

RITA
BORENSTEIN

TO
SOUL
HOME
AND
BACK

ABOUT LIFE BETWEEN LIVES
HYPNOTHERAPY FOR
SPIRITUAL REGRESSION

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PART 1



Introduction



In search of my soul

Learning lessons is a little like reaching maturity.

You're not suddenly more happy, wealthy, or powerful, but you understand the world around you better, and you're at peace with yourself.

Learning life's lessons is not about making your life perfect, but about seeing life as it was meant to be.

ELISABETH KÜBLER-ROSS

It is October 2012

I am in deep hypnosis in a huge mansion in the English countryside. Christine, a hypnotherapist from London, is sitting next to me. I am very relaxed and at the same time very alert.

We are attending a training arranged by The Newton Institute to learn how to facilitate Life Between Lives hypnotherapy for spiritual regression, based on the work and research of Michael Newton Ph.D.

We are all experienced hypnotherapists: a diverse group of head teachers, assistant teachers and students from India, Bosnia, the Netherlands, Norway, Italy, US, England, Vietnam, Romania, Taiwan, Australia, Denmark and Sweden.

I am deeply hypnotized

On April 15, 1945, British troops entered Bergen-Belsen. They liberated some 60,000 prisoners, many of whom were on the verge of death. During the first weeks after liberation, close to 500 people in Bergen-Belsen died every day. From liberation day until June 20, an estimated 14,000 people died from the terrible conditions that had been inflicted on them by the Nazis during the war.

In the following testimony, Judy Rosenzweig describes the liberation of Bergen-Belsen:

Suddenly out of the blue we saw tanks rolling into the camp ... We had no idea what kind of tanks they were. Is it the Americans? Is it the Germans? Is it ... we just didn't know. We became so panicked and at the same time the loudspeakers started speaking loudly in German and in English:

- You are liberated.*
- We are the English Army – You are liberated.*
- Stay away from danger and stay inside and we'll help you.*
- Stay alive. Try to hang in there. We're here to help you.*

And we knew we were liberated. Our feelings were very mixed. So, we were liberated. So, thank God, we are alive. But are we thankful? Who are we? Where are we going to go? What are we? Nothing. That's okay, we're alive.

With all my senses, I had a vivid experience of myself as an emaciated little girl about four years of age. When my hypnotherapist Christine asked me where I am, my answer is: "I am in a barrack in Bergen-Belsen."

It is cold and I am very weak. Deep in hypnosis, I have a clear bodily sensation that I am in a very dark place where my life is running out. Still, I am not afraid. It seems that I dissociate more and more. Soon I will leave my body behind in the barrack.

A man, of around thirty years old, who looks like a living skeleton, holds me in his arms as I leave my body, flying up, up and up. My tears are running down my cheeks as I feel the relief to finally be free. It is wonderful to leave the body in which I experienced this short life, after taking my last breath during horrible circumstances.

I feel the love flowing from the man who holds me in his arms when I die. Although he himself suffers and is probably close to his own death, he becomes bigger than himself and does not leave a child to die alone. His act of unconditional love is the last sensation I know before I die.

A loving meeting

Be at peace with your own soul, then heaven and earth will be at peace with you.

ST. RITA DE CASCIA, BORN IN 1386 IN CASCIA, ITALY.

SHE IS THE PATRON SAINT OF IMPOSSIBLE CAUSES,
ABUSE VICTIMS AND WIDOWS.

After I leave my tiny body behind on earth, I am ejected like from a catapult into space. I feel so free! It is a very strange and at the same time euphoric feeling to perceive myself without a physical body. Finally, free from inertia and limitations! The horrors down there do not affect me anymore, I was thinking. “Wow! I am free!” I scream out loud, and laugh for a while in my hypnotic state.

Then in my inner vision, I see a light in the distance. A beautiful and very feminine being is coming closer. I have this immense feeling of overwhelming joy and compassion radiating from the being that is approaching me. I tell Christine that my spirit guide has come to meet me! The being takes me to a place for rest and recreation. It feels wonderful! “Let’s go to Soul Home!” she says.

It has been a very hard and short life, indeed! My guide tells me that I have been very brave. She invites me to talk about why I chose such a short and challenging life. Christine brings up a very important question: “What did you as a soul, learn from this short life, that you can use in your present life as Rita?”

I answer her that the man who showed me unconditional love before I left that life, is the reason I wanted to incarnate again. I wanted “to taste” that love again and meet this beautiful soul in “better conditions”. Suddenly I just knew that the soul is one of my children this time. The insight filled my heart with deep joy. The feminine being then puts me in a love bath for restoration and rejuvenation.

Christine sits quietly and waits. Everything feels so real as I experience a passage in my first LBL.

Where is my ignition?

*Let my true light shine!
Show the world my true Self.
Lead me on the road to freedom!
Please help me ignite my soul.*

MY EVENING PRAYERS

Some time before I left for my LBL training in England, I had lost my igniting spark. I felt that nothing was fun anymore and perhaps I was depressed. One day, my brother gave me a drawing that I made as a child. When cleaning his drawers he found it and handed it over to me. At the bottom of the drawing it says: "An enclosed world" and it is signed by me, Rita Borenstein, nine years old.

My childhood drawing shows a very detailed garden filled with colourful flowers, growing vegetables and climbing plants. Some of the flowers seem to be enclosed by an aquarium like container. The drawing has a structure and the rows are very straight. The Finnish flag is in the front as I was born in Vaasa, Finland. But ... the beautiful garden is all fenced in, or maybe protected, by barbed wire.

In the upper part of the drawing there are two holes in the ground. One is inside and the other one is outside the fenced garden. Next to the outer hole lies a spade. It looks like somebody dug a hole to get out, left the spade on the ground and got out of the drawing. No person can be seen.

When I saw the quite strange drawing from my childhood, it was a reminder that my soul needed nutrition and my body was worn out. It was time to dig myself out again, symbolically and literally. I felt a longing, reaching up from the bottom of my soul, to find that spade again, to help myself to be free and blossom.

One night I decided to take a walk in the woods near our house outside Stockholm. While sitting on a stone covered with moss, I was wondering what to do next. Life felt so boring and I almost could not breathe. What should I do now? I suddenly heard an inner voice speak inside my head: "Pray and you shall receive!" So, I prayed for means to work with my gifts and skills for a higher good, to find the identity of my soul and to fulfil my life's purpose. I wanted badly my spark to ignite, so that I would become alive again.

I believe in magic

*Behind the cotton wool is hidden a pattern;
that we – I mean all human beings—relate to this;
that the whole world is a work of art; that we are
parts of the work of art.*

VIRGINIA WOOLF: *MOMENTS OF BEING*

Shortly after my prayers in the woods and just before the trip to my LBL training in England, I started to see number 4 increasingly often.

When I boarded the plane to England, I was offered seat number 44, the number of my hotel room in Manchester was 404. Next morning at breakfast I got table 44.

When the taxi arrived at the hotel, I saw the following written on the side of the car: Tiger Taxi 444 444.

As I noticed the synchronicity with the number 4, I felt that my spark had ignited again, so I gave the driver a big smile and jumped into the back seat.

I felt happy, excited and alive. I felt that destiny had taken me by the hand. It was like going home to the Promised Land, although still not knowing what that exactly meant.

The eternal existential questions

*Our eternal identity never leaves us alone
in the bodies we choose, despite our status.*

*In reflexion, meditation, or prayer,
the memories of who we really are
do filter down to us in selective thought each day.*

*In small, intuitive ways – through
the cloud of amnesia – we are given clues
for the justification of our being.*

MICHAEL NEWTON PH.D.

When life is going well, day after day, existential questions do not pop up that often. But in times of challenges, for example when we become ill or lose a loved one, these kinds of questions arise in all of us when we feel unhappy, bored or stagnant. We might ask ourselves, especially when we get older, if there is no more to life than this.

My sincere wish is to introduce you to a method by which your own existential questions can be answered. Before an LBL, my clients list their questions and send them to me. During the LBL I will ask my client those questions along the

way, so they will be answered by their own inner soul Self. There is a saying that you hear something “straight from the horse’s mouth”, meaning that it comes from the highest authority. This is the case here, because the information comes from the client and not from someone else.

An LBL, which usually takes three to five hours, includes being regressed to childhood, inside the womb of the mother, and to a past life. From the past life, the client crosses over in a death scene and then travels to the afterlife from there. That is when the so called Life Between Lives journey starts.

About hypnosis

You use hypnosis not as a cure but as a means of establishing a favorable climate in which to learn.

MILTON ERICKSON

The history of hypnosis goes back to temple sleep in ancient Greece and Egypt. Sleep temples, also known as dream temples, are regarded as places where hypnosis took place over 4000 years ago under the influence of Imhotep who served as Chancellor and High Priest of the sun god Ra at Heliopolis. Sleep temples were hospitals of sorts, healing a variety of ailments, perhaps many of them psychological in nature. The treatment involved chanting, placing the patient into a trance-like or hypnotic state and analyzing their dreams in order to determine treatment. Meditation, fasting, baths and sacrifices to the patron deity or other spirits were often involved.

Sleep temples also existed in the Middle East and Ancient Greece. In Greece, they were built in honor of Asclepius, the Greek god of medicine. The Greek treatment was referred to as incubation and focused on prayers to Asclepius for healing.

Avicenna (Ibn Sina) (980–1037), a Persian psychologist and physician, was the earliest to make a distinction between sleep and hypnosis. In “The Book of Healing,” which he published in 1027, he referred to hypnosis in Arabic as al-Wahm al-Amil, stating that one could create conditions in another person so that he/she accepts the reality of hypnosis.

The modern era of hypnosis and hypnotherapy really begins with Franz Anton Mesmer (1734-1815), the Viennese physician who left the word “mesmerism” to posterity. For various reasons, he also gave hypnosis the rather bad reputation that still persists in some quarters today.

Some of my clients have seen stage hypnosis on TV and think that the whole thing is somewhat scary. But after we have gone through all the preparations on the phone and email, when they arrive and have a talk before we start the session, they usually feel relaxed and ready to start the hypnosis. After all, hypnosis is only a state of deep relaxation and a way to get in touch with oneself.

A neurological explanation to hypnosis is the theory of different brain waves and their reciprocity to mental states. Brain waves are divided into five categories of progressively higher frequencies (expressed in Hertz, Hz or cycles per second):

- Delta 0-4Hz sleep state
- Theta 4-8 Hz deep trance state
- Alpha 8-12Hz hypnagogic states, meditation, hypnosis
- Beta 12-25 Hz awake state
- Gamma 25-100+Hz feeling of being in “flow” or “in the zone”, state of peak performance

Theta deep trance state is favorable to access deep seated soul memories in LBL.

My clients in hypnosis focus on my voice and are attentive, but at the same time their bodies are so relaxed that they hardly move during all the hours of their LBL. When they are invited to answer my questions, the magical moment starts when they speak their inner truth in their relaxed hypnotic state. What they say seems wiser and more filled with reflection than their ordinary way of speaking. The deeper they go into hypnosis, the more memories on a soul level they seem to remember.

Some of the clients are visually oriented and see pictures and “inner movies” during the hypnosis. Others perceive in other ways, led by inner knowing, hearing or feeling. All of us are unique, so our inner senses work differently and individually while hypnotized as well.

In a hypnotic state, we can relive moments and feel fear, joy, anger and other feelings. It is also possible to “watch” these moments from outside, and report about them, as with the voice of a narrator. These phenomena may alter during the session. Here is an example of this kind of dual awareness with my client, the so called “Surgeon”. In a passage of his past life experience as the soldier Ray, he talks about a moment when he is mortally wounded. When I ask him to look at his wounds from the perspective of the experienced surgeon, he alternates to another perspective and watches his body from outside.

Rita: So, what happens now, Ray?

Surgeon: *I have a lot of bullets in my abdomen.*

R: Do you die right away from this?

S: *No. It feels as if the whole right part of me is wounded.*

R: Can you look a little closer?

S: *(Sighs.) Let me look! It feels like my right leg below the knee is hanging like a ragdoll. It looks as if it exploded in some way and is now totally shattered. I have bullets in my abdomen, and it feels like I have bullets that have penetrated right through my back also. Then there is something with my right hand, but I can't see that now. I will not live much longer. I feel neither sad nor in physical pain.*

R: What causes your death?

S: *I am bleeding somewhere in the abdomen, but I do not bleed a lot. That is strange. It feels like I will manage for a couple of hours. I am lying alone.*

R: Can you please use your knowledge as a surgeon now and give me a diagnosis of the medical state of Ray?

S: *When I look at myself from the outside, I notice many bullet wounds in the abdomen that have not taken the blood vessels, so there are intestines that are wounded. I also have my legs all shattered by bullets, well partly, but those blood vessels are in cramp, so they do not bleed anymore, and I do not bleed to death. In the same way, I have a few injuries in my arms, the right one ... and why just on the right side, I do not know. All this is not going to make me die right away, but I will die soon, within a day maximum.*

R: What time of the day is it now?

S: *It feels like night, and I am lying here looking. I know that I am going to die. I cannot end it, but will just have to wait. I am not afraid!*

R: Ray, thank you for reporting all this to me now!

Many of my clients have no experience of hypnosis, while

some have had several sessions before with me or someone else. The clients who have no experience from hypnosis before, often need to do at least one preparatory session before their LBL, to find out how this kind of deep and long hypnosis works for them. Nobody can tell another person what hypnosis feels like, because we all have a unique way to experience relaxation and inner knowing. The preparatory session is important for me as well, because I need to know if my client can go as deep as remembering a past life which is the key to go to the LBL state. According to the findings of Dr. Newton's research we most naturally enter the LBL state through the death moment and crossing over from a past life.

I would also like to mention that I do not take clients into any kind of hypnosis who seem emotionally and mentally unstable, are drug addicts or are diagnosed mentally or severely physically ill.

*Rita's book took me on a beautiful and insightful
journey. It opened new doors and
for me personally proved to be enlightening.
A book that I will use as a reference many times.*

TERRY EVANS

WWW.CREATIVEXPERIENCES.SE

The author Rita Borenstein works in Sweden as a nurse, Osteopath D.O. and Hypnotherapist. In 2012 she was trained by The Newton Institute and became the first Life between Lives (LBL) Facilitator in Sweden.

In this book she shares her experience how LBL hypnotherapy works in practice. She uses, as examples of the work, dialogues with a surgeon, as well as her own session, to show you examples of why and how an LBL can be meaningful for each person individually.



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