

RITA
BORENSTEIN

MY SOUL
IS A
DIAMOND



LET MY TRUE LIGHT SHINE

Rita Borenstein Publishing

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*Should this my firm persuasion of the soul's
immortality prove to be a mere delusion,
it is at least a pleasing delusion,
and I will cherish it to my last breath.*

MARCUS TULLIUS CICERO 106-43 BC



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PART 2



Nurture and cherish the soul



*Rita, imagine that there is a beautiful butterfly
sitting on your shoe. When the wings move,
take it as a sign of green light for action.
If the wings are still, just wait, do nothing.
And always remember to breathe!*

THE WISDOM OF MY DEAR LIFE-MENTOR G.S.

I love my life

I am sitting in the shade under a wonderful and lush tree. It is overflowing with delicious and fresh peaches. The weather is warm and pleasant. I can hear a soft pouring sound from a water fountain and it makes me feel so peaceful. My dress is loosely draped around me and the colors and textures of my clothes give me a sense of grace and beauty. Sitting here under the peach tree brings back memories from my life.

My name is Leyla. I came to this palace as a young girl. My parents brought me here when it was time to marry my beloved husband whom they had chosen for me. He was also young and shy. I did not know how to be a woman then, but slowly and with time we learned to know each other. I love him deeply. And I love my life. I am so happy!

My faith is strong. My husband and I were meant to be together. Slowly my love for him grew stronger. I learned from him about life. In his presence and compassion for me I knew myself better. We are blessed with many children and grandchildren. Now I am old, wise and deeply content. My life has

been overflowing with happiness, soulful beauty, faith and richness with a loving and wonderful partner, many healthy and strong children, a large family and dear close friends. My days and life passed by inside the walls of this palace. This is the paradise on earth that I know. I am so fond of it. It is my home. There was no need to travel anywhere, because all I ever wanted, I had here. We have plenty of food and riches. There is peace in our country. My husband inherited the palace when his father died. Since I first met him I have been by his side. He loves me beyond measure. And I love him.

We often have large and festive gatherings here in the palace. Then I always wear my most beautiful dress in many different colors and jewels chosen for each occasion. My hair has always been long and it feels so nice with many pins and different styles. My husband and I support and feel much respect for each other. For me the most important thing is to be here and enjoy my life in the palace. There are people who take care of all the practical things, so after I gave birth to our children, all I did was to be with them and enjoy being their mother. We have a friendly atmosphere here. It is a harmonious and serene place. I sometimes go to one of my favorite spots here in the palace garden where I have a view over the hills outside the walls. From where I am now sitting, I can see the sky, the sun, the clouds and the world outside our palace which is on a hill. Oh, how wonderful my life is! At night, I can see all the stars.

My LBL-session with Dorothea

In April 2019, I travelled to Germany and had my fourth LBL with Dr. Dorothea Fuckert. Dorothea is an LBL-facilitator and M.D., psychotherapist and author. She embodies a rich personal and professional source of wisdom and knowledge. So, to say the least, I was in good hands. In the LBL I experienced a perfectly happy past life as a woman called Leyla. My speculation after the session is that Leyla might have lived in Seville when the city was called Taífa Ishbiliya in al-Andalus (Muslim Spain) in the period AD 712-1248.

In my session, deeply hypnotized, I also experienced myself dying after choking from a peach seed was stuck in my throat. In the moment of crossing over I was looking down on the people in the castle trying to resuscitate me on the floor, but I was already on my way to soul home again. My beloved husband had died earlier and I was happy to follow him. In my incarnation as Leyla I had an authentic and strong faith, which was very healing for me to experience as Rita. Leyla believed in a higher power and had no worries or doubts about any-

thing. When Dorothea asked how I felt about my own death as Leyla, I responded calmly: “It was such a happy life. Now I will return home.”

A crack in my heart

The wound is the place where The Light enters you.

RUMI

One of the questions for my session with Dorothea was how to heal my anxiety. I wanted to get to the bones of why I had periods of anxiety during the past seven years. What was this kind of suffering showing me from my soul perspective? What did I learn from the experience? What could heal the anxiety? How could I help myself in all of this? I had many questions!

Dorothea had a wonderful way to help me connect with my soul and spiritual guidance for further help to understand the reasons. This is a dialogue taking place in the beginning of the LBL when I was gradually going into an altered hypnotic state of relaxation.

Rita: *I can see a picture of a heart!*

Dorothea: Anything else you feel there? The heart can hold many feelings at the same time.

R: *I can see a symbol of a heart. On the right side of the heart there is a small crack. There is a small piece missing!*

D: As if a small piece is missing there. Aha, that is very interesting. It will be helpful when we come back to this later in our journey. All right? We could ask your guides what it is. The cause for it and how it can heal completely. Just breathe into it now and let it be.

R: *The picture is changing now and the heart symbol turns, so I can see it from the right side. Now I can see the details! I realize that the heart is very old. The missing piece on the right side is from a long, long time of friction. A piece has not been ripped off, but the friction was created over time. Then the crack was created and a piece fell off. It is a very clear picture!*

D: It is an important picture for you obviously. It is helpful that you see it so clearly. We will come back to this later in our communication with your guides. We will come back to the heart! Okay? To this crack specially! Let the feelings be. Let them come and go with the breathing. Diving deeper in the now. That's right. I want you to imagine yourself in some place where you feel very, very safe and calm, relaxed, protected and connected. Any way you would like to feel now?

In the beginning of my session and with the soothing voice of Dorothea, I experienced a sensation which I felt as “a piece missing in my heart”. You will notice by reading the dialogues with me deeply hypnotized, that I will find the missing peace, not only in my heart, but metaphorically in my life as Rita in general.

The dialogue with Dorothea shows that she acts like “an advocate” for my soul. She pays attention to what I’m saying about the crack in my heart, but she suggests we save it for later in the session, when I go deeper into an altered state of relaxation and meet my spirit guides and support team.

Dorothea stayed by my side as the skilled LBL-facilitator she is and this way helped me feel safe, grounded and deeply relaxed through the whole session. She told me to go to “a safe place”. This is a hypnotherapy technique called “a deepener”. For the client deeply hypnotized there is no conception of time and place. By asking me “to go to some place where you feel very, very safe and calm”, Dorothea helped me have a sense of being totally safe like a newborn in the arms of a loving mother. This helped me go deeper into an altered state of deep relaxation. Feeling very safe it was possible to access the levels of awareness where spiritual guides, higher beings and deceased loved ones are there to help and assist my soul travelling in the inner journey. This way the session gradually becomes a team work with the spirit world. The deeper the

client goes, the more it is possible to access soul memories. This was one of the great findings in the research done by Dr. Newton and by members of MNI.

LBL versus near death-experience (NDE)

For those who conclude reincarnation is the truth, the obvious fact still is that we live each life only once. It is, at least for me, very challenging when I think of one day having to say goodbye to my life, loved ones and to this world.

I met a few people who had a near death-experience (NDE) and afterwards could explain to others how it felt to die. Dr. Eben Alexander wrote three books about his experience from his NDE. He was in a coma for a week and then came back and recovered. He explains his experience in his two books *Proof of heaven* and *The map of heaven*. Being a neurosurgeon he was also able to share his knowledge from a physiological perspective, which made his story even more fascinating. In his third book *Living in a mindful Universe*, which he wrote with Karen Newell, he shares his experience from his own LBL, as well. One could say that an LBL is a way to have an NDE without risking one's life, as is often the case with NDE which happens "by accident" like for example during cardiac arrest.

The whole point with exploring past life and life between lives is to help clients make the best out of their present life and situation. It is also a way to take off the life pressure and to have a bigger picture from their soul perspective. For many of my clients who fear death, this is a way of “going to heaven without dying”. Then they know from their own experience what it is like to die. Many of them told me that death seemed less scary after their LBL-experience.

In the following dialogue, Dorothea is guiding me with questions about my death in my past life as Leyla. I met someone after crossing over to the spirit world. This someone is helping me to go through a kind of cleansing which Michael Newton called “the healing shower”. After a lifetime and before returning to the afterlife many of my clients tell me about this kind of cleansing of the soul. It is like taking a shower after a day of hard work. In my case the one helping me was a very feminine character resembling a nun and dressed in white. She used a brush to cleanse away “the dust” from my soul after my life as Leyla. I was very moved and thankful for the help I received.

Dorothea: Was your death unexpected?

Rita: *Yes. I was enjoying a delicious peach. Suddenly, the seed was stuck in my throat and I died. But I knew it was meant to be this way.*

D: Aha, but now you are a free soul.

R: *I've come to this place now, where I can connect.*

D: Right!

R: *Here there are souls who move around softly and dressed in white and they take care of me. They have all sorts of devices and they work with sound. They put me on a kind of couch. One of them has a brush. She takes away layers of "dust". They don't say anything. They just do what they do.*

D: Okay. Fascinating!

R: *On my left side is a character resembling a nun. She is taking care of me. She totally knows what to do. The others are busy. I think they are busy with others. It is her job to check me after my death. I came here quite fast and she took me away ... she prepared me.*

D: Oh, she prepares you?

R: *Yes!*

D: How fascinating.

R: *Yes. I am in good hands.*

D: You trust them. You know you are in good hands.

R: *I feel free, because I don't have a body.*

D: Yes, you can expand.

R: *I am so amazed that she is doing this to me. It was such a fulfilling life. It was 100% fulfillment.*

D: Yes, it was.

R: *I am totally amazed.*

D: Yes, maybe it was the most fulfilling life you ever had on earth.

R: *Yes, in the life of Leyla I can feel my total essence as a soul.*

The primary soul guide

As LBL-facilitator my mission is to advocate a relaxation deep enough for my client to enter a receptive state. This condition makes it possible to meet with their own soul and personal guide. Dr. Newton found in his work with 7 000 clients that we all have, what he called, a primary soul guide. His findings were that souls have many secondary soul guides as well, but only one primary guide who is the most important guide for the soul. Several primary guides sometimes take turns to assist the soul through eons of time. During an LBL it is essential that the client meets the primary soul guide, because it is the guide, not me, who is guiding the client through the experience. After the client meets the guide I will ask questions like: “Where does your guide want to take you now?” “Let’s ask your guide for the answer to your questions now!”

Here is a dialogue showing how meeting with my primary soul guide happened. After the client connects with the primary guide during the LBL their close relationship will deepen and continue as a possibility for the client after the session.

Some clients already have a close connection with their primary guide before their LBL.

Dorothea: Connect now with your guide! I would like to ask your primary guide to come forward. You may remember him or her as clearly as possible. Reconnect with him! Renew this bond with him! I don't know if it's a he or a she.

Rita: *It's a male. He stands in front of me now.*

D: Come closer, dear guide! Come closer to your protégé, so she can perceive you as clearly as possible.

R: *He feels like a father figure in a monastery. The hat and dress are all in black.*

D: And what is he radiating? Feel his radiation now and tell me!

R: *He is radiating old wisdom. He has short grey hair. He wears a small black simple hat. I can see his eyes. He has warm brown eyes.*

D: Look into his eyes. What are his eyes expressing?

R: *Love and understanding.*

D: Feel this love coming to you. He wants to fulfill his love, his understanding, his warmth. Now, let yourself be filled up with it. It streams into you, through you and around you. He

envelopes you and he bathes you in his love and understanding.

R: *He is coming towards me now. He is draping something like a cape around me, so that I can sense my soul character more.*

D: Okay, so now sense your soul character more.

R: *I am quite a serious character as a soul. He wants to take me to a library. It is Gothic style. He is walking with me very closely and he says: "I will show you something!" It is a feeling of being in a monastery or something like that. Now we go straight ahead into a kind of huge hall, which is like a library. He walks close to me, because he needs to take me there. I am not alone at all!*

D: He is with you!

R: *Now we are here inside.*

D: Do you feel that he is your primary guide?

R: *Yes!*

D: Dear guide, what is your name?

R: *His name is Alfred!*

D: Alfred, since when are you this soul's primary guide?

R: *Since the time when my soul started to develop more into what it is now. He came when I had a life in a monastery where I could not stand it anymore.*

D: I see! And what is your main purpose for Rita's soul, Alfred? What kind of guidance is your specialty?

R: *It is wisdom. Mostly alchemy. It is an original wisdom in a sense.*

Although I had experienced meeting guides and other higher beings in my three LBL-sessions before, this time I had the most intense feeling of connecting with Alfred. It was a great relief to feel the wisdom and love he radiated. I felt very safe when he came to me so clearly. From then on, I consider him my dear friend and mediator between his reality and mine.

Afterlife and loving support

After the death moment in my past life as Leyla and meeting with Alfred, my journey as a soul in the afterlife continued in the following dialogue. Dorothea facilitates by asking my guide where he wants to take me further.

Dorothea: Alfred, what would you like to show your protégé now?

Rita: *Alfred is holding on to me very tightly and we go to the first stop in the building. This is like a cathedral in a sense, but it is also a library. There are no books here. It is more like an altar. I don't know what it is. We are just standing here by a place which feels like an altar and looks like a balcony, but it is not a balcony.*

D: The details are not so important. Try to grasp the essence.

R: *I am holding onto a rail in front of me. Then I remember something. I look at Alfred and ask him now: "What is it that I remember?"*

D: What is his answer?

R: *He tells me that I can remember my support now.*

D: Okay, feel the support!

R: *I am holding on to this rail and I feel the support from Alfred on my left side.*

D: We anchor this support by him and the energy you get from your left side. What is it with this rail that you hold on to? What does it mean to you? What is it that your soul tries to remember or reactivate?

R: *I am asking Alfred now!*

D: Yes, please.

R: *He says that I need to remember that I am supported.*

D: Now, take this knowledge into your heart center and into the depth of your soul. You are supported! Dear Alfred, how can Rita establish a day to day contact and communication with you in her earthly life?

R: *He says: "I will be with her."*

D: Where in her body can she feel your bonding and your connectedness with her, Alfred?

R: *In her stomach.*

D: Thank you, feel your connectedness with Alfred! That's very helpful, Alfred, thank you. Would you like me to ask Alfred your questions now?

R: *Yes!*

D: Dear Alfred, thank you very much for being close now, so that Rita can perceive you clearly and feel your energies and receive your messages and information.

A vision of our mission: *“Our basic goal is to help people move beyond the mindless strife in their physical existence to an inner peace through self-discovery. The focus of what we do is devoted to the individual seeking answers to the age-old questions of:*

Who am I, where do I come from, why am I here and where am I going?”

www.newtoninstitute.org

Rita's first book about LBL, *To Soul Home and Back*, was published in 2018. With her second book, *My soul is a diamond – Let my true light shine*, she shares her own LBL-session with Dr. Dorothea Fuckert in Germany, as well as two case stories; the Swedish clairvoyant Terry Evans and Ketki, an engineer and researcher from India. The theme of the book is to come out into the world as a soul and to shine bright. Rita writes about anxiety, contentment and the importance of purposeful friends.

Rita Borenstein works in Sweden as a nurse, Osteopath D.O., hypnotherapist and book publisher. In 2012 she trained with the Michael Newton Institute (MNI) to become the first Life Between Lives (LBL)® facilitator in her country.
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