

# Collective Wisdom and Spiritual Emergence

Explanation of the paper, method, and findings

Main paper: Prof. Luis Miguel Gallardo (2026)

Supporting source study: Fares-O'Malley & Smith (2021)

*“The paper argues that heart-centered consciousness, unity awareness, and collective transformation are recurring answers to global crisis.”*

## Collective Wisdom and Spiritual Emergence: Integrating Life Between Lives Research with Contemporary Transpersonal Psychology

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### Abstract

This article synthesizes insights from two recent Life Between Lives (LBL) research projects—the Guides' Collective Wisdom Sessions and the COVID-19 Pandemic Spirit Analysis—with state-of-the-art transpersonal psychology scholarship. Drawing on 72 peer-reviewed sources and original LBL data from 32 facilitators, the work demonstrates remarkable convergence between superconscious guidance and contemporary transpersonal theory regarding humanity's evolutionary trajectory. Seven independent spiritual communications revealed fourteen master themes emphasizing heart-centered consciousness, unity awareness, and collective transformation as mechanisms for addressing global challenges. These findings align with transpersonal psychology's expanded consciousness models, altered states research, and emerging frameworks for collective healing. The article argues that LBL methodology provides empirical access to transpersonal dimensions that complement traditional research approaches, offering practical pathways for individual and collective transformation during humanity's current threshold period. Implications for transpersonal practice, consciousness research, and social transformation are discussed.

Keywords: transpersonal psychology, Life Between Lives, collective consciousness, spiritual emergence, unity consciousness, pandemic transformation, collective wisdom

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Main paper

Fares-O'Malley & Smith ... Covid-19 and the Awakening of Humanity

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

Patricia Fares-O'Malley Ph.D. & Peter Smith

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

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Pandemic source study

# Why this paper was written

- The paper opens by calling this a “critical juncture”: pandemic disruption, ecological stress, social fragmentation, and conflict.
- Its central problem is how inner transformation can scale into collective healing rather than stay trapped at the level of private spirituality.
- To answer that, the author combines original LBL findings with a broad transpersonal psychology literature review.

*“Humanity stands at a critical juncture.”*

## Collective Wisdom and Spiritual Emergence: Integrating Life Between Lives Research with Contemporary Transpersonal Psychology

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**Abstract**

Main paper opening

The whole paper is organized around a practical question: what kind of consciousness shift could respond to this moment?

# The study in one glance

The paper mixes literature review and original LBL research.

72

peer-reviewed  
sources

32

facilitators  
in total

2

LBL research  
projects

14

master  
themes

*“Seven independent spiritual communications revealed fourteen master themes emphasizing heart-centered consciousness, unity awareness, and collective transformation.”*

## Abstract

This article synthesizes insights from two recent Life Between Lives (LBL) research projects—the Guides' Collective Wisdom Sessions and the COVID-19 Pandemic Spirit Analysis—with state-of-the-art transpersonal psychology scholarship. Drawing on 72 peer-reviewed sources and original LBL data from 32 facilitators, the work demonstrates remarkable convergence between superconscious guidance and contemporary transpersonal theory regarding humanity's evolutionary trajectory. Seven independent spiritual communications revealed fourteen master themes emphasizing heart-centered consciousness, unity awareness, and collective transformation as mechanisms for addressing global challenges. These findings align with transpersonal psychology's expanded consciousness models, altered states research, and emerging frameworks for collective healing. The article argues that LBL methodology provides empirical access to transpersonal dimensions that complement traditional research approaches, offering practical pathways for individual and collective transformation during humanity's current threshold period. Implications for transpersonal practice, consciousness research, and social transformation are discussed.

Abstract excerpt

# The theoretical base: transpersonal psychology

- The field is presented as a “fourth force” in psychology, opening inquiry into spirituality, mystical states, and peak experience.
- It assumes consciousness is layered and can expand beyond ordinary waking awareness.
- The paper leans especially on work about altered states, contemplative practice, and the move from individual to collective transformation.

A simple map of the framework used in the paper

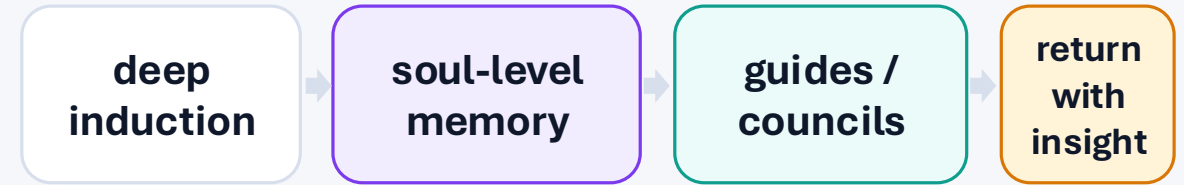


The paper uses this tradition as the interpretive lens for the LBL findings.

# What LBL methodology is supposed to do

- LBL is described as guiding people into deep regression states associated with soul-level memory or “superconscious” access.
- Participants report life review, contact with guides or councils, and a more objective perspective on the human self.
- In the paper, LBL functions both as therapeutic practice and as a research route into transpersonal experience.

The session logic



*“Clients were said to adopt “sacred objectivity” — speaking about the human personality with loving distance.”*

Fares-O'Malley & Smith – Covid-19 and the Awakening of Humanity

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

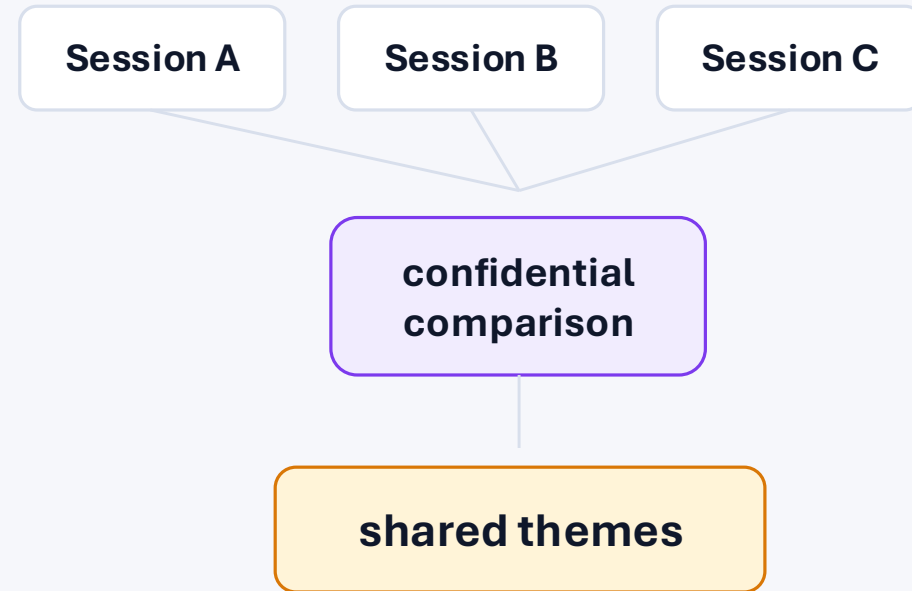
**Patricia Fares-O'Malley Ph.D. & Peter Smith**

Pandemic article intro to LBL

## Why the author calls the evidence rigorous

- Facilitators were trained through standardized Michael Newton Institute protocols.
- The study designs emphasized independent responses, confidentiality, and post-session comparison rather than shared discussion up front.
- In the pandemic project, facilitators both gave and received sessions, multiplying the opportunities for cross-checking themes.
- The paper interprets repeated convergence across separate sessions as evidence of shared transpersonal patterns.

Design logic



*“The strongest evidentiary move in the paper is convergence: different sessions, similar themes.”*

# Project 1 — Guides' Collective Wisdom Sessions

Seven independent voices, one shared question

- This March 2026 study involved 7 MNI facilitators.
- Participants entered superconscious states simultaneously but kept their responses confidential until the project ended.
- The guiding question asked what would help humanity move toward lasting peace.



## Project 2 — COVID-19 Pandemic Spirit Analysis

- 25 facilitators worked in pairs and both gave and received LBL sessions.
- Because responses were shared only within each pair, the project produced 13 independent mini-studies.
- The three questions focused on the pandemic's purpose, MNI's role in serving humanity, and each member's personal role.

Q1  
purpose and effect

Q2  
how to serve

Q3  
personal role

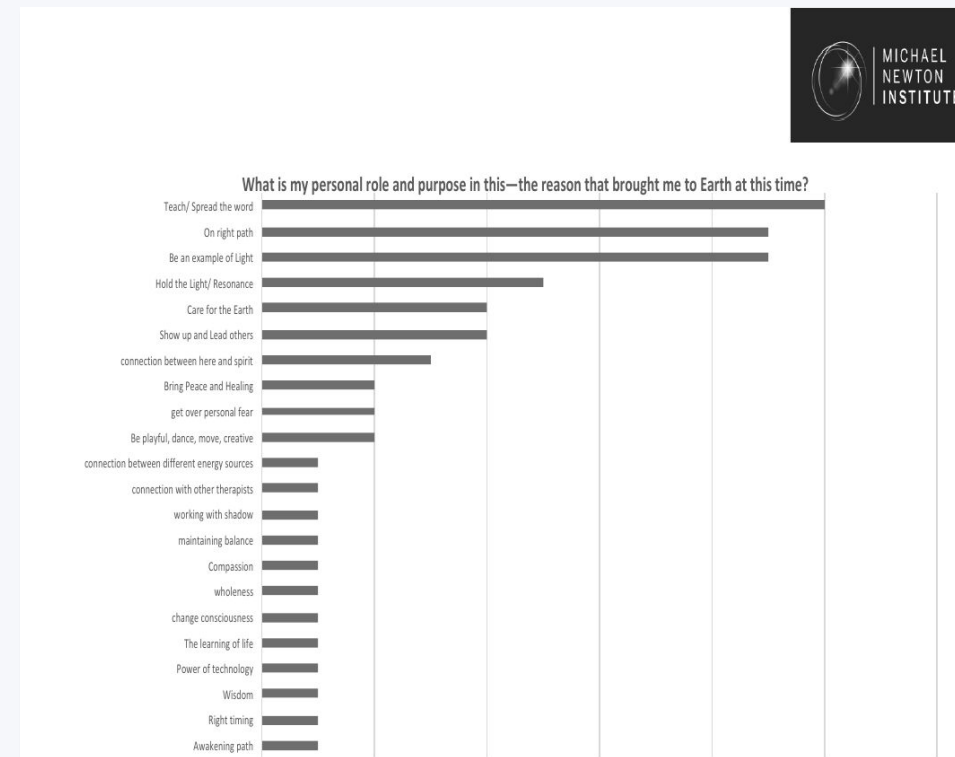


Chart from Question 3: personal-role themes

## The main argument: two streams converge

- The key claim is convergence across two different sources of insight: LBL sessions and published transpersonal theory.
- The overlap centers on heart-based awareness, unity, fear dismantling, group coherence, and collective evolution.
- That is why the author presents LBL as a complement to conventional methods, not as a replacement for them.



heart-centering

unity

fear to discernment

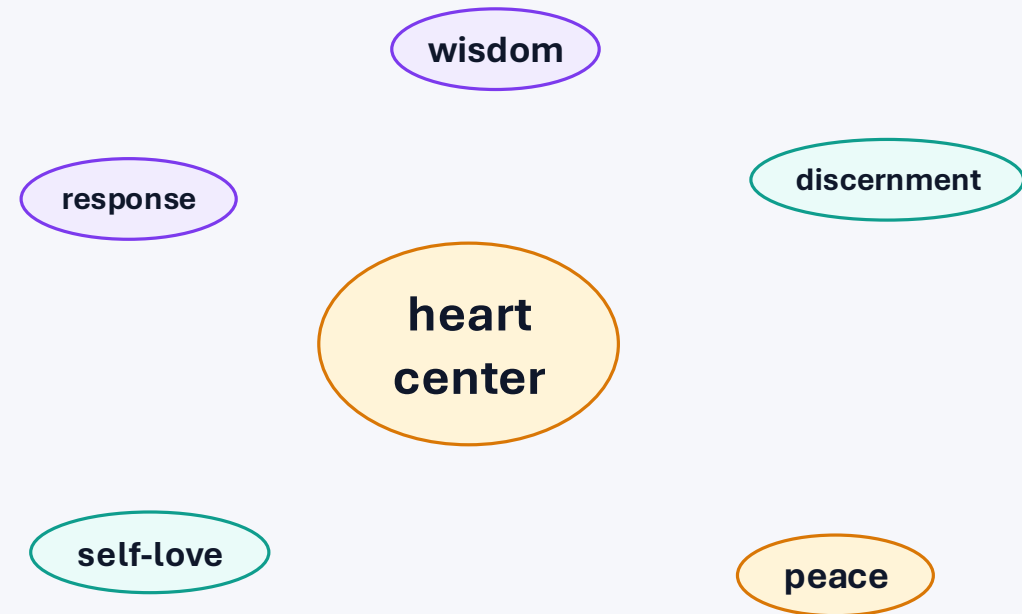
group coherence

collective transformation

*“The abstract describes “remarkable convergence” between superconscious guidance and contemporary transpersonal theory.”*

## Finding 1 — Heart-centered consciousness

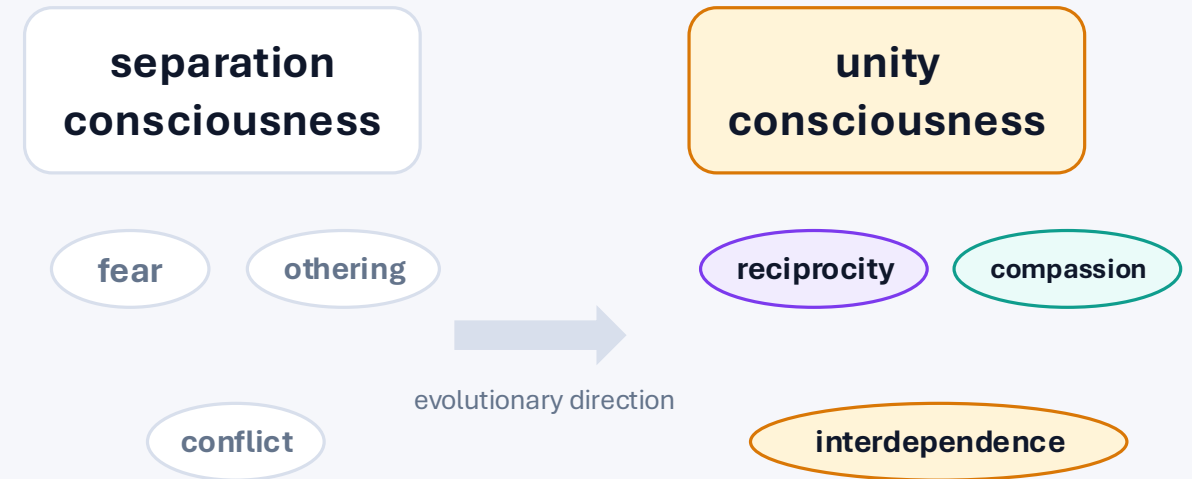
- All seven guide communications identify an inner heart or soul center as the starting point for lasting change.
- The heart is treated as a source of perception, wisdom, peace, and self-love — not only as emotion.
- The paper links this theme to cardiac coherence research and contemplative traditions.



*“Center in the heart centre, rather than the head.”*

## Finding 2 — Unity is treated as reality, not ideal

- Separateness is presented as the root of conflict; unity is described as an existing reality humans fail to perceive.
- Ethical reciprocity follows from that premise: what we do to others comes back to us.
- The paper links this with non-dual, ecological, and collective strands in transpersonal thought.



*“The “other” is not other at all.”*

## Finding 3 — Fear both traps and awakens

- In the guide sessions, fear is described as the adhesive that keeps people inside reactive, constructed narratives.
- In the pandemic study, fear also becomes an awakening pressure that exposes trauma, mortality, and false priorities.
- The repeated instruction is to move from fear into heart-based discernment.

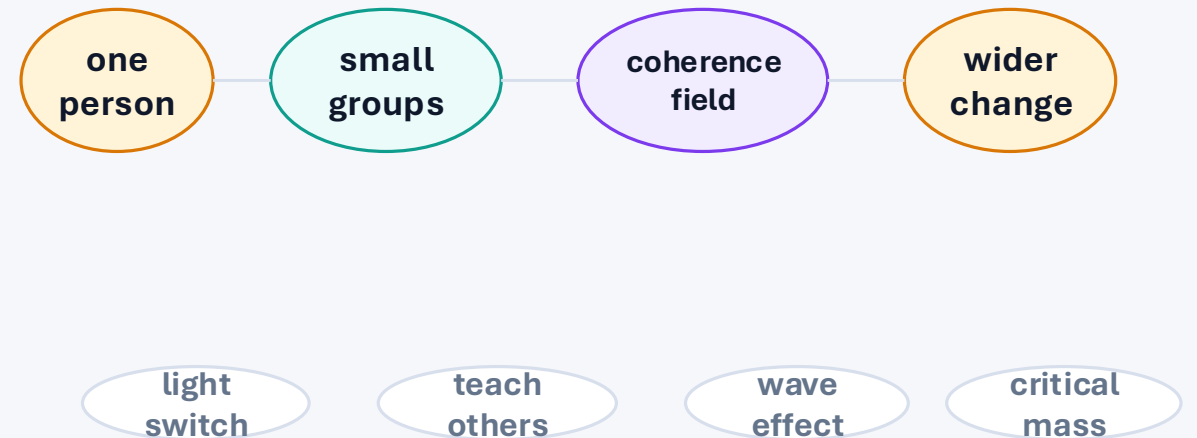
*“Be in your heart.”*



## Finding 4 — Group coherence multiplies impact

- Individual practice matters, but the paper argues that group fields change the scale of transformation.
- Small groups are described as amplifiers, protective spaces, and starting points for wider cultural change.
- The pandemic article adds a network metaphor: once people find their “light switch,” they help others find theirs.

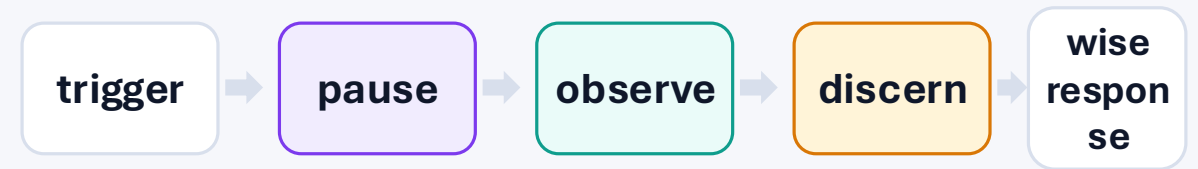
*“That’s how you change a particle into a wave.”*



The logic is contagious rather than purely additive: a changed person helps create a changed field.

## Finding 5 — Observer consciousness and discernment

- Six of seven guides emphasize the observer or witness position.
- This state allows pause, perspective, and choice instead of instant reaction.
- The paper links observer consciousness to mindfulness, metacognition, and spiritually mature engagement with crisis.



The shift is from automatic reaction to reflective participation.

*“Builds, chooses, and responds rather than reacting.”*

## Finding 6 — The pandemic as a clearing catalyst

- COVID-19 is interpreted as a clearing event that disrupts old structures and forces re-evaluation of values.
- A recurring image is a table swept clean: humanity decides what to restore and what to leave behind.
- The paper frames crisis as a threshold — painful, but potentially evolutionary.

*“What do you want to put back on the table and what do you want to leave behind?”*

### 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

- **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.’

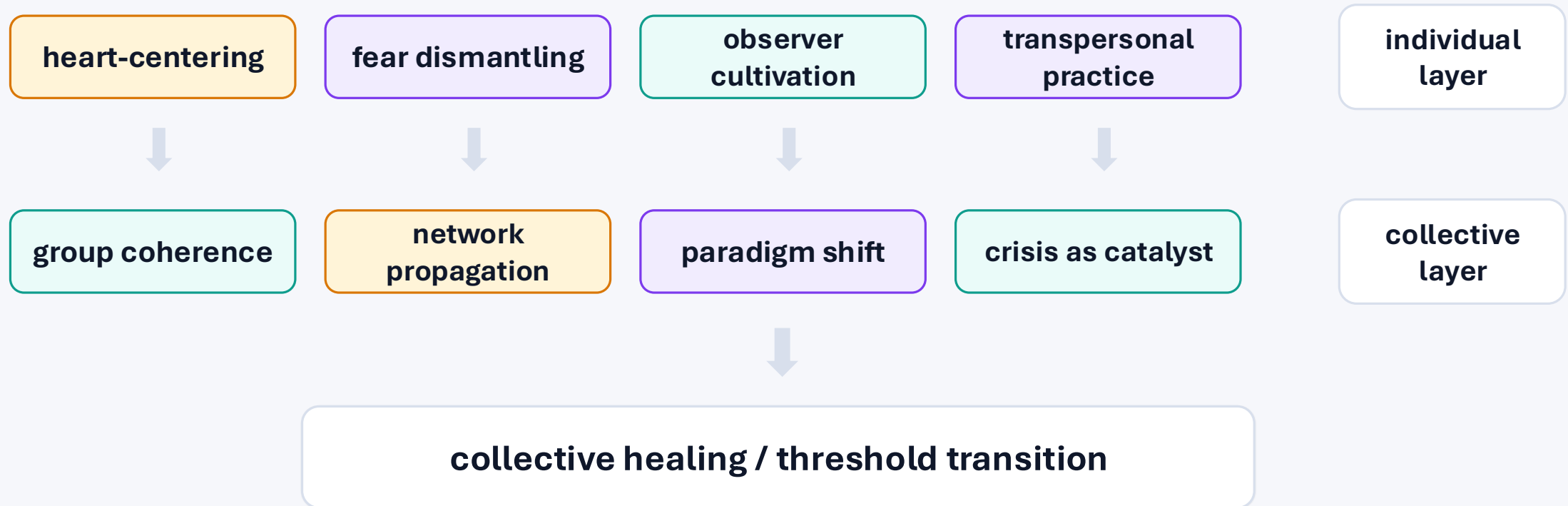
‘There is plenty of Light and Love and Healing. We only need to let it stream where it is needed. To all nations, all people, all leaders, nature, animals, plants... – sending it everywhere it is needed.’

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

Pandemic article excerpt: clearing, fear, awakening, and Earth themes

## How the paper synthesizes the findings

The synthesis works in two layers: individual practice and collective transformation.



The key line in the paper: individual transformation is necessary, but not sufficient, for collective healing.

# Practical implications for individuals

- 1 Heart-centered living**  
Filter experience through the heart before reacting; cultivate inner peace and self-love as the foundation for action.
- 2 Fear discernment**  
Distinguish genuine threat from fear-based narrative and practice seeing through contraction without denial.
- 3 Observer practice**  
Build the witness capacity that pauses, notices, and chooses rather than reacting automatically.

*“The paper turns recurring themes into concrete practices.”*

- 4 Expanded-state practice**  
Meditation, breathwork, psychedelic therapy where legal and appropriate, or LBL work are suggested as routes into transpersonal experience.

## Why this matters

The paper treats these not as self-improvement hacks, but as the micro-foundations of collective change.

# Practical implications for communities

- Build intentional groups that practice meditation, collective holding, and shared healing intention.
- Teach and transmit: help others “find the light switch” through education, creativity, mentoring, media, and publishing.
- Reimagine systems around reciprocity, interdependence, and acceptance of the other rather than fear-based separation.
- The paper also stresses generational transmission: teach children to accept difference and grow into unity-based values.

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

- **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

# Future research agenda

The author ends with a call for more rigorous cross-validation rather than a closed conclusion.

- 1 Longitudinal studies**  
 Track the lasting effects of LBL sessions on death anxiety, purpose, and spiritual integration.
- 2 Comparative research**  
 Compare LBL with meditation, breathwork, and psychedelic-assisted approaches.
- 3 Neuroscience**  
 Measure the brain states associated with superconscious access during sessions.
- 4 Cross-cultural work**  
 Test which reported themes remain stable across cultures and traditions.
- 5 Group coherence studies**  
 Investigate whether collective practice measurably changes social fields and outcomes.



The research agenda is basically a bridge-building agenda: between methods, between cultures, and between individual and collective levels.

# Bottom line

The paper's final claim is straightforward:

- LBL research and contemporary transpersonal psychology point toward the same transformation model.
- Its central mechanism is heart-centered, unity-based, and collectively amplified consciousness.
- Its practical challenge is choosing connection over fear during a threshold period of crisis.

*“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.”*

heart

unity

discernment

coherence

Crises become turning points when people choose the vibration they answer from.