traditional therapeutic treatment for Kathleen's negative behavior patterns was not progressing. A friend of Brenda's told her about my work, and out of desperation she called for an appointment.

Middle children are often character-

ized as being overly ambitious, self-protective, rebellious, and envious of their siblings. However, to fully understand these family dynamics one needs to know about the souls involved. Siblings often have certain genetic predispositions toward shared personality traits, but each child has their own soul identity. The duality of egos between the soul and the human brain plays an important role psychologically in determining human behavior. In my experience, the behavior of some severely disturbed people is a consequence of negative factors relating to the melding of soul and brain. Getting to the root of the underlying problem of family dysfunction involves an exploration of past lives and particularly our life between lives. It is here that souls make decisions about what bodies they will occupy in the next life. Above all, one must take into account the issue of karmic influence. This information would prove to be vital in Brenda's case.

Karma has been misunderstood by many people. Too often, it is looked upon as punitive action for earlier misdeeds by souls in other lives and nothing more. In our culture, karma is frequently seen as moralistic retribution, when in fact it represents an opportunity to learn and grow from our experiences over many lives. We always have free will in making choices. Karma is the cause and effect of our deeds involving memory, desire, and action. In our spiritual life we evaluate what we have done as physical beings and are given assistance in the selection of our next body to help bring balance and harmony to fu-

ture incarnations. Karma essentially involves the development of our soul.

## Unfolding Past-Life Memories

Brenda's feelings of helplessness about her daughter Kathleen were manifested by calling her "my lost child." I told my client to have faith that her spirit guide would allow the memories to unfold that would unlock the mystery of Kathleen's anger and dysfunction. Before taking clients into the spirit world, I use age regression to visit their most immediate past life (or another significant life) and then employ a death scene to mentally take them across. When I placed Brenda in hypnosis, she described a former life on the American frontier where she had lived in a log cabin. After her death, we entered Brenda's life between lives where the following dialogue (condensed for this article) came to light:

Dr. N: In the past life you have just described, were you and your current husband, Bob, also husband and wife?

S (subject): No, I was his daughter.

Dr. N: Mmmm, that's interesting. Do you know anyone today in your current life who was your mother in that life?

S (shocked by a sudden awareness): Oh, I don't believe it! (begins to cry) It's Kathleen. She was my mother. *My God!*

Dr. N (after calming Brenda): Just take your time and tell me why you and Bob chose to be father and daughter in this past life rather than husband and wife?

S (still shaky): That was decided in the spirit world just before my last life because

Bob needed to work on extending love and tenderness to me in a different way than being my mate. We chose a father-daughter connection as a means to accomplish that because we are often husband and wife in our lives together.

Dr. N: And was the father-daughter aspect of the life successful?

S: Well, yes... but with bad ramifications.

Dr. N: For the moment, let's return to the soul of Kathleen. Are all three of your daughters' souls in your spirit group along with the soul of your husband, Bob?

S: No, Kathleen is a member of a nearby group.

Dr. N: What is Kathleen's spiritual name?

S (after some hesitation): It's Lensa.

### Lessons to Be Learned

Dr. N: Why did Lensa volunteer to come into your current life as Kathleen to interact with the other souls in your own cluster group?

S: To help with the lesson Bob and I needed to learn.

(The dynamics of nearby affiliated soul groups as related to our own cluster of companion souls is described in my books, *Journey of Souls* and *Destiny of Souls*. Our parents in life are frequently from affiliated soul groups because the parental training and discipline toward children is less demanding and more objective for an affiliated soul than from a close companion soul in our own group. Brenda's past life

with Bob was an exception and represents the foundation for this case.)

Dr. N: All right, now tell me how did the family dynamics in your past life on the farm play out? What were the bad ramifications you spoke about earlier to me?

S (agitated): No good! Bob lavished too much attention upon me as his daughter in this life. I guess this was due to an earlier life when I was his wife. He deserted me then because we were having marital difficulties that he couldn't handle emotionally. In my past life on the farm, he went overboard to make up for this and to please me—spending hours in the evening telling me stories, carving me wooden toys, singing to me, and taking me for long nature walks when his work was done.

Dr. N: And how did he treat your mother, the soul of Kathleen?

S: He... well... kind of excluded Lensa. He was distant with her—just as he had been to me in the previous life. (pause) What a blockhead! I see it all now. Bob's soul has problems with emotions in his recent bodies, even if he loves you.

Dr. N: Tell me, was Lensa a good mother to you on the farm?

S: Well, at first she tried, but then there was so much anger and resentment toward my father that she lashed out at the both of us.

Dr. N: And how did you behave toward your mother?

S (tearfully): Oh... hatefully.... I would take her things and hide them.... I wanted the exclusive attention of my father. I guess

it was making up for our last life together myself in my own way.

Dr. N: Make the connection to what is going on today between you, Bob, and Lensa, as your daughter Kathleen.

S (shaking her head): It's clear now. Between our lives we decided to reverse roles so I could be Lensa's mother to experience what she went through. So sad... recently she has stolen my jewelry.... Her defiance toward me is incredible.

Dr. N: Does this defiance include your husband?

S: Oh, yes. It's his turn to understand what this pain of being emotionally cut off from a loved one is like as well.

Dr. N: I would think that perhaps the three of you might have some plan to break this karmic cycle involving two past lives and your current one and move on to finally achieve some sort of balance.

S: Yes, we are supposed to work it out this time around, but we swing from being too permissive or too strict with Kathleen's upbringing. Lately she has been experimenting with drugs. We... haven't understood.

Brenda gained new insight into the problem with her "lost child" as a result of her spiritual memory recall. As with many clients, the knowledge about the origins of Kathleen's discontent gave Brenda and Bob the motivation to work harder by expressing unconditional love toward their struggling daughter. About a year later I received a letter from Brenda in response

to my parting suggestion that the family continue with more traditional psychotherapy in their hometown. Apparently, there has been a new direction of forgiveness and less alienation on all sides with a strong resolve to communicate on many levels. How much these parents have actually told their daughter about the hypnosis session, I don't know, but now Kathleen is called "the chosen child."

### Uncovering Hidden Agendas

Certainly this difficult test in their lives is not over. If these souls had chosen bodies with different connections the test might have been easier, but less effective. We have the free will to make these decisions both in advance of the life and in the life itself. Spiritual regression is not intended to be a quick fix for mental disorders created by physical abnormalities and or emotional trauma in our difficult environment on earth. However, it is often an effective therapeutic procedure for uncovering hidden agendas behind the age-old question of who we are and why we are here. For more information on this process, please visit [www.spiritualregression.org](http://www.spiritualregression.org).

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Michael Newton has written another book composed of short stories that represent challenges to the human spirit called *Travelers' Tales*, recently published by Galde Press.

