



What to Expect in a Life Between Lives Session

Life Between Lives (LBL) enables you to access your own spiritual wisdom to find a deeper understanding of who you are as an immortal identity, bringing healing and expanded consciousness to your current life.

Life Between Lives

Life Between Lives refers to the experience of being between incarnations (the inter-life), where you exist as a pure energy being. It also is the name of a process pioneered by Dr Michael Newton.

LBL is a deep hypnotic guided process that allows you to remember your experience of the afterlife and reconnect you with your true self and your guiding beings. It's a deep hypnotic process. An LBL session involves the achievement of complete physical relaxation to reach a state of expanded consciousness where hidden spiritual memories can be accessed.

This deep hypnotic state is guided by the hypnotic suggestions given by the LBL Facilitator, but the state itself is also equally created by the client's own ability to let go and relax. In an LBL state, awareness is altered so the subconscious and the highest level of the mind the superconscious can be accessed to bring forth deep personal wisdom.

The wisdom comes from the energetic beings you are surrounded by called the Spirit Council. This is your group of wise sage beings that offer guidance and ideas for your soul to consider experiencing before incarnating into this lifetime. Together, they help you decide what your life and karmic lessons will be like this time around. These choices are accessed in an LBL.

Your council act in the roles of personal guides and teachers, ready to guide each one of you through and between each life. LBL can offer people a more direct experience of connecting with these spiritual guides to receive messages of wisdom and insights to apply to their current lives.

Immortal Identity

Each of us is so much more than the physical aspect we can see. We are a combination of the energies, experiences, and learnings of countless previous lives. Each life a set of contrasting experiences that embody the variety of lessons our inner, eternal self seeks to learn in its quest for development. That core, eternal self, is always searching for growth and new levels of understanding. LBL sessions can improve the connection we have with our own expanded consciousness and true immortal self.

**Blessings,
Joyce**