

Life Between Lives Exam

(Hypnotherapy for Spiritual Regression)

This exam is based entirely on the author's findings documented in the book, *Life Between Lives: Hypnotherapy for Spiritual Regression*. Choose the single most correct answer.

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Choose the best answer.

Exam

1. With Spiritual regression, both past life and life between lives (LBL) exploration are combined.
True
False
2. To work with LBL therapy, you need to reserve the same block of time as you would for a past-life client.
True
False
3. The Alpha brain wave state is as deep as a client can reach before losing consciousness. It uncovers the area of the superconscious mind that reveals spiritual life-between-lives activity.
True
False
4. Before the client shows for the LBL session, in order to save time, the author recommends that he/she bring a typed list of the first names and relationships of people who have had the most impact on the life of that individual.
True
False
5. According to the author _____ is the secret to achieving success.
a) deepening
b) the induction
c) hypnotic conditioning
6. The author advised LBL therapists to facilitate the following sequence of memories:
a) childhood, past life, death, then the spirit world
b) childhood, earliest childhood, womb, past life, death, then the spirit world
c) childhood, womb, and then the spirit world

7. The author's method includes abbreviating the past life review and death scene in order to spend more time in the spirit world.

True

False

8. The author recommends a rapid induction for life-between-lives regression.

True

False

9. Although most researchers in the field find about 20% of the population to be receptive to a quick, deep trance, or are somnambulistic, the author found a national survey indicating.

a) more than 20% of the population are highly receptive

b) 20% are either unresponsive or minimally responsive to hypnosis

c) 10-15% are highly receptive, 70-80% are moderately responsive, and 10-15% are either unresponsive or minimally responsive to hypnosis.

10. When the client appears to be free-associating, or displaying vagueness in responses, the depth of trance is usually the cause.

True

False

11. The author's deepening techniques involve approximately 45 minutes of long visualization, as opposed to shortcuts which involve such techniques as confusion and the pyramiding of suggestions.

True

False

12. For success, the client's past life memory must be from his or her most immediate past lifetime.

True

False

13. The reasons the author suggests against taking the client directly into the spirit world without going through a past lifetime include:

a) it could cause confusion

b) the client will miss the beauty of crossing over into the spirit realm

c) reviewing a former lifetime allows for more memory warm-up

d) all of the above

14. When the client is experiencing a traumatic death scene in a past lifetime, Newton tends to guide the client through it very quickly.

True

False

15. Regarding what the author calls the Atlantis Attraction Syndrome, what is stated at his approach?

- a) He says, "We won't speak to each other again until you have reviewed all your memories to verify that you are in Atlantis."
- b) His opinion is that the client is a hybrid soul remembering a lifetime from another physical world similar to what he believes to be the legend of Atlantis.
- c) e makes a choice about what he will believe and uses the label "faulty reports" in reference to reports regarding Atlantis.
- d) All of the above

16. According to the author's opinions, what signifies credibility in recall?

- a) a strong abreaction with an immense catharsis that is thoroughly discharged
- b) intensely vivid visual movies
- c) uncommon or disturbing experience over gender, firm convictions, and intense feelings of personal involvement
- d) all of the above

17. The author's past life deprogramming, or therapy, techniques involve allowing the client to be a detached observer while still recognizing feelings.

- True
- False

18. The author believes that historical religious teachings involving spirit possession have provided a proper education for recognizing and allowing such experiences to exist during spiritual regressions.

- True
- False

19. Newton suggests that, when asking questions at the gateway, the client can be encouraged to talk by being provided with:

- a) multiple-choice responses
- b) very direct, easy questions
- c) vague questions

20. Questions should be delivered with:

- a) self-assurance and respect
- b) deference to the sanctity of the spirit world
- c) both a and b

21. Reasons for the encountering of blocking in LBL clients involve unresolved fears about uncovering unpleasant details about themselves that they really don't want to know and/or a lack of rapport.

- True
- False

22. Blocking usually involves a negative spiritual entity who is deliberately trying to cause trouble.

True

False

23. As the client moves past the gateway and into the spirit world, there might be bright lights immediately or there might be a period of darkness for awhile. When the client reports darkness,

a) it is an indication that the client has some fear

b) it is normal; the lights will appear as the client moves along

c) the client can be told that brilliant light always precedes darkness

24. In the first contact with spirits, flickering lights indicate that:

a) they are advanced souls

b) they are less advanced souls

c) there is a temporary loss of illumination

25. What is happening when a loved one from the past lifetime just reviewed is living on earth in the same time frame?

a) a part of our energy never leaves the spirit world

b) there is a faulty report as a result of a vivid imagination

c) transference has occurred

26. Primary station stops for the incoming soul include:

a) the gateway

b) orientation

c) a final stop where the soul is returned to its cluster group

d) all of the above

27. Orientation is the first one-to-one opportunity for the soul to unload impressions with a teacher about a recently reviewed incarnation.

True

False

28. Questions that move a client on to soul groups involve:

a) the soul's readiness to move to the next stop

b) the soul's readiness to rejoin soul friends

c) the soul's readiness to move to another area

d) all of the above

29. Three major categories of souls in our immortal lives include:

a) primary soulmates, companion soulmates, affiliated souls

b) primary soulmates, companion soulmates, romantic souls

c) intimate soulmates, companion soulmates, affiliated souls

30. The most common cluster group is the phalanx-diamond position

True

False

31. When interpreting colors,

a) bright gold is the same as pale yellow

b) blue is associated more with spirituality than with knowledge

c) dark purple indicates that knowledge has transcended into wisdom

32. The “hunkering-down syndrome” is a case in which, during the group identification process, one soul hides behind another until there is a more appropriate time for contact.

a) True

b) False

33. The average soul takes about 50-70 percent of its energy into a physical body.

True

False

34. A junior guide might be left in charge while a senior guide is incarnating on earth.

True

False

35. At re-entry, when the client reports that he/she sees a small group of white, flickering lights waiting for him/her, Newton believes that those lights are:

a) highly evolved soul friends

b) junior guides

c) students who are awaiting the return of their teacher

36. When approaching the Council, the client usually is asked how many beings are in attendance. It is common for client to respond by giving a number greater than ten.

True

False

37. Often, the author asks if there is a chairperson, moderator, or director at the Council proceedings. In addition, he asks, typically, whether any of the Council members are wearing ornaments or emblems.

True

False

38. In order to save time, the author, occasionally, ends a council meeting without asking whether there is anything else that the client would like to say to the director or chairperson and what message is being given that could be useful in the current lifetime.

True

False

39. What is the “Presence” that some clients have described during council visitations?

- a) a guardian angel
- b) the elders
- c) a superior, Godlike source that monitors the Council

40. When a client claims that he/she sees the LBL therapist in the spirit group, it is most likely to be transference. It is best to remove the misinterpretation politely and as rapidly as possible.

True

False

41. When a client goes to next-lifetime body selection during a Council meeting, it precludes the therapist from exploring it in more detail at a later time.

True

False

42. Newton disagrees with Tibetan mysticism and eastern religious philosophy regarding “dependent origination” (Samskaras) and states that its proponents, who practice past-life therapy and who are not familiar with LBL therapy, fail to consider the extent to which healing can take place in the spirit world.

True

False

43. Newton encouraged his clients to become engaged in psychodrama during the session because:

- a) the predicaments involved in problem-solving relate to current issues
- b) reviewing activities used as recreation would remind the client that fun occurs in the spirit world
- c) both a and b

44. Prior to some lifetimes, a client will be offered only one or two body choices. At other visits to the place of life selection, he/she may be given up to five.

True

False

45. Newton believes that hypnosis progression is productive in LBL therapy.

True

False

46. Newton has put forth the following opinion(s):

- a) A client’s experience with religious figures is erroneous.
- b) The concept of “walk-ins” who are able to occupy a person’s mind and body is based upon superstition and fear.
- c) MPD is not a result of past life memories. It is a single, current personality traumatized by earlier events in the current lifetime.
- d) all of the above

47. One of the therapeutic benefits of reconnecting with the spirit world during LBL sessions is the opportunity to contact the spirit guides on a regular basis.

True

False

48..Spiritual regression involves the exposure of the soul and is a sacred trust which a therapist must honor by showing:

a. nurturance and empathy

b. humility

c. both a and b

49. At the exit interview,

a) the majority of clients do not want to talk about what they have seen because it is private and personal

b) a few clients immediately will want to process the highlights of the session

c) Both a and b are both untrue

50. After physical death, the soul

a) rejoins the essence of itself

b) has opportunities for rest, reflection, and learning

c) both a and b