

Mysteries of Life

(Past Life Regression)



Dr Piyush Saxena

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जीवन के रहस्य

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The Universe Supports Unraveling the
Mysteries of Life.
Try Once.

Where science ends, philosophy starts
Stephen Hawking was perfectly in line with
the ancient philosophers when he acknowledged
that physics points to the deeper questions of metaphysics.
Indeed, when questions stop becoming scientific,
they start becoming philosophical.

Preface

In the year 2008, a close friend of mine chanced upon my book “Cure Yourself” (This was the First Edition of Cleansing Therapy – Cure Yourself) and appreciated its contents. Whilst we were discussing various subjects, the topic of Past Life Regression surfaced. She said that she had experimented with many alternative therapies and found that Past Life Regression gave her amazing results. She suggested that I take a healing session through a Past Life Regression (PLR) session. I was not really convinced by her explanation and I did not act upon it. When we again met the following week and she learnt that I was not really convinced about PLR, she explained the intricacies and extent of this therapy and now I was intrigued to try it out.

I then read some literature on PLR and decided to go for a session just to experience it. Subsequently, I contacted Mrs. Prem Sindhu, a PLR Therapist for my first PLR session. I could not believe what I experienced. I then went for a second exclusive session, but I still had some unanswered questions. My curiosity got the better of me and I then contacted another therapist, Ms. Trupti Jayin. The experience with Ms. Jayin was beyond imagination. It was then that a thought crept into my mind that I would like to learn this science myself.

After completing my second session with MsJayin, I enquired whether she would teach me this science. She agreed and over a period of five days I along with five other enthusiastic students learnt to conduct PLR from her. Whatever I learnt from Ms. Jayin, satisfied many unanswered queries that had sprung in my mind. In life, I have studied many subjects e.g. Physics, Math, History, Law, Naturopathy, Magic etc., but now I can say with conviction that if there is one subject worth studying, then it is Past Life Regression (through hypnotism). Soon thereafter I told my friends about it and started practicing PLR on them. I got an opportunity to hypnotize people and take them to their Past Life (Regression) / Future Life (Progression) as well as undergo life between life sessions myself.

All this continued at a slow pace and in January 2020, 4 healers desired to have a formal training on the subject. The stage was set and 24 participants met at Lonavala for 5 days from March 19 to 23, 2020. All of them were quick in picking it up and after the seminar, we decided to come out with a book on the subject. The intention here being to encourage the common man, who is neither a doctor, a psychologist nor a psychotherapist that the Science of Past Life Regression is very simple and one can learn it as it does not entail learning any complicated and/or lengthy syllabus

The book will give the reader an insight on:

1. Birth Traumas
2. Acknowledging our fears
3. Storage of patterns
4. Hypnosis
5. History of Past Life Regression Therapy
6. Process and preparation for PLR
7. Induction
8. Identifying core issues
9. Interesting techniques and evaluation
10. Sample techniques
11. Discussion on techniques
12. Deepening techniques
13. Spirit world and its order
14. Guides and door leading to heaven
15. Life between lives

Mysteries of Life is a vast subject but I shall confine myself to PLR and related topics only to an extent that it confirms alleviating pain, fears and relationship issues.

In this book, I shall also talk about Life on other planets.

Some thoughts about PLR

The basis of regression is the subconscious mind. Before birth, while in the womb of the mother, the subconscious mind of the baby is very active. It is a storehouse of all information of its previous births. This is a library where memories are stored. Regression means searching in this library. Past life regression is the term used to describe the experience of a person, who under hypnosis, appears to visit and recollect events of a previous life.

The reincarnation theory of present days has a theory which presumes that before we take birth in this life, we choose our parents, surroundings and the obstacles that we will encounter in this life. These obstacles and challenges help us to move ahead towards completing the journey of our soul. The more difficult and painful they are, the easier is one's path for salvation. A man without limbs may in fact be moving much faster on his path of emancipation.

Contrary to popular belief, let me reaffirm that nobody can be hypnotised against his will or consent. The client can at any time come out of hypnosis. No thought can be forced. While going through this process we strictly restrict ourselves to the broad list of questions which have been prepared and agreed upon by the client. Complete confidentiality is of course maintained for each client. Sometimes the client permits us to publish his/her story in the interest of humanity with or without revealing his/her identity. Only then do we publish a limited relevant part of regression. Friends and relatives of the client may watch the process as well as record the same. However, there are privacy issues and I have found that most of my clients did not permit anyone to be present during their regression.

In all the past life sessions that I have conducted, very complex events of life have come up which I neither expected nor anticipated. The reason is simple. When I ask you for a problem to be resolved, you select the most complex problem of your life. The root of this problem is in a past life with its own set of complex events which your subconscious mind unravels.

None of my hypnotist friends have so far been able to find that any of his clients had lived an animal life in their past lives. Most of the clients have been able to go as far back as a maximum of 5000 years. I have come to believe that before that period, people were not aware of possessiveness. Even if they had houses, there were no locks. They had little attachment to household effects. Migrations were not many. Feelings of ambition, ego, achievement and possessiveness had little, if any, role to play since personal possessions for the most part was very frugal. The primary daily activity was to hunt/gather food for that day's consumption, which left very little time for other achievements. Therefore, life had to deal with hardly any issues except to worry about procuring two square meals a day. The same premise is true about insects and animals who own nothing.

I do not know how Past Life Regression works but it is true that it does and with amazing precision. PLR is always true and beyond any scientific explanation. I have mentioned only a few basic techniques of PLR that I have adopted successfully. In fact, the framing of questions is very important. It has to be done instantly on the spot as the session progresses. Hypnosis beyond 2 hours may cause a temporary headache but it goes away by itself in some time after the session is completed. In my book, 'Know your Past Life', which will be coming out shortly, I shall explain all these issues in detail with the objective that the reader is enabled to conduct PLR with ease on willing persons in his circle.

I have recently been able to do a few 'Between the Life' and 'Mind Reading' sessions. The former relates to 'After Death' situations and the latter is taking one's sub-conscious mind during hypnosis to read another person's mind.

I have regressed more than 600 persons so far. Each one of them is ready to talk about their experience. A genuinely interested reader is welcome to contact anyone of them for more details of their sessions. Their contact details will be shared by me, on request. Most of them are very successful in their respective fields, albeit they had been carrying some huge burden of past lives. Once relieved of the same, they all perform much better in all spheres of their lives.

I do not charge for PLR sessions and therapy; it is conducted absolutely free of cost. The intention being to relieve people of burdens that they carry unknowingly with them, life after life. Each session of PLR is normally for two hours. Prior appointment is necessary.

The sites which helped me to know more about life on other planets are:

<https://www.thiaoouba.com/faq.htm>

https://www.youtube.com/watch?v=HEm8Dvs7vaQ&list=PLEzkY_9k8NLfOX6_YsbbTEe1lwD1wi-kK&index=2&t=0s

https://www.youtube.com/watch?v=X8V3cS_12oc&list=PLEzkY_9k8NLfOX6_YsbbTEe1lwD1wi-kK&index=2

<http://www.galactic.no/RUNE/thaoeng3.html>

Sometimes people ask, “Does the soul have mass? Does electricity have mass?” Yes, it does, but it is negligible. Same is true for the soul too.

<https://www.youtube.com/watch?v=6ZAc9DUFJcU>

[Thiaoouba Prophecy 1 - YouTube](#)

<https://www.youtube.com/watch?v=N9d4aIKcNFo>

The Purpose of the Universe, Nature and Life | Thiaoouba - Michel Desmarquet

https://www.youtube.com/watch?v=HPk_tk7Ldvl

[The Creation of the Universe, Nature and Life | Thiaoouba](#)

I hope that the reader finds the book to be as interesting and the Science of Past Life Regression/Future Life Progression, etc. worth trying out, as I have felt in bringing it out. I will then feel that the mission that I had set out to complete has indeed been accomplished.

I am grateful to Dr ShrrutiSahrawat for her valuable inputs, Ms. Chaitalee Parab, the Seminar team for sharing their cases and experiences for the readers and Ms. Farida

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 Piyush Saxena

Dr Piyush Saxena

05.12.2021

Foreword

'We do not Die, We reincarnate 'says Bhagwadgita

The Bhagwadgita says, "As a person puts on a new garment, giving up the old ones, the soul similarly accepts new material bodies, giving up old and useless ones." It means that after we die, we get reincarnated in a different body.

This is an idea that has not only been put forward in Gita or the Hindu religion, rather it has existed in various religions and cultures since time immemorial. Other Indian religions like Buddhism, Jainism and Sikhism also believe this to be the truth.

Ancient cultures in other parts of the world also find truth in the idea of reincarnation. Some of these are Norse mythology, Shamanism, Native American Tribes and Druidism.

The idea of reincarnation is not a mythical, fictional idea but a reality. Many instances have been reported in newspapers and books about reincarnation cases, where children remembered their past lives and when investigations were made, their claims were found to be true. They identified their families in the past lives and these past life families have also confirmed the truth in their claims.

In an article published in Hindustan Times, August 5th, 2007, Dr Satwant K Pasricha, Professor of Clinical Psychology, NIMHANS and a leading national authority on reincarnations claimed that most rebirth claims are true. In her research spanning over a period of three years, 80 cases of "reincarnation" came to light, mostly among children in India. In the article, Dr Pasricha said "I have investigated nearly 500 reincarnation claims in India. Seventy-seven per cent of them were authentic. Children who talk about previous lives usually do so between the ages of 2 and 5 and stop talking about their previous life between 5 and 8; rarely do they continue beyond 10 years of age. They display corresponding behaviour that is unusual for their present circumstances, but is appropriate for the behavior of the deceased person, whose life they claim to

remember. Some children have facial features, gait or mannerisms corresponding to their claimed previous personalities; some even have birthmarks or birth defects attributed to the previous lives.”

Similar are the findings of another leading authority on reincarnation in USA, Prof Ian Stevenson of Virginia University, USA. He has authored two books - *Twenty Cases Suggestive of Reincarnation* and *Ten Cases Suggestive of Reincarnation*. Over a period of forty years, Dr Ian Stevenson investigated and documented some 3,000 cases of children around the world claiming to recollect past-life memories. Stevenson published hundreds of papers and 14 books on reincarnation. He concluded that memories, emotions, and even physical injuries in the form of birthmarks could be transferred from one life to another.

The internet is full of the accounts of Shanti Devi in the 1930s, who proclaimed that she had lived a life before this birth. Her account of her past life was so detailed that it became one of the most documented cases of past life recall in those times and caught attention worldwide. The details were so surprising that Mahatma Gandhi expressed an interest in meeting her and upon meeting, immediately ordered to set up a commission to investigate this case. The investigating team was able to locate Shanti Devi's home, family and relations from her previous birth and reported that Shanti Devi was indeed the reincarnation of Lugdi Devi (her name in the previous birth).

The interest in Past Lives and Reincarnation has a special significance because many of us unconsciously carry memories of our past lives. We may not remember those memories consciously, but these memories may cause certain physical, mental and psychological problems. These problems may not get any resolution through the normal means of therapy as the cause of the same is much deeper rooted and beyond the understanding of anyone. It is for the solution of such problems that Past life Regression Therapy came into existence in the 1950's.

Past Life Regression (PLR)

Past life regression is a technique of hypnosis, that is used to recover memories from previous lives. Past Life regression therapists take the patients back in time (regression) and help them relive and resolve those traumatic experiences. Their experiences have shown that many people experience miraculous results after PLR. Many people have got freedom from unexplained pains, fears, phobias and mental and physical illnesses. This regression is not only to past lives but also to periods of their childhood, to periods of their development when they were in their mother's womb, or periods before they were born with their current body, but their soul may have been embodied in another body, i.e., past lives.

PLR is a gentle form of hypnotherapy which takes an individual back through time to their previous lives or incarnations by accessing memories and experiences that are embedded deep in their subconscious mind. They are present there and may be affecting and determining the present life of the individual, while remaining unavailable at the conscious level. Having lost touch with our subconscious and being distracted and engrossed in our day to day life, we are unable to access these memories, hidden beneath the activity and cacophony of our everyday thoughts. A PLR session takes an individual into a deeply quiet and peaceful state where it is possible to locate the memories held in the subconscious mind.

Past Life Regression can become a very significant therapy today as it can help to:

- Deal with disturbing personal relationships by seeing them in a new light.
- Identify unexplained physical ailments and see where they stem from in the past life experiences.
- Explore unexplainable fears and phobias which may be the results of unresolved past life emotions.

- Help understand why a person feels a deep connection with certain places and people and a deep dislike towards some others.
- Get rid of fears and anxieties linked to past life traumas
- Deal with past life traumas at the root of physical problems
- Explore past life and current Soul mate experiences.
- Acknowledge and embrace the key lessons learned through those lives.
- Energize talents and abilities from the past
- Experience the transitional states of death and beyond
- Understand and align with life purpose

Some facts about Past Life Regression Therapy in Practice:

Past Life Regression is conducted by a trained person. The person undergoing PLR remembers everything while being guided through the journey. In fact, s/he is aware throughout and participates in all awareness in the process along with the PLR therapist.

During a PLR session, people may revisit lives and meet people with whom they had great emotional attachments. These people may exist in their present lives also in different roles. They may visit other countries or places where they feel a deep sense of comfort and belonging. Each PLR session is a new and surprising experience.

The subconscious mind decides which past life one goes to. Many people undertake many PLR sessions and get a lot of information about the lives they have lived and also an insight into their behavioral predispositions and the source of the same. In the right hands, the process is very simple and absolutely safe. Those who experience it once get amazed with the simplicity and usefulness of it. However, for it to work, the person undergoing it must trust the process, the therapist and also surrender to the same. If a

person does not believe in the idea of past lives and actively refutes the same, it can create a block which hampers the process of surrendering. In this case, the session may not be successful.

The process once started is absolutely under the control of the subconscious mind, in the sense that neither the person, nor the therapist can decide which past lives to visit. The lives or stages of life that are most relevant to the person seem to be picked up by the subconscious for experience.

So, Past Life Regression can be a very revealing process and it has the potential to help us deal with many issues which find no solution through the regular therapeutic processes. In the right hands it can have miraculous results which have to be experienced to be believed as they have the capacity to completely change the life of a person.

Dr ShrrutiSahrawat

Psychologist

* References as above have been taken from Internet sites

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Past Life Regression Techniques

Past life regression is a technique that, with the help of hypnosis recovers the memories of past lives or incarnations. Past-life regression is typically undertaken either in pursuit of a spiritual experience, or in a psychotherapeutic setting. Most advocates loosely adhere to beliefs about reincarnation, though religious traditions that incorporate reincarnation generally do not include the idea of repressed memories of past lives.

The technique used during past-life regression involves the client being guided to answer a series of questions while under the influence of hypnosis, to reveal the identity and events of their past lives. The use of hypnosis and suggestive questions can help the client to recall his/her past memories. The source of the memories is more likely a combination of experiences, knowledge, imagination and suggestion or guidance from the hypnotist or regression therapist.

Once recalled, those memories are indistinguishable from memories based on events that occurred during the client's life. Experiments with clients undergoing past-life regression indicate that a firm belief in reincarnation and suggestions by the hypnotist are the two most important factors regarding the contents of memories reported.

In the 2nd century BC, Sage Patanjali, in his Yoga Sutras, discussed the idea of the soul becoming burdened with an accumulation of impressions as part of the karma from previous lives. Patanjali called the process of past-life regression "prati-prasav" or "reverse birthing" and saw it as addressing current problems through memories of past lives.

Past life regression can be found in Jainism. The seven truths of Jainism deal with the soul and its attachment to karma and Moksha. It tells us that in order to be freed from the cycle of rebirth and death, one must separate karma from the soul. In order to find out what karma is attached to your soul; you can participate in "Jati-Smaran." Jati-Smaran is nothing else but remembering past lives.

The practice of PLR therapy dates back to ancient times. Traces are found in the Greek dream incubation centres, Greek and Egyptian Mystery schools, in India too reference is found in Prati-Prasav in Vedic literature, Jati-Smaran, name given to past life recall in Jain scriptures, references also exist in Buddhist Scriptures, etc.

Sigmund Freud proposed Regression as a defence mechanism which was called psychic. He can be considered the grandfather of present day regression work. He came up with the idea that by making the unconscious conscious, one could restore choice and bring about healing. He discovered the link between past trauma and present symptoms and called it psychic determinism.

In the period of the 1920s and 30s, Edgar Cayce brought about an increased awareness of past lives by channelising the past life information of people. Rank was the first to focus on birth memories and in the 1950s, Stanislav Grof again introduced this concept. In the 1960s, awareness about past lives reached much higher levels after the book, 'The Search for Bridey Murphey' created a sensation. The book contained a detailed account of a Colorado housewife's previous life as an Irish woman named Bridey Murphy.

In the late 1960s and early 70s, age regression (moving backwards in time to tap early childhood memories) gained wide acceptance. The year 1978 was a highpoint in past life therapy work with four innovative books being published in the same year. They were, 'Reliving past lives' BY Helen Wambach, 'You have been here before' by Edith Fiore, 'Past lives therapy' by Morris Netherton and 'Voices from other lives' by Thorwald Dethelfsen.

There are innumerable contributions to the field of Past life therapy. Special mention should be made of the immense contribution by Dr Brian Weiss. His book, 'Many lives, many masters' has become a modern day classic about past life therapy. His other books on the subject, 'Only love is real', 'Through time into healing', 'Messages from masters' and 'Same souls, many bodies' are also masterpieces. Though only a few books and authors are mentioned here, there are many other stalwarts who have contributed enormously to the field.

The Conscious and the Subconscious Mind

The conscious mind is that part of the mind that we use for reasoning and analysis and about which we are normally aware. The subconscious mind is considered to be the deepest level of consciousness that we are not directly aware of, but which still affects our conscious behaviour. The subconscious mind is extremely powerful though we are not normally aware of its power.

The subconscious mind is the sum total of our past experiences, which are stored in the form of subtle impressions. The complex interactions of these impressions with one another give birth to tendencies. We are prone to react in a particular way to a particular situation or stimulus depending upon the tendencies in our subconscious mind. The resultant of these tendencies determines our character.

Most of the time, we are not aware of the innumerable imprints that our subconscious mind carries. Negative imprints affect us in a negative manner and influence our physical, mental and emotional health.

By making the unconscious mind conscious, we can restore choice and bring about healing. Past Life Regression (PLR) is one way of doing this. In PLR, clients are taken into deep levels of relaxation where they enter into a state of trance. In such a deep state of trance, one can access the subconscious mind where the information and experiences of our past lives are stored. Our past conditioning is a result of our past lives. Brining the information stored in our subconscious to our awareness, is the first step in the process of working towards changing our beliefs.

The subconscious mind is our link to the universal consciousness and it is through the subconscious mind that the extra sensory perception - our Sixth Sense operates. The subconscious mind contains the blueprint of the purpose of this lifetime. It also contains all the information required for our spiritual evolution.

Regression Therapy-How it works

PLR Therapy is based on the following universal facts:

- We are the sum total of all the experiences of all the lives that we have lived till now
- Everything that we experience has an emotional content which can consist of positive and/or negative emotions, love and fear*
- All our experiences are recorded in our mind exactly as it was experienced
- Every cause has a corresponding effect. Our past affects our present
- Our mind operates in different dimensions of consciousness, independently and simultaneously. Our conscious mind is what we do. Our subconscious mind is what we are. Our super conscious mind is the Soul or God Source

*When we remove the negative emotions by going to the root cause, the physical health improves and related ailments can be cured. Similarly, emotional/mental diseases, relationship issues, issues of fear etc. can be cured.

PLR therapy involves the process of identifying the negative emotions and replacing them with positive emotions. The PLR process involves:

- Identifying the ailment and the negative emotions connected to it that caused the ailment
- Determining the source experience/s that have made an imprint in the mind of the individual
- Making the individual relive the experience
- Helping the individual to understand that the imprinted emotions are of a past and not relevant in the current life
- Helping to replace negative emotions by positive ones

At times, it is observed that the individual may not change the emotions in spite of reliving the same. This is the choice that the individual makes resulting from resistance to change, wanting attention, fear of change, willful suffering, etc.

Indications and Contra-indications for Past Life Therapy

Factors that might indicate that Past life therapy is appropriate:

- The client's problems have not responded to other traditional forms of therapy
- The client has some apparent past life memories
- The intuition of the therapist that it would work
- To diminish the fear of death
- To remember positive aspects of past lives and build positive models for handling life stages or crisis
- Unusual dreams that seem to indicate past life material coming through
- Phobias, types of anxiety or depression
- Migraines, chronic medical problems, sexual problems of frigidity or impotence, psychosomatic illnesses
- Relationship issues

Contra-indications:

- The client is highly agitated or is psychotic
- He/she has a borderline personality disorder
- The client is in the midst of a life crisis that needs resolution
- Addictions of drugs or alcohol
- The client resists to come for therapy or has to be forced to come for therapy

- The client claims to be possessed
- The client seems to be avoiding present life problems
- The client is receiving secondary gain from his symptoms
- The client desires PLT for resolving unrealistic expectations
- The client is not available for follow ups and/or support systems
- The client has recently been involved in litigation against his therapists

Assumptions in Past Life Therapy

Philosophical assumptions:

- a. We have many levels of consciousness which include awareness, ego states and past life scenarios which are active at any given moment of time
- b. The physical, spiritual and emotional levels are often not in harmony with each other which lead to disequilibrium or creation of diseases
- c. We have a natural drive or instinct toward wholeness, integration and equilibrium
- d. Pain and disharmony makes us focus our attention on the non-aligned aspects of our mind. This eventually forces us to create a balance psychologically or physically. On the spiritual level, movement is towards karmic balance
- e. Past life therapy enables the therapist to make the client explore deeper parts of his/her psyche (mind)

Therapeutic assumptions:

- I. Problems, situations and symptoms in life are not as they appear
- II. Insight does not necessarily bring change

- III. Past life patterns are used to understand and retrieve unconscious motivational factors
- IV. Any resistances are reactive patterns to important happenings in past lives that are required to be explored and examined in the healing process
- V. There is a transcendent or supreme function within the psychological make-up of the individual that knows the origin of the problems and its corresponding resolutions
- VI. There may be paranormal /supernatural aspects to a problem

Outline of the Past life Therapy Process

The therapist prepares himself as well as the client and ascertains whether Past Life Therapy will resolve the issues in the client's life. Towards this end, the therapist takes the following steps:

1. The therapist prepares a format which the client fills during the initial interview. It is a questionnaire which provides details of the client. The therapist should seek information that will help him/her to conduct a successful regression session.

2. The initial interview:

At this juncture the therapist tries to get to know the issues that the client wishes to resolve. For this, he sets the goals of the therapy session. He tries to find out the history of the client, earliest memories, possible traumas, self-image of the client around puberty, socialization period, etc. He tries to find out about the family structure, how the client was brought up, etc. Also, how the client deals in interpersonal relationships, his/her approach to succeeding in life, what are his/her defence strategies to deal with situations in life. He tries to get the client's views and attitudes towards sex, power, body image, wealth, life, etc. The current health profile is sought and found out, whether there are any major health issues and whether PLT would create any risk in these issues. The therapist finds out whether the client has undergone any past life regression sessions

earlier, how they have helped or otherwise and the manner in which they were conducted.

3. Identifying the core issue or theme for regression:

As the client is describing the problem, the therapist observes and makes notes:

- Words that are illogical and out of context
- Words that cause a change in emotion or body language
- Repeated phrases that hold emotional charge

The therapist then establishes trigger phrases or sentences to be used during the session. For e.g. if anger is the issue that is required to be resolved in the session, the therapist narrows down anger to whether it is :

- Anger at authority
- Anger when the client is helpless
- Anger when the client does not get what he/she wants, etc.

These issues are to be properly addressed and resolved, else the client will go all over the time track with different kinds of anger, never dealing with the situation causing the specific anger in the problem that is required to be resolved.

4. The client has to be made aware of the induction techniques that will be used and how verbal directions will be given that have to be followed to move to the required lifetime.

Once the therapist has all the information, he/she decides whether the issues in the client's life can be resolved by Past Life Regression. The therapist then discusses with the client how to go about the regression session. He decides which relaxation technique he will use and informs the client the entire process of regression.

Related information about a few deepening techniques and other relevant and useful material that can be helpful to a therapist are brought out below:

Healing Procedures in Past Life Therapy

Part I: Deepening and supportive techniques:

Once the patient enters the first state of regression, the objective of the therapist is to help the patient to totally identify himself with the person he is imaging.

The therapist has to respect what the client is revealing and try to make sense out of it. At times, the client is hesitant and unsure of what he/she is producing. A modulated, unhurried, caring voice quality of the therapist is very reassuring for the client. Stress can be avoided by reminding the client that a past life is being experienced and it is possible to just gain distance and look at it as an observer. This helps in removing stress but does not remove the client from the altered state or interrupt the flow of material. Most therapists feel that deep trauma is lodged in the body and needs to be relived in order to be released, effective therapeutical support and patience are necessary to help the client to recover these bodily feelings. Clients can be taken back to more distressing situations by going back to them once the client is ready to face them. Not rushing a client, giving plenty of time to look at material and thoroughly enter into it when ready, provides an optimum setting for examining it. Not all lifetimes need to be looked at over many sessions, but it is important for the client not to feel rushed and allowed to enter into painful re-experiencing when he/she is ready.

One effective general approach for eliciting material and moving a regression ahead is by describing everything in the present. This keeps the regression flowing smoothly and fluently.

Whenever the therapist feels that the client is at a loss about how to go ahead, he/she should be encouraged to say the first thing that occurs. It is necessary for the client to trust the subconscious to throw up a valid memory.

Specific questions prompt material easily. Ask the person what he has on his/her feet. Feet are relatively easy to see, from there proceed to ask about what clothes he/she is wearing, gender, age, etc. From there ask the person to move ahead to his/her home and get information about family members, food, customs. Then move the client

backwards to the start of the day when he/she first awakens, observing surroundings, behaviours, food habits, etc. These details often set the period in which the lifetime takes place and introduce other characters and in general move forward into the action of that lifetime.

General or inevitable incidents like death of a person can be recovered by counting or by asking the client to move ahead to that time. Sometimes a death experience can be moved to more easily by going to an hour before the actual event and picking up on the setting and people present there. Death can be scanned and viewed from the after death state. Deaths are often painful but not necessarily so.

It is important for a client to go ahead to consequences of his/her actions or situations, either in the course of the lifetime being relived or in the death experience. Moving forward to the death experience and to the intentions set during this highly charged event is especially important. Often a client has made a judgement about the outcomes of a life, which is inaccurate and sets off a chain of guilt. It is important to know what this outcome is in order to change it. Details just before death can be obtained and the client can move to the after death experience when there is a feeling of peace, after which he/she can go through the death experience itself.

Answers to questions, 'How?' 'When' or 'What' yield excellent results. When it appears that material is exhausted, it is helpful to move to the 'next significant incident' perhaps to the count of 3 or 5, with the suggestion that on the final count the client will be in that incident and know what is going on. The technique of moving from one incident to another often locates a crucial memory of that lifetime.

Part II: Therapeutic techniques:

It is in the second stage of past life regression work that healing takes place; where the recovery of early disturbing memories makes it possible to bring about a modification in the client's perception of his/her life.

Regression therapists feel that an expansion of perception is like opening up windows and doors of the house of one's life, allowing an expanded landscape that makes

healing and change possible. In reviewing more than one lifetime, patterns become evident that are more difficult to elicit when material is limited to the current lifetime.

Patterns have many themes like disaster, guilt, failure, fear, courage, giving and role-playing. These get stamped in the subconscious and they are already programmed into the life of the client when he/she enters the current lifetime. If the client is to become free of their influence, these patterns need to be changed in his/her mind field. Remembering them may be enough to change their energy pattern and when the event when it first occurred is recovered as a result of regression therapy, allergies and phobias disappear from current life.

In order for corrective restructuring to take place, there must be a release of guilt or any negative pattern that is in the subconscious mind. Sometimes, this release takes place automatically, however most often, further techniques are needed for their release. If it is desired that the client is not to bring his/her guilt or negative pattern into each new lifetime and be handicapped and burdened by it, he/she has to release it which means one has to forgive oneself. Guilt carries an implication of anger at oneself or others, which carries over from one lifetime to the next when the person is cast in a different role.

There are various ways of working with anger. In general, anger is associated with a failure in expectations of oneself or others, which results in guilt. Any technique which helps to reframe one's expectations, transforms anger. Anger has to be transformed into another emotion as it is a form of energy and cannot be dissolved. One direction of such a transformation is into love, which seems impossible at first, but possible to do. In short, any technique that will increase empathy for the person who has failed our expectations is helpful in releasing them.

Part III: Transformational techniques:

The third stage of regression work is one of transformation. Abraham Harold Maslow, an American psychologist created the Maslow's Hierarchy of Needs. It is a theory of psychological health predicated on fulfilling innate human needs in priority, culminating

in self-actualization. Not every person is ready or desirous of working on this level. On the superficial level are those clients who only wish to have a remission or decrease of their symptoms. Such clients are the least responsive to regression work. On the second level are those, who are constantly working for a change in the patterns of their attitudes and relationships. A small minority truly want to go to their past lives and work to gain a higher perspective, what Maslow would call a Peak Experience. That would be a sense of the unity of all things, an understanding of the place of evil and negativity in a positive world, a deepening of love, compassion and empathy, a lessening of attachment. Therapists who work at this level make an extensive use of light - as an induction, as deepening to the Higher Self and a state where total perspective is possible. Love is perceived as a form of energy and focus.

The therapist should be flexible to work with the client on the level where he can most effectively look for healing. A mature therapist accepts the fact that all clients are not able or willing to reach where he has reached. Returning to a past life yields many added details and increased insights and slowly reveals connections of other lifetimes with the current one. It is as though the subconscious is increasingly willing to throw up the details of treasures of insight that are summarised in a lifetime, as one returns to look more carefully.

Proper use of Induction Techniques

A hypnotic induction is simply a suggestion or a series of suggestions and /or expectations intended to allow the client to bypass their conscious mind and increase their receptivity to further suggestion, which may be a single suggestion to a long and involved guided experience. In reality, one can use any technique if the experience is to ensure that a trance occurs. A few induction techniques that are used by therapists are listed below:

The 'Yes' Set (Leading/Pacing):

The 'Yes' Set is a popular method of delivering suggestions. It involves giving the client a number of statements or questions in which the answer is obviously – yes. Leading

statements are used in tandem with a set of pacing statements, where 3 pacing statements are followed by 1 leading statement. This can be done more than once. For e.g.

'You can easily allow yourself to drift deeper into relaxation'

'You can allow yourself in your own natural way, to go deep into relaxation and quietness'

'You feel yourself drifting deeper and deeper into relaxation'

Utilization:

In this technique the therapist utilizes everything in the client's environment in the induction process, including any repetitive movement he/she may be doing. For e.g. 'notice your breath as it easily and naturally enters and leaves your lungs. Find yourself going deeper into that natural place of relaxation and quietness inside of yourself....'

Ideomotor Process:

Ideomotor questioning is a set of methods and techniques for communicating directly with the subconscious mind. In hypnotherapy, you may encounter clients who may not or cannot verbally express themselves regarding an issue. The issue may be too painful or embarrassing for the client to discuss. Ideomotor finger response is an excellent way to help the client process an issue.

The inner mind controls our involuntary responses and by using ideomotor questioning we ask the subconscious mind to convert these responses to a physical reaction. We then amplify these reactions or responses to a point where we can readily see and work with them.

Finger Response Method:

Begin the induction and when the client is in a trance, ask him/her to move a finger that would indicate a 'yes' response and wait to see which finger moves. Do not suggest any particular finger, the subconscious will take care of selecting the correct finger. When you see the finger move, you may touch that finger by first seeking permission to touch and say, "that's right, this is the finger for a 'yes' answer". Repeat the same procedure for a 'no' response and for 'I don't understand' for anchoring each response. You can now ask questions directly to the client's subconscious. Questions need to be answerable with a 'yes' or 'no' response and should be phrased as briefly as possible.

Deepening Techniques

Periods of silence:

Example: 'I am going to give you a few moments of silence. During these moments of silence, you will go deeper and deeper into relaxation'

Exhaling:

Example: 'With each breath you take, you will go deeper and deeper into relaxation. Every exhalation will sink you deeper into relaxation. As you relax, you will continue to hear my voice clearly. The normal sounds around you will not disturb you'.

Counting:

Counting down from 10-1, is preferable as it leads to the feeling of sinking deeper.

Example: In a few moments, I will be counting backwards from 10 to 1. With each number, you will go deeper and deeper into relaxation.

Hallucinations:

Example: I want you to imagine yourself at the top of a beautiful staircase. It has ten steps. With every step you take, allow yourself to become deeper and deeper relaxed so that by the time you reach the last step of the staircase, you are completely relaxed.

Progressive Relaxation

Progressive relaxation is a disguised induction technique. It is extremely effective and one in which all clients feel comfortable, regardless of any fears that they have about being hypnotized.

Following is a suggested script for induction by the method of Progressive relaxation to be used by the therapist:

If you are feeling comfortable and safe, close your eyes and keep them closed until I tell you to open them again. Let your body relax. Now take a deep breath and hold it...let it out very slowly, very good. Take another deep breath and very slowly exhale. One last time, take a deep breath again, hold it and let it out very slowly. You can feel your body relaxing already.

Now allow that wonderful feeling of warm relaxation slowly drift down, all the way to your feet. Feel your feet becoming loose, relaxed and limp. Let the warm easy relaxation flow upwards to your heels and then to your ankles. Allow your heels and ankles to become loose and relaxed.

From your ankles, let the comfortable relaxation flow up to all the muscles in your legs, large and small muscles.....all the muscles. Relaxation now moves up into your knees.... relaxing them and slowly moving to the thighs... let your thighs relax....more and more, relaxation now moves up your hips, feel them relaxing and move into your abdomen.

With each breath you exhale, just let your body go deeper and deeper into relaxation. Let this warm and wonderful feeling of relaxation flow up the muscles of your back. You can now feel your back relaxing....all the muscles and vertebrae of your back are slowly relaxing... let all the muscles in your back go limp and loose, just like a rag doll....

Allow this relaxation to flow up into your shoulders, over your shoulders and into your chest. As you exhale, feel your chest and all its muscles relaxing....deeply.

Now let the warm feeling of relaxation flow into your arms and slowly move into your elbows....from your elbows to your wrists and from your wrists into your palms and fingers.... right up to your fingertips. Feel deeply relaxed, just letting go of all the tension in your body.

Let the feeling of relaxation flow up the muscles of your neck, relaxing your neck. Your neck feels very comfortable and relaxed... relaxation now slowly moving into your head..over the top of your head, down to your brows...relaxing the muscles in your eyebrows and feeling your eyebrows relaxing. Now all the muscles in your eyes are relaxing..... feel the muscles around your eyes, your cheeks....relax...the muscles of your chin....relax. Feel relaxation going deeper and deeper.

If your teeth are clenched, unclench your teeth and let your jaw relax, allowing it to sag, letting go as you become deeper and deeper relaxed.

Your entire body is now totally relaxed. A warm glow of relaxation is all over your body. You are feeling very comfortable.

Any noises that you hear other than my voice will not disturb you. You will be aware of your surroundings but any sounds you hear will not disturb you. Pay attention to my voice, which will help you to relax further.

Staircase Technique

The client is made to lie down or sit as per the client's desire and made comfortable. By the relaxation procedure, the client is led into a trance and the Staircase Technique is introduced.

The client is made to visualise and leading questions are asked:

Visualise that you are on the top of a staircase. I am going to count from 10 to 1. As I count from 10 to 1, you will descend each stair until you reach the centre of earth. On reaching the centre of earth, you will be surrounded by many closed doors. Each door represents one of your past lives.

One particular door will attract your attention. That door is connected to the life where the root cause of your problem lies. Ask for permission to enter the door and now open the door by pulling the door towards you and enter. You are now in a different lifetime, in a different time period, in a different body.

Look at your feet and see what you are wearing? Shoes, chappals, or are you barefoot? Concentrate on your body in that life, become totally aware of yourself.

Are you a lady or a man? How old are you?

Where are you? Are you going somewhere? Or waiting to meet someone? Are you alone or is someone with you?

Then questions can be formed as one proceeds further...are you working? Are you married or single? Do you have children? How is your married life?

Now go to your house. Who lives in your house with you? And so on and so forth.

Finally progress to the last day of that lifetime. How did you die?

What was the most important lesson that you were to receive from that life experience?

Can you recognise or connect anyone in this lifetime to that past life?

What lesson or work are you to attempt to complete in your present life existence?

If necessary, take your client to that incident which is required to be worked on to remove the negative influences of that lifetime. Make the client re-live all the trauma, pain, hurt, etc. so that the subconscious mind can be cleared of the past experiences and healing can be initiated.

Tunnel Technique

Complete the Relaxation procedure and guide the client by the Tunnel Technique:

Visualise a time tunnel. I am now going to count from 10 to 1. During this time, you will be travelling through the time tunnel very easily and effortlessly. When you reach the

other end of the tunnel, you will see a brilliant white light. Can you see it? Now jump into the brilliant white light. Trust the entire process.

As soon as you land into the brilliant white light, you will find yourself in one of your past lives. On landing, ground yourself and look at your surroundings.

Where are you?

Continue with questions and guide the client further in his/her past life.

Deepening Recollection to Regression

The following methods are applied to deepen recollection whilst regressing a client:

1. Specify: Ask the client to specify the situation or emotion, for e.g. "they were laughing at me" Ask - who was laughing at you?
2. Switch to Present Tense: for e.g., "I **was** alone when this person **approached** me" Say-, So you **are** alone when he **approaches** you. What happens next?
3. Stimulate the use of "I" by using "YOU": For e.g. When one is only eight years old, one cannot fight back adults. Say - Ok, I understand, you were eight years old and you cannot fight back adults. Would you want to?
4. When external events are described, ask for internal events/feelings: like thoughts, emotions, body feelings, etc. Concentrate on aspects that the client tends to avoid, which are often emotions and at times body awareness.
5. When internal events are described, ask for external perceptions: "I am sixteen, I feel lonely and angry with the world. I play with the thought of killing myself". Ask -Where are you when you are thinking this?
6. Let the story proceed: Ask leading questions, like - What is happening next? Or What do you do now? Or How do you/they respond?
7. Complete the story: For e.g. "I am angry" Ask - On whom? Why? What did he/she say?

8. Focus: "My time in Paris was one big disappointment." Ask - What was most disappointing? When the client is describing a very difficult situation, focus by asking to describe the worst moment/incident, etc.
9. Tie in or come back to the most emotional, heavy word or expression: For e.g. "I feel tired. I don't want to go on with this!" Suggest - Feel how exhausted you are.
10. Cathartic reliving of traumatic death experiences: While the client is going through his/her death experience-understand the story:
 - a. Find out the main perceptions, feelings and thoughts.
 - b. Concentrate on the last things perceived, felt and thought.
 - c. Try and find out the first impressions after leaving the body, for e.g. is the body still perceived? Does the client look back at the whole situation? Does he/she meet anyone? Is he/she going anywhere?
 - d. Resolve complication: of remaining bound - body bound, place bound, earth bound, people bound, etc. or unaware of death or split consciousness
11. When death has been unnoticed or release after death is incomplete, has the present personality fetched the past-life personality
12. If necessary, re-establish contact with loved ones who died before.

In short, the therapist has to find out what is required to remain engrossed in the story that the client is narrating. The therapist has to picture concrete people in concrete situations. The therapist should be able to picture people doing things, wanting things, their feelings, how they try to do things, etc. should be able to find out who did what, where and when, how and why. To what did all this lead to? Being able to get answers to these questions brings about a successful regression.

Age Regression

Age Regression is where the therapist tells the client to go to a significant moment in his/her life at different stages, for e.g. while studying at school or college and relive those moments. Remember the favourite subjects, favourite game and relive the moment.

The client is asked to look around, notice every face, colour, smells, if any. Remember what he/she was wearing at that moment. The client is asked to relive the happy moments while just be an observer, if the memory is traumatic or unpleasant. Negative emotions can be transformed into positive emotions.

Slowly the client is made to go back into the mother's womb and asked how he/she is feeling:

- Are you comfortable?
- Is it warm or cold?
- Is there any light or is it dark?
- In this state, how are you feeling?
- Can you perceive the feelings of your parents? How are they feeling about you?

The client is taken through the birthing process and made to relive the re-experience of the moments of coming out of the mother's womb, the first day on earth:

- What are your feelings on taking birth?
- Is it warm or cold?
- Who received you first?
- What was your first impression?

Slowly, the client can be guided back to the present state to the count of 1 to 3.

Closure and Integration:

- a. Help the client to see the aspects of the past lives that are equivalent to the present lifetime (What are you hanging onto in crossing over to this life?)
- b. Learn to tie past life experiences to the present time. (What do you need to see in order to let go of the negativity?)
- c. Help the client to evaluate the status of the emotional charge and feelings within the body.(Is there anything that you brought over that is significant? Can you give up your anger? Any doubt about it?)
- d. Heal the memory with a transformational technique, set the stage for forgiveness and a healing scenario
- e. Check whether closure is made or whether certain feelings persist. If required, summarise issues and acknowledge unresolved issues that need further exploration
- f. Close with affirmations. (Reenergize your body, let go of all discomforts; clear your mind, remember those events which will help in your healing)

After Death States

Ask the client what happened after your death? Who is guiding you to the after death states? Move away to the Spirit world. Receive a message or guidance from your Spirit Guide.

Meeting the Guide or Master

Visualise yourself in a beautiful garden, observe the greenery around it. Enjoy yourself and absorb all the energies of Nature into your being. In this wonderful state of relaxation, you can access the divine healing energies from the top of your head. The divine healing energies will be entering your body in a form of light, in the colour of light that your body needs. You can access that light into your body.

The divine cosmic healing light is going to clear all the blocks in your energy channels, purify and cleanse you.

Now, take a walk in the garden. Your higher self will guide you along a path which will take you to a healing cave.

I am going to count from 10 to 1. During this time, you will reach the cave. On the count of 1, you will be in the presence of your Master or Guide who has been guiding you since many life times.

Your Guide has come forth through all the ages to be with you, to guide you with His wisdom and love. Approach Him, greet Him and take His blessings. Ask Him / Her name. Spend some time talking to your Guide/Master. Ask if there is any special message for you.

You can ask any questions that you have in mind. Ask about the purpose of your life, etc. Your Master will help you in your past life explorations. You can request your Master to guide you at every given moment of your life whenever you need His / Her guidance.

Thank your Master

Now return back to your normal waking consciousness. Take your time and slowly open your eyes.

Future Progression

Complete the Relaxation procedure and guide the client further for Future Progression:

Visualise that you are standing at the bottom of a staircase. As you climb up, you see that the stairs are narrow and lead you to a golden door. I am going to count from 1 to 10, as I count, you are very easily climbing the stairs. At the count of 10, you will open the golden door and enter the hall of Akashic Records or Library. You will meet an old man, who is the Guardian of the library. Explain to him that you are here to see your future records.

Follow the Guardian, he will eventually point out a particular book to you. Take the book in your hands, you will find your name inscribed in golden letters on it.

Now open the book, as you gaze through it, you will begin to see visions, of who you are in a future life. Are you a lady or a man?

See if you can recognise any people from this life, your present life acquaintances, etc. Scan the important and significant moments of your future life. You are free to change any scene that you are observing. See if there is anything in your present life that you can do to avert a future possibility. You can request your Master to guide you in this process.

You know that all that you have seen was for your highest good and you are doing your best in your present life and making necessary changes to create a wonderful, enlightening future.

Now return back to your normal waking consciousness. Take your time and slowly open your eyes and feel refreshed, relaxed and rejuvenated.

The technique used during past-life regression

The past-life regressionists use:

- Hypnosis and suggestion to promote recall in their clients, using a series of questions designed to elicit statements and memories about the past life's history and identity.
- Bridging techniques from a client's current-life problem to bring "past-life stories" to conscious awareness. Practitioners believe that unresolved issues from past lives may be the cause of their clients' problems.
- Past life regression can be achieved in as little as 15 minutes, but to recall past a point of death, and into "soul memories", it takes upwards of 45 minutes of trance induction. Doing a kidney and a liver cleanse improves the performance of the session.

PLR –Facts:

The following has to be borne in mind before a PLR session. The more turmoil you have in your life, the more revealing your past life will be. If you lead an uneventful life of having two square meals a day with no major upheavals, your past life is also likely to be similar.

For a successful session, you do not need to believe in PLR, though you should preferably have a basic idea of the following:

1. The journey of the soul
2. Age of a soul, viz. a baby soul, a young soul and an old soul
3. Mind structure
4. Body parts
5. Types of one's birth
6. Birth trauma
7. Intuition
8. Hypnotism
9. Development cycles
10. Archetypes
11. Regression – How it works?
12. Super conscious state of 'Life between Lives' (LBL), which is a highly developmental phase where we meet guides/masters and get guidance. During LBL, we can visit the 'Akashic Library' where all records of all of our past lives are kept in super digital form. There is also an interesting aspect to this, where we can visit the hall of records and see our past. In the same way, we can see our future as well. This is called Future Life Progression (FLP).

PLR – Uses:

There are quite a few issues which can be resolved through PLR, such as:

1. Relationship's problems
2. Chronic ailments
3. Various chronic fears
4. Life purpose: why are we here?
5. Alien lives: some people lived on other planets during their past lives.

PLR also lifts the curtains that have shadowed the past where the root cause of any one or more of the following problems (obstacles and challenges faced during our past lives) in one's current life can be traced:

Psychological disorders	Mood disorders, anxiety disorder, psychosis, post-traumatic stress disorder, personality disorder
Fear and Trauma Arachnophobia	The fear of spiders affects women four times more (48% women and 12% men).
Ophidiophobia	The fear of snakes. Phobics avoid certain cities because they have more snakes.
Acrophobia	The fear of heights. Five percent of the general population suffers from this phobia.
Agoraphobia	The fear of open or crowded spaces. People with this fear often won't leave home
Cynophobia	The fear of dogs. This includes everything from small Poodles to large Great Danes.

Astraphobia	The fear of thunder/lightning AKA Brontophobia, Tonitrophobia, Ceraunophobia.
Claustrophobia	The fear of small spaces like elevators, small rooms and other enclosed spaces.
Mysophobia	The fear of germs. It is also rightly termed as Germophobia or Bacteriophobia.
Aerophobia	The fear of flying. 25 million Americans share a fear of flying.
Trypophobia	The fear of holes is an unusual but pretty common phobia.
Carcinophobia	The fear of cancer. People with this develop extreme diets.
Thanatophobia	The fear of death. Even talking about death can be hard.
Glossophobia	The fear of public speaking. Not being able to give speeches.
Monophobia	The fear of being alone. Even while eating and/or sleeping
Atychiphobia	The fear of failure. It is the single greatest barrier to success.
Ornithophobia	The fear of birds. Individuals suffering from this may only fear certain species.
Alektorophobia	The fear of chickens. You may have this phobia if chickens make you panic.
Enochlophobia	The fear of crowds is closely related to Ochlophobia and Demophobia.

Aphenphosmophobia	The fear of intimacy. Fear of being touched and loved.
Trypanophobia	The fear of needles.(and death).
Anthropophobia	The fear of people. Being afraid of people in all situations
Aquaphobia	The fear of water. Being afraid of water or being near water
Autophobia	The fear of abandonment and being abandoned by someone.
Hemophobia	The fear of blood. Even the sight of blood can cause fainting.
Gamophobia	The fear of commitment or sticking with someone to the end.
Hippopotomonstrosesquippedaliophobia	The fear of long words. Believe it or not, it's real.
Xenophobia	The fear of the unknown. Fearing anything or anyone that is strange or foreign
Vehophobia	The fear of driving. This phobia affects personal and work life.
Basiphobia	The fear of falling. Some may even refuse to walk or stand up.
Achievemephobia	The fear of success is the opposite to the fear of failure.
Theophobia	The fear of God causes an irrational fear of God or religion.
Ailurophobia	The fear of cats. This phobia is also known as Gatophobia.

Metathesiophobia	The fear of change. Sometimes change is a good thing.
Globophobia	The fear of balloons. They are fun, but not for phobics.
Nyctophobia	The fear of darkness. Being afraid of the dark or the night is common for kids.
Androphobia	The fear of men. Usually seen in younger females, but it can also affect adults.
Phobophobia	The fear of fear. The thought of being afraid of objects/situations.
Philophobia	The fear of love. Being scared of falling in love or emotions.
Triskaidekaphobia	The fear of the number 13 or the bad luck that is attached to the number 13.
Emetophobia	The fear of vomiting and the fear of loss of one's self control.
Gephyrophobia	The fear of bridges and crossing even the smallest bridge.
Entomophobia	The fear of bugs and insects, also related to Acarophobia.
Lepidopterophobia	The fear of butterflies and most often other winged insects.
Panophobia	The fear of everything or fear that terrible things will happen
Podophobia	The fear of feet. Some people fear touching or looking at feet, even their own.
Paraskevidekatriaphobia	The fear of Friday the 13th. About 8% of Americans have this phobia.

Somniphobia	The fear of sleep. Being terrified of what might happen right after you fall asleep.
Gynophobia	The fear of women. May occur if you have unresolved mother issues
Apiphobia	The fear of bees. Many people fear being stung by angry bees
Koumpounophobia	The fear of buttons. Clothes with buttons are avoided.
Anatidaephobia	The fear of ducks. Somewhere, a duck is watching you.
Pyrophobia	The fear of fire. A natural/primal fear that can be debilitating.
Ranidaphobia	The fear of frogs. Often caused by episodes from childhood.
Galeophobia	The fear of sharks in the ocean or even in swimming pools.
Athazagoraphobia	The fear of forgetting or not remembering things.
Katsaridaphobia	The fear of cockroaches. This can easily lead to an excessive cleaning disorder.
Latrophobia	The fear of doctors. Do you put off visits to your doctor? You may have this.
Pediophobia	The fear of dolls. This phobia could well be Chucky-induced.
Ichthyophobia	The fear of fish. Includes small, large, dead and living fish.
Achondroplasiaphobia	The fear of midgets. Because they look different.

Mottephobia	The fear of moths. These insects are only beautiful to some.
Zoophobia	The fear of animals. Applies to both vile and harmless animals.
Bananaphobia	The fear of bananas. If you have this phobia, bananas are scary.
Sidonglobophobia	The fear of cotton balls or plastic foams. Oh that sound!
Scelerophobia	The fear of crime involves being afraid of burglars, attackers or crime in general.
Cibophobia	The fear of food. The phobia may come from a bad episode while eating, like choking
Phasmophobia	The fear of ghosts. AKA Spectrophobia. Who will you call for help? Ghostbusters!
Equinophobia	The fear of horses. Animal phobias are pretty common, especially for women
Musophobia	The fear of mice. Some people find mice cute, but phobics don't.
Catoptrophobia	The fear of mirrors. Being afraid of what you might see.
Agliophobia	The fear of pain. Being afraid something painful will happen.
Tokophobia	The fear of pregnancy involves giving birth or having children.
Telephonophobia	The fear of talking on the phone. Phobics prefer texting.
Pogonophobia	The fear of beards or being scared of being around bearded men.

Omphalophobia	The fear of belly buttons. Touching and looking at navels.
Pseudodysphagia	The fear of choking often after a bad eating experience.
Bathophobia	The fear of depths can be anything associated with depths (lakes, tunnels, caves).
Cacomorobia	The fear of fat people. Induced by the media. Affects some anorexics/bulimics.
Gerascophobia	The fear of getting old. Aging is the most natural thing, yet many of us fear it.
Chaetophobia	The fear of hair. Phobics tend to be afraid of other people's hair.
Nosocomephobia	The fear of hospitals. Let's face it, no one likes hospitals.
Ligyrophobia	The fear of loud noises. More than the instinctive noise fear.
Didaskaleinophobia	The fear of school. This phobia affects kids mostly.
Technophobia	The fear of technology is often induced by culture/religion.
Chronophobia	The fear of the future. A persistent fear of what is to come.
Spheksophobia	The fear of wasps. One panics and fears getting stung by it.
Ergophobia	The fear of work. Often due to social or performance anxiety.
Coulrophobia	The fear of clowns. Some people find clowns funny,

	coulrophobics certainly don't.
Allodoxaphobia	The fear of opinions. Being afraid of hearing what others are thinking of you.
Samhainophobia	The fear of Halloween affects children/superstitious people.
Photophobia	The fear of light caused by some medical or traumatic issue.
Disposophobia	The fear of getting rid of stuff triggers extreme hoarding.
Numerophobia	The fear of numbers and the mere thought of calculations.
Ombrophobia	The fear of rain. Many fear rain due to stormy weather
Coasterphobia	The fear of roller coasters. Ever seen Final Destination 3?
Thalassophobia	The fear of the ocean. Water, waves and unknown spaces
Scoleciphobia	The fear of worms. Often because of unhygienic conditions
Kinemortophobia	The fear of zombies. Being afraid that zombies attack and turn you into them.
Myrmecophobia	The fear of ants. Not as common as Arachnophobia, but may feel just as intense
Taphophobia	The fear of being buried alive by mistake and waking up in a coffin underground.

Unresolved Relationship problems	Issues between wife, husband, son, daughter, parents; extramarital relationships, marriage, divorce, children's behaviour, daughter-in-law and mother-in-law relationship problems
Marriage, Long term relationship issues	Feeling hurt, angry, sad, cheated, disappointed, let-down, unappreciated, no longer admired, unloved, bored and confused about relationship status.
Medical Issues	Health, hospitalisation, surgeries, major illnesses and psychosomatic diseases

Note: These are the top 100 phobias in the world, with the most common ones topping the list.

PLR - Preparation

I prefer to conduct sessions in the morning. Most clients prefer to lie down during the PLR session, while some prefer to sit, though this is rare. It does not matter which position you prefer; the important thing is that you should be comfortable throughout the session. Temperature in the room should be comfortable. It is essential to ensure that outside noise is minimal so that the client is not disturbed. We advise clients to have a light dinner the previous evening as it keeps the stomach relaxed. Getting sound sleep during the previous night improves results. During the session, the client may experience pain, anxiety, fear, may want to cry, etc. This is because emotional baggage is being released. The process of relieving pent up emotions takes about 2-5 minutes. The client may be frightened to let go of such emotions, however we assure them that they need not worry; in fact it is better to find such release as the client is sure to feel a lot lighter after releasing this baggage of their past life. We keep tissues handy

in case they are required, to clean up after crying. The client is free to tape or video record their PLR session.

The client's conscious mind is alert and working throughout the session. The scope of questions about the client is strictly limited as defined by the client. No hypnotherapist can and will ask any questions beyond the scope defined by the client. If the therapist tries to cross this limit, then the client's conscious mind resists and takes over and the client come out of the trance.

We advise the client to:

- Preferably wear loose, light coloured clothes during the session.
- Use a sheet to cover themselves during the session.
- Before the session, exercises like stretching, jumping and deep breathing helps. Massaging legs, back, arms and neck vigorously improves the blood circulation in the muscles. It helps the process of release of deeply embedded thoughts from the mind.
- The mind is not in the brain. If a mirror is broken into many pieces, then each piece is capable of forming a whole image. Similarly, the mind is embodied in each part of every organ. Therefore, we recommend jumping, skipping, stretching, massage and deep breathing before a session. After the session it helps the body for its journey through the present life.
- While in a trance, various parts of your body will not be in a position to move. If the client feels a desire to scratch any body part during the trance, the client is advised to bear the same or inform the regression therapist about it. If the client experiences thirst, the therapist should be informed who will feed a few spoons of water to the client. In case the client desires to use the restroom, he/she will have to be come out of the trance. The client can be hypnotized again thereafter.
- During past life sessions, the client often notices their own legs/feet first. The therapist will ask the client to observe the ground under their feet, for e/g.,

whether is it a road, mud, grass, rocks or some other surface? During LBLs, one usually notice the upper half of one's body. The client may not recognize his/her face initially but later the client may be able to do so. This recognition is made by the mind and not by the eyes and takes time.

- Before starting the session, a regressionist is required to know the client's preferences. Some people are singers, some dreamers. Some people are partial to certain smells, e.g, rose, jasmine etc. People have to be hypnotised through songs, dreams or scents of their choice. A client of mine once told me about her favourite song in her native language. Playing the song during the session helped her achieve a deeper trance. I don't maintain any records of the sessions that I conduct. Hence, in case a client wishes to discuss a previous session, if some details about that session are given, they will help me to recollect the details.

PLR - Procedure

A Past Life Regressionist will ensure the following for the session:

1. Cool, calm and serene environment
2. The client alone or accompanied by a family member/friend
3. Recording the session with the consent of the client
4. Confirmation about exercise, massage, sleep, light food, kidney, liver cleanse etc.
5. Case history questionnaire duly filed in

Before a PLR session, I tap the dominant senses and work on evaluating the client's ability and willingness to participate in the hypnotic process. I also attempt to assess the dominant senses available to the client on that particular subject when using his/her imagination. We can then tailor our suggestions to look for any one or more of the following experiences accordingly, for e.g.

- 1) Visual - such as numbers written on the board, a coloured circle, a coloured triangle, coloured square, crescent moon, a star etc.
- 2) Tactile - such as shaking hands, stroking a pet, placing your hand in the snow, stroking a piece of wood, placing your hand under running water, running your fingers through soft wool.
- 3) Auditory - such as a gong, a voice calling out your name, sounds of children playing, traffic, a train, a ship's horn, a church bell.
- 4) Taste - such as your favorite dish, an orange, whipped cream, ice cream, a hot drink, a date or fig, whisky or some other spirit.
- 5) Kinesthetic movement - such as walking, swimming, sawing wood, running, driving, dancing.
- 6) Smell - such as perfume, gasoline, tar, mint, fresh baked bread, a rose, wood.

To begin the session, the client will be directed to do as under:

1. To take a deep breath
2. To hold, then release and exhale totally
3. To repeat steps 1 & 2 three times
4. To resume normal breathing
5. To imagine your right toe getting lighter and lighter
6. To imagine the 4 fingers of right foot getting lighter and lighter
7. To imagine your right ankle getting lighter and lighter
8. To imagine your calf muscles getting lighter and lighter
9. To imagine your right knee getting lighter and lighter
10. To imagine your right thigh getting lighter and lighter
11. Subsequently, to imagine your left toe getting lighter and lighter

And so on ...

Moving up to the pelvic portion, abdomen, kidney, liver, heart, lungs, chest, neck, shoulders and from there on to your right hand, left hand, throat, jaw, tongue, mouth, nose, head, brain, eyes etc...

At the end of this procedure, most people are hypnotised and the actual process begins.

Visualise and Imagine

The client is directed to visualise and imagine that he/she is in a lush garden with many plants, trees, birds and animals of their choice. You can hear the sound of flowing water in the garden. Listen to the chirping of birds. Enjoy the breeze and feel it. Then come out of the garden through the other gate. Look for an isolated room with a door. When you reach the door, request it to open and get inside. You will find a staircase with a maroon carpet, marble railings and golden balustrade going down. The staircase has 10 stairs. Walk down slowly, one step at a time, as the therapist counts from 1-10, beginning at the count of 1. At 10, you have reached the centre of the earth. There is darkness all around, but you may see a little light. You will find doors in front of you (imagine). On the other side of these doors are your past lives. You have to select that particular door which will lead you to that past life where lies the main cause of your present problem (there should be only one very specific problem for a session). Select that door and stand in front of it. Request the door for permission to open it. Now, open the door with respect and enter.

Once inside, you come face to face with your past life. You are at a particular place at a particular time. The role of your imagination ends at this stage. The hypnotherapist is now going to navigate you during the rest of the session to find answers to the most complicated events of your present life. Sometimes the therapist may need to channel some energy from your head to your heart. This will enhance the trance. Rarely, it is observed that a very deep trance can cause a mild headache, which goes away in 10-15 minutes. Sometimes, you may see demons or scenes of your own death, punishment or rape and your body becomes tense. Experience the pain and relive the event from your past life, so that the baggage of that life, which you have been carrying

for so many lives is released. The experience may make you cry. Let your tears flow and have a cathartic effect. Rest assured that life after the session is going to be relieved greatly of stress and will be much more enjoyable.

One of my classmates has been suffering from cancer. He wanted to know the root cause of cancer. I insisted that he read about the therapy and follow the rules of a PLR session. When I did the PLR, it was found that in a previous life, he was a military leader commanding an army of 1000 soldiers of Tipu Sultan. He was chained and dragged on the street in front of the assembled crowds. This was done to strip him of his powers. He was truly trapped. I wanted him to read the fine print of the punishment order issued by the king. He not only did that but he was also able to listen to a private conversation that took place behind the closed doors of his enemies. Incidentally, the same group of rivals are surrounding him in this life too. Once he could identify them through a past life session, his life became much better and more relaxed. Do bear in mind that many a times, faces may not be clear. However, given the set of events you can make a reasonable assessment and identify the people whom you see.

Souls sometimes use dreams as a means of their communication. Many people see dreams. Many such dreams remain incomplete or their contents are forgotten. It is possible to revive all such memories from the sub-conscious mind and interpret the message.

Why can't bad things happen after PLR? This is because you look for answers to your most complicated problems of this life.

I am keen to do a PLR session with you. If distance and work schedule does not permit a meeting, then I can do your PLR session over the phone. In that case, you should keep your phone in a stationary position close to your ear or use earphones. If the line gets disconnected during the session and you are already in a trance, then I can't bring you back because connectivity is lost. In this case, you will come out of the trance in 15-20 minutes. Subsequently, you can call me and we can start again.

Techniques suggested by me are to get a therapist started in the work of initiating Past Life Regression. One may experiment with their own methods and follow whatever suits them best to get good results in their sessions.

PLR done by the Author

(Identities of all the clients and their names are real and genuine. Their contact details can be provided on request to those who wish to get in touch with them to ascertain facts and gain more insight)

Case I

Client: Mamta

Fear of Rape and Drowning

Mamta was my first client. I went through the client information form, studied her history and framed relevant questions which were required to help me with the case. She described the concern she wanted to resolve. I made her understand the extent which she could expect to accomplish with the PLR Therapy.

Mamta knew how hypnotherapy worked. That made my job easier. Otherwise I would have had to explain the working of this therapy to her. She had been hypnotised earlier, however, the experience had been below average. She had not been able to see much, although she had gone into a trance.

She said that both she and her therapist were tired when they attempted a PLR session on an evening just for a lark. I believe that the PLR is a very pure exercise and it should be attempted with respect in a cool and serene environment with low sound levels, in a soothing ambience and light music with minimum outside disturbance.

I asked her whether she preferred to sit on a chair or lie on a bed. She preferred to lie down. I invited her husband to witness and record the session in audio or video form. He agreed that he will not speak and that he could give me slips in writing during the session for suggestions, if any.

Start of the session

Piyush Mamta, today I am making my first attempt at conducting a PLR session. Give me an easy subject/concern to handle.

Mamta I have a fear of drowning in water. I also always harbor a fear of being raped.

Piyush Tell me an incident in this life where this fear could have been initiated.

Mamta When I was 9 years old, my 14 year old brother threw me in a swimming pool.

I thought that I would get an answer in 10 minutes and I did not know what I would do thereafter. However, I decided to begin and I started the session.

Piyush Mamta, I am beginning the session.

Mamta Ok.

Piyush The first thing I shall do is to test your suggestibility

Mamata Ok.

Piyush Just look at me now. From this moment onwards, don't talk to me at all. Nod your head (for yes) or shake your head (for no), but do not talk. Is that fine?

Mamta Yes.

Piyush I am now going to hypnotize you with your consent. We do not hypnotize anybody, who does not wish to be hypnotized.

Mamta She nodded

Piyush When your eyes are closed, are you able to imagine?

Mamta She nodded

Piyush Look down at your left hand, close your eyes and imagine your left hand. Nod (in the affirmative) when you have an image of it.

Mamta She nodded

Piyush With your eyes comfortably closed and with the image of the hand, focus your attention on your breathing, feel your breath going in and out. Wait for 30 seconds and concentrate on it. You will begin to feel a series of physiological changes taking place as our body automatically requires a lot of oxygen.

Nod when you feel these changes. Your breathing goes deeper and more rhythmic. If so, nod again.

Mamta

She nodded



Piyush

With your eyes comfortably closed, you will feel slight movement of your eyes under the eyelids. When you feel the movement of eyes - nod.

Mamta

She nodded

Piyush

There may be a tendency for your mouth to go dry and you need to swallow. If you feel that, go ahead and do it.

Mamta

She keeps quiet

Piyush

For the next few moments, you will not be listening to my voice. The absence of my voice coupled with other sounds in the background will help you to go deeper and deeper.

Mamta

She keeps quiet

Piyush

You are completely relaxed now.

Mamta

She keeps quiet

Piyush I am now proceeding with your progressive relaxation.

You will feel that your right toe is getting lighter and lighter.

Mamta She keeps quiet

Piyush Now the toes of your right foot are getting lighter and lighter, then ankle, then calf muscles, then knee, then thigh, then the toe of left foot, then toes of left foot, then left ankle, then left calf muscles, then left knee, then left thigh getting lighter and lighter.

Mamta She nods

Piyush Your pelvic portion is getting lighter, now stomach, abdomen, liver, kidney, pancreas and all other organs inside the abdomen, right chest, right shoulder, right arm, right elbow, right hand, right wrist, right palm, fingers of right hand and thumb of right hand getting lighter (I give instructions for each part of the body, the process takes around 10 minutes).

Mamta She nods

Piyush Similarly, left chest, left shoulder, left arm, left elbow, left hand, left wrist, left palm, fingers of left hand and thumb of left hand getting lighter.

Mamta She nods

Piyush Now your neck is getting lighter, your chin, lips, tongue, cheeks, nose, eyes, ears, brain, forehead, hair are getting lighter.

Mamta She nods

Piyush Now your entire body has become light. You are in a trance. I shall touch your 3rd eye with my finger and say “Deep Sleep”. Your physical body will relax and your mind becomes calmer. With each and every breath you will go deeper now.

Mamta was now hypnotized. I started the regression.

Piyush Now you answer my questions verbally.

Go to a time in this life, when, for the first time, you faced the trauma of water.

Mamta I am 9 years old. I am standing near a swimming pool alone and watching people swimming and paddling. Suddenly, my 14 year old brother pushes me into the water at the deep end. I don’t know swimming. I start drowning. I have been pulled by the legs. My throat is choking and I am finding it difficult to breathe. However, I am saved.

I thought I got the reason but I decided to confirm.

Piyush Go to a time when you had been to a swimming pool or river earlier in this life.

Mamta I am at the same swimming pool four months ago.

Piyush Stand there and assess the level of fear of water and compare it with the one where your brother pushed you.

Mamta I feel the same fear.

I was confident of a difference, but she assessed and said that her fear was the same. It indicated some baggage of a past life. I regressed her once more to a time when she was about 5 years old. She confirmed the same level of fear. The derived conclusion was that her fear of drowning in water was from a past life and not from this life. I enhanced her trance. She was deeply hypnotised. I invited her to a past life where the origin of her fear of water in the present life lay connected.

Piyush Go to a staircase and step down at each count of 10 to 1.

Mamta She keeps quiet

She went down the steps reaching the center of the earth. She had been responding very well. She had to go to one relevant door and open it.

Piyush Visualise many doors leading to views of many past lives at the level 1 of the staircase.

Mamta She is silent

Piyush One of these doors will lead you to your past life which is relevant for your present fear of water. Do you see these doors?

Mamta Yes.

Piyush Select a door, pull it towards yourself and go inside.

Mamta It is completely dark.

Piyush Walk a little forward...

Mamta Dark...

Piyush What about your dress?

Mamta I can feel my shoes.

Piyush Can you hear any sound of movement?

Mamta Yes, there are dry leaves below my feet...

I got the answer. It was a night in the forest, but she could not see anything. She could not visualise a year, month or time. We often see the year through some hanging calendar and we assess the month by the season and flowers. We can guess the time by the Sun's position. It was dark so only night could be confirmed.

Piyush Move further and look for any person in the surrounding.

Mamta No one.

She could see nothing. It was dark and getting darker.

Piyush Wait a moment, give me one word for your current feeling.

Mamta Fear...

Piyush Fear of whom?

Mamta 3 persons following me.

Piyush Where are you going?

Mamta Just away from these people.

Piyush Wait here, look back! Do you recognize any of these people from that life or in your present life?

Mamta No...

Piyush Try again!

Mamta No...

Piyush Are you expecting somebody?

Mamta Yes...

Piyush Who?

Mamta I have been engaged. My fiancée should be here. I am going to be married to him soon.

Piyush Is he coming?

Mamta No...

Piyush Why?

Mamta She is quiet

Piyush Did you get married to him later?

Mamta No...

Piyush Why?

Mamta I drowned and died.

Piyush Is your marriage an arranged one or a love marriage?

Mamta It was a love marriage, I loved him.

Piyush Does he love you too?

Mamta Yes...

Piyush Did his parents agree for this proposal?

Mamta She is silent

Piyush Do his parents agree for this proposal?

Mamta No...

Piyush Why?

Mamta She is silent

Piyush Why do his parents not agree to this proposal?

Mamta I am from a different caste. They have fixed his marriage in their caste.

Piyush What is their reaction when they heard about the proposal of your love marriage?

Mamta I do not know

Piyush Leave your body. Go to a moment when the parents of your fiancée are talking privately and listen to their conversation.

The subconscious mind has powers to move around, without restrictions of time and dimension. If guided, the mind under hypnosis can get answers to all appropriate questions. The person can listen to any conversation.

Mamta My fiancée's parents have decided to get rid of me anyhow. So, to eliminate me they engage 3 men, who are following me. These 3 goons wanted to rape and kill me.

Piyush Go to the end of journey when in the dark 3 people are following you with the intention to rape and kill you.

Mamta I have reached a cliff.

Piyush How far are the goons?

Mamta I can't see them. But they will definitely come.

Piyush Is there any place where you can run away or take shelter?

Mamta No.

Piyush What will you do now?

Mamta I have jumped into the flowing river below the cliff and that is how I meet my death.

Piyush Do you know swimming?

Mamta No...

Piyush Come to a moment just before jumping into the river.

Mamta Yes...

Piyush What are you thinking?



Mamta Either I lose my honour or I lose my life or I lose both.

Piyush What do you decide?

Mamta I lose my life.

Piyush What do you think about the water?

Mamta I know I shall not survive and I shall die within minutes after I jump.

Piyush Ok, now jump into the water and relive your death.

Mamta I am jumping. After jumping, I think I should not have jumped. I shiver in the water. I don't know swimming. I begin gulping water. I am soon dead.

Piyush Come out of your body. See your body from outside.

Mamta I am dead.

Piyush Where are those 3 people?

Mamta They have arrived. They can't see me or my body. They believe that I am dead and they go away.

The cause had been identified. Now the **therapy** begins.

I suggested her to come to a point before she jumped into the river.

Piyush OK... What are you feeling?

Mamta Fear

Piyush Fear of what?

Mamta Fear of rape and water.

Piyush Feel that fear...

Mamta

Piyush "Feel the pain of fear"

Mamta

Piyush Where is the pain?

Mamta In the throat...

Piyush Feel it to the fullest

She started crying. I let her cry. I helped her with tissues.

Piyush You are in a deep trance. You now know the cause of your fears of your present life. These fears are being carried over from your previous life. You have felt the pain. Now put this pain in a black box. Lock it and send the pain with the black box to the centre of the earth.

Mamta Ok...

Piyush Could you do it?

Mamta Yes...

Piyush How are you feeling now?

Mamta Much better, relieved and light in head.

I met her recently again. She was very happy. Her husband has started teaching her swimming. Her apprehension of rape has been greatly diminished.

Case II

Client: Akash

A Soul from another Planet

I regressed a teenager Akash, who was 18 years old, to a past life where he looked for the origin of his chronic and incurable stomachache.

I put him into a hypnotic trance. He started feeling his body getting lighter and lighter. I suggested that he raise his left hand and he started lifting. I suggested him to go to a life, where his stomach problem started. He reached a tunnel.

Piyush Keep moving.

Akash It is a tunnel.

Piyush Keep moving.

Akash I can't move.

Piyush Do you see darkness or light?

Akash There is light at the end of the tunnel but I can't cross the tunnel.

Piyush Why?



Akash There is a membrane at the end of the tunnel. I can't cross that.

Piyush Try to cross it.

Akash No way...

Piyush Is there anybody beyond the membrane?

Akash I do not know. Should I try some other door or some other way? It is pointless to wait here.

Piyush No! Let me think. If your subconscious mind has brought you here then there should be a motive. (I needed some time to give him a suggestion)

Akash Ok...

Piyush Go to the membrane. Stand on this side. Leave your body. Let the soul cross the membrane and see what is beyond the membrane.

Akash I have crossed. Some 15-20 people, who look very different are here.

Piyush Ask them for permission to come to them.

Akash Ok, I have requested them and they have declined.

Piyush Come back.

Akash “.....”

Piyush Go and request again!

Akash Wow! They have allowed me. I am in their land. It is a different world.

Piyush Which is the year?

Akash I can't say...

Piyush Look for some newspaper, calendar, gossips etc.

Akash None...

Piyush Which country is this?

Akash Probably USA?

Piyush Why probably?

Akash It is a developed country. The friends are in a motel. But their faces are not similar to the ones of humans on earth.

Piyush Go closer to them. What are they talking?

Akash I can't understand their language, but they are friendly. In fact, very friendly. I recognize none of them. But the faces are similar to aliens that we see in science magazines.

Piyush What are they eating?

Akash I can't make out.

Piyush Come back now.

I got skeptical because I had not read about suggestions to a person whose past life was lived beyond our solar system. Soon I am going to do a second session on him. I think that he misses the food habits of the other planet and that has affected his digestion.

Case III

Client: Manoj Pandey

Cause of Lymph Cancer

Manoj Pandey, 54, has lymph cancer. This affects the entire body. We, Past Life Regressionists look for a stabbing injury for stomach pain, for asthma we look for strangulation and so on. I did not know what to look for in Manoj's case. So, I hypnotized him and proceeded with the questions.

Piyush Manoj, past life regression is like viewing a library of past life events from your subconscious mind. Soon you will see a big sparkling library containing many sections and shelves. They will have books, CDs, DVDs, diaries etc. They will have pages but not the regular pages. They will have a language which you will understand. Go to a section / shelf and pick up a book or CD where your past life details are mentioned. Yes, there is a CD player / DVD player around and you can play it there.

Manoj I got it.

Piyush What do you see?

He reached a barren land. He is all alone.

Piyush Look for somebody.

Manoj Nobody is here.

Piyush Any friends or relatives.

Manoj Nobody.

Piyush Any animals or trees.

Manoj None.

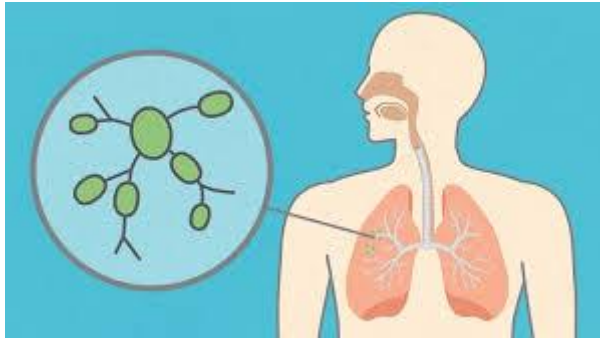
Piyush What are you doing?

Manoj Walking aimlessly?

Piyush Are you carrying some luggage?

Manoj No.

Piyush Go to a place where you sleep at night.



Manoj It is a small cottage. I live alone. I cook for myself. I have no friends or relatives with me.

Piyush Are you married?

Manoj Yes.

Piyush Where is your wife?

Manoj No idea.

Piyush Go to a time when you were happily married.

Manoj I am in a small town. I am happily married. I have a shop of cutting glass. I work for the whole day.

Piyush Go to a moment when your wife met you for the last time.

Manoj She is murdered.

Piyush Who murdered her?

Manoj I do not know. I was sleeping. When I got up, I saw her lying in a pool of blood.

Piyush How do you feel?

Manoj I am feeling sad

Piyush Come to a time when she was killed. Narrate the whole incident.

Manoj Just before dawn 2 people came to my home. They knocked on the door, my wife opened it. One of them wanted to take her out to make love. She declined. The two of them brutally murdered her there and then. She faced untimely death. I could not be with her in her last moments.

Manoj started crying. I let him cry. I invited him to come out of the body at a moment when his wife is just dead.

Piyush Now talk to your wife. She is dead. Your soul will now talk to her soul. Your unfinished communication will be completed now.

Manoj The lady said that “she had a very nice life with me (her husband). Unfortunately, everything is over. She cannot help it. She is very sad.

(On my suggestion Manoj tells her) “Whatever has happened has happened now. Physical body is a temporary shelter. Your soul is pure and clean. Nobody can touch it. It was so destined for both of us.

Wife said. “I am relieved after hearing these words from you. These murderers are not good people. You leave this place and go somewhere else.”

The man soon disposed of his assets. He left for a barren land. He made a cottage there. He never remarried. He died after 28 years. The local villagers used to call him Sadhuji. I invited him to see his body just after his death. He confirmed that he was properly cremated. I invited him to identify his wife of that life with a person in his present life. After sometime he confirmed that his mother, in his present life, was his wife in that previous life. He could identify the year as 1723.

I talked to him after one week of regression (PLR). Like all the others who were regressed, he confirmed that he remembers each and every scene of PLR in high resolution. He is clear of all issues and feeling very relaxed as if some heavy load has been shed from the shoulders. I too believe that this is what happens with everybody after a PLR session.

Case IV

Therapist: Priyadarshan

Client: Sandhya

Mother-in-law and Daughter-in-law

My partner Priya (Priyadarshan) happened to take one client to a past life where she was the perpetrator. (Perpetrator is someone who is the wrongdoer and experiences guilt). A lady Sandhya, of 32 years age, approached Priya for resolution of differences with her mother-in-law. Priya told her that this is nothing out of the ordinary since all daughters-in-law have differences with their mothers-in-law. Sandhya emphatically proved with a couple of instances that her mother-in-law, Geeta, was certainly the worst mother-in-law on earth. Priya agreed to proceed with the session.

Priya Sandhya, I am hypnotising you.

Sandhya Ok...

Priya Go to a life where you developed differences with your mother-in-law for the first time.

Sandhya I am in a village. I am a farmer, I am 28 years old. I work very hard to make both ends meet .

Priya Are you alone?

Sandhya I am not married. I am a man and work hard to take care of my parents and other siblings so I cannot think of marriage.

Priya Who else lives with you?

Sandhya I have an elder sister who is married and 2 younger brothers. One day, my youngest brother was having a fight with our neighbour. Seeing my brother being beaten by the neighbour, I took a big stone and hammered his head with it

Priya What happened then?

Sandhya I killed the neighbour. He has a wife and a daughter who is 8 years old.

Priya How is his wife after her husband's death?

Sandhya Her condition is very bad.

Priya Do you go to jail?

Sandhya No. The village panchayat holds me guilty and makes me repent.

Priya How?

Sandhya They force me to marry the widow of the slain man.

Priya Is she willing?



Sandhya No.

Priya Then?

Sandhya The villagers emphasized the fact that in those days, widows led a miserable existence. Hence, remarriage was an available option in order to escape the hell of widowhood.

Priya Then?

Sandhya She agrees.

Priya Is the marriage done?

Sandhya No pomp and show. Just 4 persons go and bring her to our home.

Priya Does she accept you as husband?

Sandhya I pray, wish and make all efforts that she accepts me as her husband. But she is all the time with her daughter, humiliating me more and more. Neither she nor her daughter speaks to me. Although we are married, we have no husband-wife relations in the true sense.

Priya What is her name?

Sandhya

Priya What is her name?

Sandhya Sunita...

Priya And her daughter's name?

Sandhya Roli...

Priya How do you feel about this marriage?

Sandhya Sunita has not accepted me. Roli too hates me. I have no life. I want to get rid of it. I have escaped the law, though not my conscience.

Priya What happens one year after your marriage with Sunita?

Sandhya Her physical, emotional and financial dependency has brought us closer. Still, Roli does not like me.

Priya Anything more?

Sandhya Sunita gave birth to my son. Roli is isolated and I am happy.

Priya Do you love your son?

Sandhya Yes, very much. I am father of my child.

Priya How does your child look?

Sandhya He is beautiful. I play with him. He is growing older. I am working hard to earn more and keep everybody happy.

Priya That is great.

Sandhya

Priya Is that not too sweet a life?

Sandhya

Priya Come on. What do you see?

Sandhya My bad run is not yet over. There was a fire on the farm. I lose my entire crop. I have nothing left.

Priya Do you have any savings or insurance?

Sandhya There is no concept of insurance. As my earnings are hardly enough to feed my large family, I have no savings.

Priya How do you cope with this?

Sandhya I am very disturbed as I am the only earning member.

Priya What do you feel?

Sandhya I should end my life and also that of all my dependent family members.

Priya Do you do it?

Sandhya

Priya Do you commit suicide?

Sandhya

Priya Do you kill your family members?

Sandhya A 44 years old widower approaches me. He wants to marry Roli. How can I give a child who is just 15 years in marriage to such an elder person? I decline.

Priya Ok. Good.

Sandhya But he comes back with a lot of money to be given in exchange for Roli.

Priya Then what do you do?

Sandhya I wonder if it is not in the best interests of all if one person is sacrificed (in marriage) which will save all the others.

Priya Do you convince Roli to marry the old man?

Sandhya I put all sorts of arguments to Sunita. Initially she declines but later on she agrees to talk to Roli.

Priya Does Roli agree?

Sandhya She does not have the prevailing opinion.

Priya What do you do then?

Sandhya Roli marries that old man. We get money. I save the life of the other members of my family.

Priya How do you feel?

Sandhya I am haunted by my guilt and I cannot get the image of young Roli out of my mind. How could I be so cruel with a child? This memory haunts me forever.

Priya Do you recognise any member from that past life to be any member in this, your present life?

Sandhya

Priya Repeats the question

Sandhya No... Wait...Wait a minute. Roli is my mother-in-law in this life.

Priya Are you sure?

Sandhya I am clear. Roli is my mother-in-law in my present life.

Priya Do you recognise any other relationships?

Sandhya Sunita is my neighbour who inadvertently supports my mother-in-law.

Priya Do you want to improve this relationship?

Sandhya Yes. I am a good human being. I always look for warm and affectionate relationships. But my mother-in-law is not willing to mend our relationship. What can I do in this case?

Priya You can do a lot because you have come for the PLR session.

Sandhya I shall do everything whatever you say.

Priya You are harbouring a burden of marrying Roli against her wishes in your past life. Roli is carrying a burden too.

Sandhya I am sorry.

Priya Say it to Roli.

Sandhya I am sorry.

Priya No. Go to your past life. Go to a moment when you have got Roli married to that old man. Wait at that moment. Request Roli to listen to you. Then say sorry to her.

Sandhya I am expressing my regret to Roli, she has forgiven me. I am relieved. Roli also sounds better.

Priya Do you feel lighter in thinking about your relationship with Roli?

Sandhya Yes. I am feeling better.

Priya Congratulations and thank you for trusting and trying PLR therapy.

Sandhya Thank you too. But my mother-in-law will not change her behavior whatever I do.

Priya Anyway, all the best.

One fine evening Sandhya came to Priya and told her that to everyone's surprise her mother-in-law now loves her very much and takes care of even her minor desires. This was a miracle for everybody in the family. However, Sandhya has not told anyone about her PLR session and her regrets about her wrong deeds of her past life.

Case V

Therapist: Priyadarshan Patankar

Client: Dr Piyush Saxena

Life between Lives

During my PLR training under Dr Trupti Jayin my trainer, Priyadarshan Patankar did a “life between life” session on me. I was skeptical like all of you initially. He hypnotised me and proceeded with my regression.

Priya Piyush, Come on to the bridge.

Piyush Ok...

Priya You will find mist there.

Piyush Yes...

Priya The mist will disappear.

Piyush Yes, Its disappearing.

Priya Go ahead!

Piyush Ok...

Priya Cross the bridge!

Piyush I am at the end of the bridge. It is suspended.

Priya Move ahead!

Piyush I shall fall.

Priya Move ahead you are going to a life between lives. You will not fall.

I was sure to fall from the bridge. One end of the bridge was on earth. The other end of the bridge was suspended towards the cosmos. I was standing at the other end. My hypnotist Priyadarshan wanted me to take my next step towards the cosmos.

Piyush Ok, I am taking my next step. Wow! I did not fall.

I was standing without a base. I could move very fast. Time is not a dimension there. I walked a very long distance.

Priya Where are you?

Piyush In the cosmos...

Priya What are you doing?

Piyush Going here and there..... long distances nothing to see, no places of interest like Taj Mahal, Eiffel Tower, Statue of Liberty or God.

Priya Find your soul mates and other friends.

Piyush Where to find them?

Priya Look for them and you will find them.

Piyush Yes! They are there welcoming me. It is an oval table floating without a base. We are chit chatting in a friendly manner.

Priya What are you talking about? They will tell you about this place.

Piyush Some matters of my past life. But there are no health or property issues. All relationships are good.

Priya Now take permission from your soul mates and go to your guide.

Piyush Where is he?



Priya You will find him.

Piyush Yes! I am in front of my guide. He is helping me reconcile with the accounts of my sins and merits. I am coming to my soul mate. Some storm is coming.

Priya What colour is the storm?

Piyush Orange and yellow, it is very strong. It is only energy and it is coming at a very fast speed. I may not be able to withstand it.

Priya Ok...

Piyush It has come. I can't stand it.

Priya What happens?

Piyush Nothing. It has gone. I am safe (My teacher told me later that I had seen a cosmic storm)

Priya Come back!

The session was over. I had some idea of a life between lives.

PLR sessions with Eunuchs

Do past life actions or '*karma*', as Hindus say, cause a soul to take birth as a eunuch? With a desire to seek more in-depth knowledge, I have performed PLR on a few eunuchs to ascertain the causes in the spiritual sense, for their birth as eunuchs. A strong link between their birth as eunuchs in this life and their previous lives was found based on the principles of PLR. Results of PLR sessions with two eunuchs are narrated below which are taken from my book, 'Life of a Eunuch'. Interested readers can go through the said book.

Saundarya's Testimony

Saundarya true to her name, is beauty personified. She has been bestowed with divine beauty, a beautiful face with striking, sharp features that make most women jealous. A trained dancer, she gives dance tuitions to girls from rich families of Hyderabad, the capital city of Andhra Pradesh. Saundarya hobnobs with the rich and the famous. However, Saundarya is not a normal woman.

Her beauty hides a terrible secret – the absence of a gender. She stays with her parents and a lot of men have a crush on her as they are not aware of her actual gender. For them she is a beautiful princess, as her parents have not revealed the dark secret about her actual gender or lack thereof. It was knowingly and tactfully done so that their social status remained unscathed and intact. In a way, life is beautiful for her. However, this idyllic existence is but a mirage, since she cannot lead a truly fulfilling life as a woman.

Saundarya's gender deprivation and pyrophobia made her very depressed and she decided to seek answers about her condition. Not finding any among accepted norms of society or medicine, she decided to explore unconventional, yet effective solutions to her problems. In her quest, Saundarya decided to have a session of PLR, which finally succeeded in uncovering the tragic story behind her reincarnation as a eunuch.

During the PLR session, Saundarya visited a past life and started relating her tale as Pandit Chandramohan. She assumed his identity and narrated the events of her past life in which she was born as Chandramohan. Her voice assumed a different tone and her expression changed to reflect her feelings in her assumed role. According to locations pointed out by Saundarya during the session, Chandramohan was born, brought up and based in Kanha, about 100 km from Jabalpur, Madhya Pradesh. He was the son of a priest and had inherited the priesthood of the village temple from his father. "If there was anything in excess in those barren villages," Chandramohan said, "then they were snakes. These snakes outnumbered humans residing in those villages. Every now and then, someone died due to snakebite.

My father, Pandit Suryamohan, built a '*Naga*' temple in the village with the help of villagers and told them to worship *Naga Devta*, the king of snakes and seek his protection. From that time onwards, though snakes were still plentiful, no one from the village died of snakebite. This irritated the evil spirits of the universe but since my father was a noble soul, they were unable to harm him. After my father's death, his legacy was carried on by me. Initially, I also performed my duties in earnest. As it is rightly said, it is very easy to corrupt, pollute and contaminate a young mind. I was at an age when distractions from duty can easily divert the mind of a young man from spiritual pursuits and the evil spirits found this to be a ripe time to undo the good deeds done by my father."

They sent an evil spirit to me in the guise of a young and beautiful lady. She was the most beautiful girl I had ever seen. I was immediately tempted by her. Anyone else in my position would have also fallen prey to her charms and wiles. The temptation was so strong that I wanted to make that girl mine by marrying her by hook or crook, fair means or foul. I started making advances to her and she too responded as she was directed by the evil spirits.

We started meeting every day and at night too. In my lust for this woman, I stopped performing all my duties at the village temple and worshipping the *Naga Devta* and sank to very low depths of morality. The evil forces were succeeding in their plans. One night,

Naga Devta appeared to me in a dream and warned me of the consequences of my immoral actions and reminded me about my not performing my duties properly. However, I was so consumed by my desire for this girl that I did not pay any heed to this warning. In time, the villagers came to know of my illicit relationship and rumors about my affair were whispered from ear to ear. Love is not only blind but also deaf. I did not care for these murmurs of disapproval of the village folks and turned a blind eye towards it.

Finally as expected, the worst happened. One night, the village was hit by a violent storm. Thunder and lightning raged and crackled throughout the night and the villagers feared for their lives. Unaware of all this, I was engaged in my lustful activities with my paramour in a nearby hut.

Next morning, they found the temple lying in ruins and the revered idol of *Naga Devta* had disappeared. The villagers were devastated and were terrified of the future. Now, once again they would have to bear the brunt of the snake menace. Pointing towards my hut, someone shouted, 'Look at this evil son of a godly man! He has spoiled the name of his noble father. Let us kill him.'

The villagers cursed me that in my next birth, I would be deprived of the ability to have sex, which was the very cause of my personal and the villagers' downfall. Before my beloved and I could do anything to protect ourselves, the villagers burned down our hut and both of us died in the engulfing flames.

I am still repenting for the mistakes I had committed but I don't know how to correct them," said Saundarya. It was clear that she was suffering from the curse of her previous life. Saundarya now came to know the cause of her gender deprivation and pyrophobia.

The session made her realise that she had atoned for her sins in her present life by being born as a eunuch and that she would be rid of her problems in her next birth. She now came to know the cause of her condition and came to terms with her situation. She was helped by the PLR session and Saundarya has adjusted to her condition and feels much better now.

Pinky's Testimony

Pinky aged 30 years, is a resident of Paud Road, Pune. She is a eunuch who solicits male clients in order to seek pleasure as well as earn money. However, Pinky regrets not being able to have a family like a normal woman and often wonders why she has been singled out for such a terrible punishment by God. Pinky agreed to a PLR session which brought out some shocking details of her previous life incidents and culminated in her birth as a eunuch.

Pinky's narration is briefly as follows:

"I am Indrayani, the princess of a small kingdom of Pratapgarh in modern day Uttar Pradesh. I have just turned 18 and started becoming aware of my sexuality. Just like other girls of my age, I keep dreaming of a prince charming, who comes in my life and makes passionate love to me. I see myself in a dense forest, early in the morning when dewdrops are still fresh like diamonds on flowers. I am wandering lustily in the forest when suddenly, I see a young lad, about 20 years old who looks very much like the prince I always dream of! He is very robust and has divine features. He is Rana, a strapping young soldier in the army. His father is a charioteer to my father, the king. He approaches me and holds my hands. I am so mesmerized by his charm that I go with him without any hesitation.

We sit under a tree in the dense forest. He slowly seduces me. He kisses and hugs me. I am happy and I enjoy his advances. I feel my dreams coming true. Suddenly we are interrupted by a strange noise coming from the bushes nearby. We can hear someone approaching and wait for some time until the passersby depart. He takes me in his arms again and we make passionate love. This is my first sexual experience and I enjoyed it thoroughly. I have no remorse. We part ways and I make my way home. On the way, I come upon a pond. There are many pigeons, peacocks and other species of birds around me. They are splashing about in the water and spraying water droplets around. I also feel like a free bird today. I play with them, take a bath in the pond and dry my hair."

At this point, the story seemed quite flimsy. As her sexual orientation was quite evident, it was as though her oppressed feelings were coming out during the session and she was living out her fantasies.

It was felt that the PLR session would not throw much light. Just as she was being brought out of her trance, she started describing her life in the palace.

“I live in a huge palace surrounded by acres of green lawns. Some ceremonial function is going on, on the palace grounds. Many people are having dinner and courtesans are dancing in the courtyard of the palace. I am not interested in the dance and I wander away. It is as if I am waiting for someone. When out of the blue suddenly, I see him coming towards me! He is the same young man, Rana, the prince of my dreams, whom I had met in the forest and made love to. I feel happy to see him but unlike our passionate meeting in the forest, I do not have the courage to go to him or greet him.

As time passes, my attraction for Rana grows and we often meet. On the quiet, unknown to others, I have started meeting him inside the palace as well. However, my love for Rana does not remain hidden for long. People residing in the palace have started whispering about this out-of-caste love affair between a princess and a soldier; which does not gain acceptance but fascinates one and all.

Very soon, these whispers move out of the palace and spread in the entire kingdom. It becomes the talk of the town. People have started maligning me. My father, the king, who is not in good health, hears about this and immediately plans my wedding with prince Narendra Dev, the prince of Rampur, the neighbouring kingdom. I do not like him. It is Rana who is always on my mind and with whom I want to get married. Very soon, prince Narendra Dev also comes to know about me and Rana. Narendra Dev, a good horse rider cooks up a plan with the help of my ailing father. My father invites Rana and Narendra Dev and stages a competition between them to bring a black coloured rose from a neighbouring hill. He who brings the black rose first will get my hand in marriage. I know that it is a trap for Rana but I am also confident that he will do anything for our love. He brings the flower first and gives it to me.

My father's conspiracy has failed. However, that does not prevent Narendra Dev from carrying out his nefarious intentions. He wants to take me by force. However, Rana accompanied by his loyal friends, is already there and ready to face him. An unexpected battle starts at midnight. Shocked, I can only cry out and ask myself, 'What is wrong with falling in love?'

Both sides are prepared to fight the battle to the finish. About 500 persons have lost their lives with an equal number grievously injured. Narendra Dev runs towards Rana, overcoming everything in his path. Rana sees him and stabs him. Blood gushes out of Narendra Dev like a fountain, who dies soon thereafter. Seeking revenge, his soldiers attack Rana and pierce his chest with a javelin. Somebody hits me too and I lose consciousness. A while later, I come back to my senses and move towards Rana, who is gravely injured. Holding hands, we go to a nearby well. Our enemies are approaching us, so we jump into the well, still holding hands tightly. The traitors kill my entire family. There is chaos in the kingdom. What was once a happy kingdom is now transformed into anarchy. I am happy that I have honoured my love. 'What is wrong with falling in love', I keep asking myself." A glimpse of the solution showed itself but Pinky alias Indrayani still could not get the answer.

She was asked to visit the scene of her death. She continued her story, "People are crying. Many birds and animals flock to where I am being cremated because I loved animals and was loved by them in return." Indrayani was still not getting the hint. Because of her love, a kingdom had come to ruin. Many people lost their lives and many families had been ruined. In her trance, she was guided to visit the mourning families who were cursing her.

Indrayani finally got the hint. She reached the house of a family known to her. "I am at the home of a soldier and a close friend of Rana who has been killed in this battle. His mother is crying, 'Go to hell, God will not have mercy on you. I have lost my only son, as have so many others. May you never bear a child. This is the curse of an old widow – who has lost her sole support at the altar of your illicit love.' I can see the result of my actions now." Things were becoming clear to Indrayani. A newly wed young girl had lost

her husband. She cursed Indrayani that she would not get a husband nor be able to make love in her next life. Moving around, she saw many such bereaved families who were cursing her.

Finally, light dawned on Pinky alias Indrayani. She asked me again, "What is wrong with falling in love?" But this time, she had found her answer.

I explained the answer to her, "Pinky, there is nothing wrong with falling in love. But we carry certain responsibilities in life. You were the princess. You could have sacrificed either your love or given up your kingdom. You could not have kept both, as you wanted to. That was wrong. So in time, you lost both. If you had renounced your kingdom in order to pursue your love, then there would have been no problem. Now go to the people who have suffered heavily due to your selfishness and apologize to them."

Pinky was convinced. Later during the PLR session, she went to apologize to the people who had suffered heavily. The mother of the slain man and the widow of the newlywed young man slammed their doors on her face and refused to talk to her. Indrayani went from door to door but was turned away every time. She felt frustrated and realised the gravity of her mistake. It was explained to her that people did not forgive her because her sins had wrought havoc and could not be forgiven easily. Pinky has now realised her mistake and repented for it. She is more relaxed now and feels much better in her present life.

As mentioned earlier, the misery and deprivation suffered by both Saundarya and Pinky in their present lives can be seen as a choice made by their souls to atone for the 'misdeeds' of their previous lives and progress on the path to their salvation.

Sample questionnaire for Life between Lives

Some people have no major problems in life worth a PLR. They can enquire about minor issues or go to a Life between Lives (LBL) session. The experiences are just amazing.

When I take a client to a life between lives, I suggest a sample questionnaire as is placed below. During hypnosis, the client responds to my questions on the following lines. The responses have not been provided because each client's replies are different.

After hypnotism the client goes into a trance. I start talking to her. (This is a hypothetical case, I will call my client Madhuri)

Piyush: Do you feel that you need to stay around the body?

Madhuri: She looks tense and shocked

Piyush: Don't wait for too long. I'll count 3,2,1 and you will be ready to move on.

Madhuri: She still looks tense and shocked

Piyush: How do you see yourself now without a physical body? How do you appear?

Madhuri: She looks tense and shocked

Piyush: Are you alone? Or is there anyone around you? Or any other being who looks like you?

Madhuri:

Piyush: How far or near are they from you?

Madhuri:

Piyush: Would you like to belong to that group?

Madhuri:

Piyush: Where do you feel the need to move to?

Madhuri:

Piyush: What is your colour and complexion? What is the colour in which you are moving? Does this dimension have a colour?

Madhuri:

Piyush: Are you moving fast or slow?

Madhuri:

Piyush: Are you feeling heavy or light?

Madhuri:

Piyush: Is there a sense of time? How far are you from Earth?

Madhuri: I do not feel any sense of time.

Piyush: How long ago did you reach your destination?

Madhuri:

Piyush: At the count of 3 you will arrive at the gateway, which will take you forward and you will feel a tugging / tingling sensation. There will be a sense of recognition and you will feel a wave of familiarity and you will know where you are going (I create safety) for Madhuri for her fears and apprehensions to disappear.

Madhuri:

Piyush: You are now entering a smooth passage or corridor or cosmic tunnel which is going to lead towards home (safely). You seem to be now in a hurry and your movements are becoming strong and spiraling. You can feel powerful vibrations. As you expand and grow at a distance, you will be able to hear tinkling of bells, humming, echoing sounds of music that soothes you completely, a wind chime at a distance nearing home. There is a scent or fragrance which will help you to recognise your home. Taste and smell the scent of fresh cut lemons. You are moving now to that dimension where you are rising upwards, entering the spiritual realm, moving through a body less state to a place where you belong. Look around and see how it looks and how you feel. How does it look? Does it have a colour (colour of chakra VIBGYOR Violet, Indigo, blue, green, yellow, orange and red)? Is there somebody waiting for you?

Madhuri:

Piyush: Would you like to meet your guide?

Madhuri: Yes.

Piyush: Along with your guide, you will also find your close relatives and friends. You will see familiar faces welcoming you. This is your welcome party

of family, friends and guides.

Madhuri:

Piyush: How are you feeling now?

Madhuri: Amazing, unbelievable, so much love, no animosity, no vice.

Piyush: When will you move from here?

Madhuri: I am happy here with so many known souls.

Piyush: Who moves first?

Madhuri: My grandpa has already gone.

Piyush: Who is leading you? Would you like to move with any particular person's soul? Where do you move to? Does your guide accompany you all the way? (infant souls need a guide)

Madhuri: I don't know where to go. I need help to go.

Piyush: Where do you move next?

Madhuri: I will wait here.

Piyush: How long do you need to wait?

Madhuri: I don't know.

Piyush: Why don't you wait and assess the life which you have just lived? You are slowing going to move to the chamber of healing. You will meet the council of ministers as I count from 5 to 1 (5..., 4..., 3..., 2..., 1). Soon you will be floating towards a large crystal dome, sparkling with a thousand stars, radiant light entering the corridor, moving inside the chamber. You will now experience a telepathic exchange of information about what you need to know about the life you have just left.

Madhuri: It is brilliant here.

Piyush: What do you feel about the obstacles that you chose? The Council of ministers inside will give you reasons why you chose these obstacles.

Madhuri: I am trying to understand.

Piyush: Do you want to integrate any of these obstacles? (Integrate, resolve and assimilate) and you become free.

Madhuri: Yes...

Piyush: Now you are going to move at the count of 3 to a room in this place. You will be in Akashic library. You will enter the library which contains all the past records of the many lives that you have lived.

Madhuri:

Piyush: What does your present life really look like?

Madhuri:

Piyush: Where do you feel you need to move?

Madhuri: I move to a shelf which keeps my records.

Piyush: Right there on the front shelf, you will find your records.

Madhuri:

Piyush: You are going to look for the book which has record of the life time which you just left or any other life time where the problem occurred.

Madhuri:

Piyush: Pick up the book and open it. On every page of this book, there is a move of that life. As you open the page in a life time which gets you in touch with your present life.

Madhuri: It is a CD/DVD.

Piyush: Pick up a DVD movie and play it. When the movie is being played you will see traumatic unresolved scenes. Enter and correct the errors.

Madhuri:

Piyush: Move out of your chamber. Go and meet your guide. You are going to wait here and allow the person who needs to know about the choice of relationships. The person will arrive. He will tell you telepathically. Look who arrives?

Father, mother, brother, sister, husband, wife or a close relative, who is dead for this life.

Piyush: Look at the person!

Madhuri: He is here.

Piyush: Telepathically the person will let you know why he chose you

Madhuri: Now I understand.

Piyush: Has the person moved away?

Madhuri: Yes

Piyush: The guide will now let you know whether anything is left about the choice.

Madhuri:

Piyush: How are you feeling now?

Madhuri: Great.

Piyush: What do you feel you have resolved?

Madhuri:

Piyush: How long do you wait?

Madhuri:

Piyush: Are you ready to arrive back after understanding the purpose of physical ailment?

Madhuri: Yes...

Piyush: We moved out and pass through all the realms of consciousness, see your physical body and enter your body. Enter through chakra whichever you have a problem with.

Meeting with Aliens

I learnt to do Past Life Regression in the year 2009. Then, I posted messages to my friends, informing them about my new knowledge and invited them for such sessions free of cost. Most of my friends were happy and very soon I conducted sessions which involved different issues. I was always intrigued and it was very interesting as no case was similar. A friend of mine, Munish Chawla had done a course in Reiki from Ms. Yvette Pancras. There he met Mrs. HarperA De Singh*.

Munish and Harpreet discussed PLR and he informed Harpreet that I am conducting PLR sessions. She became so enthusiastic and curious to know more about the subject that she immediately came to my residence along with her aged mother, Mrs. Ahluwalia and her adolescent daughter, Jasmin. I explained the entire process to them and also that it involves hypnotism and activation of the subconscious mind.



**Harpreet A De Singh, is the Executive Director & Chief of Flight Safety - Air India. She is President of Indian Women Pilots' Association (IWPA) affiliated to 99s world organization. She is also the Vice Chairman of 'Aeronautical Society of India', Mumbai Branch & Council Member at Headquarters of AeSI and has presented many papers in various International conferences.*

Harpreet was asking questions while all the three of them were keen to have sessions at the earliest.

We set a date in the next week when I would do a session for Harpreet's mother first, then with Harpreet on the next day as she was working and not free on the same day, followed by a session for her daughter, Jasmin.

Next week as scheduled, I started the session with Mrs. Ahluwalia. They belong to the Sikh community. She a Sardarni, is a very religious woman and a regular visitor to the Gurudwara. She had lost her husband, Mr. Kali a few years ago. She desired to speak to her deceased husband. It was my first attempt. She had done her home work as suggested by me. She went into a trance quickly. It happened quite fast. I was also stunned. She spoke to Gurugobindji and other deities. She met her husband and they talked in detail. For me it was a very satisfying experience.

When the mother was in PLR, she smoothly entered her past life and saw herself in Scotland. She could identify her present life family members in that past life.

When I regressed Harpreet into her past life, in her very first session, instead of going into past life, she went into space and met her father, who had expired in 2007. It was a very emotional meeting. The other most astounding aspect was that she met Guru Gobind Singhji (10th Guru of the Sikhs) in her very first PLR session. She being a very spiritual person was in conversation not only with her father, but also with her Guru Saint.

In another PLR session on Harpreet's mother, Mrs. Inderjeet Ahluwalia, I requested her to invite my younger brother Saurabh who had passed away in 2002. This was my first interaction with a person known to myself who was not in this world now. Saurabh suggested that I talk to him directly. His voice and language was absolutely clear. Saurabh realized that I was not trusting his presence. He spoke certain words which were known only to the two of us. I asked him for a date and we fixed it for 13th June 2009.

After that, I did two sessions exclusively for talking to Saurabh and I got very interestingly logical and convincing answers about his short life, his coming to Earth and the purpose for which he had taken birth and it really an eye opener. He also gave me

some valuable authentic information about the other world. I was really getting excited. Believe me, I got many answers which I could never have perceived ever possible.

I conducted close to 50 sessions with Harpreet and we came out with surprising answers for many mysteries of life. In our initial sessions she was on a white horse in a white dress and had a sword in her hand. She had always been keen to talk to Guru Gobindji, Jesus Christ and Lord Shiva for seeking their blessings and guidance for her present life. The sessions were centered around devotion to these gods.

Somewhere around that period I thought of visiting other planets. I requested my Reiki teacher to try this on me. She had no formal training of Past Life Regression. Harpreet also had no training of this type. I told them the process and they started with me. Yvette had been talking about Planet Thiaoouba and Thau. She wanted me to have one session with Thau. In the year 2010 she was doing a session on me. I shall never forget the pull with which I was drawn to the sky and much higher with amazing experiences. She asked me for my desired destination. During earlier sessions I have had opportunities to visit a few planets, but that day I requested to visit the planet of love, the planet of war and Thiaoouba. I shall be describing later about different planets but then the most amazing part is whatever I saw and the logical information I could gather, had already been appearing on the internet by other persons whom I had never seen or met earlier.

I put a question to myself whether fishes in Deep Ocean know anything about a human civilization which is existing on the surface of the water in which they live. Harpreet went into a trance. Neither of us knew how to go about it. I suggested to Harpreet to go deep into the water and look for the king of fishes. Deep down in the ocean, she could not find anybody. I persuaded her to continue her efforts. Within seconds she found someone who was desperately opposing my efforts. She was told point blank to go back and never think again of intruding in the territory of the Fish God. I persuaded Harpreet to request her gods and seek help and guidance about this search for our academic clarification. She again pleaded with the *MatsyaDev* and behold, He permitted Harpreet inside the kingdom with full honours. The meeting and discussion of Harpreet

and the Fish God continued for a couple of minutes but the gist was that the fish residing in the oceans and down below have a world of their own and they have no clue at all as to what is happening on the top of the water surface. I asked about how they felt when they saw shipwrecks. The God replied those are all UFOs. Their world down is different, their life is different.

In the material world, very soon trips will be organized to carry passengers/tourists to the Challenger Deep in the Mariana Trench, the deepest point on Earth. The eight-day trip, which includes three dives into the Deep, will cost \$750,000 per person.

In one of the sessions I enquired if at all the Universe comes to an end, how it will be. We found that many souls are in the process of evolution. They take birth to face challenges and enjoy opportunities for their advancement. This process continues life after life until all the souls have achieved that particular level which is required for its assimilation into the Supreme Soul. After that Harpreet and I observed that there is a funnel and how all the source comes together in a flood form and assimilates to the Supreme Soul.

There was another case of Satnam, a parrot who died after living a long life with Mrs. Ahluwalia, Harpreet's mother. The points related to the parrot's before and after life are very interesting.

She obtained Commercial Pilot's License from IGRUA in 1988 and was selected as the first woman pilot, Air India. She is a qualified Instructor who imparts DGCA approved Technical training for all Pilots, Flight Engineers, Flight Dispatchers on CAT-II/III, RVSM, ETOPS, MNPS, FMS, etc. on all types of Air India aircrafts which are A310, B747-400, B747-200/300, B737-800 & B777.

Her husband Mr. Pushpinder Singh also works for Air India and is their senior most pilot.

Extrplanetary travel to the strange moon

Therapist: Dr Piyush Saxena and Vidhi Good

Client: Gopal

I know Piyush since my school days. We have studied together as classmates since Grade 10 which was from the year 1972 onwards. Piyush suggested that I read the Thiaoouba Prophecy which I thought was a science fiction. He offered that I could do a session in connection with what I had read. It was arranged that Vidhi would join me in the session.

Piyush hypnotized me and I slipped into a trance. I travelled with Vidhi who, with the guidance of Thao took me to a faraway planet with strange inhabitants.

I was moving through stars and constellations at tremendous speed. I was accompanied by my guide, whom I could not see but I felt her presence with me throughout the journey. Somehow, I avoided all the planets, stars, asteroids and stellar objects and headed towards a planet. While crossing its atmosphere, I felt that there was a presence of great energy and light, surrounded by hot clouds filled with water vapour of high temperature which implied that no life form existed on it.

I landed on a moon of this planet which was adjacent to it. I could see that I had landed along a railway track. The rails were strange, only 20 cms. apart with clips to hold something which could fly in the air and keep it floating above the rails.

I followed the tracks/railway line and reached the station which was deserted except for someone working there who had strange features. He was of medium height, about 150 cms. muscular in build but with a face which appeared like a thatch, pyramid like in shape.

He guided me to a road outside the station. It was dark all around. I guessed that it was night on this moon. The road was metaled, as are common on Earth, about 8' wide. No vehicles or lamp posts could be seen.

There were some huts about 100 mtrs. away. I reached the first hut which was a sweetmeat shop. The shopkeeper was thinner than the man that I had met at the railway station but he too had similar facial features, which surprised me.

I introduced myself and said that I had come from planet Earth and wished to know more about this place and its people, which appeared strange to me. He replied that I would have to stay with him until day break when he would be relieved of his duty at the shop. He would then take me to the local village nearby and show me around.

We chatted; it seemed as if language was no barrier. Transmission of thoughts was instant without any speech.

I was very curious about their appearance, their lifestyle, etc. and so I asked him many questions.

He told me that everyone on this strange moon looked the same except for their physical built which varied. He told me that they were advanced scientifically, knew everything about computers and science but used no currency. Everyone produced or engaged in whatever occupation he was best suited for, without desiring any money in exchange – everyone produced and placed his produce at a convenient place so that anyone who needed it could take according to their requirements. This applied to farmers, industrialists, factory workers and all the other classes.

Since all of them had similar faces, their identity was their produce or production capacity.

Their complete lack of greed and freely giving up ownership of worldly possessions in excess of their needs baffled me. I told him how Earthlings functioned on our planet and appreciated the purpose of life on their Satellite – i.e. attainment of best productive ability. I told him that I liked the concept of life on this strange place. He smilingly remarked “Why don’t you stay here forever?”

I told him about my inability to do so because of my physical existence on Earth. However, I thanked him profusely for the offer.

I looked around to see if I could decipher the timeframe of life on this strange planet's moon and its existence. A look at a calendar in the shop indicated that it was 2030 A.D.

At daybreak, we walked to his house. I asked him whether they used vehicles. He told me that presently, they were not using vehicles on the roads although, in the past they had used them.

I was told that they used gravitational energy for local travel at lower heights. High rise stations were built for such travel at convenient places and ropeways connected them with destinations.

In place of vehicles, they used light weight chairs and trolleys made of cane or plastic attached to pulleys with hooks on ropeways. Pulleys were provided with handbrakes.

We reached his house and met his family consisting of his wife and two children – a daughter and a son, both about 10 years old. The clothes they wore were similar to what we wear in North India.

Their house was three storied. The covered area was very less. I could see similar houses having the same size and height in the vicinity. On enquiry he told me that their homes served as high rise stations for local journeys and that was the reason for building them up to such heights.

I thanked them and sought their permission to leave their house and look around their satellite.

Bidding them adieu I moved away from habitation. I reached a forest. There were trees similar to those found on Earth but their trunks were almost conical while the tree trunks on Earth are cylindrical in shape. Water flowed in a stream very slowly. I drank the water and it tasted like distilled water, it was tasteless.

Though it was day time, light everywhere was of very low intensity with no sign of a Sun anywhere. There was only diffused light unlike the bright light that our Sun provides to Earth. I did not feel like returning back but the clock was ticking. So we decided to come back.

I have been a student of Physics. Before the session I had a belief that there is nothing beyond our astronomical research. Now I say with conviction that it is possible to visit other planets while in a trance. My observations with respect to life on other planets and satellites of the Universe were startling and amazing.

Vidhi guided me with so much precision that I am now convinced that she is from the other planet which happens to be her permanent home. In her present life, she is a visitor on Earth.

Extra Planetary Travel to the Orange Star

Therapist: Ghulam

Client: Divesh

Dr Piyush had given a lecture on other terrestrial planes and had explained how is it possible to visit them, however not everyone can have that experience. So one evening, after snacks and tea, Divesh requested Ghulam to take a PLR session with him as he liked his energy and enthusiasm. The session took place in a tent in the garden after sunset.

He nurtured a desire to visit and experience a beyond Earth dimension or any such plane and not visit his past life. Ghulam is very good in giving precise instructions exactly as was taught to us and he started with the text book technique and began with the slow and deep relaxation technique. The session then proceeded as follows:

Divesh finds himself in a beautiful setting of twilight in the late evening, with some light still available. There is a nip in the air but he does not feel cold. He finds himself in the midst of a beautiful lake with flowers in the centre of the lake. The lake is surrounded by snow clad mountains on all sides, and it appears like it is somewhere in the Himalayas or some very spiritual place with serene surroundings. He sees a silhouette of a meditating monk under a tree and believes that he is that monk in that life. As Ghulam leads him to a different setting, he walks in the same greenery but in lush green grass. On walking ahead, he finds a house which is bright with a lot of different lights. It doesn't

seem to have any tangible door, but seems to be made up of light spectrum and vibrations. He prays to the door and asks for its permission to enter. He enters the house and it is full of bright light, as if it is in some different realm. He looks out for a staircase, but there is no staircase in sight and instead there is another door which opens outside. He again prays and seeks permission to enter. He opens the door and the things that happen next are quite fascinating.

The door opens, and it is as if there is endless darkness all around. However, in a sense, he can still see the bright sky and far away galaxies radiating bright light. Outside the door, there is a bridge which seems unending and he is instructed to walk. As he starts walking on the bridge, he feels that it is made of some kind of wood or some very different celestial material. As he begins walking, he can hear some strange sounds like loud bursts of different frequencies at certain intervals, as if they are coming from the stars. Overall, it is peaceful and the background sound is very soothing like that of a good wind-chime constantly chiming. It seems like some kind of healing sound which refreshes one's soul too. He continues to walk on this endless bridge and then he feels inspired to ask the Universe who is he, and what is the purpose of him coming here. Hence Divesh, standing on the celestial bridge asks loudly three times "Who am I? And why am I here?", and it appears that this had a big effect on the Universe. His voice begins to echo and spread in the entire Universe like ripples of waves, and then it was heard multiple times, coming from all the directions. The experience was like being absorbed in your own self and he closed his eyes.

He opened his eyes later because of the bright radiating light coming to him and engulfing the vast and infinite darkness. He saw that above his horizon was a giant reddish orange star shining and it seemed as if it was saying something to him. As he looked at the orange star, the star threw a rope ladder to him as if in invitation and permission to climb up. The rope was made up of some unknown translucent material like optical fibers, such a material is not found on Earth. He pulled the rope ladder towards him and started to climb, but as soon as he touched the rope, another very interesting thing happened. Till now, Divesh could see and feel his current life body (maybe in astral form), but then on touching the ropes, he found himself to be made of

almost the same translucent material, and his body to be very elastic in nature i.e. it can increase or decrease in size. The translucent body in the light of that star was almost reddish orange as light was passing through it. Maybe we can say that at that time, his body was in some other dimension. Soon, climbing the long rope-ladder, he reaches the spot where the rope ends. He mentions that it was like an orbit or parking spot where astral bodies remain surrounding the star. The rope-ladder then disappeared and he was alone, directly in front of the orange star. Flames were emitting from the surface of the star, and passing through his body like solar flares. Seemingly it was very hot, but the material of which his body was made was such that there was no effect of heat or fire on it. As he absorbed the energy of the star, he began to experience that a constant sound was coming in that star system as if it was vibrating from within the star. There was a constant hum of the sound “Kriiiiiiiiiim” in that whole atmosphere, to the point that it was almost deafening.

The star wanted to say something to Divesh or wanted to give some message. Hence Ghulam told Divesh to ask questions to the star. He asked “Which star it was and why was he brought there?” It was as if some sort of telepathic communication was established and he started to receive a message directly in his heart, like having the power of Clair-cognizance suddenly being activated in him. The star replied to him that he was known to the star very well and asked him to circumambulate around it three times. This is the purpose of bringing him to this place. He further asked “What will I achieve by circumambulating around you three times and how will I do it?” To this, the star replied that he need not worry about how to travel, as the force which brought him here will assist him even for this, he just needs to think about it and be determined to do the assigned task, on finishing this task, he will achieve Siddhi. On hearing about Siddhis, he further asked “What Siddhi will I get?”, and the star replied that this would activate his psychic powers to know all.

So, trusting the universal guidance, he made the intention to circumnavigate around the star in the same orbit, and with a jerk he started to travel with a very high velocity. He is not sure whether he was moving at the speed of light, but he circumambulated the giant star in a few hours, or at least it was his perception, that it took a few hours. While

orbiting the Star like a satellite, he could see difference terrains, valleys and mountains all on the surface, in different shades of red and orange, star flares and solar storms erupting in the far distance, and even passing through him at times. Another very important and significant thing that Divesh observed was that, as he was travelling with very high velocity, it seems that the star was a giant eye, and it opened and he could see the radiant image of Lord Rudra, an angry form of Shiva being continuously projected. It was an animated silhouetted image of Rudra, along with a trishul, made up of fire, orange in colour and was constantly visible in the core of the star. Divesh had a rough idea of what this orange star is, and on seeing Lord Rudra in the heart of the star, he got the confirmation of where he was. During his entire travel, the sound of the star was more intensified and he was absorbing it more and more as if he was following a divine ritual and getting initiated. After a few hours, his circumambulations ended, and he found himself stationed at the same spot from where he has started. Now, as he arrived at the spot, he started to expand, and felt like he was becoming bigger, and in no time he became as big as the star. Then Rudra again blessed him and gave him Sound as Shakti. Then he again came back to his normal size, but was still in that translucent body. The star sent a message that your purpose of this visit is now complete and it is time to go back.

As soon as Divesh realized this, the eye of the star shut down like a camera shutter, and almost instantly he was transported to the very spot on the celestial bridge from where he had taken the rope ladder to climb up. The star was not to be seen and there were twinkling colourful lights of other stars in the dark space with the same sound of wind-chimes. The star sound was also not heard anymore, and it seems that he was transported back, this time without the help of ropes. He also felt that he had his own astral body of this life. So, as the session was approaching its end, he started to return, still walking on the bridge until he reached the door. Then he turned around and opened the door to find himself in the same spot in the Himalayas on the lake from where he had originally started. Slowly, he comes out of the trance and sits quietly for 10-15 minutes to absorb the profound experience.

Coming back to this experience, Divesh being an astrologer realized that the orange Star which he visited was Betelgeuse Star, which is known as Ardra Nakshatra in Indian astrology. It is one of the ancient Stars, which is nearing its end and has reached the red giant phase. ArdraNakashtra is associated with Rudra who is the deity of this star. Another interesting fact is that, the 'Krim" sound that was associated within the region where this star is located. Divesh was not aware of this Beej mantra, as every nakshatra has 4 sounds, and this particular region has this exact sound. This was the undeniable confirmation that he was at the same place where he thought he was. We can call it 'Ardralok'.

Extra Planetary Travel to the Red Planet

Therapist: Suman

Client: Lakshmi

I am Lakshmi. I consider myself a healer not because I am full of knowledge and wisdom, but rather because, I believe in the power of the Universe and have decided that my life is a complete surrender to the Divine. I have learnt some tough lessons in life and encountered some bitter sweet experiences over the years making me realize the real importance of self-love, self-worth, self-acceptance and self-esteem. I had already experienced PLR through a therapist earlier and post these sessions, I seen many past lives through my meditations in the past six months. My meditations have helped me find a solution to many unresolved issues in the past and seek the blessings and guidance from my Masters too. I am now a supremely contented individual. However, since I was attending this very special workshop on a subject so close to my heart, I wanted to experience a PLR on myself without seeking resolution of any particular issue. My mentor and guru, Dr Piyush Saxena, suggested that I explore a possible earlier life on another planet in the universe. I immediately jumped at this brilliant opportunity. Suman volunteered to conduct the session on me and I agreed to manifest this desire. A few participants of the workshop were present to witness this session.

The session began. The third eye chakra was activated. I was made to relax and taken through a guided relaxation. I slipped into a gradual trance. I was taken through the garden of life. Moving forward, I was asked to look for a silver ladder suspended in the air. The stairs of this ladder disappeared into the heavens. I was to climb this ladder and enter the Universe. I was to be transported into what I saw was a magnificent looking planet in bright red. This planet was surely a thousand light years away from our own. The peculiarity of this planet was that it has rings similar to that of Saturn but this was a much smaller planet.

I was one of the inhabitants of this planet. It appeared that I was on this planet around 5000 Earth years ago. It was probably my first evolved form from meagre creatures to a higher life form. The inhabitants of this planet were devoid of gender, supremely intelligent beings, had a lean body frame and a comparatively large head. Reproduction was through manifestation powers. No sexual intimacy or urges were noted. The large head was indicative of their intelligence. Their bodies were emitting a golden radiance. The planet received a luminescent blue shade from the parent star in that system. There were no buildings, houses or factories. No plant life too. The soil was a coarse red with a metallic gray liquid found abundantly all over the planet. The beings here received nutrition from the parent star and the liquid found in the planet. The liquid (similar to water on our planet but metallic in colour) would repel when a being stood on the ground and would not touch their bodies. Communication was through telepathy. Their technology was supremely advanced and the beings were generally seen as being involved in meta physics and quantum physics researches. Spirituality was highly practiced by all beings. There was total peace, harmony, love, well-being, health, abundance and prosperity found everywhere. The beings had total respect and value for each other's doings and there was no interference. Travel was completely astral and through teleportation. These beings needed no rest or sleep, only time to time charging from the natural parent star's light. The general lamination was a bright luminescent blue filling the planet with a positive aura. Colours found were metallic, with a shine and even bodies emitted the metallic glow. I was very happy to be around here. I was exploring the place with complete contentment and peace. I learnt the attributes of peace, love, care, non-interference and wisdom. I wanted to stay further but a sudden

push was experienced and I felt my body shudder and shiver as if my life was recuperating from a resurrection. I immediately realised that my visit to that planet was over and that I had returned to where I currently belonged.

It was one of the most intense and fulfilling experiences that I will cherish for a long, long time to come. Such love, peace and calmness was never felt before and I was in a state of continuous bliss while I was there. I trust that this sense of peace continues to prevail in the current physical form too transforming my life as I feel there was a higher purpose for my experiences during my visit to that planet. Heartfelt gratitude to the Universe for the divine experience and to Dr Piyush for this mind blowing session of my past life. It was truly one of its kind and a PLR session to remember forever.

Extra Planetary Travel to the Purple Planet

Therapist: Lakshmi

Client: Divesh

This is yet another session in which Divesh experienced life on other planet. He wanted a session to be conducted by Lakshmi, and requested her to do so. It was late afternoon and they went to the same tent in the garden, where he had his previous session with Ghulam.

Here, it is to be mentioned that Lakshmi who is a Tarot Reader as well as a Counsellor, proved to be a very good therapist and the pre-session discussion between a client and therapist was completed with ease. Divesh himself being an Astrologer and a Life Coach knows the value of such pre-talk, and understands how essential it is in any coaching or healing session or during a consultation procedure. It is to be noted that Lakshmi being an experienced Counsellor, knows how to shape the session according to the client, hence she has her own style and may not follow the textbook procedure which was taught.

In the discussion, Divesh had expressed the desire to have another extra planetary travel or some kind of life between life sessions instead of issue based past life

regression. She started the session and gave relaxation commands, and within no time, he entered a deep trance so that he was directly transported to a planetary system. The session initiation while inducing a trance is given in her own words as follows:

“Imagine that you are entering a beautiful “Garden of Life”. It’s the best place you have ever been to. Lush green meadows, full of fresh grass laden with dew drops, a beautiful mountain as a back drop and the early morning sun rising from behind the mountains. As you enter, you feel a waft of the fresh morning breeze and a newfound energy encapsulates you. Moving ahead, you enter a small garden with little plants and shrubs. It’s a flower garden filled with a variety of flowers in varied colours and patterns. It transcends a sense of peace through you. Tiny butterflies in a variety of colours are fluttering around. The beautiful flowers leave behind a rich fragrance filling the air with a blissful aroma. Take in a deep breath and soak in the fragrance of the garden. Accept the pure, unconditional love from the flower garden, the butterflies and offer back the love with as much intensity and sincerity. Move ahead and you will now enter a huge fruit orchard with trees laden with juicy fruits...”

Soon, Divesh found himself in a garden, on a mountain over a valley. There was grass, like in our lawn, but bigger in size with sharper blades and shinier luster. The peculiar feature of that planet was that it was purple in colour. i.e. the light on that planet was with a purple hue, so everything visible seems like we are viewing it with purple filters. In the garden, there were shrubs or small plants with somewhat big flowers maybe six to ten inches in size, they were conical or funnel-like in shape like that of hibiscus. They were white and purple with golden hues. Here Divesh was feeling extremely light, as if there was no body weight at all. This was the initial experience on the planet, let us call it Planet Purple.

Lakshmi asked Divesh to move ahead and go to a farm or orchard or village, where he could find people. He went ahead and saw a pathway made by mid-size trees, looking like date palms but with huge golden fruits hanging which was similar to jackfruit. Each tree had such huge hanging fruits, full of juice or nectar. There were few birds but they were of multiple colours, many of which we do not find on Earth, hence it was difficult to

describe, but there was a lot of luster and hue in the colour spectrum. Next, he realized that he had no legs and he was not walking, but rather gliding or floating above the ground. He saw that there was a valley, and over the valley there were many creatures floating just like him. He then saw that he too was exactly like them. These were bio life or astral life forms, Divesh is not sure but they seemed to be very strange. They were shiny whitish in colour with a bell shape. They had no arms or legs and no face like we humans have. They had a front and a back, but both sides were almost identical and were papery thin as if made from a single layer and they could bend, turn or twist as much as they desired. They were around three to four feet tall and they were not wearing any clothes. They appeared all alike, uniform and seamless from top to bottom without any opening, not even having any mouth, eyes or ears. There were 15-20 such creatures, almost all of them were of the same size floating over the valley, and they were communicating telepathically.

The general environment on that planet and among those creatures was very peaceful and harmonious. There was no tension or stress and they were devoid of worry about food or money. It was more or less like a spiritual domain where materialistic things were largely absent. This group of creatures moves to another scene on this planet around a water body. There is a huge lake surrounded by mountains. The water was blue and radiating in colour. It appeared as if they had all come here to clean themselves. They take a dip in the water, which is cold but pleasant; it is a very refreshing feeling. Though we all entered the lake we were not wet, as if we were made of some hydrophobic material. Next he saw, that they all were again floating over the lake, but this time it was as if they were drying themselves. Divesh noticed that their backs were directly receiving starlight as if they were getting charged under the light. Then he realized that they did not require to ingest food or water, one could rid their negativities by bathing in the lake and recharge themselves under the light.

Divesh spent some more time with the others and realized that there was no concept of gender or age, it maybe a planet for visitation or some sort of planetary picnic for these entities. The planet was smaller than Earth, and the sky used to darken a bit when it was night, but still there remained a purple glow and it was not as dark as it is during

nights on Earth. The atmosphere was one of deep inner peace, compassion and there was a great sense of tranquility even in being there. After spending considerable time there (thought there was no sense of time, but it was evening by the time he left), it was time to leave and he asked for permission to leave from his mates. Then there was some sort of sadness, as if they felt a loss and they all bid farewell to Divesh, but their style was very unique. He himself did not want to leave, but had to because his time was up, he had experienced that divine experience as was his desire. One way of expressing their deep emotions was to circle around, in certain specific patterns. Here they all started to fly in a pattern making vertical circles, Divesh who had not yet left, also started making the same circles. All of them started encircling each other in vertical circles, Divesh making one circle, and all others making other circles, opposite and parallel to him, then slowly they made the circle larger and larger until all of them were at a great distance from Divesh and they began to move away.

In the next scene, Divesh realized that he was no more on the Purple planet, and even though he was back in his body, he was still in a semi trance. It is to be noted, that Divesh was in deep trance all this time and was describing all these events as if he was profoundly a part of all the happenings. After the session was over, he took some time to get back to his senses. It was a deep experience for him and he wanted to stay in that state for some more time because of the sense of absolute nothingness.

Divesh and Lakshmi had a discussion on this, and she described this sort of similar tranquility and peace on the red planet that she had visited. These are not regular past life recalls, but are experiences on a deeper level. They can be termed as Life Between Life phases, and as experiences on a non-material or spiritual plane. After a heavy life time, these could be necessary or essential resting and cleaning periods, so that we are free from excess of negative emotions and experiences which we suffer in the previous human or physical life and they tend to prepare us at emotional or spiritual levels.

Past Life Regression (PLR) Case Studies

A seminar on Past Life Regression was initiated in March 2020 at a resort on the picturesque banks of Lake Pawna, Lonavala where participants learnt to conduct PLR sessions. In this chapter, experiences gained while conducting these sessions are recounted. There were various cases on different issues. In some instances, the narration of events had great clarity in the scenes and happenings as they unfolded, which the client narrated while in a trance. It is amazing how our past and present lives are connected and are dependent on our karmas and the choices we make.

Background of the PLR Seminar

A brief background will not be out of place here. The cases narrated, are a collection of PLR sessions conducted by my team and myself at the Lonavala seminar. A lot of effort and hard work went into researching this amazing therapy.

Subsequent to learning PLR in the year 2009, I conducted many sessions as well as guided many seekers who were able to learn and practice the same quickly and with ease. Till date, I have successfully conducted more than 600 PLR sessions. With time, I learnt that as we gain experience, we encounter many tough and challenging cases and variations, which compel us to work further on the therapy. I felt a need to conduct a detailed 5 day workshop to understand how this works at a deeper level. Since this is an introductory book dealing with basics, I will not go into the variations and advanced concepts which we encountered at a deeper level. (I have introduced some of them in the theory section). You may be aware that I have been actively engaged in Cleansing Therapy and have conducted many workshops on Cleansing. However this time, I had an intense desire to impart the science of PLR to those who wish to learn it. Most of the cases are pertaining to the PLR workshop that we conducted, however I have also included some more cases which may be of interest to the readers.

Over to Lonavala

The five day seminar at Lonavala was from March 19-23, 2020. Participation was by invitation only. An interactive Whatsapp group was set up for the participants. It was

mandatory for the participants to consent to openly discuss their issues and cases amongst themselves. Confidentiality was assured and the participants gave their consents readily and freely.

Finally, the date of the seminar to unravel the “Mysteries of Life” (MoL) came closer and all of us were totally geared up for it. As interactions increased, we got to know one another and by the time the workshop started, we were no longer strangers but a group of friends who had finally met face to face. We believed with conviction that if our intentions were pure and for the greater good, then the **Universe Supports** and helps us.

Covid 19 was just making its presence felt in India but most of the participants reached on time. After freshening up we started practical sessions. The workshop facility was a remote farmhouse in a village. The weather was ideal. It was late spring, hence it was neither too warm nor too cold. Since it was a camping site on the lake, tents were also available during nights. Being a remote location, without any concrete jungle staring at us and with clear skies, it was also an ideal location for star gazing. If one is fond of the night sky, then this was the experience one craves for. Other than learning and experiencing PLR, attractions like living besides a lake in natural surroundings and other recreational activities were also available. Hence, for most of us, it was a life transforming experience. While people were gripped in fear of the unknown Corona virus, we were relaxing and having fun with some deeper learning experiences. At the close of the seminar, while winding up and leaving, some of us faced difficulties, but we coordinated well and everyone reached their homes safe and unscathed. To put it in a nutshell, we assembled, we learnt and we left....all by the greater Will of the Universe.



Lonavala Seminar

The Team

Dr Piyush Saxena	I take responsibility for all lapses during the Seminar
Fatima	Chief Workshop Coordinator
Ghulam	Fatima's husband. He helped Fatima in organizing the workshop
Santosh	Workshop Organizer
Chattel	Treasurer: The Temple of Healing
Jyotika	Documentation Coordinator
Divesh	An engineer, astrologer and a spiritualist with modernist views. It was his idea to write a book about the experiences of the workshop and worked on it. We thank him for a job, very well done.

Lakshmi	An entrepreneur and spiritualist. She is into Tarot and now working on her own book
Ramakant	A traditional yoga teacher based in Bangalore, having deep knowledge of traditions and scriptures
Brinda	Ramakant's wife, an energetic mother of two kids

Every healer/therapist has different capabilities based on their learning experiences from their life. Luck and intuition also plays important roles. At times, a first time therapist can achieve wonderful results while an old veteran may fail.

My humble request is that one should trust the healer completely, as he/she would be making earnest efforts to achieve a successful session with you. Give the healer a free hand to get best results.

At the seminar, we suggested that the participants form groups for their sessions; where one would be a therapist, another a client and the remaining members of the group could just observe. Groups were changing every few hours and as the sessions were open; everyone got an opportunity to learn as a client, a therapist and be an observer.

In the five days that we spent together, 61 sessions were conducted. 55 were successful while 6 were not. We present here a few of those cases where we were able to get conclusions and close the issues. It was decided that all the participants would pen down their experiences about their sessions by filling the requisite details in a given format and Divesh agreed to receive all the cases and arrange them.

The seminar was by and large a workshop involving practicals with only one lecture on theory that I conducted. There were frequent Q&A sessions so that problems in regressions could be addressed on the spot. In the cases narrated below, we have added few more cases from sessions conducted by me. Cases have been arranged based on the experiences of different lives and realms. Overall, I am satisfied with the participants' progress and I feel that they have performed beyond my expectations.

Case 1

PLR for confidence issues and unknown fear

Therapist: Dr Piyush Saxena

Client: Divesh

This was one of the most interesting and deep experiences of Past Life Recall because of the depth and clarity of events, and also because Dr Piyush himself was conducting the session on Divesh. They discussed the impending issues and Divesh spoke about his low confidence and some sort of unexplained feeling of guilt. It was a session conducted in the morning, Divesh was lying on a couch.

Dr Piyush started the process and soon Divesh was in a deep trance. He was on a river side, and there was a bridge over it. Dr Piyush asked him to walk on the bridge and go to the other side, where he would find the life and events with which these issues were related. As he walked on the bridge, there was a mist or dense fog which covered his view. As he emerged from the fog, he found himself in a rural setting of a bygone era. Divesh walks ahead and is a bit amazed by the town he is in. It is a beautiful town with old houses, roads and streets bearing the stamp of European architecture. He was quite happy at that time and was enjoying the walk. He soon reaches the town center, which again is typically European in style. There is a main gothic church. It seems like it is a prominent Cathedral of the region. The shops and houses looked old. The bell on the Cathedral started to toll and it rang 11 times, indicating that it was eleven in the morning. Then he saw people. They seemed to be happy and the atmosphere was joyous. Birds were chirping and women wearing white and grey Dirndl were dancing as if some festival was going on. Men too were in their traditional leather attire with colourful caps and headgears, and were drinking beer standing around the free beer shops/stalls. At that point of time, there were not many people around, but they were talking loudly in some language which resembles some German dialect. Divesh saw himself as an average looking European with clothes that commoners of those times wore. He had on torn boots, and looked like he was a man of mediocre financial

resources. The time period looked like that of some medieval era in a German speaking region.

Next, Dr Piyush asked Divesh to go to the next scene four hours later and see if any event was happening or not. He went ahead in time to 3'o clock in the afternoon and found that the square has become overcrowded with people and they were surrounding the main area in the center. There were soldiers sporting big moustaches, armed mostly with swords and daggers. Some space was kept clear of people for the easy movement of officials and solders. People were still partying and men were drinking and talking loudly around the beer joints. There were many pastors in the central square and they were saying something. While all this was taking place, a troop of soldiers arrived from a building which looked like some office or prison. They came with a wooden cage on a cart drawn by a bull. They opened the cage and a criminal stepped out.



He was a shabby looking dirty man, with long, rough hair and an unshaved beard. He looked very weak and sick, as if he had been tortured or had undergone some psychological damage. He was semi naked in his half torn clothes and looked like a shadow of himself, as if he was at the lowest point in his life.

However, the way he carried himself and the look on his face clearly indicated that he did not regret anything. In fact, there was an awry smile as if he was sporting all the pains and disgust like a badge of honor. As he stepped out, one could see that he was chained and hardly had any strength to move and was almost dragged by two soldiers pocking him with spears. People crowded round him and were not far behind in insulting the half dead man. The drunken crowd jeered and abused him as if he had done them some personal harm. They were spitting and throwing leftover food at him and some

were even hitting him as if he was some state criminal. It was a very sad scene to witness, and Divesh's heart was filled with sadness and compassion for this destitute man.

Dr Piyush too was intrigued and wanted to know what had happened to him or what he had done, hence he asked Divesh to inquire further. Since it was not possible to ask the prisoner, he asked Divesh to go back in time about 15 days before this scene in the life of the accused. Suddenly, Divesh found the man in a dark cell - like a prison for hardened criminals. He found the man in the torture room and he was being tortured to sign a confession. He was tied to a kind of bed made of pointed stones, and his arms were tied to some mechanism where they were being twisted. He was held in captivity since a long time and had been kept hungry and thirsty. He was forced to sign a confession of blasphemy, so that he could be convicted in the religious court quickly and executed publicly to set an example. Since he had not budged or revealed any details which the authority wanted, he was framed falsely on the charges of blasphemy.

Dr Piyush wanted to get to the root cause of the events. He wanted to know who this man was and what he had done to deserve being tortured so severely. He asked Divesh to go back in time when these events originated. Divesh went around 2 months back in time, and saw this man as a young and healthy man, in his thirties. He was either single or a widower, that was not clear but he had no family and lived alone in his village in the same province where the proceeding were taking place. He was a simple farmer, with thoughts that were too progressive for that time. He used to guide other villagers in many ways. Though he was a poor farmer, he seemed confident and appeared to be a leader. He was at his farm packing the freshly harvested crops in sacks when a few soldiers came to collect tax. They demanded one extra sack of grains for the festival which he refused to give saying that he did not have enough for himself. There was a long argument and then the soldiers threatened him with dire consequences. However, he did not budge from his stand and challenged them to do their worst. The local authorities were also not happy with him because of his progressive thoughts which they felt he was filling the minds of the gullible villagers. After a few days, soldiers came again but this time they were accompanied by a special

team of soldiers and priests. They were the Inquisitors and had charged him under religious acts and working for Satan.

After a few weeks of imprisonment and torture, when they could not make him confess what they wanted, they charged him for heresy which needed no concrete proofs.



He was charged for spreading the wrong message from the Book (Bible) and leading people away from God, and misleading them to the path of Satan. And as part conviction for Heresy, he was sentenced to be burnt at a stake on the next great festival. There was an order signed by the Regional Bishop and the Chief Inquisitor. Hence on that day, the criminal who was brought on the cage cart was this man and he was to be executed.

Next, Dr Piyush asked Divesh again to go to that day of festivity when the man was brought. He was in public, brought in inhumane conditions and was condemned by all. Dr Piyush asked Divesh why he was brought to this scene and whether he knew this man from this life or not? Divesh was in the crowd, hiding himself from the condemned man. Divesh knew who he was. They both belonged to the same underground Order, which was against the Church. They belonged to a secret Sect and their mission was to bring true awakening among the masses. They both were brothers belonging to the Order and had met before in their group meetings. That man was caught on suspicion and the authority wanted to reach the Order through the condemned man, but due to an Oath of Secrecy he could not open his mouth. He preferred to be condemned, tortured,

humiliated publicly and burnt alive rather than reveal any information about the Order. He was a brave man indeed. Divesh watched him from the crowd, he was hiding his face, shivering and fearing that the man would point a finger at him and he too would be exposed. He could not look directly into the eyes of the man, but the prisoner saw him and they both looked at each other for a moment. At that very moment, Divesh trembled with fear, and the man gave an awry sarcastic smile, as if he understood that Divesh was not as strong as he was, and would have not be able to withstand all the torture that he was subjected to and would have broken up. At that moment, Divesh became very uneasy and began to shiver.

Next, he saw that the man was tied to the stake in the center, there were many condemned men and women, all at different stakes.



There were mass prayers, and then they were all set on fire. The smell of burning flesh filled the air as thick and black smoke rose from the pyres. As they were burning, many were shouting with agony, but not that man.

Divesh was feeling deep guilt that his brother of the Order was tortured and killed mercilessly and he could not do anything to save him. He felt deeply ashamed that this guilt and fear did not allow him to even look into the eyes of his friend. As people were burning, Divesh began to feel the burning sensation in his body, as if he was undergoing the same pain. While in a trance, he began to shiver and vibrate violently and started sweating like something profound was happening to him. As he was going through intense physical discomfort, Dr Piyush understood that the session had reached its pinnacle where healing could be done. He started to give instructions and commands to take the session further. Divesh was instructed to feel the pain, collect it from various organs like hands, legs, feet etc. bring it 6-8 inches above his chest, pack it in an

imaginary black box over his chest and then throw this black box deep into the sea. This took around 8-10 minutes and then slowly Divesh relaxed and became normal. Then he was brought out of the trance.

If we analyse, then we can understand from where the present life feelings of Divesh originated. The events from his past life were from the 16th century in Bayern (Bavaria) of present day, South Germany. After this incident, Divesh went underground and lived a lonely life, working for social causes.

To sum up, we now have clarity on why Divesh was experiencing a strange sense of guilt or remorse and was somewhat not comfortable in crowds and huge gatherings. He had a constant feeling of being sought out or exposed. We understand that these may not be from the present life, but could have remained as a residue in his subconscious and are emerging time and again in this life from many past lives. We hope that the session will help to heal him and move forward in life with more confidence and self-esteem.

Case 2

PLR for general insecurity & health issues

The client was an introvert, appeared pretty scared and had several health issues. The client was suffering from insomnia and was insecure about sharing or discussing problems. A casual chat with him to open up and express inner emotions. The client was scared of betrayal and family members disowning him. After understanding the deep pain, it was mutually decided that we could begin with a PLR session for insomnia which would help alleviate other associated problems eventually.

The session started. The third eye chakra was activated. The client was made to relax and taken through guided relaxation. He slipped into a trance despite sultry weather and extreme heat. He was taken through the garden of life, then to the cottage, the center of the Earth, down the stairs and then asked to choose from various doors at the center of the Earth. The client opted for the appropriate door and entered.

He saw himself in a jungle, it was a dark night. As he walked, dry leaves crunched under his feet, giving a feeling that he was in a forest or a seldom traversed meadow. The client saw himself as a little European girl about nine or ten years old. She was frantically searching for her parents from whom she had been unknowingly separated while they were travelling from one place to another. Her parents in that life had been very caring and loving. She struggled to find her way to the nearest town or village. At dawn the next day, she manages to find her way to a quaint village. People in the village were not really concerned about her presence in this place. She was alone and lost. She remembers her parents are not with her and she feels ignored by people. As days pass, she is compelled to do odd chores to feed herself and find shelter in cow sheds, horse stables or backyards.

She moves forward in the same life and experiences fear, insecurities, sleeplessness, abandonment, and working hard to survive and face hardships as they come in order to sustain her day to day life.



Client wails and sheds tears. Therapy is given to alleviate the pain and wrap them in a box and throw it in the ocean floor (a point of no return). The client is brought back to consciousness. Session ends and from the same night, the client experiences better sleep quality and more confidence.

Case 3

PLR for persistent negative thoughts

Therapist: Fatima(F)

Client: Trupti (T)

D: Dr Piyush Saxena

The PLR session of my client Trupti involved her seeking answers for her persistent negative thoughts and guilt that she faces in her life. She has faith in Lord Ganesha. I would be taking her in a trance.

F : What do you see now?

T : I see a light, and I have left this planet and am going straight ahead.

F : What else can you see?

T : I can see only light surrounding me.

(Suddenly she finds herself surrounded by a lot of dark smoke and dark light)

F :Trupti, this is a form of negative energy, try to get out of it.

Trupti tries her best and whilst doing so, she experiences pain in her back

F : Trupti, try to bring the pain from your back towards your chest. Take it 6 inches above your chest. Hold it in the form of a black ball and lock it inside a black box and throw it deep in the ocean.

Trupti tries her best but she feels exhausted halfway and can feel her heart beat faster.

F : Trupti, ask Dr Piyush to help you

D :Trupti, ask Lord Ganesha to help you.

T : I am trying but I am feeling exhausted.

D :Trupti, try your best, you can do it. This negative energy is about to completely leave your life.

T : Yes, I can see it lessening.

D : Now it is time to separate this bad energy from you.

T : Yes

D : Now with an imaginary sword, draw a line between you and the black energy, in such a way that the black energy is on one side of the line that you have drawn and you are on the other. This energy will never find it's way back into your life.

Trupti came back from her trance and said that she felt better. That night, she slept peacefully and felt incredibly positive and happy the next day as well.

Case 4

PLR for general awareness & message from the Universe

Therapist: Brinda

Client: Manju

Brinda informs Manju that this is her first attempt at conducting a PLR session. Manju tells her that they will both do their best to make the session a success.

Brinda : What do you want to achieve from this PLR session? What do you want to see? Any person, place, or chapter from your past?

Manju : Nothing special. I am fine as I am. I am happy with whatever God has given me. However, I want you to do a session for experiencing PLR and let us see the outcome.

Brinda : Ok Manju we are starting the session, you follow my instructions.

Manju agrees.

Brinda : Take a deep breath and imagine that God is sending bright light of His blessing and positivity towards you. This light is coming to you and slowly your entire being is full of this brightness and purity. This purity and blessing is filling your body, starting from your head and slowly it covers your entire body. As this brightness is covering you and filling your being, all your pain and negativity is coming out of your body in the form of black energy.....put all this black energy in black box, lock the box and throw it deep inside the sea...now you are full of blessing and brightness.....slowly you are moving away from this light..... your breathing is very relaxed you can hear your heart beat. Now we are going to relax your body from toe to head (one by one we relaxed all her body parts) .You are in a trance now...Imagine that you are in very beautiful garden, you are surrounded by nature, there are beautiful plants, flowers, a river flowing nearby. Can you imagine all this? Can you see any animals or birds around you? Where are you?

Manju: I am on the Himalayas with some of my friends. I am inside a tent and watching everything from a distance. There are a few horses and there is a garden of flowers.

Brinda: How are you feeling?

Manju : I am feeling good.

Brinda : Do you want to spend some more time here

Manju : Yes

Brinda : Now start walking towards the mountain. How are you feeling? What can you see now?

Manju : Everything is very beautiful and fresh over here.

Brinda : Ok, now leave your friends and start walking. Can you see what is on the other side of the mountain?

Manju : I can see a lake

Brinda : Is the lake a water body or covered with ice.

Manju : Covered with moving icebergs.

Brinda: Do you want to touch it?

Manju: Yes

Brinda : Ok go and touch it. (she enjoyed moving her hand in the ice cold water).

Brinda : Start walking and tell me what you see

Manju : I see a temple of “Rishi Bhrigu” on the next mountain.

Brinda: Go near the temple. Do you find anybody on the way to the temple?



Manju: I cannot see anybody.

Brinda : Ok, now enter the temple

Manju: I am inside the temple.

Brinda : Is anyone in the temple with you? Any pujari or any other person?

Manju : No, I am all alone

Brinda : Pay your respects to “Rishi Bhrigu” and say whatever you wish. Sit down and pray, take your time. (In her present life, she had visited this temple 2-3 years ago)

Brinda: Now, join your hands and pay respects to Rishi Bhrigu again and come out of the temple and start walking.... you are now approaching a big open ground

Manju: Yes

Brinda : You will find a small house on the open ground

Manju: Yes, I can see a small house

Brinda : Go to the door of the house and take permission to enter

Manju: Yes

Brinda : Open the door and go inside. What do you see?

Manju : As she started walking inside, she met her grandfather (he had passed away very early) and her grandmother. She talks to both of them one by one and they bless her. (She is about 13-15 years old in her present birth)

Brinda : Try to see some more things around you. Try to touch something.

Manju: My son is also here.

Brinda : Ok talk to your son, give him your love.

Manju :.....

Brinda : How does he feel on seeing you?

Manju : Both of us are very happy .

Brinda : Ok now give your love and blessings to your son and wish him good bye.

Brinda : Now look out for any way to go out from here; you may see a door or a path.

Manju : Yes, I see a door

Brinda : Take permission from the door and open it

Manju : Yes, I am opening the door.

Brinda : Where you are now?

Manju : I have reached my maternal grandmother's house. I am a child, these are my school days and I am ready to go to school(In her present life, she is about 5-6 years old).

Brinda : Very good. Talk to your grandmother and seek her blessings.

Brinda : Bid goodbye to your grandmother. Now try and see where you are 10 years ahead in time.

Manju : I am at a "Haveli". I am about 14-15 years old.

Brinda : What type of clothes are you wearing?

Manju: I am a princess, wearing a lehenga-choli and sitting on a window-sill on the first floor of the haveli.

Brinda: Try to identify a few things around you. What can you see?

Manju : I cannot see anything clearly.

Brinda : Ok, where are your parents and other family members?

Manju : I find two care takers working here.

Brinda : Speak to them, ask them who are you and what this place is called.

Manju: They are not answering me.

Brinda : No problem, try to go out of the haveli

Manju : I am near the window of my room

Brinda : Now try to go back one month in time. Where are you?

Manju : I am on a hill covered with trees. There is a tunnel here.

Brinda : Enter the tunnel. What is around you? What do you see here?

Manju: I am walking inside. It is completely dark with only a small point of light coming from the other end

Brinda : Walk ahead and touch the wall near you. Do you find anything?

Manju: I am walking.....

Brinda : Where are you now?

Manju: I am on the other end of tunnel

Brinda : What you are seeing now?

Manju : “Jyoti Swaroop Hanumanji”. (Quite a few years ago, Hanumanji had appeared in the dream of her great, great grandfather. After digging on that particular spot, they found an idol of Hanuman)

Brinda : Pay your respects to Hanumanji and take his blessings.

Manju : Shree Hanumanji is blessing me. He has put his hand on my head.

Brinda : Very good. What he is saying?

Manju: He is telling me not to go forward

Brinda : Ok, now, turn back. Please take blessing from Shree Hanuman and thank him. Also thank all the people you met at the haweli, your grandfather, grandmother, your son, the horses, Rishi Bhrigu, Himalayas, friends and all the doors. Now, come up the steps as we come out of the small house. You are in Lonavala, relax your body and slowly open your eyes. Thank you Manju.

Manju was feeling blessed by Shri Hanuman, feeling fresh and relaxed. She was very happy to meet her son.

I was not very confident as this was my first session. However, as I started, everything went smoothly as I went on giving suggestions to Manju.

Manju told me after the session that Shree Hanumanji was telling her not to visit her past.

“Yes, the Universe has a plan for everyone and for every situation”

Case 5

PLR for overcoming fear of driving

Therapist: Chaitaee Parab

Client: MTH

MTH, a gentleman with a very sober temperament and calm nature had an apprehension that he would not be able to visualize. I interpreted this in a way that sometimes, the other senses work better than the visual sense to help experience past lives. Man is bestowed with 5 senses (sight, sound, smell, taste and touch) and any of these can work when it comes to experiencing a past life session. He expressed his wish to overcome his fear of driving which he has been experiencing since decades. We decided to explore this fear through a PLR session.

The session began. The third eye chakra is activated. MTH was made to relax and taken through guided relaxation. He slipped into a gradual trance. He was taken through the garden of life, then to the cottage, the center of Earth, down the stairs and then asked to choose from varied doors found at the center of Earth. He opted for the appropriate door and entered.



He found himself to be a young woman in her twenties. She was in a dark lane. She wasn't scared and tried to move ahead. Suddenly, she experienced that she was drowning in very deep waters. She felt as if someone had tried to push her into deep waters so that she would drown. I guided her to a scene before the event to check if there were any enemies. She didn't seem to find anyone. Again, I led her to the same

scene before the incident that took place at night. She then seemed to realize that she was driving a car and had driven into a narrow lane. Soon, it was night. She found a valley with deep waters below her. As she was driving down the narrow track, the car lost its balance and skid and she along with the car dove into the waters and drowned. She died leaving no trace behind. The suffering was short lived and pain was alleviated. I guided the soul to wrap the fear and the memories of this incident, put them into a black box and throw it deep into the ocean floor. Once the fear was alleviated, I guided MTH to return back to the present.

Case 6

PLR - A message from Hanuman

Therapist: Ghulam (G)

Client: Manju (M)

Prior to the session, Manju was asked her reason for wanting to do a PLR session. She said she has no fears or questions as such and wanted to just experience it once. With this, she was led into a trance.

G: What can you see?

M : I see a house

G : Go towards the house and seek permission from the door to enter.

M : Yes, the door is now open.

G : Now what do you see?

M : A staircase going to the roof.

G : Slowly, climb those steps and tell me where they lead you.

M : I am on the terrace of the house.

G : What do you see now?

M : A branch of a fallen tree.

G : Anything else?

M : No.

G : Look around a little more

M : I see a swing.

G : Go sit on it and enjoy swinging.

M : Yes it feels very good

G : Do you feel thirsty or tired?

M : No I feel very refreshed.

G : Okay now focus around you and tell me what you see?

M : I see all the deities that I believe in.

G : On whom can you focus?

M : I see Shankarji and I see a lot of others too.

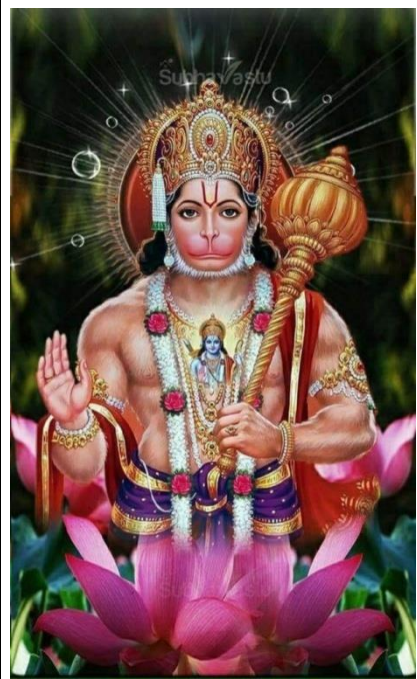
G : Please greet every deity individually.

M : I can see Hanumanji too.

G : Greet him as well. What else do you see?

M : I can see a ray of light coming out of Hanumanji and he is blessing me.

G : Receive his blessings and thank everyone. I will now guide you out of the trance.



A week later, Manju told me that her grandfather once had a dream in which Lord Hanuman asked him to dig and find his statue somewhere near his house. When he dug as directed, he found the statue and worshipped him regularly. Manju said that wherever she happens to go out for work or for any other reason, she finds some source of Lord Hanuman nearby. All of this could be an indication that Lord Hanuman is with Manju, supporting her decisions and that she might be on the right path.

Case 7

PLR for paranormal events in house

Therapist: Fatima (F)

Client: Madhu(M) (Name changed)

March 23, 2020, was the second day when Maharashtra was on a Covid 19 pandemic lockdown. Since I knew the client personally, we decided to conduct this session on call.

The case history was a bit confusing. My client Madhu, was keeping dough (atta) in her fridge every night which used to disappear in the morning. Initially she ignored it thinking that she must have not kept it. But when this kept on happening for 15-20 days, she consulted her husband who also brushed the topic aside. She grew a little suspicious of her husband and when this still continued she checked the CCTV footage on the in-house cameras which showed her keeping the atta in the fridge and it disappearing in the morning despite no one touching the refrigerator.

I, Fatima, prayed to Lord Shani and asked my client to relax and led her into a trance.

F : Where are you? What do you see Madhu?

M : I see nothing but darkness everywhere.

F : Anything else? Can you feel anything under your feet?

M : Something wet and cold, maybe water. Yes, it's water.

F : Can you try walking further?

M : I am worried because the water seems to be deeper ahead.

F : Do not worry, nothing will happen to you. Be brave and walk ahead.

M : Okay, I'm walking towards the deeper end. The water is up to my neck.

F : Good. Keep walking, nothing will happen to you.

M : I am finally inside the water.

F : Are you facing any difficulty in breathing?

M : No, I can see blue light all around me now.

F : Okay walk ahead and tell me what you see now

M : I see a house.

F : Go towards the house. Ask the door for permission to enter.

M : Yes, the door opened.

F : Good, now go inside and look around. Tell me what you see.

M : I see a photo with a garland around it.

F : Whose photo is it?

M : He is my husband's paternal cousin. He died a few months ago.

F : Is he trying to talk to you?

M : No.

F : Look around, do you see anyone else?

M : Yes, I see a lot of people. I think this is the 13th day after his death.



F : Are you present here on that day? Where are you?

M : I am not around.

F : Why?

M : I did not go. Only my husband went for the 13th day ceremony.

F : Is anyone else there trying to talk to you?

M : No, but I am scared now.

F : Okay, would you like to come back?

M : Yes.

F : Go toward the photo of the deceased and offer your condolences and pray for the soul to rest in peace.

M : Yes, I did that.

F : Okay, now slowly come out of the trance.

The next day, Madhu gets a call from her mother-in-law and while conversing, she says that atta which is kneaded cannot be kept in the refrigerator because it is considered to be the food of the deceased. On realizing that, Madhu immediately calls the wife of the deceased and apologizes to her. Since then, the atta has stopped disappearing.

Case 8

PLR for relationship with a relative

Therapist: Santosh Cheshire

Client: MTW (Suman)

MTW (Suman) comes back to me with another queer request. As mentioned earlier, all her major needs, desires and wants in life are fulfilled and she is not looking for anything specific. She has a loving family and has cordial relationships with almost everyone in the family. Even though apparently, everything appears to be normal she seems to be experiencing cold vibes with her sister-in-law which she puts her off. Because of this, they do not share a close bond and Suman finds this upsetting. She desires to have a better connection with her sister-in-law. So, we decide to explore this issue through a PLR session.

The session begins. The third eye chakra is activated. Suman was made to relax and taken through guided relaxation. She slipped into a gradual trance. She was taken through the garden of life, then to a bridge on the river, leading to the Earth's core and then asked to choose from varied doors that are found there. She finds the appropriate door, opts for it and enters.

Suman finds herself alone in a grand hotel room. She is a woman in her thirties. I urge her to look out for someone who knows her but she is not able to find anyone and hence she moves out of the room. She goes to the pool area and finds a few people there. Again, none she knows from this life. Suddenly, she finds herself being drawn to the terrace area of the hotel from where she is attempting to jump (or look for

something). She is not undergoing any depressing situation or any untoward turn in life but she is definitely curious, excited about something. She seems to just want to jump off the roof for fun. After much contemplation, she finally doesn't jump off and on her way down, she encounters her sister-in-law (in a spirit form) from this current life. She asks her sister-in-law why she is behaving inappropriately and if she needs anything specific. On offering a free hand at taking whatever she desires, her sister-in-law refuses the offer. I urge Suman to seek a soul to soul forgiveness from her sister-in-law for her inadequacies or any wrong doings. Suman does the same at the Soul level, seeks forgiveness, yet her sister-in-law does not seem to be very happy and does not seem to be accepting her apology. Suman once again offers genuine apologies. After doing that, I help her return back to her body in this current life.

P.S: Somewhere, this session seemed to be incomplete. A further session for the same issue was done by Divesh for Suman and the PLR session was completed with further clarity and therapy was offered.



Case 9

PLR for insecurity with male clients in profession

Therapist: Fatima(F)

Client: Asha(A)

This PLR session of my client Asha, involved her finding an answer to her question as to why she feels insecure while working with male clients. She is concerned that she might tarnish her reputation if she ever makes any contact with a male client. I take her into a state of trance.

F : What do you see before you?

A : I see myself running in a big desert, a woman is following me.

F : What is the woman saying? Try talking to her.

(Asha starts talking in Gujarati)

A : She is saying very obscene and foul things, it's something which I cannot really speak out loud.

Asha runs continuously and eventually feels her feet burning and she starts shivering. Upon this, I allow her to take a break for some time and then continue.

F : Now what do you see?

A : I see myself in a room.

F : Is there anybody else in the room?

A : Yes, a few girls of my age group.

F : How do they look?

A : They are all scared. I too am scared.

F : What else do you see?

A : I see the same woman, talking to some men and looking at me. I think she's trying to sell me.



F : Can you try running away from there?

(Asha manages to run away from the room and she finds the woman chasing her. So this was the scenario when we started the session with the woman following her)

F : Is there anyone else?

A : There is a group of men who are with the woman; they are following me.

F : Take a sword and draw a sharp line between you and the group in such a way that you are on one side of the line and they are on the other side. Now they will never follow you.

(Asha does that and comes out of the trance).

Case 10

PLR for dosha in the birth chart

Therapist: Fatima

Client: MTH

MTH was satisfied with his earlier session and came to me with renewed confidence. He wanted to find a solution to his “Kaal Sarpa Dosha” (A kind of abnormality as seen in the horoscope which causes an imbalance in personal life progress). He then expressed his desire to find a way out of this. He wanted to know exactly what had caused this harm to him. We decided to explore this situation through a PLR session.

The session began. The third eye chakra was activated. MTH was made to relax and taken through guided relaxation. He slipped into a gradual trance. He was taken through the garden of life, then to the bridge over the river towards light, the center of Earth, asked to choose one door from varied doors found at the center of the Earth. He opted for the appropriate door and entered.

He had entered a different life. He was a male in his late 40s. He found himself on a forest track leading to a thick jungle. He was there with a mission. He was following a snake. He gave the snake a chase and seemed to be doing so with a motive. There was no sign of fear. He moved cautiously, yet confidently. Finally, he followed the huge, venomous snake to its underground burrow. The true purpose of his visit to this forest was revealed. The snake was guarding a very precious rare “Nagmani” (a rare gem formed by calcification of excess snake venom accumulated and formed over several years). A tussle ensued between the two. He was unsuccessful in his attempt to get the jewel but ended up destroying 3 eggs laid in the burrow. It was unintentional but the damage was done. I guided him to approach the snake and its spouse. I asked him to sincerely apologize and seek forgiveness for the grave mistake committed by him from the bottom of his heart. He did so and the soul of the snake finally seemed to forgive him for the sin committed unexpectedly and unintentionally. Once this was done, a huge burden seems to have lifted off his mind and after thanking the events of the past life, I

guided him back to his current body in this life time. A very hair raising event occurred and MTH felt lighter and guilt free. He knew exactly how and why he had been affected.

Case 11

PLR for low self confidence

Therapist: Divesh (D)

Client: Brinda (B)

The current session was done by Divesh on Brinda. She had previously undergone a few session by other participants, but her main problem was that she was not able to go very deep into a trance or did not know whether it was really her past life that she had visited or just her vivid imagination. Divesh asked her not to think about such things and just follow his instructions as he guided her. He asked her about her main issue and the reason for PLR, to which she replied that she has low confidence issue and she often feels that people take her for granted. She wants to gain more confidence and authority through the session. The session is described in Brinda's words.

D: We are starting your PLR. You may find some strange things there. Are you ready for it?

B: Yes

D: Close your eyes and relax and follow my instructions.

B:Okay

D: Take in a deep breath....breathe out breath slowly....Take another deep breath breath out slowlytake a deep breath and feel your body to be relaxed and light. You are feeling lighter and lighter. Take in another deep breath and breathe out slowly.

D: Your breathing is very light and now you can even feel your heart beat. Now imagine brightness coming from the universe and entering the crown chakra in your body. This bright light is washing your body and removing all the negative energies interfering in this healing process. You are feeling very light (he gave instructions to relax my body from toe to head). Now you are in a trace.

B:

D: Imagine that you are in a place where you can see some plants or trees or hills, a river, birds or animals.

B: Yes, I see a garden with some plants and flowers

D: You are walking in a big ground and you will see a small house.

B: Yes, it is little away from me

D: Go towards the house, do you meet anybody on the way?

B: Yes 2-3 people are around there.

D: Do you know them?

B: No, they are strangers. I don't know them.

D: Ok, now go to the house and stand in front of the door

B: Yes, I am in front of the door.

D: Take permission to enter and go inside.

B: Ok. I have opened the door. I find 2 small rooms next to each other. It is an empty room without any furniture but it is very clean and there are fur rugs placed on the floor. No one is here.

D: See if you can find any photos, a clock or any calendar on the wall.

B: No, I do not find anything, there are some empty shelves on the wall.

D: Okay try to touch with your hand. Do you find anything?

B: It is a wall. There is nothing here.

D: Okay come out and say thanks to the door. Now start walking and tell me what you can see?

B: I see a big empty ground and empty farms in front of me and some hills far away in the distance.

D: Okay start walking. You will now find a small house.

B: Yes

D: Open the door and go inside

B: Yes

D: You will see a red carpet and some stairs going down with a golden balustrade.

B: Yes

D: Start walking on the carpet and go down the stairs as I count from 10 to 1. Now, look around and tell me what you find?

B: It is an empty hall with a very high ceiling. Like an empty godown of a "Haweli". I am traditionally dressed in a lehenga-choli.

D: Can you feel anything under your feet?

B: It is clean surface.

D: Walk a little more and try to identify things around you.

B: I am walking but it is an empty and scary place.

D: Walk a little more until you will find some doors around you. One of the doors will attract you. Go towards that door.

B: Yes I have selected a door

D: Take permission from the door to open it and enter.

B: Yes I have opened the door and entered.

D: What is inside? Which place is this? What can you see?

B: It is my house in my native place. I am in a room

D: What other things do you find there

B: I am sitting on a sofa with three broken wooden electrical boards and broken wires.

D: What else can you see?

B: There is a roof above me but the floor is broken with a big cavity in the centre of the room. My sofa is revolving in a circle around this hole. It is day time in the room but night inside the hole with many stars as if it is a galaxy in outer space.

D: Okay, can you see anything else in the room? Is there any person or furniture around?

Brinda: There are a few things, but I cannot see them all. I can see only one corner with the electric board.

D: Okay, now come out of this room and thank the door.

B: Ok

D: We are returning to our present life now. We will thank all the persons and places whom you met in this journey and come back to the present in Lonavala. You can take some time and then slowly open your eyes.

B: Thank you Sir. It was a very wonderful journey, I am feeling good.

It seemed that the session was not complete and there were a few more things involved in this session which Brinda does not remember. In this case, more than a past life, Brinda went back to her childhood to some incident where this event has happened and it had left a deep impression on her subconscious mind. When we regress her in future, we will resolve the issue by going much deeper.

Case 12

PLR for problems in conceiving

Therapist: Fatima(F)

Client: Kalpana(K)

This case was conducted over the phone because of the lockdown. My client, Kalpana, is trying to conceive since the past 6 months, she has also done cleansing therapy but is yet unable to conceive. We asked her husband to also be around the client during the session. I led her in a state of trance.

F :Kalpana, you will now find yourself connecting with nature. Around you, you may find waterfalls, a lake, or a river, gardens, jungle.... where do you find yourself?

K : I am in front of a beautiful waterfall and the water is crystal clear. I can see flowers everywhere with amazing aromas and a lot of butterflies.

F : Very good. Remain there as long as you like and enjoy the waterfall and the aroma of flowers and talk to the butterflies. How do you feel now?

K : I feel really good. The butterflies are tickling me and I am laughing a lot.

F : Enjoy for a while longer, when they fly away, let me know.

K : Yes, they have left.

F : Now walk until you reach a big ground.

K : Yes, I am walking.

F : What is beneath your feet?

K : I feel very comfortable. I see a palace in front of me.

F : Okay, now go to the gate of the palace and ask permission to enter.

K : Yes, the gate has opened.

F : Go inside and tell me what you see.

K : It is a very big palace.

F : Is there anyone around?

K : Yes, a lot of servants and maids.

F : What are they doing?

K : They are making me dress up.

F : Why are they dressing you up? Who are you?

K : I am the queen. I am incredibly beautiful. I am going towards my court.

F : Okay, is the king around?

K : Yes, and there is someone else too.

F : Who?

K : On the right side of the king, I find myself and on his left, is another queen and children who I think, are her children.

F : Where are your kids?

K : I don't have any.

(This means that even in her past life, she had not conceived)

F : Talk to the king. Are you his first queen or second?

K : I'm his first queen.

F : Then why did he marry someone else? Are you not beautiful?

K : I am very beautiful. The king loves me a lot but I was not able to give him an heir, that's why he married another woman.

F : Why could you not give an heir?

K : I felt that conceiving a child would destroy my beauty. My body would lose its shape and this scared me.



Infertility is a curse that woman can remove with one small step

F : No. This is not what is going to happen. Think, a small innocent child is calling you his mother. How do you feel?

K : I feel really good. The child is in my lap and I look even prettier than what I did before.

F : Exactly. The completion of motherhood is reflecting on your face.

I ended her session at this point. It appears that, a fear lingered in the subconscious mind of Kalpana that her beauty would fade away once she becomes a mother. Through this session, an idea was put in her mind that posts her pregnancy she will become even more beautiful and radiant. Now all we can do is hope for a positive and good outcome.

Case 13

PLR to understand self

Therapist: Brinda (B)

Client: MTW

MTW : Before we begin this session, I want to share with you that I tried but could not find anything special in my previous PLR.

B : What do you want to achieve in this PLR? Is there anything which you want to clear by a PLR session?

MTW: Actually, everything is very good. There are no major issues in my life. Everything is settled. I have no issues with my family or kids. However, since I have this opportunity, I want to take advantage of it and see what I can find out.

B : Ok. I will try to do my best and definitely we will see something interesting.

MTW :Ok

B: I need your permission and support for this PLR. I will give you some instructions, will you follow me?

MTW :Yes

B : Close your eyes and relax....take a deep breath....release your breath slowly.....take another deep breath and breathe out slowly.....take a deep breath and imagine your "SUGOD" is sending his blessings in the form of white light.....as you are taking your breath this white light is entering your body through your solar chakra.....slowly, this brightness is covering your entire body and you are feeling very happy and light. All the negativity is coming out from your toes in the form of black and grey particles...collect all the black and grey particles and put them in a black box, lock this box and throw it away, deep inside the ocean.

Now you are completely full of joy, happiness and positivity. This brightness has now disappeared and your body is very light and completely relaxed..... Brinda took MTW through the relaxation technique and MTW was in a trance.

B: You are feeling very light and very relaxed. Now you can hear your heart beats. Imagine that you can see a place of natural beauty. Can you see some trees, or a garden, hills, animals, birds or flowers, etc. What can you see?

MTW: No I cannot see anything.

B : Then what is in front of you .

MTW : I can see only brightness and light.

B : Very good, this is the blessing of your SUGOD. Pray to this pure energy of the Universe to help you to see you PAST LIFE.

MTW :Yes

Brinda : Look around and try to see something.

MTW : I am in a garden, I see some trees.

B : What you are feel under your feet ? Are you wearing shoes?

MTW: I can feel dry leaves on the ground

B : Walk ahead and try to identify the place. Can you find anyone else here?

MTW: I am alone, no one is here.

B : Ok, now walk until you reach an empty ground

MTW : Yes

B : What can you see here?

MTW: It is a big empty ground.

B: Walk ahead a little more. Now, can you see anyone?

MTW : Yes, some boys are playing cricket here.

B : Can you recognize them ? Do you know who are they?

MTW : No

B : Go to them and ask them if they know you.

MTW : I am asking.

B : What they are saying?

MTW: They are saying something, but I cannot understand.

B : Ok, walk until you will find a small house.

MTW :I am walking

B : Can you find a small house on the ground?

MTW : Yes

B : Do you know whose house it is?

MTW : No

B : Ok go to the door. Is it open?

MTW : No, the door is closed.

B : Ok take permission from the door to open it.

MTW : Yes

B : Go inside. What can you see here?

MTW : It is dark

B : Touch and identify the things around you.

MTW : I am not able to touch anything.

B: Pray to the universal energy to guide you.

MTW : I find one stage over here.

B : Very good, what type of stage is it and what else can you see?

MTW : I am behind the stage

B : Why are you there?

MTW: I am here for a performance

B: What is the performance?

MTW : It is a dance program

B : Do you know this place?

MTW : Yes it is Aa auditorium

B : Where it is ?

MTW: It is in Mumbai. It is a very big auditorium. The auditorium is full of people.

B : Who are you ? Can you remember your name?

MTW:yes

B: What you are doing now?

MTW : I am dancing.

B : Great. What type of dance form are you performing? Is it a solo or a group dance?

MTW : I am performing a solo "Kathak Dance"

B : What costume are you wearing?

MTW: I am wearing a traditional kathak dress

B : Enjoy your dance and feel happy and free

MTW: The audience is enjoying my dance. They are clapping.

B : Do you want to dance anymore?

MTW : No

B : Ok, thank the audience and see if you can identify anyone whom you know in the audience.

MTW: I cannot identify anyone

B : What you want to do now?

MTW : I am in the Green Room and I am changing. My assistant is here to help me.

B :Ok. Do you know her?

MTW : No, I do not know her

B : What else can you see in this room?

MTW: It is a vanity van and my organizer (financer of the program) is waiting for me.

B : Why he is waiting for you?

MTW : I know him. He wants to have a physical relationship with me.

B : Do you want to go with him?

MTW: Yes, I do

B : Ok, change your costume and go with him

...

....

B : Tell me when you are free.

.....

.....

B : Are you free? Can we move ahead?

MTW: Yes

B : Thank your partnerAre you ok?

MTW : Yes

B :Come out from the van

MTW: Yes

B : What is in front of you?

MTW : I see a road

B :Start walking on the road.

MTW : Ok

B : Walk until you find something.

MTW :I have reached my home.

B : Ok, go inside

MTW: My old servant is here and has opened the door for me

B : What you are doing now?

MTW: I want to sleep, I am tired.

B : Go to your room and sleep.

MTW : Ok

B : How are you ?

MTW : I am feeling cold

B :Why are you feeling cold

MTW : The air conditioner is on. It is very cold here

B :(she is shivering with cold. I have put one blanket on her but still she is feeling cold)

B: Are you ok now I have put a blanket on you.

MTW : it is very cold

....

....

(Now she is looking relaxed)

B : Ok, can we continue now

MTW : Yes

B : Let us return from all the places where we have been.

Thank your servant, your house, your partner, the audience, your assistant and also thank the stage.

Also thank all the doors that we crossed. Pay your respects to “SUGOD “ who has blessed you in this wonderful journey

MTW.....

B : Now slowly relax your body (from toe to head). Take a deep breath and slowly open your eyes.

Thank you MTW

Case 14

PLR for general body consciousness

Therapist: Jyotika Rambia

Client: MTW

MTW is a chirpy, peppy and lovable client with a happy temperament. All her major needs, desires and wants in life are fulfilled and she is not looking for anything specific. Her major yet curious concern is her body fat. She has a cherubic face and doesn't look older than a woman in her thirties though she is close to fifty. She wears XL size dresses, her only desire being to wear a M size. She says that she is able to reduce her body fat with sincere efforts, diet and exercises, yet once she loses weight, she cannot stem the urge to indulge in junk food and sweets and puts on weight again. We therefore decided to explore her issue through a PLR session.

The session begins. The third eye chakra is activated. MTW was made to relax and taken through guided relaxation. She slipped into a gradual trance. She was taken through the garden of life, then to the cottage, the center of the earth, down the stairs

and then asked to choose from varied doors at the center of the earth. MTW opted for the appropriate door and entered.

MTW found herself in a huge royal palace in some European country. She could feel a red carpet beneath her feet and velvet curtains around her. The palace is magnificent and she is the Royal Queen and the ruler of that country. She is powerful, extremely good looking and proficient. Her looks are flawless and she had an hourglass figure. She is the commander and in charge of the palace. She has several commandos and servants at her service. She also is an efficient ruler. She roams around the palace and finds no one known to her. Finally, I guide her to the royal kitchens. She visits the royal kitchen and finds a variety of delicacies being cooked in grand style. She just breathes in the aroma and leaves. I guide her to her meal time. She finds herself amidst a plethora of delectable options. However, what she chooses is raw, lean, low fat, bland food and controls her urge and temptation to gorge on the tempting food laid on the royal dining table as she is afraid of losing her beauty. This is her main fear. I guide her to give up the urge to resist good and tempting food and seek forgiveness of that royal soul for depriving it of the delicious food. Later, I guide her back into the current life.

Case 15

PLR for insecurities & relationship with others

Therapist: Fatima(F)

Client: Brinda(B)

This was the first time that I am in a PLR session as a client and my therapist is Fatima. We discussed my fears and queries, what was disturbing me in life, any accident that may have taken place in the past and what I wanted to find out from my past life.

I told her that I was not seeking who I was in my past life or what I did there. The issue is that I am not satisfied with my current journey. I am not happy and I want to be satisfied in every situation without exception. I told her that I always worry about my relationship with others, I fear how they will react to my work, and what they say about me. I just want to do my 'Karma' as I want without caring about anything. I want to be happy but I would like everyone to be happy too as I am only carrying out my duties.

Fatima commenced the relaxation instructions. She started from my right big toe and went on to complete the right leg, then the left leg, right and left arms, my back bone, internal parts – liver, spleen, intestines, kidneys, lungs my shoulders and my heart. She relaxed my neck, face, lips, teeth, tongue, ears and eyes, my head, brain and hair. I started flowing with her voice and travelling as I started imagining.

F : Brinda, Imagine yourself in a very beautiful place full of natural beauty, with plants, trees, flowers, a flowing stream, birds and animals. Can you visualise this? How you are feeling?

B : I am in a garden near a lake in Bangalore. I see some small colourful flowers. I am walking in the garden with my husband

F: Can you see anything else? Is there any boat? How is the water flowing?

B: Yes, I see a man sitting in a boat. He is waiting for a customer

F: Is he waiting for you?

B: No, he is generally waiting for any customer, not particularly for me

F: Is he calling you?

B: He is watching me

F: Do you want to go for a ride in the boat

B: Yes

F: Please go ahead. Have you reached the boat?

B: Yes

F: Ask the man if he knows you

B: No he does not know me. He is a poor man. I asked him but he is not replying.

F: Ok, go and sit in the boat

B: Ok, we are in the boat and it has started moving

F: Where are you now?

B: We are in the middle of the lake, the boat is moving slowly

F: Do you want to spend some more time here?

B: No, I want to come out of the lake

F: Ok, request that person to take you to the landing place, alight from the boat and thank the boat-man

B: Yes, we have landed. I have got out from the boat and I have thanked him

F: Now, what are you doing?

B: There is a road beyond the garden. I am walking towards that road

F: What do you see while you are walking?

B: I am walking with my husband. The lake is on our left and the road and some big buildings are on my right. We are walking quietly

F: Have you met anybody? Is anyone walking on the road?

B: An auto rickshaw is coming towards me from the opposite side; one old lady is seated inside. We know to each other. She is calling me.

F: Do you want to meet her?

B: Yes

F: Meet her and hear what she has to say and ask her how she knows you

B: She is inviting me to her house. she is calling me Rashmi which is my nick name

F: Do you want to go with her ?

B: Yes, I want to go with her

F: Ok then, you alone join her.

B: We are in the rickshaw, going towards her home.

F: Have you reached her home?

B: Yes we reached her house. It is a double storied houseshe is opening the door, now we are inside her house

F: What do you see here?

B: it is a small room with a small kitchen. There is a table in the corner and some painting on the wall.

F: Is there any clock or calendar on the wall?

B: There is a wall hanging, no clock or calendar.

F: Is there anybody else around?

B: Yes, my mother-in-law is also here. She gave me water and a mat (chatai) to sit on. We all are talking and smiling.

F: What is the conversation about?

B: Nothing specific, just some general gossip.

F: Do you want to spend more time here or do want to leave ?

B: I want to leave.

F: Ok, bid good bye and leave

B: Yes, I have bid them good bye and am out of the house.

F: Now, go back to the lake

B: Yes, I am on the road near the lake.

F: Ok, walk ahead until you see something.

B: I am walking on the road, it is a city area

F: Walk until you reach a ground

B: Yes, I am nearing a big ground

F: Is anyone there

B: It is empty as it is day time

F: Do you see a house anywhere?

B: Yes, a bit far, I see a house.

F: Go towards the house. Do you know whose house it is?

B: It is my mother's house

F: Very good. Knock on the door and call out

B: Yes, my mother has opened the door and she is very happy to see me. She is crying now.

F: Ask her why she is crying?

B: We are meeting after a very long time, she has missed me. She wants to know why I did not come earlier

F : Hug your mother and tell her why you did not visit her for such a long time. Cry, if you feel like it. Is your mother okay?

B: Yes, she is fine

F: What is she saying?

B: Just talking in general about me

F: Do you want to stay any longer, or can we move on ?

B: Yes we can move on

F: Ok, bid your mother goodbye and leave the house.

B: Yes

F: Are you walking on a big ground? Can you see anything?

B: Yes, this ground is behind my house. A known person (who has passed away) is standing at a distance. On one side, we have our mango garden. I can see the mango trees flowering.

F: Is the man speaking to you? Do you want to talk to him?

B: No, I want to move on.

F: Ok walk ahead. Can you see any river or ground?

B: I am not walking, I am moving in the air and below me I can see a small river and a playground where we used to play during my childhood.

F: Ok move on. Do you see anyone? Are you going to meet anyone?

B: I am meeting my father.(He has passed away 16 years ago). He is smiling and very happy to see me.

F: Where are you now? What he is saying?

B: I am in the sky, he is blessing me and asking me why I am not visiting my mother, do I not care for her?

F: What else is he is saying? Do you want to spend more time with him?

B: No, I want to move on

F: Take your father's blessings and come on the playground.

B: Ok

F: Now are you walking on the playground?

B: Yes

F: What do you see now?

B: It is a big and empty ground.

F: Ok walk until you will see a small house

B: Yes, I see it

F: Go to the house .see whether the door is open or closed?

B: It is a row house and the door is closed.

F: Take permission from the door to enter the house.

B:Okay

F: Now open the door and go inside. You will see a staircase with a red carpet on the stairs

B: Yes

F: Start walking on the carpet. And go down the stairs. There are 10 stairs. I will count and you start walking down 10,9,8,7,6,5,4,3,2,1. Now what do you see here?

B: It is evening and I see a big hall in a palace. On the grounds outside, I see a big tent. It appears as if some function had taken place here a few hours ago, but nobody is here now.

F: Go inside the palace and see if you find someone who you know

B: Nobody is here.

F: Ok walk ahead until you will find someone or something

B: Yes, I see some stairs.

F: Very good, climb the stairs

B: Yes it leads to the upper floor of the palace. My brothers are here and laughing at my attire. They are saying, 'Hey Rashmi what type of dress you are wearing? (I am in a lehenga-choli).

F: Do you want to talk to them?

B: No, they are laughing at me

F: Ok come out of the palace and walk.

B: I am on a big ground with iron wire fencing around it

F: Ok break the wire fencing with your hand and walk out

B: It is hurting me. It is very painful

F: No problem, you can break the fence

B: Yes I have broken the fence

F: Now walk out from here. What can you see now?

B: I am near my farm house in Bangalore

F: Ok now we will return to the present. Thank everyone that you have met here, thank all the people and places. We will return the same way that we came.

Now, climb the stairs 1,2,3,4,5,6,7,8,9,10. Thank the door and both your parents. You are now slowly coming out of the trance. Return to the present at Lonavala.

Finally, Fatima concluded that Brinda was thinking a lot about her family and relatives and that was the reason for her being with them.

Brinda thanked Fatima and added that she felt relaxed and peaceful after meeting all her loves ones. She felt very light as if a big load had lifted from her chest. She was at peace, generally she was always preoccupied, her mind never at rest.

Brinda was able to remember everything as if it was a movie.

Case 16

PLR for a reoccurring childhood nightmare

Therapist: Suman

Client: Divesh

Before the session, Suman discussed issues that Divesh wished to resolve through PLR, to make it a meaningful session. On this, Divesh talked about a nightmare which had tormented him during his childhood. He mentioned that a particular dream had repeated 12-15 times from the time that he was about 3 years old until he was about 8. He would see that he was tied to a railway bridge above a flowing river, and then a train approaches. As the train passes, he would freeze to death and wake up shivering with fear. He had discussed this dream with many people, but could not get any satisfactory reply. He thought that maybe this could be resolved by a PLR session and he could get some clarity. Suman was both excited and a bit nervous as this was her first case, it appeared both interesting and complicated.

Divesh was made to lie on a couch. It was late morning, pre-lunch hour and he was neither too energetic nor too tired, which could be ideal for a good session. She started with the relaxation technique and within some time, a trance was established. She used the deepeners which were taught in the lecture, and followed the textbook approach. As the session progressed, events and scenes started coming up in front of his eyes. Initially, there was confusion whether these were real memories from the other life or,

imagination of his conscious mind, but as the session went ahead, scenes began to float in front of his eyes as if he was witnessing something from above with a 360° control view, a phenomenon more like lucid dreaming. The next scenes are described below. As Divesh is unable to find out his name in the past life, we will address him as Divesh:

He finds himself in a farm, it is autumn, yellow flowers and red leaves carpet the fields. The climate is dry and cold, but the sky is clear. He is a charming young man of faded white shirt. He is on his bicycle, going home and crossing the fields on the outskirts.

Suman suggests to Divesh to explore the people in the vicinity, but there is not a soul around. Then she suggests that he look out for ancestors who can guide him. It was a bit difficult but then he sees something or someone who seems very different. While riding his bicycle he sees someone approaching him. He is wearing a deep blue cloak, covered from head to toe, wearing a deep blue conical hat. He has a sickle which looks more like a weapon. He is quiet, not saying anything, he just stares at Divesh. On getting closer, he realizes that he is not a human being, but a different entity or a soul who had come there with a message. One would get very scared on seeing such beings. Divesh is unable to understand what or who he is and the entity suddenly disappears.

Next, Divesh finds himself entering the town center where he lives. It is late morning, just before noon, and there is a very strange gloomy silence around, where almost everything is shut down and nobody is seen. The language on the sign boards is not English and Divesh cannot read it...he is unable to understand what is going on and why everything is shut down. Is it some kind of curfew? Whatever it maybe, there is a strange sadness in the air like something very disastrous is going to happen.

Suman instructs him to open the door of any building which attracts him and explore this life further to get more answers.

He rests his bicycle, and approaches a building which seems to be his residence in one of the corner alleys of the main square. It is not very good looking and is a very old

structure, a poorly maintained building. He goes for the keys in his pocket, and opens the main door of the building. As he opens the old door, he is greeted by darkness in the passage but he knows his way up, so he proceeds on the old wooden staircase. On the first floor, he knocks on a door and it is opened by a beautiful lady wearing a flower print gown, who is about his age and of humble origin like him. He wants to say something to her, maybe since long...but again he is unable to speak. They stare at each other, as even she knows what he desires to say. Divesh recognizes her as one of his friends in this life too. Then he turns away and she closes the door. He goes upstairs to the top floor, opens a rusty wooden door which cracks open. It is the attic room, and he goes inside. Inside, it is dark without enough sunlight and only one small window in the roof from which the outside world can be seen. The room is meagerly furnished with a small wooden table and a few other things. He lives alone as he cannot see any other family members, nor does he have memories of anyone in his life.

Suddenly, he is startled by noises from below. He opens the window, it is late afternoon and people have gathered in the town center, as if some assembly or important discussion is going on. The church bell is toiling as if there is some emergency. People call him downstairs, and being a good citizen, he goes downstairs. Fear and panic is in the air, some people are shouting and others are crying. Though he is doesn't understand the exact language (which sounds like Eastern European), he still understood what they were saying. An invasion was taking place and every able bodied man was asked to defend the town to their best ability. They had a few localized weapons like old rifles and swords so that at the very least they could defend women and children. Divesh was frightened with the thought of the invasion and the ensuing defense and developed cold feet. There was moral boosting and a defense strategy was being planned on how to fight back and this goes on till late night.

In the next scene, Divesh is woken up by the sound of an explosion and he sees bomb shells dropping all around. Again fear grips him and everyone is crying and screaming that the Nazis have invaded their town on the Vistula. He goes downstairs, and there is a lot of destruction by the bombs. The town square is filled with people and army trucks are being loaded with people. Then, three Nazi soldiers come towards him. They laugh

on seeing his rifle, and kick and punch him into submission. Then they pick him up and throw him in a truck, where there are other people along with a few Nazi soldiers and they are abusing and threatening the already scared people. Then the truck drives off with screaming people.

In the next scene, the truck is being unloaded, and it appears that only men have been arrested. They are at the river bank, and it is the popular Vistula river. The famous railway bridge is visible over the river, and then a ghastly scene takes place. Many people are already tied near the river, and the German soldiers are tying the new batch of people on the bridge. They are laughing and spitting on the distressed people.

Next, Divesh saw that he was tied on the bridge along with all the others. It is afternoon and the sun is overhead. The river is flowing below the bridge and he can see the red/yellow trees in the surroundings. Then he hears the horn of an approaching train, as it alerts people to move out of its way. It was as if it was mocking people who were tied up. This is the exact scene that he used to see in the nightmares that he had during his childhood. Slowly the heavy train arrives dispersing black smoke and he see body parts of screaming people as they fall down in the river below turning its water blood red. It was a ghastly scene. Finally, the train nears Divesh, crushes him and he dies. In a flash he can see his limbs being torn off and falling into the water and this was the end of him.

As this scene was being witnessed, Divesh developed intense pain in both his limbs, mainly at the joints. Though in the overall experience, there was somewhat pain but this was the most intense phase of pain and there were jolts and shivers in his entire body.

Suman guided him through pain release and healing technique, and it took considerable time to get over that trauma. Eventually, he came out of the trance, but was silent for a long time. It took about one and a half hour for this session.

On researching further, Divesh found that this had happened during the World War 2. This maybe a real incident as there is the famous Vistula river in Poland and it had the bridge that Divesh was seeing since childhood. Nazi Germany and Communist Russia

invaded Poland and World War 2 began in September 1939. The Polish army had blown up the bridge to prevent the Germans from crossing. Though this incident of killing people by a train running over them is not available on the internet, but it could have been documented in military archives. Germans might have done this before the Vistula bridge was blasted off or they might have just raided the town to spread panic and fear and this incident might not have been made public. Divesh wishes to revisit this incident in some future sessions to have complete clarity over this and to know the real truth. Maybe in the next sessions he may get to know the name by which he was known then, or the name of the town and other specific incidents related to that life.

Case 17

PLR for phobia of water (Aqua phobia)

Therapist: Sudha(S)

Client: Ananya(A)

This PLR session is with Ananya who is a budding fashion designer. She was in Dubai for four years and since then she aspires to setup a boutique in Dubai. She is scared of water after the sun sets and was interested to find out the reason for the same. She will be taken into the state of trance by Sudha.

S: What is visible in front of you?

A : I see myself walking in a forest in the direction of the sun which is about to set.

S: Walk towards the sun. Look out for anyone who is familiar to you.

A : I am walking on and on. The ocean is now visible in front of me. A huge ship is anchored on the shore. I see the symbol of the moon on the ship and women are walking about in burkhas.

S: Try to identify the place. Look out for any landmark or address.

F: I see boards, but I cannot understand the language. I heard someone calling out Masdar.

(Ananya suddenly hears someone screaming for help. She frantically started to look out for the person asking for help. As she approaches the shore, she finds a person drowning)

S : Do you recognize the person?

A : No. I don't recognize this person from my current life. He is a guy in his mid-20s.

(Ananya tries to gather people but no one is ready to help. Finally she dives in)

S: Are you able to save the person?

A : I am trying to save him but I can't. Huge waves are lashing, I am unable to swim now.

S : Can you call out for help.

A : I am unable to do so. There are huge waves. I am drowning in the ocean. I can see the other person is also drowning and I am not able to help.



(Ananya was unable to breathe. She was feeling deep pain in her chest)

S: Fill the fear and pain in a black box and throw it in the depths of the ocean.

(Ananya does that and comes out of the trance).

We understood the reason of her dream to setup a boutique in Dubai though she doesn't have any connection there.

Due to lockdown, she is unable to check whether she is scared of water bodies even after sunset post the PLR session.

Case 18

PLR for resolving financial crisis - Session 1

Therapist: Dr Piyush Saxena

Client: Jyotika

Jyotika is an elderly lady in her late fifties. She seems to be supremely energetic and full of life. A brief background and chat revealed that she was a play back singer. She has been through lots of ups and downs in life and has suffered some truly heart breaking moments. She is a strong woman, a lady of substance and has with stood the difficulties that she was facing bravely. She is having serious financial issues since a very long time. This seems to be creating an imbalance in her personal life too. We decided to explore this situation through a PLR.

The session begins. The third eye chakra is activated. Jyotika is made to relax and taken through guided relaxation. She slipped into a gradual trance. She was taken through the garden of life, then to a cottage, the center of the earth down the stairs with the red carpet and golden railings. She is then asked to choose from varied doors found at the center of the Earth. Jyotika opts for the appropriate door and enters.

She finds herself in a dark enclosed space. She is a young lady in her twenties. She seems to be stuck in a tunnel behind closed doors like a secret exit space. However, the tunnel seems to be blocked and there does not seem to be any way out.



She is scared and even though she wants to, she is unable to move any further. She fears that she may be harmed by the people waiting behind the door. She fears getting back. However hard I try, I am unable to get her past the tunnel. Suddenly, she starts suffocating and encounters a near death experience. I guide her back to a time just before she entered the tunnel behind the closed doors. She finds herself, sobbing, famished and weak, lying in the corner of a dim lit room with no food or comfort. She begins to get restless as she is unable to probe any further into her thoughts. So, I guide her to return back to her current body. Her PLR session remains incomplete.

Case 19

PLR for resolving financial crisis: Session 2

Therapist: Suman Tulsian

Client: Jyotika

Jyotika makes several attempts through PLR to find a solution to her financial crisis. She seems to be getting nowhere and making no major progress. The closest she seemed to have experienced was the Near Death Experience that she had encountered in her previous session with me. Her financial crisis seems to be affecting her very badly. We decided to make another attempt to explore this situation through PLR.

The session begins. The third eye chakra is activated. Jyotika is made to relax and taken through guided relaxation. She slipped into a gradual trance. She is taken through to the garden of life, then to a bridge on the river, leading to the Earth's core and then asked to choose from various doors found there. She does not find any door, but only heavens and open skies.

She finds herself as a bird floating through air even before crossing the bridge. She is experiencing flying. She is in a deep trance. She seems to be very happy and contented. She flies in the sky amidst clouds. There is a bright, golden light that is calling out to her and she is longing to reach out to this bright divine light. The white light seems to be soothing her senses. She is flying higher and higher and is enjoying her encounter with the clouds. There seems to be no fear or burden. Just a feeling of letting go and feeling lighter and lighter, devoid of stress. I let her enjoy her freedom as a free bird in the skies for a while and then guide her to a door where she could possibly find a solution to her financial burdens. She finds a door to a cottage afloat in the skies and aspires to reach the door of this dainty and quaint little cottage. As she approaches the door, she finds total darkness and hesitates to enter. She moves away from the door and returns back towards the white light, away from the fear of the dark confines of this cottage. Her trance is broken suddenly and she returns back to her body in this current life. This session remains incomplete too and we are yet to find a means for Jyotika to enter a past life for a solution to her financial crisis.

Case 20

PLR for Body Weight Loss

Therapist: Dr Piyush Saxena

Client: Ghulam

Is weight loss or obesity reduction even possible through PLR? This question was hounding Dr Piyush since a fairly long time and he thought about working on this aspect. One never knew, PLR could turn out to be a potential cure for obesity as it has proved to be for many other unexplained traumas of life. Hence for this experimental PLR to heal a visible issue he needed a volunteer. The first requirement for this was the volunteer should be obese and should be willing to reduce weight or to know the root cause for his obesity. Since, any obesity reduction related therapy required burning of fat tissue, Dr Piyush said that he wanted a volunteer who is mentally very strong and can bear some pain at the physical level. Dr Piyush had anticipated that such a session may cause profound sweating and burning sensations as it happens in obesity treatments. Another condition was that, since it was an experimental session, it would be done in the presence of all the seminar participants and the session would be video recorded. To all these conditions, Ghulam was more than willing and Dr Piyush agreed to do a session with him. Ghulam has a very strong, sturdy personality, he is over 6 feet tall and weighs 120 kgs, and even though he leads an active life, obesity was causing a hindrance in his day to day life.

The session began in the evening after tea, on an open verandah. Ghulam was lying down and Dr Piyush was seated on a chair giving instructions. All the other people were surrounding them on the verandah watching the session with profound interest.

Dr Piyush started his instructions and Ghulam quickly slipped into a deep trance. Ghulam found himself in a big mansion where construction work was in progress, mainly furniture making was going on. He found that there was no one around except three carpenters who were working continuously and tirelessly. However, these three carpenters looked very mysterious and mystical. They were very different. Ghulam

described the furniture that they had recently made a sofa, chairs and tables. When Dr Piyush asked who they are or how they looked like, Ghulam said they looked like normal people, but they were not of Indian descent and were tall and sturdy with features like people from the Middle East. They had beards and talked amongst themselves, but Ghulam could not understand what they were saying. One of them was around 28, another was 35 and the last one was the oldest of them all and seemed like their leader, he was 40 years old. Dr Piyush asked him to try and find out who lives or lived here, and Dr Piyush was astonished when Ghulam told him that nobody ever lived here and this place is 500 years old.

On this Dr Piyush became more curious and asked him to go to the kitchen or any other room in the house to see when and how they come, what they eat and what they talked amongst them. Ghulam went in search but he never found them with any food or eating anything. They used to come in front of the house in the morning, work all day tirelessly and in the evening before sunset they moved out of the house and disappeared. Nothing else was found about them, like who they were or who used to send them to work here. However, one interesting thing was that these carpenters had very fit and fine muscular physiques, the type which Ghulam himself desired. Further, they informed him that they were constructing this place only for him, so that he could comfortably live with his family. He also found a root of some tree in one of the walls, which meant that this place was really very old. Ghulam took his wife and children to the mansion, and they all were very happy to stay there.

Next, Dr Piyush asked Ghulam to be very relaxed and burn up the excessive hip tissues so that he can reduce the extra weight. He tried to burn up, but it was not effective or rather, he was unable to initiate the process. Then Dr Piyush again asked him to visit that place and meet those three men, ask for their permission and then try again. Ghulam did as he was told, and soon he felt an intense pain in his right shoulder. He also began to sweat a lot. Dr Piyush asked Fatima and Ramakant to give his shoulders a massage, so that it would soothe him. Soon, this pain and burning sensation spread over his entire body, in his hands, feet, chest, and abdomen. Dr Piyush asked him to drag all the negative energies in the form of black and grey fatty fluid and throw it into

the ocean. He continued to remove all the negative energy till he began to feel easy and his burning sensation disappeared. Then Dr Piyush asked Ghulam to thank all the beings involved in this session, be it those three men, tree with the root, house and even the carpentry tools. He did as directed and gradually his trance eased and he was brought out of hypnosis.

It is worth mentioning here that post the session with Ghulam, in a very short time, he has lost 10 kgs of weight and he is very happy.

Future life progression

I met Mrs. Farida Driver in RBI in 2009 while I was delivering a talk on 'Cure yourself Naturally and Cleansing Therapies'. At that time, she served RBI in the capacity of Assistant Manager, in the Human Resource Management Department and was also a key member in the editorial team of the in-house magazine, 'Without Reserve' of the Reserve Bank of India. She is a Parsi Zoroastrian, based in Mumbai. She used to organize Knowledge Sharing Lectures wherein well-known personalities were invited to share their life and success stories with the RBI staff members.

She expressed an interest in PLR. Born in 1955, she was married in 1975, she has two sons. Her husband passed away in the year 2000. Farida had a difficult married life. Hers was an arranged marriage with her cousin, but her husband ill-treated her mentally, physically and emotionally. She did not have any peace of mind and faced a traumatic married life.

She wanted to find out from her past lives, why she was having such a difficult present life which was full of problems. She is a helpful person, well- liked by her friends, is trustworthy and held in high regard by her superiors in RBI. As such, she wanted to find out if her past karmas in her past lives were responsible for her difficult present life. I searched for the cause in four of her past lives during different PLR sessions. In two past lives, she could identify her present life husband. In one of those lives, he had raped and murdered her. In another past life he had raped her and she had committed suicide. I provided past life therapy and I ensured that her husband will not be a part of any of her future lives. In two other past lives, it came out that she takes birth to provide help and happiness to others, even at the cost of her own discomfort and unhappiness. While taking her back to the time of death when she was able to see her dead body lying on the ground pending last rites, I asked her if she had any misgivings about that life and she had any grudges against those who had ill-treated her or taken advantage of her, she replied in the negative. She did not want anything changed in that life. She was happy to have led a life that was full of helpful moments to others and her

difficulties did not matter to her. I concluded that she takes birth to help others and spread happiness whenever possible, even if she leads a miserable life in the process.

In a subsequent session I suggested her subconscious mind to go into her future life and we tried to find out if she is happy in a future life.

She narrated as under in a future life while she underwent future life progression.

“The year is 2187. She is living in a comfortable big house. Her husband in that life, is her friend in this life and he is terminally ill in hospital. He has been a loving and caring husband and provided for her well. They are very compatible and even now are happy to be with each other. She then takes leave of her husband and goes home. On the way, she purchases a bunch of yellow flowers for her home. She has two sons, who are her sons in this life too. The place looks like she is in USA. Her house is beautiful and airy, with a lawn that is beautifully maintained. All are watching TV. Around 8 pm is the dinner time. The TV is wrapped (I later learnt that manufacturing such a TV is in process and it will be a reality in a few years). The dining table is laid. They happily have dinner sharing how their day had passed with one another.

Farida started feeling better after that session. Then I taught her the technique of conducting PLR sessions and she is practicing it successfully. She is also a Tarot Reader and Teacher and a Graphologist.

When she learnt that I was planning to bring out a book on PLR, she willingly and enthusiastically offered to edit this book. As a result of which, you are reading the E book now.



It would not have been possible to bring out this book out without her contribution.

She is available at 09892514540.

Frequently Asked Questions

It was about a few months since I had completed the PLR Course and in a short span of time, I had conducted more than 586 PLRs. It is my observations that even close friends and relatives are not open to and are apprehensive about trying out a PLR session. Before trying out a session myself, I too had the same concerns and reservations but, after experiencing it myself I found that it opened up an entirely different world to me.

Placed below are answers to the FAQs on the subject:

Q: What is the risk involved in the process of PLR?

A: There is absolutely no risk involved in a PLR session

Q: Suppose one cannot come out of the hypnotized state?

A: The client is hypnotized, however, his/her conscious mind is also active. Whenever one feels that one is not comfortable, one can come out of trance by oneself.

Q: What is the risk involved when the client comes out of a trance?

A: The client may have a mild headache which can last up to 5 minutes.

Q: Is it possible for the client to not have a headache?

A: The Therapist brings the client back to the present from the hypnotized state in such a manner that the client does not have any headache.

Q: Does the client feel tired after the session?

A: The client may feel tired or alternatively may feel fresh and rejuvenated.

Q: What is the duration of the session?

A: On an average it takes about one and a half to two hours for a PLR session.

Q: How many sessions are needed?

A: The first session resolves most of the issues. However, depending on the issues, a second and third session may be necessary.

Q: Will the client have to reveal secrets too?

A: The Therapist decides with the client what questions can broadly be asked. The Therapist does not cross the limits decided between them. However, the client's conscious mind is active during the session and whenever the client feels that the therapist is going beyond the determined scope, he can come out of the trance. During a session, the client is free to have the session recorded. A friend and/or relative is free to attend the session.

Q: How is confidentiality maintained?

A: The Therapist decides with the client the issues to be sorted and the questions that would be asked to find a solution for the issues. The Therapist does not go beyond what is decided. Clients are generally satisfied and their confidentiality is maintained in toto.

Q: In case a client has differences with their spouse or a friend in a serious relationship, can that person be contacted or seen in any past life?

A: The client is requested to read the Chapter number 2, wherein related cases will show that it is possible to navigate the client to a life where the differences between the two of them originated. It is possible to proceed to the relevant event in that life. It is likely that the client may meet the concerned person in that life.

Q: Can the client's husband/wife be hypnotized?

A: Yes, but only after they agrees to get a session done.

Q: Can anybody be hypnotized against their will?

A: In real life it cannot be done. The reason is simply because the Therapist gives suggestions to the client to relax his/her entire body. When the client is not willing to be hypnotized, then commands given will not be obeyed. Even if commands are partially obeyed, the client cannot be hypnotized. Therefore, the client has to be completely ready and willing to be hypnotized during the entire duration of the regression. In the absence of absolute willingness to be hypnotized, a proper trance cannot be established and the client will not be able to proceed towards regression and issues will not be resolved. The session will be wasted.

Q: What is the worst that can happen in a trance?

A: It will be a waste of about 2 hours.

Q: Are any special qualifications required to hypnotize people? Can I try it on my younger brother who suffers from insomnia?

A: Common sense and some basic knowledge of the principles of hypnotism and PLR is all that is needed. A hypnotist does not require high qualifications or education. He needs not to be a psychologist or a psychiatrist. You can take a few sessions for yourself from a therapist. Observe his style. Read the cases mentioned in the book. Try to conduct a session on your brother. Insomnia is like any other ailment which is curable through Past Life Regression.

Q: I do not have any issues of fear, relationship or ailment. Can I try PLR to learn and witness a session?

A: I hold the science of PLR in high esteem. I see it as a solution to many chronic unresolved issues. I can do your PLR navigating you to the origins of your happy life of present birth. But I prefer to invest my efforts in resolving issues.

Q: Who would be the best hypnotist for my case?

A: Anybody living near your place of residence or place of work.

Q: What if the hypnotist is not so good and I do not get the desired results?

A: The skill lies in navigating the client to the right place. If your therapist is experienced, he will be able to give you the desired results.

Q: I presume that my case is different. I am sure that the hypnotist/therapist may not have handled a case like mine.

A: No two lives are the same as also no two cases are similar. Variety in cases is limitless. It is highly possible that he has done or studied a case

of your type and he is able to help.

Q: When I visit a therapist and share with him my personal information. What if he blackmails me later?

A: Generally, confidentiality is maintained and the possibility of blackmail does not arise. You can trust a therapist.

Q: If required, how can I contact or meet you?

A: If you feel that your problem is of a grave and serious nature, I recommend that you try a PLR in all its sincerity. You may call or message (sms) me on my mobile and we shall coordinate.

Q: Do you believe in life on other planets?

A: See the link below: India has 55,000 persons who were on another planet in their past lives. They are termed Indigo/ crystal children / adults. They have the following common features. I have found a few planets more popular like Atlantis: Freedom

<http://www.starchild.co.za/what.html>

During their Past Life Regression, they go to those planets and describe unique features. A client told me about a planet where people wear only white, the wind is very calm, people love each other, no issue of fights, they do not eat, they do not live in houses. They do not have cars. There is greenery all around. From that planet the lady was sent to earth to help people here. But her life is very difficult. After the session, she realised that the purpose of her life is to make Earth a better place to live in. And in this process - her life will suffer. She is happy with the explanation and she now faces relationship problems surrounding her with renewed inner strength.

Q: What if you are unable to hypnotize me?

A: This can happen only if you are skeptical about it. If you begin imagining and follow my instructions, very soon you will be hypnotized. Once you are hypnotized, you will enjoy the session. Life is very beautiful in imagination. You will feel light if you are in a life between life sessions. When you go to future life progression you will realise the uselessness of money, name and fame earned in this life. All these facts bring much clarity to one's mind.

Q: Will you teach me hypnosis and how to conduct a PLR session?

A: I surely will, however prior to that, it is necessary that you have undergone at least 2 - 4 sessions yourself by any therapist (not necessarily by me).

Q: How do you earn if you do not charge any fees for conducting PLR sessions?

A: I have other sources of income for my survival. PLR will hopefully never be a source of income for me.

Q: What is your interest in propagating this therapy?

A: Relieving anyone of pain gives immense comfort to the doer and it is a very enjoyable feeling. You too are a healer if you believe in helping people.

Q: I am convinced by your arguments. However, I feel my spouse will not permit me to go for a session.

A: Try to convince her/him else, you go for a session alone by yourself and observe the results. The case will be different after you experience it yourself.

Q: Do you shout or speak loudly when you hypnotize people?

A: Not at all! The pitch of my voice is just sufficient to be heard by my client. I can modulate my tone so that it is soothing during a session..

Q: Can you hypnotize/conduct a session over a phone?



A: Theoretically No. Practically Yes. But only if :

(1) I have met you earlier,

(2) Your problem is so severe that you are desperate to do a PLR on yourself and

(3) You can keep your phone near your ear or use earphones throughout the one hour session in such a way that the body does not shake or move because if you move your hand to hold the phone your trance will be disturbed.

Q: Do you touch the body of a person during a session?

A. No. the entire exercise is by verbal commands. Sometimes with prior consent I touch third eye with my index finger to enhance the trance.

Q: What is the best time for a PLR session?

A: Any time is good based on mutual convenience. I perform better in the morning around 10:00 hrs.

Q: Are there any restrictions on food before a PLR session?

A: Simple, less spicy food the previous night and fruit/vegetables juice / tea/ coffee in the morning gives better results.

Q: What clothes do you suggest your client should wear for a PLR session?

A: I recommend loose plain clothes of light colour without design. No artificial make up is preferred. You will be talking to souls in your PLR. They do not have a physical body. Why distract them through artificial aspects of life.

Q: Will I sleep during a session?

A: I strongly recommend having a good night's sleep the previous night for best results.

Q: Which day of the week is good for PLR?

A: All the days are the same. However, I have observed some enhancement in my performance based on cycles of moon.

Q: Sorry, but I am stubborn, I do not believe all this. Whatever you have said is your imagination. Why should I believe you? Do not have any scientific basis or support for what you practice?

A: I have no problems if you do not believe in me or in the premise of Past Life. What you are, your thoughts and beliefs are based on your thought processes. Whatever I say is based on my practical experience with more than 586 people (cases) who are very successful in many parameters of life. The decision to believe me or not is entirely yours.

Q: What will be my position while doing PLR session? Will I be sitting or lying down?

A: The choice is entirely yours. I will be sitting about a foot away from you on a chair. You may prefer to sit on a couch or a chair or lie down on a comfortable bed. The environment should be serene and silent, calm and comfortable with dim lights on.

Q. Can you do a PLR on more than one person at a time?

A. Yes, but the results will be diluted.

Q. Where does a soul live?

A. The technology of the Universe is extremely advanced. On our planet Earth, we are just the beginners.

You have a mobile. Take a photograph and send it to your dear one whose mobile is switched off. You delete this picture from your mobile after you have sent it.

Where is the picture now? Not in your mobile because you have deleted it. Not in your dear one's mobile because it is still switched off. It is in the cache server software of the mobile operator. Do you agree?

Who can retrieve it? The engineer of the server maintenance team can retrieve it, surely. Now remember you agreed that it is in a soft form. If the regular engineers are removed, can any team of experts retrieve the picture without switching on the latter mobile?

The answer is a big NO.

Now trust me that the software and functioning of the Universe is much more advanced than our small primitive planet.

Apply the same logic. A soul leaves the body. It is in the universe but we cannot access it unless the operator allows us to do so, for e.g. the soul enters a new body.

Various topics related to the mysteries of life

What is God? What is this universe? Are there other worlds in the universe apart from this world where aliens live? Is there any technology with the help of which we can reach other worlds and know our past, present and future?

Ever since man has come into this world, such questions have been arising in his mind and will continue to arise in future also. Because human beings are curious since birth. For this reason, man invented various methods and techniques, and on the basis of all these, he started getting answers to his questions to a great extent. Take a look at some such mysteries of human life and the universe and their related genres.

Past Life Regression (PLR):	Past life regression is a therapy that uses hypnosis to learn more about you and your past life. This therapy is used to recover memories of past lives. Past is not dead and it continuously influences our present and it is in the present that the future is created. Past life regression therapy gives you experiences to heal current life problems. Information cannot heal you but experience can.
Future Life Progression (FLP):	FLP is taking you back on the time line, old negative memories can be cleared, by going forward in time to a place where you can explore the possibilities that extend from your own creation and the paths you choose to examine, you will be able to make contact with your future self and be gifted with the knowledge you need to create your best future. Based on choice and creative visualization, future is determined.

<p>A terrestrial planet:</p>	<p>A terrestrial planet, telluric planet, or rocky planet is a planet that is composed primarily of silicate rocks or metals. Within the Solar System, the terrestrial planets are the inner planets closest to the Sun, i.e. Mercury, Venus, Earth, and Mars. these planets are, in terms of Earth-like. structure. These planets are located between the Sun and the asteroid belt.</p>
<p>Aliens:</p>	<p>Aliens or Extra terrestrial life is a hypothetical life which may occur outside of Earth and which did not originate on Earth. Water is a key ingredient for life as we know. Water in liquid form, it turns out, is fairly common in our solar system. For example, evidence is mounting that liquid water may flow underneath the surface of Mars, as well as on Europa, a moon of Jupiter. They all appear to have a liquid ocean. Saturn's moons Titan and Enceladus may be watery. Even Venus might have a bit of liquid water in its atmosphere. So life existed in others planets too and might be present in other solar systems, milky ways and galaxies.</p>
<p>Aliens Exist:</p>	<p>https://nymag.com/intelligencer/2018/03/13-reasons-to-believe-aliens-are-real.html</p> <p>13 Reasons for the existence of Aliens</p>
<p>Creation and destruction of Planets:</p>	<p>The Universe selects uninhabited planets to develop life on it. Similarly, it is the Universe that decides when to put an end to life on any planet. This takes many years but the duration of a year varies widely among planets.</p>

<p>Life on other planets:</p>	<p>Life exists on other planets beyond our Solar System.</p> <p>In a host of sessions that we have conducted, cases about life on other planets have emerged. Different variations of life on other planets can be found by the reader in our case studies.</p>
<p>Cosmic storms:</p>	<p>The galaxy is found to be trembling during a Cosmic Storm. The temperature at that time is minus 273 degrees Celsius or near zero Kelvin. Even though there is no air, the storms are very powerful.</p> <p>Whenever such events take place, it has been found that phenomenal changes happen in human consciousness too.</p>
<p>The complete vibrant colour spectrum, in addition to the normally perceived VIBGYOR, which is not present in our solar system:</p>	<p>Violet, Indigo, Blue, Green, Yellow, Orange and Red are seven colours of the solar spectrum of our Sun. The range is 4000 Å to 8000 Å. Interestingly, wave length of these colours are not continuous as erroneously perceived by our eyes which can't see beyond 30 frames per second. Modern spectrometers have least count of one second. So, the wavelength can be measured for 6th decimal place in cms..</p> <p>During our sessions we have found many extremely breathtaking and fantastic colours that are missing on Earth. In visible light, a spectrometer can separate white light and measure individual narrow bands of colour, called a spectrum.</p>

Development cycles:	A grand cycle is a big “loop” beginning with a spark taking on an essence. It continues through having a series of lifetimes in a particular life form capable of sentience on the physical plane of a particular planet (or group of planets that have space travel between them), and completing the higher planes of that planet. Moksha is the end of the death and rebirth cycle and is classed as the fourth and ultimate artha (goal).
Soul:	The soul is our spirit, our true self, and a part of us that lives on after death. The soul is actually bigger and more powerful than what one can think about. Each one of us has a soul that resides in the astral world. That means even when we’re living life here on Earth, the majority of our soul remains in the astral world. From our first breath until the moment of death, we never lose our connection with it - and the quality of our consciousness is a direct reflection of that soul. However, if you think logically about it, this explains why so many spiritual traditions believe in a higher self or over soul. This is because we as personalities here on Earth are just a fragment of our soul, which again, resides in the astral world.
Soul- birth:	A very powerful energy or light from the astral world creates new souls. Each soul is made to be unique. When you consider that every soul goes on to have a totally unique set of life experiences, and that dozens, hundreds and thousands of lifetimes are lived, you can see how vast the differences can be from one soul to another.

Soul journey:	During the first phases of a newly created soul's journey, the important thing is to gain experience. These souls often jump into incarnations with little thought or planning. So basically, the soul in the astral world breaks off a piece of itself, which is really it's quality, and sends it to a place like Earth. That piece of the soul will log into a physical body and live an entire incarnation in complete immersion. This means it has completely forgotten who is he/she is and where he/she came from.
Soul Age:	Life is indeed a learning game. Soul age refers to how a person has grown from experience on the planet, not just to how many lifetimes he or she has lived.
Infant soul:	The Infant Soul Age is to the soul what the first decade of a life is to a person. Infant souls are new to the world, and consequently, they do not know very much about what is going on. The shallowness of the Infant soul appears in the lack of depth which can be seen in the look in their eyes. Infant souls are weak in understanding, and they are often in need of guidance. Planet Earth is close to the time when the last Infant Soul will incarnate.
Baby soul:	Baby souls have more advanced perceptions than Infant souls, but less understanding than Young souls. Baby souls are like adolescents; eager to go here or there, do this or that. They are no longer like mere children, but there is still a lack of understanding and they have an immature perspective

Young soul:	Young soul is what would be said about a young person, an adult before middle age. Having the understanding of the two previous soul ages inherent within themselves, they seek to tame the world at large. The Young soul perceives "me" and "you", and wants to change "you" into "me". The Young soul wants to organize people into a society, a civilization, or a company. Young souls are the most competitive by nature of the soul Ages.
Mature soul:	They have subconscious access to depths of experience not present in younger souls. They have a strong tendency to be introspective. Mature souls seek to comprehend everything. Mature souls are in a searching mode all their lives. The Mature soul age is the most challenging of the Ages. Mature souls are agitated, sensitive, and touchy.
Old soul:	Being an old soul represents the final stage in the reincarnation journey that consists of five soul ages in total: infant, baby, young, mature and old. The old soul often conveys a feeling of looking back at what has been accomplished and embracing the whole of life. The old soul has expanded their self-awareness to a level where the drama and materialistic pursuits in the world may no longer interest them.
Soul mission:	We have completely forgotten our original purpose. In astral world we have planned the incarnation and its goals. The mission of all souls is to grow and achieve higher level.

Twin flame:	In essence twin (or twin flames) is a soul we team up with for an entire grand cycle to reflect ourselves back to us; it is the most intense relationship we can have. It is synonymous with the terms twin flame and twin soul, but not necessarily with soul mate.
Akashic Records:	Every Memory that has been recorded in the human mind is data based in the consciousness of the Universe, known as the 'Akashic Records'.
Inner child archetypes:	Each one of us has an inner child. This is the part of our personality which yearns to be lighthearted and innocent. It never grows old but it continually grows. Carl Jung noted that this piece of the human psyche exists in each and every one of us and it interferes with or enhances our life choices and behaviors on a regular basis. He called it the child arche type .
The freedom of choice, conception and the entry of a soul into a womb:	She & I - The Freedom of Choice is Sacred: Based on a TRUE STORY, A woman in struggle with her unborn baby by Michel Desmarquet
Birth:	Birth is the emergence of a baby from the body of its mother; the start of life as a physically separate being. Astrologically, it is defined as a time when the umbilical cord is severed and a separate new body comes into existence.
Death:	Death is the permanent end of the physical life of a person. [The soul remains (intact) the same]

Reincarnation:	Reincarnation is the philosophical or religious concept about how an aspect of a living being starts a new life in a different physical body or form after each biological death. It is a part of the Saṃsāra doctrine of cyclic existence. It is also called rebirth or transmigration. ¹
Speed of light:	Speed of light is the distance light can travel in a unit of time through a given substance. Light travels through a vacuum at about 186,000 miles, or 300,000 kilometers, per second. Muslims believe that angels are low density creatures, and that God created them originally from light. They move at any speed from zero up to the speed of light.
Tachyons:	<p>According to a new theory proposed by Robyn Arianrhod, faster-than-light particles known as tachyons could answer a lot of questions about the Universe.</p> <p>Tachyons are hypothetical particles that travel faster than light. According to Einstein's special theory of relativity – and according to experiments conducted so far – in our 'real' world, particles can never travel faster than light.</p>
Birthing type, traumas and their repercussions:	See separate chapter
Animal and plant life:	Animals must find and eat food to survive while plants produce their own food via photosynthesis. Plant cells contain a structure not found in animal cells called chloroplast, which is filled with chlorophyll and where photosynthesis occurs in the cell

Life in between lives:	During a PLR session, one can experience a life between life. It is designed to reconnect you with your soul self, your guiding beings and thereby awaken an understanding of your immortal identity
Kundalini:	Kundalini is Shakti, She is the Supreme Being, There is nothing beyond her in this entire Universe. She knows everything about you. She knows your past, present and future. She knows where you came from and she knows your ultimate destination (The Bliss). Kundalini, present in every being, is an absolute reflection of the infinite energy force (called cosmic energy or supreme contentiousness or divine) that keeps the whole Universe in order. Kundalini is the primordial energy, one of the primary components of a human being's 'subtle body', which consists of 72,000 nadis (subtle energy channels), chakras (psychic centres), prana (subtle energy), and bindu (drops of essence).
Nadi:	Nadis are the pathways of the life energies. There are 72,000 nadis in the human body. Of them all, three Nadis are important. They are Ida, Pingala, and the Sushumna. Sushumna is the most important nadi because Kundalini passes only through this Nadi.
Chakra:	Chakras are the purification and distribution centers of life energies in our body. There are 114 chakras in an human body of which 7 major chakras, 21 minor chakras, and 86 micro chakras. Among the 114 chakras, 112 chakras reside within the body and other two are outside the body.

<p>3 Types of Bodies:</p>	<p>Human beings have three bodies where its Koshas reside. Gross (Sthula Sharira), Astral (Linga Sharira) and Causal body (Karana Sharira) The soul is different from these three bodies.</p>
<p>Gross (SthulaSharira):</p>	<p>Gross body is physical body that is made up of the Panchmahabhutas i.e., Akash (vacuum), Vayu (air), Agni (fire), Jal (water) and Prithvi (earth) and is subject to a six fold change: birth, subsistence, growth, maturity, decay, and death. This is the dense physical body. Gross body is simply the vehicle of all the other Principles (bodies) during physical incarnation. Annamaya & part of Pranamaya Kosh reside in Gross body. Gross body needs gross food, drink and air which it gets from Annamaya and Pranamaya Kosha. At death, the physical body perishes and its five constituent elements are dissolved.</p>
<p>Astral (Linga Sharira):</p>	<p>Astral body (Linga Sharira) is where the mind and intellect lives. Manomaya and GyanamayaKosh and part of Pranamaya kosha reside in the Astral body. The Linga Sharira surrounds the SthulaSharira as an aura of energy. It comes into existence before the physical body.</p>
<p>Causal body (Karana Sharira):</p>	<p>AnandmayaKosh resides in the Causal body (Karana Sharira). Causal body needs bliss or peace which it gets from AnandmayaKosh. Karana Sharira is the doorway to the higher consciousness. It is associated with the state of dreamless sleep and samadhi.</p>

<p>5 Koshas (layers of existence):</p>	<p>Kosha is referred to as "sheath", coverings of the Atman. The Kosha system refers to those different aspects as layers of subjective experience. Layers range from the dense physical body to the more subtle levels of emotions, mind and spirit.</p> <p>Soul (atman) is wrapped inside five layers. The soul is enveloped in seven sheaths. Development of all the seven sheaths fully is necessary for man's complete spiritual evolution.</p> <ol style="list-style-type: none"> 1. AnnamayKosh (Food Sheath) - Outermost of the Pancha koshas 2. PranmayKosh (Vital Air Sheath or the life force) 3. ManomayKosh (mind as distinctly different from intelligence - Sheath) 4. VigyanmayKosh (Intellect Sheath) 5. AanandmayKosh (Bliss Sheath - or ceaseless joy not connected with body or mind) - Innermost of the Pancha koshas 6. ChittaKosh(spiritual wisdom) 7. Sat Kosh (the final state of merging with the Infinite)
<p>Arishadvarga:</p>	<p>Arishadvarga are considered the 6 inner enemies of a man. They are the six passions of mind (vicars), Kama (Lust or desire), Krodh (Rage, anger or hatred), Lobh (Greed), Moh (delusory emotional attachment), Mada or Ahankar (Ego or pride) and Matsarya (envy, jealousy).</p>

Clairvoyance and Clairaudience:	In the internal astral body there are counterparts of organs outside. They are called astral senses. A yogi hears through astral ears and sees through astral eyes. Thus he can hear sounds from distant lands and he can see objects in distant localities. This is called clairvoyance and clairaudience.
Aura:	Your aura is a luminous body that surrounds your physical one. Each layer and any problems in them surround your body in a net of energy.
Astral Travel:	Our astral body leaves the gross body, travels and comes back again to the gross body. During astral travel, you can go anywhere, to any place, on any planes.
Telepathy:	One can read /sense another person's thoughts, communicate with them mentally or affect their minds / thoughts. Telepathy has two common abilities or categories; Telepathic Communication , which is the ability to transmit information from one mind to another and Telepathic Perception , which is the ability to receive information from another mind knowing an opponent's moves and attacks.
Shaman:	A shaman is someone who has both ability and training/knowledge to both perceive the spirits and their effects and how to contact and manipulate them.

Transfer of memory after life:	When people die, the body is cremated or buried. The memories are stored in the mind. In the next birth, these memories are carried forward. Mind in the new body has it all. Today we don't have the technology to read it with evidence. Tomorrow we may have it. Till that time, we will have to depend on regression techniques which are proving to be most trustworthy. Alternatively, we presume to draw all information by mind from the Akashic Library.
Talking to souls of deceased relatives, friends and others:	It is possible provided the soul of the deceased is willing and competent. Both the client and the soul must have permission of the Universe to experience this conversation.
Attraction at first sight, marriage and divorce:	These are related to the events of the past life or lives.
Relationship issues with in-laws, morbid phobias, chronic ailments etc.:	These are related to the events of the past life or lives.
Adoption without biological connection:	Please browse through case studies
Desertion of parents by children and vice versa:	This is resolved in a PLR session

Infertility:	Infertility is defined for a male as not being able to produce sperms for reproduction and for a woman to not be able to achieve pregnancy despite having frequent, unprotected sex for at least a year.
Prenatal death:	When death takes place between the 20th to 28th week of gestation and ends 1 to 4 weeks after birth, it is called prenatal death.
Miscarriage, abortion:	Abortion is the ending of a pregnancy by removal or expulsion of an embryo or fetus before it can survive outside the uterus. An abortion that occurs without intervention is known as a miscarriage. When deliberate steps are taken to end a pregnancy, it is called an induced abortion.
Accidental death:	An accidental death is an unnatural death that is caused by an accident such as a slip and fall, traffic collision, or accidental poisoning, etc.
Death by natural causes:	A person is deemed to have died of natural causes when the Coroner has ruled out the possibility that an outside force caused death. Therefore, if a person has either heart disease, cancer, MRSA, tuberculosis or any other ailment and that has been the cause of his/her death, the person is presumed to have died of natural causes.
Intentional homicides:	Intentional homicide means killing a human being willfully and illegally.
Suicide:	Suicide is the act of intentionally causing one's own death. Mental disorders, including depression, bipolar disorder, schizophrenia, personality disorders, anxiety disorders, and substance abuse - including alcoholism and the use of benzodiazepines—are risk factors

<p>Acknowledging fears and traumatic life experiences:</p>	<p>This is resolved in a PLR session</p>
<p>Mind-structure and telepathic messaging:</p>	<p>This is an experience in which the souls communicate</p>
<p>Intuition:</p>	<p>Intuition is the ability to acquire knowledge without recourse to conscious reasoning. Different writers have signified 'intuition' as having a vast variety of meanings ranging from direct access to unconscious knowledge, unconscious cognition, inner sensing, inner insight to unconscious pattern-recognition and the ability to understand something instinctively, without the need for conscious reasoning.</p>
<p>Luck:</p>	<p>Luck is the phenomenon and the belief that defines the experience of notably positive, negative, or improbable events. The naturalistic interpretation is that positive and negative events happen all the time in human lives, both due to random and non-random natural and artificial processes, and that even improbable events can happen by random chance. Based on this premise, being 'lucky' or 'unlucky' is simply a descriptive label that points out an event's positivity, negativity or improbability.</p>
<p>Occult powers:</p>	<p>The occult is the study of the hidden, mysterious and paranormal. This comprises of many elements in life, the spirit being one, the universe being another and the consciousness being another great example. All of these are theorized to exist, even in science yet what do we know about them.</p>

<p>Tantra:</p>	<p>Tantra denotes the esoteric traditions of Hinduism and Buddhism that developed in India from the middle of the 1st millennium CE onwards. It also means any systematic broadly applicable "text, theory, system, method, instrument, technique or practice".</p>
<p>Planchette:</p>	<p>a small board supported on casters, typically heart-shaped and fitted with a vertical pencil, used for automatic writing and in seances:</p>
<p>Ouija board:</p>	<div data-bbox="565 688 906 919" data-label="Image"> <p>The image shows a traditional wooden Ouija board. It is rectangular with rounded corners and features a central area with two rows of letters: 'ABCDEFGHIJKLM' on top and 'NOPQRSTUVWXYZ' on the bottom. Below the letters are the numbers '1234567890'. At the top left is a crescent moon and the word 'YES', and at the top right is a crescent moon and the word 'NO'. At the bottom center is the phrase 'GOOD BYE' flanked by two stars. There are also two stars at the bottom corners.</p> </div> <p>The Ouija Board or talking board, is a flat board marked with letters of the alphabet, numbers 0–9, words ‘yes’, ‘no’, ‘hello’ (occasionally), and ‘goodbye’, along with various symbols and graphics. It uses a planchette (small heart-shaped piece of wood or plastic) as a movable indicator to spell out messages during a séance. Participants place their fingers on the planchette and it is moved about the board to spell out words. ‘Ouija’ is a trademark of Hasbro, but is often used generically to refer to any kind of talking board.</p> <p>Spiritualists believed that the dead were able to contact the living and reportedly used a talking board very similar to a modern Ouija board at their camps in Ohio in 1886 to ostensibly enable faster communication with spirits.</p>

Hell:

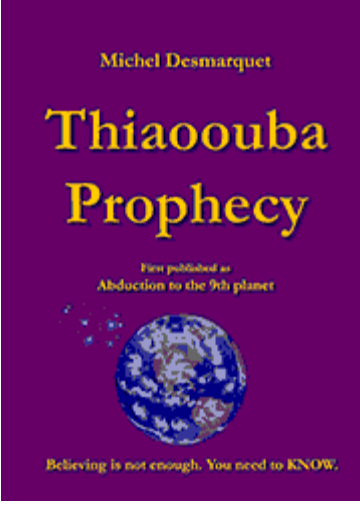


In religion and folklore, Hell is an afterlife location in which evil souls are subjected to punitive suffering, often torture as eternal punishment after death. Other afterlife destinations include Heaven, Paradise, Purgatory, Limbo and the underworld.

Heaven:

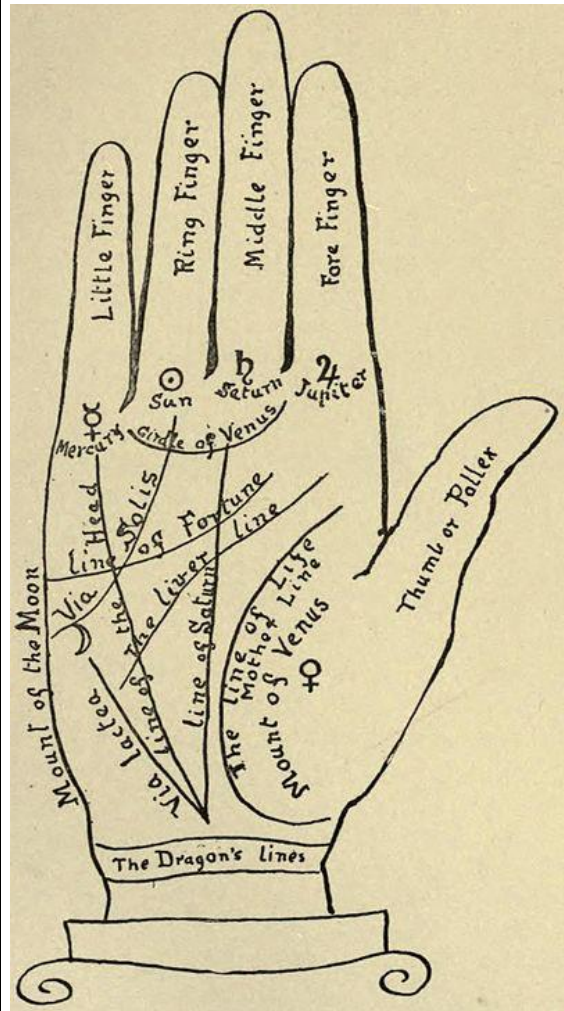


Heaven is a common religious, cosmological, or transcendent place where beings such as gods, angels, spirits, saints, or venerated ancestors are said to originate, be enthroned, or reside. According to some religious beliefs, heavenly beings can descend to Earth or incarnate, and earthly beings can ascend to Heaven in the afterlife, or in exceptional cases enter Heaven alive.

Thiaoouba prophecies:	
Existence of God and experiencing the divine:	<p>God's first name : Yahweh. Yahweh, the God of Israelites, whose name was revealed to Moses as four Hebrew consonants (YHWH) called the tetragrammaton.</p> <p>Compare its resemblance to Thiaoouba in our book.</p>
Emancipation, Moksha and Unification the Supreme etc.:	<p>The fact or process of being set free from legal, social, or political restrictions; liberation. For e.g. The social and political emancipation of women'</p>
Dowsing:	<p>A technique for seeking answers (in yes or no format) to questions by observing the motion of a pointer (traditionally a forked stick, paired bent wires) or the changes in direction of a pendulum, supposedly in response to unseen influences.</p>

<p>Spirits evil and good, Ghosts: phantom Vampire Sprite Apparition:</p>	<p>Phantom is something apparently seen, heard, or sensed, but having no physical reality; a ghost or apparition; something elusive or delusive, while a ghost is (rare) the spirit; the soul of a dead man.</p> <p>Till the subtle body does not take up the physical body, its position and presence in the world is known as a ghost.</p> <p>‘a phantom who haunts lonely roads’</p>
<p>Prophecy:</p>	<p>A prophecy is a statement where someone predicts strongly that some incident will take place.</p>
<p>Hypnosis:</p>	<p>A procedure during which a therapist suggests to a client and makes the client experience changes in perceptions, thoughts or behavior</p>

Palmistry, or chiromancy (also spelled cheiromancy; from Greek *kheir* (χείρ, ός; "hand") and *manteia* (μαντεία, ας; "[divination](#)"), is the claim of characterization and [foretelling](#) the future through the study of the palm, also known as chirology, or in popular culture as palm reading.



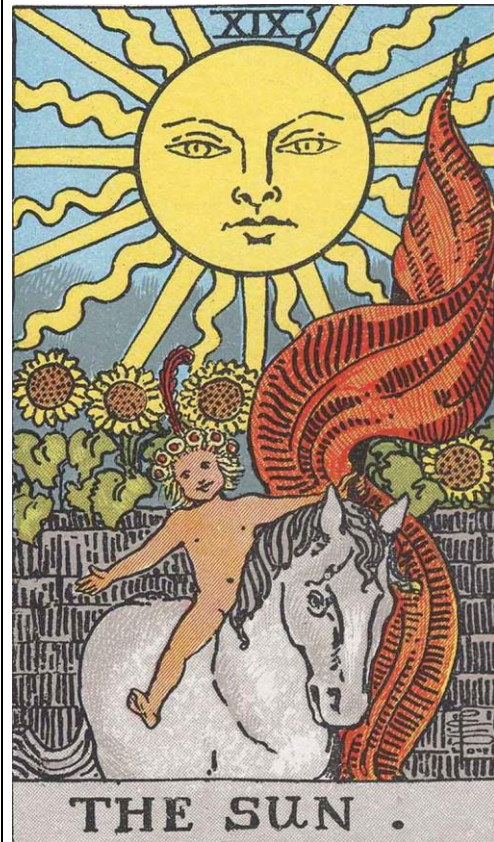
Nādi Astrology is a form of [Dharma astrology](#) practiced in [Tamil Nadu](#), [Kerala](#) etc. It is based on the belief that the past, present, and future lives of all humans were foreseen by Dharma sages in ancient time.



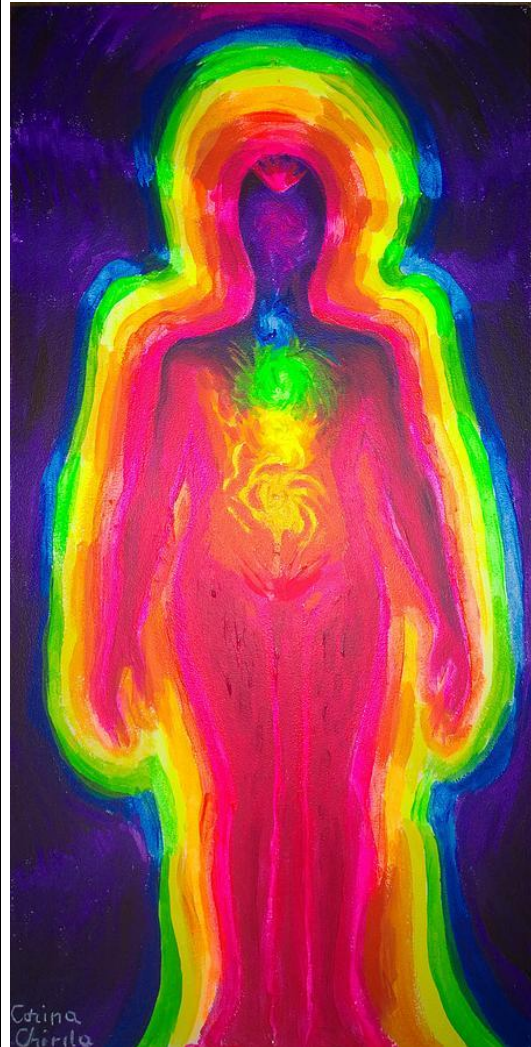
Numerology is a belief in the divine or mystical relationship between a number or numbers and one or more coinciding events. It is also the study of the numerical value of the letters in words, names, and ideas.

RED	1	A J S
ORANGE	2	B K T
YELLOW	3	C L U
GREEN	4	D M V
BLUE	5	E N W
INDIGO	6	F O X
VIOLET	7	G P Y
ROSE	8	H Q Z
GOLD	9	I R

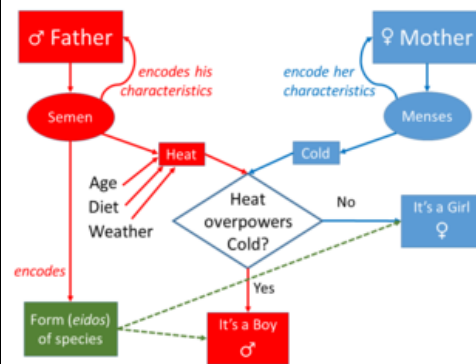
Tarot is a pack of cards, similar to [playing cards](#), used from the mid-15th century in various parts of [Europe](#). Some tarot decks began to be used for [divination](#) via [tarot card reading](#) leading to custom-made decks being developed for such [occult](#) purposes.



Aura is a coloured emanation said to envelope a human body. Psychics and holistic medicine practitioners often claim to have the ability to see the size, colour and type of vibrations of an aura.



Heredity is the passing on of traits, habits, ailments, etc. of a family from one generation to another



Planning of a birth by the Universe

Astrology

The study of the movements and relative positions of celestial bodies have been interpreted as having an influence on human affairs and the natural world.



I believe in Astrology, Palmistry, Nadi Sastra, Numerology, Tarot cards, Aura reading Heredity and Feng Shui, Ancient Vastu Shastraetc also.

I have enjoyed uncanny and unbelievable predictions from each one of them independently and separately. Let me say logically, Astrology as an Alternate Science is perfect but an astrologer may not be. Similarly, Palmistry as an Alternate Science is perfect but a Palmist may not be perfect. And so on and so forth.....

Leading astrologers of Indian Mythology are Ravan and Yudhshthir.

A birth chart gives complete details for coming 120 years and also provides some details about close relatives like the father, mother, spouse, as well as off springs.

The Universe decides to give birth to a baby and all these sciences are working with amazing precision for all the 800 Crore people that populate our planet, Earth.

One has to imagine the vastness and power of the software with which the Earth and more so the Universe functions.

Who runs it?

Definitions:

1. The first seven years: During pregnancy, the physical body of the mother surrounds the physical body of the child. After birth, the child starts receiving impressions from other beings. However, the etheric and astral bodies are still not open until the external age of 7 and 9, years. Until then, the child feels that it is still a part of its mother. The phase of growth can be divided into 3 stages:

0-2 years: the infant self

2-5 years: the toddler self

5-7 years: the pre-school self

2. The second seven years: This period is between 7-14 years of age. The etheric body goes through liberation just like the physical body is thrown open to its environment at birth. This is the time to mould its character and form a firm foundation by making the child aware of its uniqueness and awaken artistic pursuits.
3. The third seven years: This period is between 14-21 years of age. The astral body is now liberated and the personality and personal judgement too is liberated. The power of judgement and criticism and the capacity to enter into a

direct relationship with other human beings is dependent on the liberation of the astral body.

4. Inner child archetypes: Archetypal energies originate from the deepest layers of consciousness. There are two kinds of emotions-love based and fear based. Love based emotions will tend to lead us to positive experiences while fear based emotions will lead us towards negative experiences. Fear is the cause of all emotional blocks. They emerge and if not understood, resolved and integrated, they will keep layering all the learning that we do in our life. The Inner child has three layers:
 - i. The outer layer is the layer of protection. This is the natural home of our adult life.
 - ii. The second layer is of feelings and vulnerability. This is the natural home of our vulnerable child.
 - iii. The third layer is the centre of the core of our essential being and is the natural home of our higher self. Here, our natural spontaneous energy flows and allows us to watch all the happenings in our life- internally as well as externally with detachment. In its most evolved state, it is an existence with oneness. Our entire purpose is to return to this inner core.

5. Roots of fear: There are various causes of fear in the inner child. Harsh and thoughtlessly spoken words by the caregiver can cause lasting damage to the psyche of the child. Choices are made for the child by parents and elders which hinder the natural process of their reasoning abilities; at times, these wrong choices ,create shame in the child, abusing the child by repressing valid feelings of anger, joy, sexuality or fear all deflate the energy of the child.

6. Abandonment-A primal fear: Fear grows in the inner foetal existence. In this state we believe that we are unloved and uncared for. The abandonment wound gets exposed in small doses. Our responses to the fear of abandonment shows and decides the role we play, for e.g. we resort to ordering, admonishing, advising, blaming, ridiculing, we persuade, criticize, laugh it off, etc.

7. Working through fear/shame/guilt: The human personality is not one complete and inseparable entity. It is actually comprised of a multitude of smaller parts or sub-personalities. Through these sub-personalities, we can perceive our multiplicity by realising how often we modify our own outlook towards people, life or even ourselves. Our sub-personalities emerge from our childhood beliefs, which come from past lives. Those alternate selves which are in the process of being resolved may be invisible but some of them can be transparent and it may feel that through the sub-personality, you are getting a peep into your past life memory and beliefs formed there.

8. Searching for our disowned selves: One should search for one's disowned self to understand one's primary and secondary self. If you have discovered the quality that you hate, judge and cannot stand in another person, you have then the essential ingredient of your own disowned self. Disowned selves are absolute terrors when they come out. They only want to be acknowledged, honoured and listened to. They want to be taken seriously. The longer and deeper they are imprisoned, the crazier they tend to become and when they finally emerge it is often in a primitive form. The primary self then has a tough time. Embracing and honouring a disowned self does not mean that you have to become that self. It simply means to disengage from the primary self-system and learn to honour it from the other side.

9. Shamanic healing: Possibly 100,000 years ago, our ancestors discovered how to maximise human abilities for healing and solving problems. This is the earliest spiritual practice known to humankind. That knowledge is today known as 'Shamanism'. 'Shaman' comes from the Tung Tribe of Siberia meaning 'Healer' or 'the one who sees in the dark'. Shamanic practices are based on certain knowledge and beliefs that are brought out as below:
- i. The animistic belief that all things have a spirit, a blue print or creative force, which animates them and their own consciousness, which can be communicated with;
 - ii. Everything consists of energy which can be moved or transformed
 - iii. In the web of life, all things are interconnected and affect one another and should be respected
 - iv. All diseases have spiritual origins, therefore identifying the problem and putting the right flow of energy can facilitate healing.

Inventions: Fantasies that came true

Motor car, Aeroplane, Radio, TV, Cinema, Telephone, Computer, Mobile... our ancestors could never have imagined that with time so many inventions would happen, which would revolutionize human life. Therefore, there is no point that the thing which is not in front of us today or is just an aerial imagination, it does not exist in this universe. Here we are telling about some such great inventions...

Inventions have played a great role in improving the quality of our life. It is pertinent therefore to revisit these inventions that revolutionized human history.

1. The Wheel (3500 BC) – Let's Get Things Rolling

When we look back in history, the first invention that changed the future of mankind was the invention of the wheel. Whether it is for travel or transportation of goods, the invention of wheels made life much easier than ever before.

2. The Compass (206 BC) – The Pathfinder

Throughout history, human beings have had an unquenchable thirst for exploring the unknown. However, this would not have been possible without knowing the reference points that helped in identifying geographical locations.

3. The Waterwheel (50 BC) – The Overlooked Invention

Water wheels are often omitted from the list of the most notable inventions that changed history. However, this invention helped mankind to widen its scope in finding ways to generate power from sources other than human beings and animals.

4. Calendar (45 BC) – Save the Date

The Gregorian calendar or the modern calendar we use today was introduced by Pope Gregory XIII in 1582.

5. Pozzolana (27 BC) – The Ancient Concrete

The invention of concrete dates back to ancient Rome. Romans used a different combination of elements to create a binding mixture different from their modern-day equivalent.

6. Clock (725 AD) – the First Mechanical Clock

The first mechanical clock was made by Yi Xing of China in 725 AD.

7. The Printing Press (1450) – The Gutenberg Effect

This machine helped to mass produce newspapers and other forms of informative materials. It also meant that the cost of printed paper came down and it was affordable and accessible to the masses.

8. The Steam Engine (1712) –The Invention that Started a Revolution

The Industrial revolution kick-started with the invention of the steam engine that powered industries and locomotives alike and was the driving force behind the Industrial Revolution.

9. Vaccines (1796) –One of the Most Important Inventions for Humankind

Vaccines have helped in curbing life-threatening epidemics that have swept mankind from time to time.

10. Electric Battery (1800) – Volta’s Remarkable Feat

Alessandro Volta invented the first ever battery using zinc and silver discs placed alternatively in the form of a cylindrical pile. The battery was able to produce repeated sparks and helped to operate many apparatuses.

11. The Steam Powered Train (1814) - Chugging along the Industrial Revolution

The first successful steam engine locomotive was built by George Stephenson in 1814.

12. Computer (1822) – The First Mechanical Computer by Babbage

Computers are one of humanity's greatest inventions and achievements without a shadow of doubt. Primarily built for the ease of solving complex mathematical calculations, computers of the past have evolved into machines that can be used to forecast and chart the movement of stars and matter in space.

13. Camera (1826)

The world's first **photograph** was shot in a camera by Joseph Nicéphore Niépce

14. Refrigerator (1834) – Beating the heat in 1834

The first vapour-compression refrigeration cycle was put forward by Jacob Perkins, who is also known as the father of refrigeration.

15. Telegraph (1830-1840) – The Communication Device that Introduced the Morse Code

Telegraph was the forerunner in communications prior to the invention of the telephone by Antonio Meucci.

16. Steel (1850) – From Pins to the Brooklyn Bridge

The weight to strength ratio of steel made it a preferred choice of material for builders over other materials.

17. Electric Bulb (1880) – Lighting Up the World

Thomas Alva Edison invented the light bulb. The patents for the modern day filaments were registered during 1879-1880.

18. The Airplane (1903) – Making the Flying Dream Come True

The Wright Brothers were the ones who demonstrated human flight in action in 1903.

19. Transistors (1947) – The Secret of Modern Day Computing

The transistor was successfully launched on December 23, 1947 at Bell Laboratories in Murray Hill, New Jersey.

20. ARPANET (1969) – The Primitive Internet

ARPANET or the Advanced Research Projects Agency Network was invented in 1969 for sharing data between multiple nodes spaced over long distances.

21. Electricity (1752)

Although people have known about electricity since ancient times, they have only been harnessing its power since about the last 250 years. Benjamin Franklin's experiments in electricity included his famous kite experiment.

22. Mobile Phone (1973)

The first handheld cellular phone call was made on April 3, 1973, by a Motorola engineer, Martin Cooper while he was walking from 53rd to the 54th Street, Sixth Avenue, New York.

23. WhatsApp (2009)

WhatsApp was created in 2009 by computer programmers Brian Acton and Jan Koum. They were the former employees of Yahoo!

23. Artificial Intelligence (1956)

Artificial Intelligence (AI) is a branch of computer sciences that emphasizes the development of intelligence machines that think and work like human beings. For e.g., speech recognition, problem-solving, learning and planning.

More inventions in the pipeline are:

1. [Blockchain](#)
2. [Augmented Reality and Virtual Reality](#)
3. [Cognitive Cloud Computing](#)
4. [Angular and React](#)
5. [DevOps](#)
6. [Internet of Things \(IoT\)](#)
7. [Intelligent Apps \(I – Apps\)](#)
8. [Big Data](#)

We have to spare a thought whether our life will be the same after these inventions.

Senses

Physiological Senses	Environmental Senses	Traditional Senses
1 Sight	12 Rhythm	20 Self
2. Hearing	13 Harmony	21 Ownership
3 Touch	14 Colour	22 Justice
4 Taste	15 Space	23 History
5 Smell and	16 Direction	24 Culture
6 Balance	17 Pitch	25 Politics
7 Proprioception	18 Time	26 Care
8 Pain	19 Comfort	27 Emotion
9 Vestibular awareness		28 Fear
10 Embodiment		29 Wellbeing
11 Temperature		30 Safety
		31 Emotion
		32 Pride
		33 Responsibility
		34 Symbolism

Out of the 34 senses that are known as on date, we communicate partially with about only two of them i.e. sight and hearing.

We have no clue about communicating by the other 34 senses from one person's mind to the other. We hardly have any clue on how to read the minds of people. We have no clue about the rebirth cycle. Transmission of a few of these senses exists on other developed planets even today. In the future, these can be invented on our planet Earth too.

Has the quality of our life remained the same as it was after these inventions? Can we say that inventions have done away with the hardships of life and made life very easy and comfortable? We also know that throughout the ages, when inventors struggled to translate their dreams into reality, they were mocked at and ridiculed. Inventions before they are accepted and become a part of our life, always seem to be impossible and improbable.

How you are born decides the Type of Person You Are

We have often heard that the mother should take good food and have clean thoughts so that the baby is healthy and wise.

Instead of going into details of such conditions, let us believe that the baby in the womb listens to talk in the mother's surrounding. The baby is also affected by the diet and thoughts of the mother.

When the new baby is born his/her psychology is also affected by the process of foetal development in the womb and the type of the birth he/she has.

Till about 20 years ago, babies were born with their eyes closed. Since 1990 onwards more and more babies are taking birth with their eyes open

BIRTHING TRUTHS

All births are not normal. Every type of birth causes certain associated blocks

Normal Birth



Normal birth is a birth that takes place through vaginal canal naturally, with or without help from doctors. The midwife looks after you and helps you to achieve a normal birth. You can have a normal birth at home or in hospital, whether you have a long or short labour and whether you have had a previous birth which was not normal.

In such deliveries, the baby is fully developed. S/he decides and comes out of womb only when he is ready for it.

When babies are held, they gain weight faster. They become independent. They like physical contact. Breast fed babies develop faster. Breast feed with eye contact. The baby wants to see their mother again and again.

Nature wanted all births to take place in the surroundings of flora & fauna like all animals do.

Visualise normal vaginal delivery of a child in a room with white curtains, at a higher floor in a home or a hospital or bungalow with a lawn from where spring / garden/ sea/ river can be seen. The new born feels and sees greenery around.

Characteristics of normal birth -

- It is very likely that you can go home quickly following a normal birth.
- Normal birth is often achieved with less intervention (such as a drip or an Epidural), meaning you generally recover more quickly.
- There is less chance of getting stitches

Water birth



A normal birth can be achieved using the water pool. Water births are becoming very popular now across the globe.

Placing a pool of water in a birth room changes the atmosphere immediately. Voices get softer, the mother stays calmer and everyone becomes less stressed.

The effect of buoyancy that deep water immersion creates allows spontaneous movement of the mother. No one has to help the mother get into a new position. She moves as her body and the position of the baby dictate. Movement helps open the pelvis, allowing the baby to descend.

When a woman in labor relaxes in a warm deep bath, free from gravity's pull on her body, with sensory stimulation reduced; her body is less likely to secrete stress-related hormones. This allows her body to produce the pain inhibitors-endorphins-that complement labor. Noradrenaline and catecholamines, the hormones that are released during stress, actually raise the blood pressure and can inhibit or slow labor. A laboring woman who is able to relax physically, is able to relax mentally as well.

Characteristics of water labour and water birth

Facilitates mobility and enables the mother to assume any position which is comfortable for labour

and birth

- Speeds up labor
- Reduces blood pressure
- Gives mother more feelings of control
- Provides significant pain relief
- Promotes relaxation
- Conserves her energy
- Reduces the need for drugs and interventions
- Gives mother a private protected space
- Reduces perineal trauma and eliminates episiotomies
- Reduces Cesarean section rates
- Is highly rated by mothers - typically stating they would consider giving birth in water again
- Is highly rated by experienced providers
- Encourages an easier birth for mother and a gentler welcome for baby

Vacuum extraction



Vacuum extraction may be performed when there is very little progress despite mother pushing well during the delivery stage of labour. The extractor consists of a rubber cap that a doctor attaches to the baby's head using suction provided by a small machine. The baby is then gently guided through the birth canal whilst you push during contractions. Once the baby's head is out, the cup is removed and baby's body comes out naturally.

Forceps application



A forceps delivery may be performed for similar reasons to the vacuum extraction - that you are pushing well during the birthing stage of labour but the baby is making slow progress. Again there may be a concern about how your baby is doing, and it could be advisable to have your baby born more quickly. Sometimes the baby's head is in a position which slows down his progress, and forceps can be used to correct this. Forceps are metal instruments like large spoons. A doctor places the forceps around the baby's head to cradle it. The baby is then guided through the birth canal as you push with your contractions. Once your baby's head is born, the forceps are removed and your baby's body is born naturally.

Characteristics of vacuum extraction/forceps application babies:

Feel shocked and bruised

Feel trapped.

Procrastinators.

They will wait and wait for something to happen that will compel them into action and then will resist any help. They may struggle and get stuck in life and need to be rescued. They will neither ask for help nor want it when it arrives.

They experience rescue as painful and would rather remain stuck. Trust is an issue with which they battle their whole life.

Instead he/she see tongs to help him/her. He/she did not expect this help. So he/she is frightened by the forceps. This fear is their first impression of this world.

Episiotomy



An episiotomy is a cut made into the tissues at the back of the vagina. It is rarely used in cases of normal birth, but it is sometimes used for a vacuum or forcep birth. The purpose is to expand the passage for the baby. The cut is stitched after birth.

Caesarean section



Due to changed health attitudes more and more births are now happening through C section. A horizontal incision of the size of the child is made on the stomach and the child is lifted. Here, the baby is not ready to be born. For him/her it is a sudden transition from a secure (womb) world to an insecure world.

There are many reasons why Caesarean section is performed, but it is mainly recommended when there is a medical indication that a vaginal birth may not be safe either for you or your baby. It is a surgical operation where your baby is born through a cut in the abdominal wall. The cut is usually along the top of the pubic hairline, so the scar can be well hidden when healed. It is always performed in an operating theatre, and a midwife will be with you at all times. Almost all C sections are done in daylight. The first shock for the baby is the flood lights of the surgical table in the operation theatre. He/she has come from a dark secure place to an insecure world.

Flood lights of the operation theatre were in nobody's dream for a new born because in the womb, there are no lights. Imagine yourself coming into flood lights from a dark room.

Characteristics of "C" Section babies:


They may be timid as the thought is "I must not do it my way."

	<p>He/she has been separated from the mother when he was not ready. Besides other problems he/she suffers from separation anxiety throughout his/her life.</p>
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Unplanned Caesarean births	<p>Caesarean sections are sometimes performed as an emergency operation when you are in labour. When this happens, many things will be going on at the same time.</p> <p>When you go into the theatre for your operation, there will be many different noises, people who you have not yet met and the lights are very bright. The baby is ready to be born and struggles along with the mother for its birth to take place.</p> <p>Hormonal release is there giving the baby a thrust to move outside. But he is unable to come outside. In such scenarios' C – Sections are necessary.</p> <p>Characteristics of unplanned “C” Section babies: There is tremendous energy experienced. There can be positive consequences as the baby’s experience of the creative process is there. It knows that when the going gets tough it will be rescued.</p> <p>They are extremely lucky in life.</p>
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Fast labour	<p>It is a normal vaginal delivery. The baby is completely ready to take a separate existence. It moves very fast and comes out in say 5 minutes. Such children are fast in all their activities throughout their life.</p> <p>Characteristics of fast labour babies:</p> <p>They like things to happen quickly and get impatient if they don't.</p> <p>They can be impatient and strongly dislike waiting for anyone or anything. Waiting makes them anxious. They will plan in advance before a journey. They can work hard, but will still look a quickest and comfortable route to get the job done .Acquiring new skills may be difficult as they have less patience. For them if the timing is right things begin to happen for them. Considered lucky by others.</p>
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Delayed labour	<p>This is contrary to fast birth. The child is ready, but the body of the mother is not ready. The pain does not start and the process is delayed.</p> <p>Characteristics of delayed labour babies:</p> <p>A slow birth indicates that the exit was blocked and that there was struggle to get out. So life itself became a struggle. Such people encounter delays and problems. They cannot achieve anything without help. They feel powerless. They have a tendency to be late for appointments and /or are anxious about being late so they are far too early. They sometimes don't want to be on planet Earth. They often feel they cannot make it on their own. A sense of hopelessness and the belief that they will not achieve their true potential.</p>
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<p>Breech delivery (legs first)</p> 	<p>It is a normal delivery, but during the process of development inside the womb and birth the legs have somehow come forward first. This could be risky, but many a times it does well.</p> <p>Characteristics of breech babies:</p> <p>These children often go on the wrong track. They are not confident of the direction to take in their life. Breech babies have perfectly rounded heads as they have not been squeezed during birth. These people find the right way in their life after 35/40 or sometimes even later. They sometimes feel they have the wrong job or path</p>
<p>Induced labour</p>	<p>When the labour pains are not coming though the delivery has been due the labour is induced.</p> <p>Characteristics of induced labour babies:</p> <p>The baby feels that it was choice of somebody else for his/her coming to the world. Difficult relationships await them.</p>

Cord around neck



The umbilical cord connects the baby to the mother for absorption of nutrients. Sometimes during birth the neck is surrounded by the cord. Then it has to be abruptly cut instead of by proper incision. It affects the child, who may even get cerebral palsy due to momentous inadequate breathing and lack of oxygen supply to the brain.

Characteristics of “cord around neck” babies:

They cannot express themselves and suffer from throat constrictions. This is the creative center according to the chakra's system.


They may cut off their emotions.

They frequently feel held back.

They feel trapped in unhappy situations from which they feel there is no way out. Their life force feels choked. They like to wear high neck and scarves. Neck always remains a sensitive area.

<p>Attempted abortion and birth</p>	<p>These are unwanted / unplanned children. Though parents have tried hard to get rid of them, they fail; and an unwanted child get's birth. Inside the womb, he listened to the discussions their parents have. The parents have talked about the following:</p> <ul style="list-style-type: none"> • They did not want a baby now. What to do when protection has failed? • They have 2 daughters; they can't risk a third one. They are not lawfully wed. • The pregnancy should therefore be avoided. • Financially they cannot support this child. So the pregnancy should be medically terminated. <p>He/she feels the fear of abortion. An abortion is done by inserting large amount of saline water into the vagina. The child wants to survive but the parents have decided to terminate the pregnancy.</p> <p>Alternatively, the mother takes some pills or exercises some other options to get rid of this child.</p> <p>Characteristics of attempted abortion babies:</p> <p>In the first case the child has the fear of water. He/she has passed through a traumatising experience. He/she has a feeling of unwantedness. These children have relationship problems with their mother.</p>
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	<p>There is a tendency to self abuse and self loathing. They may assume a role of a victim and just can't help themselves. Survival depends on rejection as was their experience initially in their body. These people also have the belief that there are people outside who want to get them killed or hurt</p>
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<p>Unwanted birth</p>	<p>When the mother could not attempt an abortion for whatever reason, the birth is assumed to be unwanted. The baby listens to all these communications between his/her parents and close relatives. The abortion is not attempted but the birth is unwanted.</p> <p>Characteristics of unwanted birth babies: Disruptive, refusal to cooperate. Avoidance to socialize Loneliness and isolation which could lead to antisocial behavior/ depressive and psychotic features. Some fetuses know this and they experience relief at being given away for adoption.</p>
<p>Incubator babies</p> 	<p>This baby is born twice. Once from womb, next from the incubator. Soon after birth he/she has been cut off from nature.</p> <p>Characteristics of incubator babies: Cut off from the rest of the world. Feel fearful to relate to the world and are aloof. Feel they are born twice- they need to experience emergence from the womb and incubator. May have lack of bodily sensations as physical touching was kept to a minimum and feel they are surrounded by an invisible wall. Shyness, uncertainty and lack of confidence. Dependant in relationships.</p>

Unprefered sex babies	<p>Parents have a daughter. They wish for a son. They wait for a son. They constantly talk about the need for a son. The child listens to all this throughout the pregnancy. After birth the first sounds it hears is, "Oh! A daughter again!" This unwanted feeling is carried away by the child for the rest of her life, when you are expected to be of the opposite sex.</p> <p>Characteristics of wrong sex babies:</p> <p>More noticeable in women.</p> <p>Tendency to keep hair short, wear trousers, be very thin, flat chested and to be proud to be in male company.</p> <p>They defy norms, grow hair or hide their feelings and develop lack of achievement, suppression of potential, fear of striving and risking and lack of self assertion.</p> <p>In order to be loved they feel they cannot be who they are, they are just not good enough.</p>
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<p>Mothers hold back birth</p>	<p>For a social reason or convenience the mother sometimes hold back birth for a little while.</p> <p>This happens when the baby tries to be born at a time when it is not convenient. The mother screams every time the baby moves.</p> <p>Characteristics of “held back” babies:</p> <p>Are afraid to push and struggle in life.</p> <p>Will not assert themselves or live their own life as it may hurt others.</p> <p>They hold back or receive attention they so desperately want or need.</p> <p>To use their power would be experienced as being harmful</p>
<p>Premature babies</p>	<p>They feel overwhelmed but truly they are not ready.</p> <p>Characteristics of premature babies:</p> <p>Slow to comprehend things.</p>

Twins



The space in the womb is shared. They do not reconcile with this.

Characteristics of twin babies:

Feel restricted and also have associated feelings of lacking.

May suffer from claustrophobia.

Grief works if the other twin dies in the womb and is never seen.

Reassurance, need for closeness may be pathological.

For all types of birth:

You should always have a midwife with you

You should always have discussions with your midwife and doctor, so you understand what is happening.

You should be able to see and hold your baby straight away, unless there is a concern for either you or your baby

You should be able to have 'skin to skin' contact with your baby immediately, or as soon as possible.

You should be able to breastfeed your baby as soon as you like

Today's children have learning peculiarities:-

They can't write but type.

They can't read but they surf the net,

You may even ask your mother about the type of your birth.

Hypnosis can remove trauma of any severity.

How do we reduce birth traumas? Past life regression.

How do we reduce birth trauma



In Bali, to be mums tell stories of gods and sing welcoming the unborn child.

Spontaneous empathy communicated to the unborn child.

Understand conscious birth through meditation and planning.

Both parents must meditate on the baby creating coherency.

Help masters to be born through you. Great souls like Mother Teresa are looking for suitable wombs to reappear on Earth. This may happen when you align to the high vibration frequency through meditation.

Dream premonitions to know the soul entering.

A sister can conceive her deceased brother and know about it in advance.

<p>During pregnancy</p>	<p>Make a regular dialogue welcoming the fetus through heart to heart talks, stories, soothing music and laughter.</p> <p>Father bonding through him touching the belly of the mother.</p> <p>Fetus can hear the fathers low pitched sound better than the mothers high pitched sound</p> <p>Read spiritual literature.</p> <p>Experience as much pleasure, tranquility and physical activity.</p> <p>Spend as much time with nature.</p> <p>Eat good whole some, vegetarian food.</p> <p>Breathe fresh air and drink lots of water.</p>
<p>During birthing</p>	<p>Water birthing helps create a natural environment.</p> <p>Hypnobirthing is a good option.</p> <p>Presence of father is good during the process. The first hour of birth critical.</p> <p>Mother secretes oxytocins which assist the process and encourages maternal bonding behavior. Baby too will produce endorphins which help reduce pain.</p>

<p>After birth</p>	<p>Touch is essential</p> <p>Assists to organize sensory input into coherent information.</p> <p>Stay close to the mother.</p> <p>Breast feeding releases endorphins. Blocks pain of delivery and relaxes both mother and baby.</p> <p>Touch is life</p> <p>Babies who do not have a primary caregiver do not thrive.</p> <p>If the baby's cries do not receive a response she becomes apathetic and unresponsive.</p> <p>Emotional development based on trust, love and touch forms the first relationship with the family.</p> <p>Quality time does not apply here.</p> <p>Breast feeding – eye contact, “ you are loved, safe and wanted”</p> <p>Carrying the baby- more independent and confident.</p> <p>Sleeping with parents is important as the safety net lets the child feel more secure and rested and can move into deeper levels of the dream world.</p> <p>Active involvement of the father gives additional security to mother and child.</p> <p>Teeth develop and care against infectious diseases to be taken.</p>
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- Blinding lights – this hurts the baby’s eyes as this is in sharp contrast to the darkness experienced in the mothers womb this creates the thought that the world is a harsh place to be in.
 - Application of eye / ear drops: the delicate membrane of the eye and ear gives the signal that it is unsafe.
 - Loud sounds: this makes the baby feel unwelcome.
 - Keeping the neonate upside down: a block is created that the world is an inhospitable place.
 - Hitting the baby’s bottom: people are not to be trusted as the first contact is painful.
 - Temperature trauma: the use of air conditioners keeps the temperature in the hospital room far too low for the comfort of the baby. Remember the baby has spent 9 months in the warm and comfortable environment of the mother’s womb. This trauma creates a feeling of unpleasantness and extreme for the baby.
 - Cutting the umbilical cord suddenly: cutting the cord suddenly creates a feeling of being cut off from the source of life. A block of powerless ness is created.
 - Keeping the neonate away from the mother: creates the block that it is alone.
- 1) By the time the foetus is 6 weeks old it responds to touch. Touch stimulates the withdrawal reflex for survival and also stimulates physical development. As the awareness of touch develops the withdrawal reflex reduces. The Moro reflex takes its place at 9 weeks. This is our earliest form of flight of fright response. By 9 weeks the foetus can wrap its webbed fingers around and by 12 weeks the foetus is able to close its fingers and thumb. This is in preparation in clasping its

fingers over its other fingers when it is born. By this time it can kick, turn its feet and curl its toes.

- 2) By the fourth month after conception the foetus will suck if his lips are stroked. The foetus can sense taste if iodine is introduced in the amniotic fluid it will grimace. If a bright light is flashed over the abdomen it shields itself it by holding its palm over its eyes.
- 3) At five months it will cover its ears if a loud sound is made and at 6 months its hearing system is complexly established.
- 4) Stress in pregnancy increases blood pressure and reduces blood supply to the developing baby. This squeezes off as much as 60% of oxygen and nutrient supply.
- 5) In unexpected pregnancy can leave a woman depressed and feeling out of control of her life. The child can also become a late or poor walker.
- 6) Due to modern gadgets the Electromagnetic field of the current environment is 300 times greater than on grandparents lived. This environment is conducted through the mother into the amniotic fluid and sac. The foetuses are acutely aware of everything and being over stimulated they remain in survival mode all the time. Dr. Dee Coulter cites research showing that more newborns in technologically advanced cultures are exhibiting an "excited state" almost a state of shock at birth. They lack the natural rhythm for rocking and sucking coordination that existed in previous generations. This excitable pattern is established in the womb itself. These continuous low frequency EMF's will interfere lipid membranes, which are the gatekeepers for chemicals entering and exiting our cells. This will interfere with the cellular development of the nervous system.

About the author

Dr Piyush Saxena was born in 1958 to Justice Krishna Narayan, a retired judge from High Court Allahabad and late Shanta Saxena. He is a man of many talents - corporate professional, naturopath, wellness counsellor, cleansing therapist, past life regression therapist, activist, avid traveller, thinker, poet, painter, writer, film director, producer, actor, magician and above all, a considerate human being.



Dr Piyush Saxena with his parents

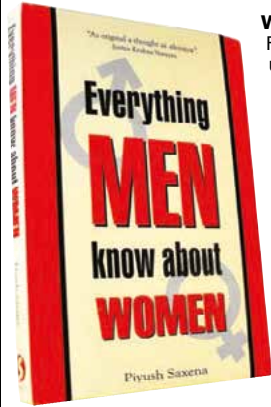
His wife, Shubha, is a teacher, and his son Prakhar has completed software engineering from USA (he also works there) and daughter, Priyanshi deals with curators, sales and acquisition of art works. Dr Saxena did BSc (Physics) and MA (Modern History) from Allahabad University. Later, he completed his PhD in Naturopathy from USA. His professional life started with Bank of India, where he worked from 1981 to 1995 in Uttar Pradesh. Thereafter, he joined Reliance Industries Limited, where he currently works as a Senior Vice President (Corporate Affairs) at Nariman Point, Mumbai.

Over the past 12 years, he has attempted to unlock the mysteries of nature and communicated the truth about them, and has published three books.

Book 1 - 'Everything Men Know About Women' (2005): It has been recognised for its unique conceptual understanding. It became a part of coffee table books in many homes.

DECCAN HERALD

Bangalore, Monday, February 14, 2005



When it comes to women, men draw a blank

For ages the fairer sex has been an enigma to men and unraveling the mystery called "woman" has been a quest that many have, mostly foolhardily, attempted. Or not.

Apparently, working on the premise that the universal male urge to figure out women could lead to a universal male urge to loosen purse strings, Piyush Saxena launched Everything Men Know About Women — a book of pristine white sheets with not a printed word.

Mr Saxena's book, which hit select outlets in the city a week before Valentine's Day and costs Rs 295, has evoked a mixed response from Bangaloreans. Some have panned it, calling the "book" a sly businessman's attempt to make a fast buck, whereas others have embraced the publication and loved the unique concept. Many are merely amused by the cheekiness of the enterprising author. Incidentally, Mr Saxena handles corporate affairs at Reliance Industries in Mumbai. Rajan Das, General Manager of Crosswords book store, says his colleagues are closely watching customers

who may be potential purchasers so that they can be warned about the

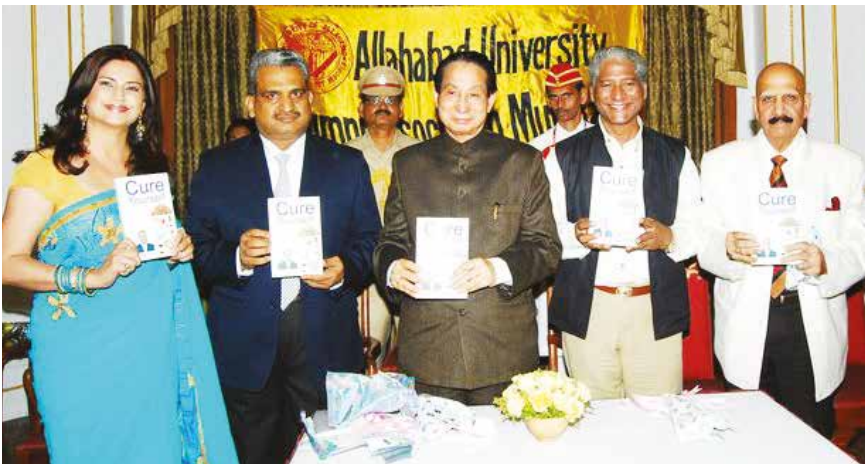
"contents or the lack of it".

However, Ms Madhubala, floor manager at the store, said two of her clients who purchased the book felt it was a perfect Valentine's Day gift. Shilpi Rathnakumar, a writer in her mid twenties, said it was a fantastic idea to bring out such a book.

"It gives us (women) the freedom to pen down our thoughts on our perception of what women are like. What more could we ask for?" she said.

The book and its review as published in the Deccan Herald, Bangalore.

Book 2 - 'Cure Yourself' (2008): The book is based on the Cleansing Therapy promoted by Dr Saxena.



Dr Saxena with His Excellency S C Jamir (Centre), Governor of Maharashtra, Actors Kunickaa Sadanand and Rajendra Gupta and Industrialist Mohd Zakauallah, during the release of 'Cure Yourself' at Raj Bhavan, Mumbai



Dr Saxena delivering a lecture at RBI Central Office, Mumbai

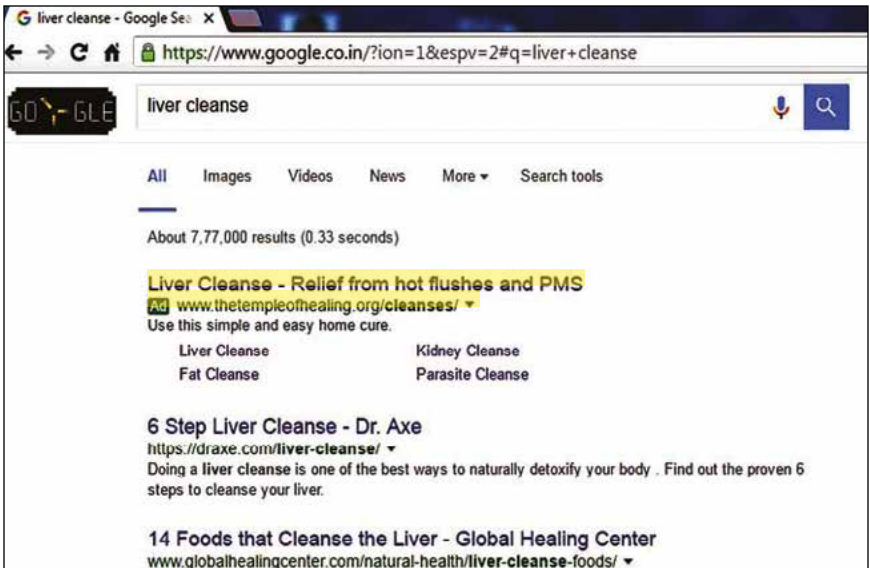
'Cleansing Therapy - Cure Yourself', second edition (2016) – In this edition, he has added Fat, Colon, Mouth, PCOS, Uterus and Fertility, Fallopian tube and Vagina Cleanses. On his website, you can find 28 cleanses that cover all the major systems of our body.

His articles on health, wellness and social issues have been featured in various well known Indian publications, such as Health & Nutrition, Dainik Bhaskar, Rajasthan Patrika, Women's Era, Navbharat, etc.. He has also appeared on numerous radio and TV programs. He frequently delivers lectures on Cleansing Therapy to promote wellbeing of the general public throughout India.

He is also the Founder Secretary of Temple of Healing (TOH), founded to promote Cleansing Therapy and wellbeing of human kind.



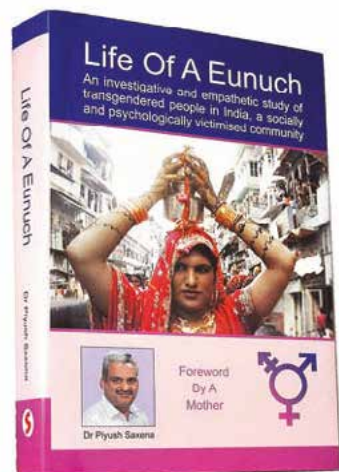
Delivering a lecture at NACEN, Vadodara



Screen shot of google search showing our website prominently

His trust, Temple of Healing, is a recipient of a Google Ad Grants award of 10,000 USD per month. The Google Ad Grants program supports registered nonprofit organisations that share Google's philosophy of community service to help the world in areas such as science and technology, education, global public health, the environment, youth advocacy and the arts. As a result, the website appears among the top results on Google search.

Book 3 - 'Life Of A Eunuch' (2011): It is a 540+ pages book that covers various aspects of eunuchs secretive lives, such as their history, lifestyle, festivals and celebrations, living with gurus, means of livelihood, prostitution, crime, trade of eunuchs, private gatherings, death rituals and gender identity. The book also explores subjects, such as ambiguous genitalia, sex change surgeries and castration, in both text and photographic representations.

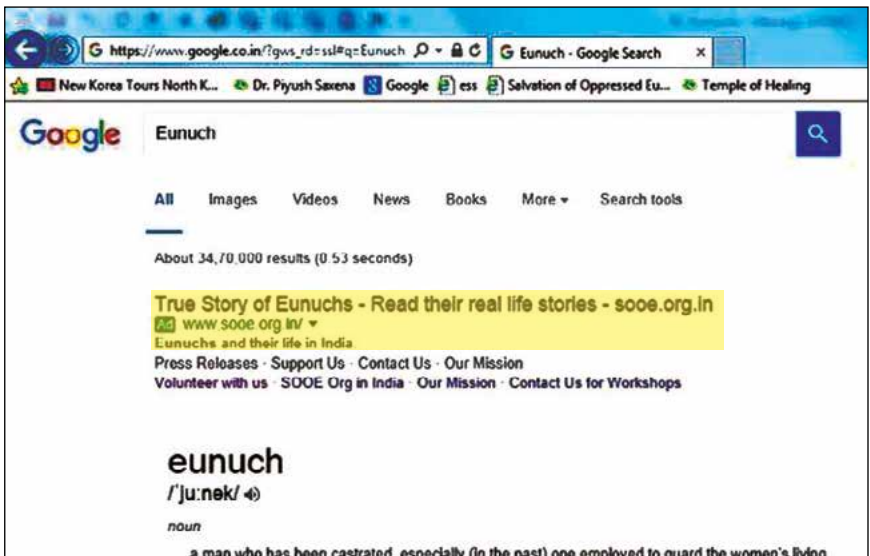




Responding to media after the release of his film
“... Aur Neha Nahin Bik Payee”

He has made a documentary film *...Aur Neha Nahin Bik Payee*, highlighting the tradition of bonded labour in eunuch community, their rituals, traditions and other aspects.

Dr Saxena is also the Founder Chairperson of **Salvation of Oppressed Eunuchs (SOOE)**, an NGO working for the cause of eunuchs and helping to integrate them into mainstream society. His trust SOOE is also a recipient of a Google Ad Grants award of 10,000 USD per month, as a result the site appears frequently on top in google search result.





Dr Saxena with members of the eunuch community

He has also filed a PIL (No. 01/12) in the High Court, Bombay which led to the following benefits to eunuchs:

- The subject of eunuchs was assigned to the Ministry of Social Justice & Empowerment (MoSJE).
- Lenient issuance of voter cards to eunuchs.
- Notification of Sex Re-assignment Surgery in Govt. hospitals by the Union Ministry of Health.
- A notification from the MoSJE seeking complaints from chela eunuchs against exploitation by Gurus, a step towards abolition of the century old *leti* tradition (a form of bonded labour).

Book 4 - 'Mysteries of Life' (To be released in 2018): This book delves into the often ignored subjects, such as Past Life Regression (PLR) , telepathy, aliens and other such mysteries of the world (see page 205).

Dr Saxena has a Master's degree in Reiki. He has also delved into PLR through hypnosis, and uses it to help people cure chronic problems related to health, fears, phobias or relationships. He has done more than 250 PLR sessions so far and all of his clients have reported considerable improvements. He has a long list of inquisitive patients, who often consult him about their problems as well as that of their family and friends.



Real to reel: with Aruna Irani and Manoj Tiwari in a movie

An independent and progressive film director, he has also performed in many TV serials, movies and dramas. He has performed in Ramleela and also recited poems at *Kavi-Sammelan*.

He enjoys the company of children and performs magic shows at birthday parties and schools/colleges, and also for mature audiences,



Performing as Parasuram in Ramleela in Mumbai



Reciting a poem in a Kavi-Sammelan

providing relief and entertainment to them from their monotonous routines. Dr Saxena does not charge any fee for any of the above activities. He does them purely for his own pleasure.

He is a teetotalter, non-vegetarian, fond of eating, enjoys cooking and specialises in north Indian delicacies.



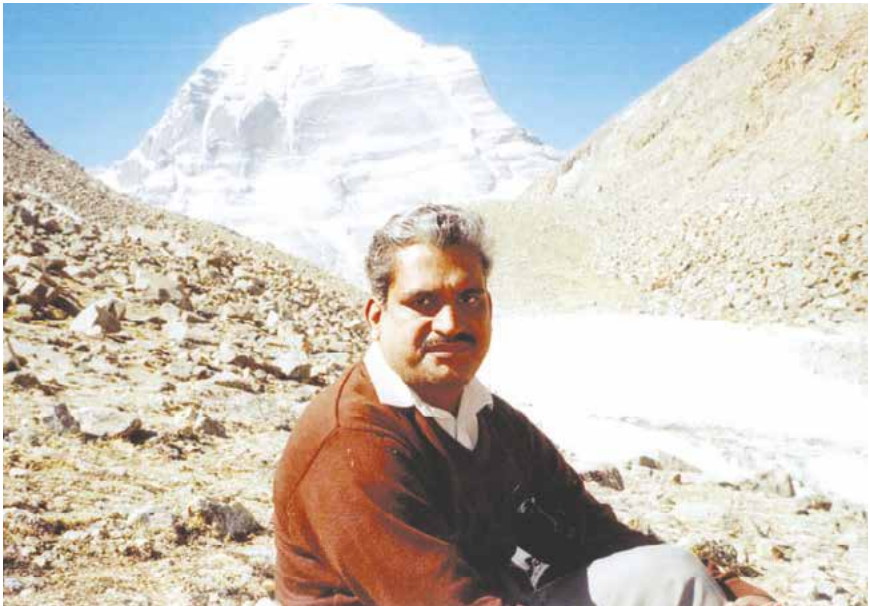
Performing a magic show at Modern School, Lucknow

Dr Saxena is fond of travelling. He believes that travelling is a part of education.

He has travelled to all continents. He has visited USA, UK, Russia, France, Germany, Switzerland, Italy, Japan, Egypt, Australia, Belgium, Brazil, Argentina, Chile, Uruguay, Falkland Islands, Netherland, Hong Kong, Singapore, Thailand, Malaysia, Dubai, China, South Africa, Botswana, Kenya, Tanzania, Sri Lanka and North Korea (DPRK).



**Seeking the blessings of His Excellency,
Late Dr A P J Abdul Kalam**



Enjoying the serenity at Mount Kailash



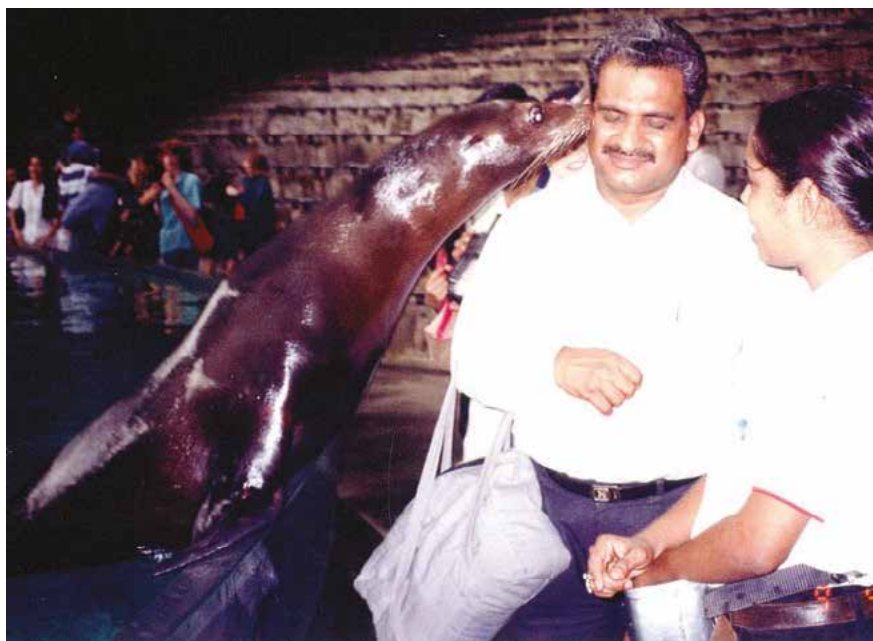
Dancing with Japanese children to an Indian tune in Tokyo



En route to Antarctica



Playing with a Cheetah in Botswana



A seal greets Dr Saxena in Australia



At the Wagah border in Pakistan



Free fall while skydiving in San Francisco, USA



At Yuri Gagarin Cosmonaut Training Center, Moscow



At Kumsusan Palace of the Sun in Pyongyang, North Korea



Entertaining as Santa Claus at a Christmas party for children

He had won Chess (1977) and Bridge (1978) tournaments in Amaranatha Jha hostel in his university days in Allahabad. He also won Runner's Up in the open category of Men's Squash Championship at Reliance Industries Limited in 2012. He is fond of adventure sports, such as sky diving, paragliding, white water rafting, trekking and hiking.



Daily morning session of Squash

All his articles, videos and books are available for free on his websites, drpiyushsaxena.com or thetempleofhealing.org.

“When I regressed Harpreet into her past life, in her very first session, instead of going into past life, she went into space and met her father, who had expired in 2007. It was a very emotional meeting. The other most astounding aspect was that she met Guru Gobind Singhji (10th Guru of the Sikhs) in her very first PLR session. She being a very spiritual person, was in detailed and uninterrupted conversation not only with her father, but also with her Guru Saint...” ... Author



Dr Harpreet A De Singh had been selected as the first woman pilot of Air India in 1988. She has been an Executive Director there since 2013. She had been the first woman CEO of an airline. She has been the first lady ground instructor of pilots, Human Factors and CRM Facilitator and first lady Chief of Flight Safety in India. She is the President of Indian Women Pilots Association (IWPA), Chairperson and Fellow of Aeronautical Society of India, Mumbai. She has presented many papers in various International Conferences. She is also CEO of HARPS, a spiritual foundation, and part of many Social Work and Humanistic support organizations.

Presented by:

The Temple of Healing

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