

Book Review

Journey of Souls: Case studies of life between lives, by Michael Newton. Llewellyn Publications, fifth revised edition, sixth printing, 1998.

There have been written several books about past life regression but we do not often see books about the between lives period, when the consciousness analyzes how it did in its most recent physical life. We know that this is a period of a deep self analysis where one reviews if the existential program was accomplished or not; how the relationship was among the karmic group; why the goals not reached failed (still *weak traits* to be developed); recollection of the moments when extraphysical helpers tried to reach one and didn't notice. Then, one passes to the intermissive courses to later prepare for the next intraphysical life, choose the karmic group that allow accomplishing this purpose, so the consciousness goes to a higher level of evolution, avoiding self-mimicry and diminishing self-corruptions. We all know that this period is more complex than the few statements listed here.

This book, *Journey of Souls*, is a series of testimonies presented by Dr. Newton after years of practicing hypnotherapy. By no means do I intend to criticize Dr. Newton's work with my comments. I deeply respect everyone who is capable to write a book; moreover, if this book relates to the study of the consciousness without using mysticism or religion. My intentions are simply to share my conclusions after reading it and compare it to the understanding I have about this topic, which is very limited.

The content and the style of this book took all my attention since the beginning; it was hard to put it down. Besides, there are very valid conclusions in this material. Few examples are:

- Presents another scientific opinion that accepts the existence of extraphysical helpers and evolutionary orientors. Also, the use and control of the energies as the basic form of manifestation in this and other dimensions.
- Eliminates the very popular belief that, when we die, we are "punished" if we did not accomplish our existential program. The book clearly indicates that we are the one who deeply

regrets if our existential program is not completed.

- People remember more soul lives after distant lifetimes than recent ones: It could be that the recent ones are painfully close and still partially remain in our psychosoma. Maybe a recent life is too linked to the present existential program; our own helpers deny these recollections for us, being "unhealthy" to our present lifetime purpose.
- We see helpers doing clarification task to help to understand why we failed and/or how we did in the intraphysical life that was just left.
- Reveals how helpers allow us to know about our previous intra and extraphysical lives only when we are ready to know about it (to avoid evolutionary rape).
- "If you have the will you can control the speed of the movement of your soul leaving your body" (Sally, case #2): This case explains the separation of the consciousness with more or less control. The consciousness is inevitably attracted to some place; however, a more experienced consciousness, which has been doing this many times, knows the place of destination without feeling any fear. This knowledge and confidence accelerates the process of complete disconnection from the dense energy of the soma and the physical affections.
- Long illness leading to death prepares almost everyone to peacefully detach the body, contrary to a sudden death. When "spirits" do not want to leave the Earth after physical death, caring entities assist on the adjustment process.
- Maturity of the soul is expressed in the acceptance/speed on moving out of the body. Younger souls fight to stay connected with dead bodies and their karmic group. Average matured souls do not move fast to "the light" and some are very hesitant. Highly developed souls move fast out of their body. They "know" where they are going.
- The planetary memories never die. Consciousnesses are allowed to experience terrestrial mirages to comfort them by their familiarity during the transition.
- As a soul, lies do not exist. One presents itself as it is; the quality of the energies and what they transmit can't be hidden.
- Our days are full of signals and are a mirror of what happens during the period between lives. For example, extraphysically, after a mission, one receives a shower of energies to liberate unbalanced energies. Then, one will be ready to think about the previous physical life. One will interrelate with your guides, and

make conclusions about the accomplishments. In one's intraphysical routine, for example, one also comebacks from a "mission" (a hard work finished) and take a bath to later meet with the superiors (the guide in this case). Together, the results of the job are discussed.

However, there are several manifestations of an evolved consciousness that are not included in the cases presented, at least not clearly, such as: Assistantiality, Cosmoethic, Universalism, and Evolutionary Intelligence. On the other hand, the presence of extraphysical intruders is not clearly exposed.

The book explains the different levels of the souls but, trying to frame them within the traditional scientific paradigms, makes this definition very simple compared to the complexity of the consciousness. He assigns a number (from level 1 to 4) based on one characteristic of the manifestation of that consciousness. The evolution of the consciousness is not defined by one aspect of that life or by the behavior in one specific situation. We are more complex than that.

When reading the cases, we cannot accept that everything that "a soul" says is an absolute truth. This is the interpretation of the between lives period of that soul, seen and analyzed at the level of evolution that this consciousness has. For example, in case #27, answering a Doctor's question about how human beings would be like without souls, Sumus (the soul) responds: "Oh, dominated by senses and emotions...". Where the senses and emotions come from without the existence of a consciousness?

In several regressions the soul mentions where and when the life he/she was describing occurred but the author does not furnish any verification of the information. It would have been a good addition to this book if Dr. Newton had presented some data verifying the references given by his patients under the hypnotic state.

We have to observe, however, that the material presented in Dr. Newton's work reaches many people that, for one reason or another, have not been involved in studies of this nature. The reading of "Journey of Souls" opens the eyes to those that "know" about these subjects but do not "remember". More than few will conclude after reading this book that many events in the intraphysical life wouldn't make sense without the previous life experiences and the periods between lives (seriality); that there are forms of life other than this planet; questions will arise about the process of the soul's own evolution; how extraphysical helpers and evolutionary orientors act

(understanding, clarifying, loving) showing one how to conduct themselves in the intraphysical world; how and why one should not judge others but clarify them to help them make better decisions and correct wrong "old" habits.

We have finally arrived at a lifetime when these topics are openly discussed and available to anyone who is looking for answers. Nevertheless, many people will not understand us and maybe laugh about our convictions, but, at least, we are not burned anymore.

About the Author: **Michael Newton, Ph.D.:** Holds a doctorate in counseling and is a state-certified Master Hypnotherapist in the state of California, US. His work involves helping his clients to connect thoughts and emotions to promote healthy behavior. Dr. Newton was resistant to use past life regression in the early days of his career because of his orientation in traditional therapy. Encouraged by his clients, he began regressing them back in time to access their memories of former lives; this practice convinced him how therapeutically important the link between bodies and previous life experiences are, and how they make us who we are today. During the time using regression as a therapy, Dr. Newton developed a technique where he took his patients to the time between lives. The homogeneity of experiences during the years corroborated in Dr. Newton's notes specific functional activities of the soul, where the variances between souls were basically due to the level of the soul development. This book is based on 29 cases presented by Dr. Newton from his 10 years collection of clients.

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