

## **Covid-19 and the Awakening of Humanity: A Super-conscious View**

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The journey into who we truly are has been the long-term sacred quest of a range of different visionaries and philosophers. That path can be traced back through various religions, ancient cultures and modern psychological practices. However, it is the trail blazers who bring the character and colour to these conversations with new models, theories and even personal experiences, that transcend current thought and can even move into the realm of the transpersonal.

It was Abraham Maslow who was able to articulate what the enquiring mind most seeks. When he spoke of the journey towards 'self-actualisation', a chord of resonance was struck with many who had been seeking to articulate the incredible discovery as to who we really are... – the real self.

What if that real self is the soul presence that dwells within? The sacred presence that has transcended the human ego to the state that they observe the human aspect of our being with loving compassion as the vehicle for their eternal self?

Some readers may have heard of the work of Dr Michael Newton and his work with Life Between Lives (LBL) Hypnotherapy. It remains one of the most fascinating and robust areas of research into the afterlife. Michael Newton's background was as a traditional psychologist in the Los Angeles, California area, commencing his career in the 1960s. One day, he was assisting a client with a psychosomatic pain in his shoulder through a hypnosis technique called 'Affect Bridge' (a regression technique that identifies the source of a condition). The client flipped into a battle scene in the First World War on The Somme in France where he was being bayoneted through the shoulder. As

a sceptic and also a researcher, Michael grilled the client by asking his name, commanding officer and a description of the badges on his uniform, then gently desensitised the client's pain and cured his condition.

For someone with a Ph.D. in Counselling Psychology and trained in traditional methods of psychological practice, Michael was faced with a decision. He could write this off as some form of dream analogy created by the client's subconscious for healing, or he could investigate further. He chose the latter, and wrote to the British War Office in London, confirming all the details that the client had shared. As the visionary he was, he became fascinated, though if this first client left the door ajar to the metaphysical, it was another in 1968 that kicked it wide open.

A lady came to him with a history of chronic depression and loneliness. Again, Michael applied the Affect Bridge technique, and the client found herself in the spirit world surrounded by her friends from her 'soul group' (i.e. those she shares many lives with in other incarnations). This reunion completely released her loneliness and depression, as the group explained to her that she had incarnated without them to learn more independence, and that they were always loving and supporting her from afar.

Over the next 35 years, Michael developed the philosophies, methodologies and techniques that allowed his regression techniques to go beyond past lives and into the super-conscious or soul base-memory characterised by a greater presence of theta brain-wave patterns, rather than the usual alpha range that is prominent in age and past-life regression. Over that period of time he conducted some 7,000 cases, and

documented his findings in his best selling books *Journey of Souls* (1994) and *Destiny of Souls* (2001).

These clients moved into their soul presence, gently placing the human personality to the side, lovingly speaking about them in the third person. They were able to provide sweeping views across the soul lineage, and describe their purpose for incarnating as the client in the chair. They interacted with spirit guides, spiritual councils overseeing their incarnations, discussed experiences in other worlds and dimensions, and spoke of what they do between their incarnations, in the spiritual realm.

The sessions were significant because:

- The client took on a whole new personality, unfiltered by the life experiences of the client and the conditioning of society.
- There was a sacred objectivity offered, to the extent that if Michael would make an assumption, then the soul in the chair would actually challenge him or correct him.
- The cases showed a remarkable correlation when compared, regardless of social status, religious background, profession, cultural background, age or gender. The spiritual realm was observed as being devoid of status orientation or difference; it was truly a place of oneness.
- The presence of unconditional love, compassion and understanding from the super-conscious persona and other beings visited was palpable, and stayed with the client following the session, as they integrated their experience into their human personality and belief system.

This can be seen as one experience of self-actualisation at the individual level; a landmark experience within a human lifetime, that allows them to release fear of death and understand through personal experience that they are a spiritual being having a human experience.

The potential for this work to offer an elevated and unfiltered view when specific questions are posed has enormous potential for research. Findings that are devoid of human interference

or agendas are possible. We return to this later in the article.

Michael realised that his work was invaluable to others, and in 2001 he started to teach his methods, documenting them in *Life Between Lives Hypnotherapy* (2004). 'The Michael Newton Institute for Life Between Lives Hypnotherapy' (aka MNI) was founded and has now spread to 40 countries, with sessions being conducted in 20 languages. This wave of consciousness work has continued beyond Michael's own lifetime, following his passing in 2016 at the age of 84.

There are only around 220 Members of the MNI, highly trained and originally endorsed by Michael to continue his work. This highly specialised group of experienced hypnotherapists had to first run successful therapeutic practices, then spend time as Past Life therapists before being taken in as LBL students who immerse themselves in a residential programme where they both give and receive their own sessions. A nine-month internship follows, under the guidance of an allocated mentor, before certification is offered; and these LBL Facilitators then offer this work to the world.

All this has led to the current day with the continuation of Michael Newton's life's work, in full swing. For example, his original body of work of 7,000 cases has now been reproduced by the members of the Institute ten times over. With this inevitable maturity, this work now has broader application.

When the Covid phenomenon emerged, the world changed for our Institute and its member therapists, with the restricted access to face-to-face sessions. We responded by training our people in online sessions, so we have continued to serve the public with a mix of face-to-face and zoom sessions. Already we were wondering about the big-picture view of the global issue before us.

## **An LBL Covid-19 Research Project**

We established a project whereby 25 of our own LBL Facilitators conducted sessions on each other, working in pairs, and both giving and receiving a session over separate days, with one facilitator offering two sessions – hence the odd number. All 25 people were experienced as facilitators of the LBL super-conscious state, and were also familiar with accessing it for themselves from their own personal experiences as a client. Their responses were kept confidential from others in the study, apart from the colleague who made up the pair in which they worked. Hence, we had 13 separate independent mini-studies within the project

The project was led by one of us (Pat), as the Director of Research and her colleagues in the research team, all of them also certified LBL Therapists. The following presents the findings published in our research journal, *Stories of the Afterlife* in May 2021. A version of this article has also appeared in *Nexus* magazine (28 [5] 2021, pp. 47–53).

Covid-19 has affected us all in some way – physically, mentally and spiritually. In scanning the research on the subject, we found that most studies focus on the physical aspects of the Covid-19 impact, although some others do talk about the mental effects of living with a pandemic. Most of the literature examines how to cope and survive day to day. This type of research and investigation enriches us because it is driven by the need to solve the problem and/or to discover a pathway through it.

Not surprisingly, most of the *spiritual* research has focused on the subject of death; coping with death, fears of dying from the disease, and so on. However, this narrow view puts the emphasis on physical death, as if it were the only spiritual aspect of this disease! Simply put, most research has studied the *physical* impacts on the mental and spiritual expressions of Covid-19.

At MNI, as a spiritual leader we wanted to ask the deeper questions, searching for something

more than human, sensory experience. With the gift of the LBL process, we do have access to higher realms of spiritual wisdom, and in asking for something more, we embarked on a six-month survey to investigate the more mystical spiritual questions regarding the pandemic; its deeper purpose and meaning for humanity.

The goal of this survey was to gather information from the Higher Realms through the sharing of LBL experiences. Certified LBL facilitators were partnered together, and each pair was given the following questions to ask during an LBL session. There were 25 respondents, each asking and offering insight to the following three questions:

**1 What can the Spiritual Realm tell us about these times? Its purpose and effect on our world?**

**2. What can we – as the MNI Community – do to best serve humanity at this time?**

**3. What is my personal role and purpose during these times?**

We asked the Higher Conscious realms for a pathway to understanding, and came away with profound and oftentimes transformative experiences.

The results are reported below. We present the question, followed by the responses. Responses are listed in order of frequency. Those responses most frequently offered are listed first, followed by the second most frequent, and so on. We have added quotations from some of the LBL journeys that we received – we believe the quotes highlight the power of the answers given.

## **QUESTION 1: What Does the Spiritual Realm Tell Us about These Times? The Pandemic – Its Purpose and Effect on Our World?**

- **The Breakdown of Old Paradigms and Structures**

‘Covid targets a shallow world... emptiness of soul. Humanity must shift its focus from shallow gratifications. These are lessons for humanity: We are all equal, we need each other, support each other. It is also about the shift of the old paradigm of the material to the spiritual.’

‘Imagine a table covered with debris. The virus comes along with a sweeping arm and clears the table completely, now it has nothing on it. It is like this. Humans are being asked what do you want to put back on the table and what do you want to leave behind? Work together, it gets done more quickly.’

- **Helping Humanity – Fear Brings Awakening – Dissolving the Karmic Cycle of Life**

‘The pandemic brings up fears of dying and of lack. So, the pandemic is providing an opportunity for healing old traumas.’

‘People are getting to the point where they are either expanding because they see more, or they are retracting because they are afraid. Those who cannot live with fear any longer are at the point of being forced into coming into the open. Those who feel the Light are seeking to work beyond the fear and accept that there is more beyond the human condition.’

‘The pandemic is to bring about Fear that results in change. The fear itself created a heavier energy... – people started to wake up to that and they realised all they have lost... [T]he pandemic was brought in by the shadow, but the Light always wins.’

- **Awakening to Higher Consciousness**

‘It’s like an entangled wave of consciousness. It’s like a movement that happens. You show one person where their light switch is and they find it and want to show others where their switch is. To teach the people who teach the people where their switches are. That’s the shift. And that’s how you change a particle into a wave.’

‘The discord and fear... the sense of frenetic or high energy is in truth, a very low vibration. Calm is a high vibration. We need to spread higher vibration among the people. I see the desire for a higher frequency vibration expanding tremendously. And the ability to encourage and teach... – more will know it.’

- **Web of Life: Mother Earth and the New Earth**

‘Humanity is awakening and there is so much of the energy coming from within the Earth herself that it is pushing up through us, because she wants to bring us with her.’

‘Live in connection to all Nature, the Spirit world and each other. Remembering that death is not the end but a new beginning.’

‘There is plenty of Light and Love and Healing. We only need to let it stream where it is needed. To all nations, all people, all leaders, nature, animals, plants... – sending it everywhere it is needed.’

- **Transcendence to Love, Compassion, Connection to Spirit**

‘They are telling me to go within, experience this universe within of unimaginable Love and then take that into the world. There may be times we want to doubt because we come back into the 3-dimensional and its hard to feel or see it and the message is: Do it anyway. Just do it because you know what’s being received on the other end. Be there, show up and offer it.’

‘It seems like there are many, many Lights. There are Lights all over our planet and a lot

of Beings who care, it is like a test of consciousness. Just be open... – trust. If we focus on those we seek help from and ask for their help, they will come to us. But they respect our Free Will. It is up to us to want that communion. There is bond if we want it.'

'Let them connect, bring in the vibration. It feels important for people to gather as groups to lift the vibration. Collective vision of MNI is to lift the vibration. As individuals we can do more work together. There is a quality to remembering who we are as a community, and we are lifting vibration as a community; work with the group is important.'

## QUESTION 2: What Can We as the MNI community Do to Best Serve Humanity at This Time?

- **Michael Speaks** (Many participants encountered the spirit of Michael Newton during their LBL experiences. Listed are only a few of those comments.)

'Both of my guides are conveying to me that we need to constructively work together and support each other. I am seeing a heart shape with the word "humility" written in it and it comes down from an apple tree. The message from my guides is that this comes from Michael; I sense his presence.'

'Everything is changing. MNI is changing. Michael is here. Michael says he is guiding MNI. We can trust. He says the changes that we will see are already created. We just need to continue to follow where he is leading us. Stay connected to him with these things.'

- **Connection – Come Together**

'We are people who are able to work with these energies of Light, Love and Healing in connection with All That is, with the spiritual world. We need to set our intention and open ourselves to feel, see or hear each in our own way, listen to the voice deep within and follow the stream of light. If we use this energy sending it into the world, everywhere all over the world, we make the connection, and these powers are so great that we have the potential to heal everything and bring back all to harmony. There are many of us that can work together with this intention and energy.'

- **Transformation through Light Consciousness**

'It is a movement of people who show others where their Light is and all organisations need structure, but we were meant to be more. We need to help people find their Light. It is about the vibration and we need to set the vibration for who we want to be. You have to remember that all outside forms are just a disguise. MNI is something that can shift people into alignment on this planet: you have to leave part of the identity behind in terms of organisation and become the Light that washes away the darkness.'

'The outer world is being changed by waves of structural changes. Making room to know. There is disillusionment. The work helps people dig deeper into the Truth. People get their own answers from this work.... Things will become easier. There are some rules to follow but it is more about expansion. As things change, so does the community. It's already happening.'

- **Strategies**

'Part of the role of any member is as a Teacher. Teaching modalities such as meditation, guided imagery, encouraging people to follow creative pursuits... – we are teachers of spiritually enriching information and techniques.'

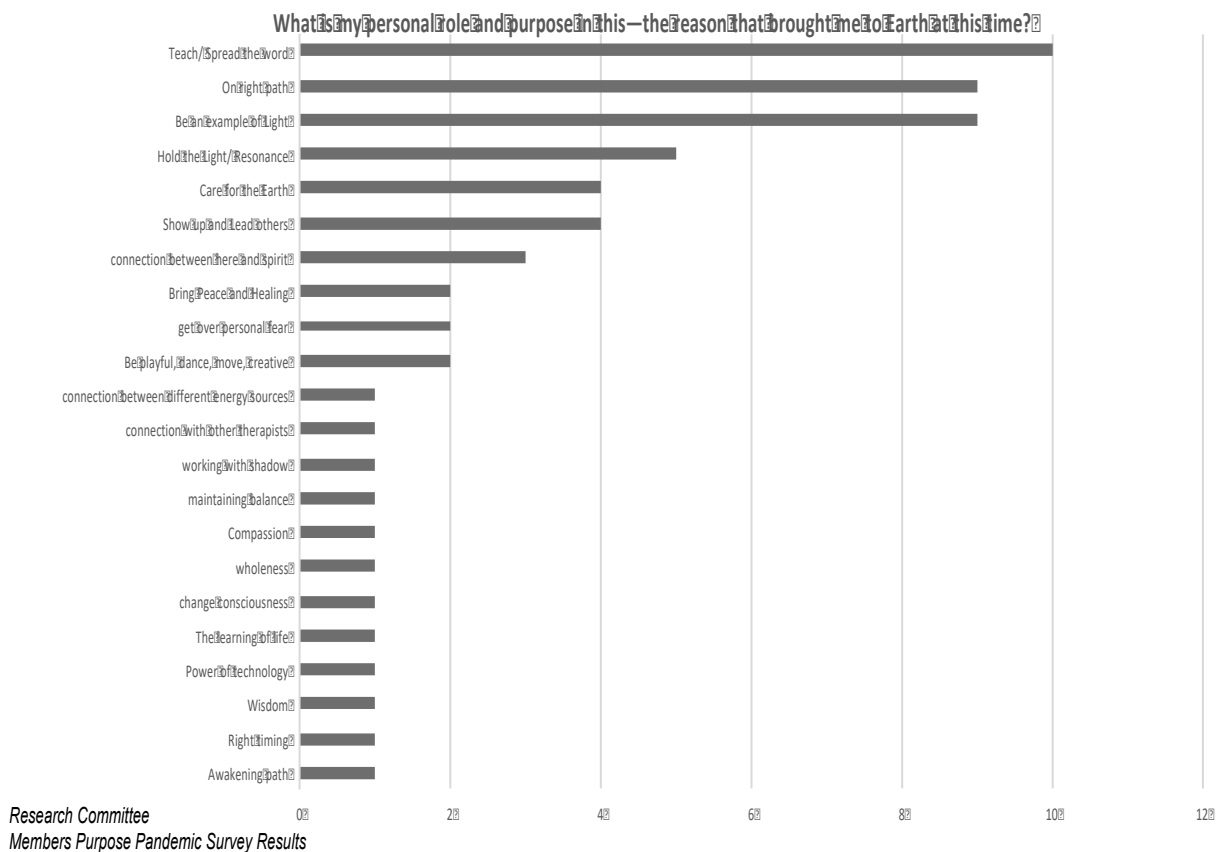
'Keep doing what they are doing. Find other ways to get the word out.... Use social media, get the books out there, let others write books on their experiences.'  
'It is to work with ourselves and to be in this energy; to meet others... – just to sit in this particular "crown" energy. It's gigantic work from the other side that works in so

many different layers and ways. MNI is attracting certain souls who are ready.'

### QUESTION 3: What Is My Personal Role and Purpose in This?

Question 3 was asked as a personal-guidance question. It informs each LBL Facilitator about individual purpose, and offers direction for his or her personal life. It is important for us, due to

the personal nature of this question, to honour a deeper sense of confidentiality with these responses. Therefore we will not include our members' personal remarks, and instead will show the graph (see below), which provides the types of themes from the survey for this question, and the number of participating members.



The guidance from Spirit provided to our members was then placed into three main categories:

### **Spread the Knowledge by**

- Awakening to becoming Spiritual Teachers and Leaders
- Becoming examples to the world of Light and Resonance with healing

### **Connection with Others**

- Bring peace and healing to the planet through connection with Spirit
- Living a life as an example of peace, playfulness, compassion, balance, wholeness and love

### **Building a New Path for MNI by a Growing Connection with Michael Newton**

- Remembering that we are beacons of Light
- Doing the work to awaken to our own path
- Staying connected to Spirit, especially in our work as LBL Facilitators

These times have fostered a spike in fear energy around the globe. Spirit has shared with us the role that fear plays in our awakening, and how to move away from fear into freedom. The following quotation from an LBL session sums up that guidance:

Fear is trapped energy patterns used for dark purposes to further bind, victimise and imprison. Fear becomes the path... choose your path, see events unfold... accept the unfolding. Fear disrupts the need to be connected to others and our own Soul. Learn to be quiet, be aware.... Quiet. Be in your heart.

Fear creates divisions. Fear contracts the energy field. Fear shuts down freedom.

When we move to our heart, into compassion and understanding, true awareness begins. Spirit instructs us to 'Be in our heart'. Backing away from fear, dropping into our heart, helps us to evolve. The division that disrupts our need

to be connected dissolves, and we shift into a higher frequency, a vibration of harmony.

### **Conclusion**

So what does it mean for us who are living in these times?

We are faced with a choice at both the individual and collective levels. How do we respond to the external energies we are witnessing through media, government and societal pressures?

The answer is a profound one. When we ask the internal questions, we receive the internal answers permeated with the energy of our own souls who chose to incarnate here, in these times, to be part of something quite remarkable. We have already witnessed that the external environment is permeated with agendas and power-plays, that take us to a crossroads in the history of humanity. If we choose the high road that observes through the eyes of the soul that we are being given a collective test of consciousness, then we can respond from that same vibration.

Every moment of the day we can chose to come from the loving resonance offered by the super-conscious state, or move into our highly activated fight-or-flight response that is prevalent in the human condition. The numbers are swelling at the crossroads, and as more of us take the higher path, the energy around the fear-based consciousness subsides.

The Covid phenomenon is an opportunity for the awakening of the whole of humanity. Some will miss the opportunity and that's okay: we simply need critical mass for the change to unfold in the collective consciousness. Our research has shown the potential of this opportunity, though in a universe based on the concept of free will, we must now all decide our own personal destiny, which will build the collective response.

As mentioned above, we heard so many times in the course of our research, 'Be in your heart'. In

French 'the heart' is '*le coeur*' – and this is where the word 'courage' comes from. It takes courage to be the eye of the storm when all is swirling around us. Though to do so serves not only ourselves, but those around us whom we love and care for, and the broader humanity.

At the Michael Newton Institute we are both inspired and reassured by what we found; and we hope that you are also.

## Acknowledgements

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## About the contributors



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## SOME HUMANISTIC WISDOM

“Creativity is not merely the innocent spontaneity of our youth and childhood; it must also be married to the passion of the adult human being, which is a passion to live beyond one’s death.”

**Rollo May (1909–1994)**