

## See Your Past Life

In 2008, a close friend of mine chanced upon my book “Cure Yourself” and appreciated the contents after browsing through them. He had also experimented with many other alternative therapies. He suggested a healing session through Past Life Regression (PLR) for me. I was hardly convinced by his explanation and ignored it. We met again the following week and he explained to me the intricacies and extent of this therapy. I decided to experiment.

I read some literature on PLR. Subsequently, I went to a Therapist for my first session of PLR. I could not believe what I experienced. I went for a second exclusive session. It was not enough. I still had some unanswered questions. I went to another therapist Mrs Trupti Jayin. The experience was beyond imagination. I decided to learn this science myself.

After completing my second session with her, I enquired whether I can learn this science. She replied in affirmative. I spent five days with her along with five more students. Whatever I learnt there answered many queries. I have studied so many subjects e.g., Physics, Maths, 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. I started practising PLR on them one by one. I got an opportunity to hypnotise people and take them through Past Life Regression/ Future Life Progression as well as undergo life between life sessions myself.

PLR unravelled curtains over the past where the root cause of anyone of all the following current problems (obstacles and challenges faced during our lives) can be traced.

Psychological disorders	mood disorders, anxiety disorder, psychosis, post-traumatic stress disorder, personality disorder
Fear and Trauma	<p>Arachnophobia – The fear of spiders affects women four times more (48% women and 12% men).</p> <p>Ophidiophobia – The fear of snakes. Phobics avoid certain cities because they have more snakes.</p> <p>Acrophobia – The fear of heights. Five percent of the general population suffer from this phobia.</p> <p>Agoraphobia – The fear of open or crowded spaces. People with this fear often won't leave home.</p> <p>Cynophobia – The fear of dogs. This includes everything from small Poodles to large Great Danes.</p> <p>Astraphobia – The fear of thunder/lightning AKA Brontophobia, Tonitrophobia, Ceraunophobia.</p> <p>Claustrophobia – The fear of small spaces like elevators, small rooms and other enclosed spaces.</p>

	<p>Mysophobia – The fear of germs. It is also rightly termed as Germophobia or Bacterophobia.</p> <p>Aerophobia – The fear of flying. 25 million Americans share a fear of flying.</p> <p>Trypophobia – The fear of holes is an unusual but pretty common phobia.</p> <p>Carcinophobia – The fear of cancer. People with this develop extreme diets.</p> <p>Thanatophobia – The fear of death. Even talking about death can be hard.</p> <p>Glossophobia – The fear of public speaking. Not being able to do speeches.</p> <p>Monophobia – The fear of being alone. Even while eating and/or sleeping.</p> <p>Atychiphobia – The fear of failure. It is the single greatest barrier to success.</p> <p>Ornithophobia – The fear of birds. Individuals suffering from this may only fear certain species.</p> <p>Alektorophobia – The fear of chickens. You may have this phobia if chickens make you panic.</p> <p>Enochlophobia – The fear of crowds is closely related to Ochlophobia and Demophobia.</p> <p>Aphenphosmphia – The fear of intimacy. Fear of being touched and love.</p> <p>Trypanophobia – The fear of needles. I used to fear needles (that and death).</p> <p>Anthropophobia – The fear of people. Being afraid of people in all situations.</p> <p>Aquaphobia – The fear of water. Being afraid of water or being near water.</p> <p>Autophobia – The fear of abandonment and being abandoned by someone.</p> <p>Hemophobia – The fear of blood. Even the sight of blood</p>
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>can cause fainting.</p> <p>Gamophobia – The fear of commitment or sticking with someone to the end.</p> <p>Hippopotomonstrosesquippedaliophobia – The fear of long words. Believe it or not, it's real.</p> <p>Xenophobia – The fear of the unknown. Fearing anything or anyone that is strange or foreign.</p> <p>Vehophobia – The fear of driving. This phobia affects personal and work life.</p> <p>Basiphobia – The fear of falling. Some may even refuse to walk or stand up.</p> <p>Achievemephobia – The fear of success. The opposite to the fear of failure.</p> <p>Theophobia – The fear of God causes an irrational fear of God or religion.</p> <p>Ailurophobia – The fear of cats. This phobia is also known as Gatophobia.</p> <p>Metathesiophobia – The fear of change. Sometimes change is a good thing.</p> <p>Globophobia – The fear of balloons. They should be fun, but not for phobics.</p> <p>Nyctophobia – The fear of darkness. Being afraid of the dark or the night is common for kids.</p> <p>Androphobia – The fear of men. Usually seen in younger females, but it can also affect adults.</p> <p>Phobophobia – The fear of fear. The thought of being afraid of objects/situations.</p> <p>Philophobia – The fear of love. Being scared of falling in love or emotions.</p> <p>Triskaidekaphobia – The fear of the number 13 or the bad luck that follows.</p> <p>Emetophobia – The fear of vomiting and the fear of loss of your self control.</p>
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>Gephyrophobia – The fear of bridges and crossing even the smallest bridge.</p> <p>Entomophobia – The fear of bugs and insects, also related to Acarophobia.</p> <p>Lepidopterophobia – The fear of butterflies and often most winged insects.</p> <p>Panophobia – The fear of everything or fear that terrible things will happen.</p> <p>Podophobia – The fear of feet. Some people fear touching or looking at feet, even their own.</p> <p>Paraskevidekatriaphobia – The fear of Friday the 13th. About 8% of Americans have this phobia.</p> <p>Somniphobia – The fear of sleep. Being terrified of what might happen right after you fall asleep.</p> <p>Gynophobia – The fear of women. May occur if you have unresolved mother issues.</p> <p>Apiphobia – The fear of bees. Many people fear being stung by angry bees.</p> <p>Koumpounophobia – The fear of buttons. Clothes with buttons are avoided.</p> <p>Anatidaephobia – The fear of ducks. Somewhere, a duck is watching you.</p> <p>Pyrophobia – The fear of fire. A natural/primal fear that can be debilitating.</p> <p>Ranidaphobia – The fear of frogs. Often caused by episodes from childhood.</p> <p>Galeophobia – The fear of sharks in the ocean or even in swimming pools.</p> <p>Athazagoraphobia – The fear of being forgotten or not remembering things.</p> <p>Katsaridaphobia – The fear of cockroaches. This can easily lead to an excessive cleaning disorder.</p> <p>Iatrophobia – The fear of doctors. Do you delay doctor</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

visits? 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 differently.

Motephobia – 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, they 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 you gonna call? 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.

	<p>Pogonophobia – The fear of beards or being scared of/around bearded men.</p> <p>Omphalophobia – The fear of belly buttons. Touching and looking at navels.</p> <p>Pseudodysphagia – The fear of choking often after a bad eating experience.</p> <p>Bathophobia – The fear of depths can be anything associated with depth (lakes, tunnels, caves).</p> <p>Cacomorphobia – The fear of fat people. Induced by the media. Affects some anorexics/bulimics.</p> <p>Gerascophobia – The fear of getting old. Aging is the most natural thing, yet many of us fear it.</p> <p>Chaetophobia – The fear of hair. Phobics tend to be afraid of other peoples hair.</p> <p>Nosocomophobia – The fear of hospitals. Let's face it, no one likes hospitals.</p> <p>Ligyrophobia – The fear of loud noises. More than the instinctive noise fear.</p> <p>Didaskaleinophobia – The fear of school. This phobia affects kids mostly.</p> <p>Technophobia – The fear of technology is often induced by culture/religion.</p> <p>Chronophobia – The fear of the future. A persistent fear of what is to come.</p> <p>Spheksophobia – The fear of wasps. You panic and fear getting stung by it.</p> <p>Ergophobia – The fear of work. Often due to social or performance anxiety.</p> <p>Coulrophobia – The fear of clowns. Some people find clowns funny, coulrophobics certainly don't.</p> <p>Allodoxaphobia – The fear of opinions. Being afraid of hearing what others are thinking of you.</p> <p>Samhainophobia – The fear of Halloween affects</p>
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

	<p>children/superstitious people.</p> <p>Photophobia – The fear of light caused by something medical or traumatic.</p> <p>Disposophobia – The fear of getting rid of stuff triggers extreme hoarding.</p> <p>Numerophobia – The fear of numbers and the mere thought of calculations.</p> <p>Ombrophobia – The fear of rain. Many fear the rain due to stormy weather.</p> <p>Coasterphobia – The fear of roller coasters. Ever seen Final Destination 3?</p> <p>Thalassophobia – The fear of the ocean. Water, waves and unknown spaces.</p> <p>Scoleciphobia – The fear of worms. Often because of unhygienic conditions.</p> <p>Kinemortophobia – The fear of zombies. Being afraid that zombies attack and turn you into them.</p> <p>Myrmecophobia – The fear of ants. Not as common as Arachnophobia, but may feel just as intense.</p> <p>Taphophobia – The fear of being buried alive by mistake and waking up in a coffin underground.</p>
Marriage, Long term relationship issues	Feeling hurt, angry, sad, cheated, disappointed, let-down, unappreciated, no longer admitted, unloved, bored and confused about relationship status.
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
Medical Issues	Health hospitalisation, surgeries, major illnesses and psychosomatic diseases

These are the top 100 phobias in the world, with the most common ones listed from the top.





## Case Studies

(All names are real. Genuine clients may take their phone numbers from me ascertain the truth and talk to these people))

### Case I

#### Fear of Rape and Drowning

Mamta was my first client.

I read the client information form. I took her history and framed relevant questions which helped me to ask further questions. She described the concern she wanted to resolve. I told her the extent up to what she can accomplish with the PLR Therapy.

Mamta was knowing how hypnotherapy works. That made my job easier. Otherwise I would have to explain her the working of this therapy.

She had been hypnotised earlier. Her earlier experience had been below average. She had not been able to see much, although she went to the trance. She told that both she and her therapist were tired in the evening and they attempted PLR just for the sake of it.

I have felt that the PLR is a very pure exercise and it should be attempted with respect in a cool and serene environment with low sound level, soothing ambience and light music with minimum outside disturbance.

I asked her preference for a chair or a bed. She preferred to lie down. I invited her husband to witness and record the session audio or video. He agreed that he will not speak but I accepted that he can give me slips in writing during the session for suggestions if he has any.

#### Start of the session

- |        |                                                                               |
|--------|-------------------------------------------------------------------------------|
| Piyush | "You are my first client"                                                     |
| Mamta  | "I know that. But please help me. I always harbour a fear of being raped."    |
| Piyush | "Mamta! It is my first chance. Give me an easier question to handle."         |
| Mamta  | "I have a fear of drowning in water."                                         |
| Piyush | "Tell me an incident in this life where this fear could have been initiated." |

Mamta "At the age of 9 years my 14 years old brother threw me in a swimming pool."

I thought that I would get an answer in 10 minutes and what I would do after that yet I decided to begin.

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."

Piyush 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 hypnotise you with your consent. We do not hypnotise anybody, who does not want to be hypnotised."

Mamta (.....Nods.....)

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

Mamta (.....Nods.....)

Piyush "Look down at your left hand, close your eyes and imagine your left hand. Nod your head (yes) when you have an image of it."

Mamta (.....Nods.....)

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 body automatically requires a lot of oxygen.

Nod your head when you feel these changes. Your breathing goes deeper and more rhythmic. If so nod your head."

Mamta (.....Nods.....)

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 your head."

Mamta (.....Nods.....)

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

Mamta .....silent.....

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 .....silent.....

Piyush “You are completely relaxed now.”

Mamta .....silent.....

Piyush “I am now proceeding with your progressive relaxation.”

“You will feel that your right toe is getting lighter and lighter”

Mamta .....silent.....

Piyush “Now the fingers 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 fingers of left foot, then left ankle, then left calf muscles, then left knee, then left thigh getting lighter and lighter.”

Mamta (.....Nods.....)

Piyush “Your pelvic portion is getting lighter, now stomach, abdomen, liver, kidney, pancreas and all other organs inside the abdomen, then 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 speak separate sentences of each part of the body the process takes around 10 minutes).”

Mamta (.....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 (.....Nods.....)

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

Mamta (.....Nods.....)

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

**She 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 years old brother pushes me into the water 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 the fear was 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 same level of fear. Conclusion 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 lies.

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

Mamta .....silent.....

She got down reaching the centre of the earth. She had been responding very well. She had to open one relevant door. She opened the door.

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

Mamta .....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 “Move a little”

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 see nothing. 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 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 recognise any of these people in that life or in 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 .....silent.....

Piyush "Did you get married to him later"?

Mamta "No"

Piyush "Why?"

Mamta "I die by drowning"

Piyush "Is it planned marriage, arranged or a love marriage"?

Mamta "Love marriage, I love him"

Piyush "Does he love you too"?

Mamta "Yes"

Piyush "Do his parents agree for this proposal"?

Mamta .....silent.....

Piyush "Do his parents agree for this proposal"?

Mamta "No"

Piyush "Why?"

Mamta .....silent.....

Piyush "Why do his parents not agree for this proposal?"

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

Piyush "What is their reaction on 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 lady could listen to the conversation.

Mamta "The parents of my fiancée 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 me 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 to a cliff".

Piyush "How far are your enemies?"

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

Piyush "Do you have any place to run away or take shelter".

Mamta "No".

Piyush "What will you do now"?

Mamta "I have jumped into the flowing river down below and that is 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 feel your death".

Mamta "I am jumping. On way I think I should not have jumped. I shiver in the water. I don't know swimming. I begin drinking 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 of just before her jumping 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 "Throat"  
Piyush "Feel it to the full".

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 the 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      A Soul from another Planet**

I regressed an 18 year old teenager Akash to a past life where he looked for the origin of his chronic and incurable stomach-ache.



I put him into a hypnotic trance. He started feeling his body 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 a 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 this 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 of different types of faces are here".

Piyush "Ask them for permission to come to them".

Akash "Ok, I request - 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 "No clue"

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 on earth".

Piyush "Go closer to them. What are they talking?"

Akash "I can't understand their language. But they are friendly. Very friendly. I recognise none of them. But the faces are similar to the ones which we had seen in science magazines aliens".

Piyush "What are they eating?"

Akash "I can't make out".

Piyush "Come back now".

I got sceptical 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 Cause of Lymph Cancer**

54 years old Manoj Pandey has lymph cancer. This affects the whole body. For stomach pain we look for a stabbing injury. For asthma we look for strangulation and so on. I did not know what to look for. So I hypnotised him and proceeded with the questions.

Piyush "Manoj, past life regression is like viewing 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 "No body."  
Piyush "Any animal 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 "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 the door. One of them wanted to take her out to make love. She declined. The two of them brutally murdered her then and there. She faced untimely death. I could not be with her in her last moments."

The client started crying. I let him cry. I invite him to come out of the body at a moment when his wife is just dead. I suggested:

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 my client tells her –) "Whatever has happened has happened now. Physical body is 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. Go elsewhere."

The friend soon disposed off his assets. He left for a barren land. He made his cottage. 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 from that previous life. He could identify the year as 1723.

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

#### **Case IV Life between Lives**

During the training my partner Priya Patankar did a life between life sessions on me. I was sceptical like all of you.

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, 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 life between life. 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 Priya wanted me to put my next step towards the cosmos.

"OK" I put my next step. "Wow! I did not fall"

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

Priya "Where are you?"

Piyush "In 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 the 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 of 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 helps me reconcile accounts of my sins and merits. I am coming to my soul mate. On the way I face a storm. "Some storm is coming"

Priya "What colour?"

Piyush "Orange and yellow it is very strong. It is only energy. Coming with a very fast speed. I shall not be able to stand 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 cosmic storm)"

Priya "Come back"

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

**Case V - Sample questionnaire 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 Life (LBL) session. The experiences are just amazing.

When I take a client to a life between life, I suggest a sample questionnaire in this order. 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 to a trance. I start talking to her. (This is not a real case)

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

Madhuri ..... (shock expression)

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

Madhuri .....

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

Madhuri .....

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 the 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 and there is a sense of recognition and you will feel a wave of familiarity and you 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 spiralling. You can feel powerful vibrations. As you expand and grow at a distance, you will be able to hear tinkling 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 bodyless 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 find your close relatives and friends there. 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 vices....."

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 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 thousand stars, radiance 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 choose? 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 looks like?"

Madhuri .....

Piyush "Where do you feel you need to move?"

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

Piyush "Right there in front shelf you get your records."

Madhuri .....

Piyush "You are going to look for the book which has 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 was CD/DVD."

Piyush "Pick up a DVD. Move right and play. When the movie is being played you will see traumatic unresolved scenes. Enter and correct the same error."

Madhuri .....

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

Madhuri "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 understanding the purpose of physical ailment."

Madhuri "Yes"

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

### Case VI - Mother-in-law and Daughter-in-law

My partner Priya happened to take one client to a past life where she was the perpetrator. (Perpetrator is someone who causes guilt). A lady Sandhya of 32 years 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 Gita was certainly the worst mother-in-law on the Earth. Priya agreed to proceed for 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 28 years old. I make my 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 it into his head."

Priya "What happened then?"

Sandhya "The opponent is killed. He has a wife and a daughter of 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."

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 available 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 out efforts that she accepts me as her husband. But she is all the time with her daughter, humiliating me more and more. She neither speaks to me nor her daughter. 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?"

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 grows older. I work hard to earn more and keep every body happy."

Priya "That is great."

Sandhya "....."

Priya "Is not that too sweet a life?"

Sandhya "....."

Priya "Come on. What do you see?"

Sandhya "My bad run is not yet over. I had fire in 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? I am the only earning member."

Priya "What do you feel?"

Sandhya "I should end life of myself and all other dependent members of my family."

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? I decline."

Priya "OK. Good."

Sandhya "But he comes back. He brings lot of money to be given in exchange for Roli."

Priya "Then what do you do?"

Sandhya "I wonder if it is not wise for one person to die (in marriage) and save all others."

Priya "Do you marry Roli with the old man?"

Sandhya "I tell all sorts of arguments to Sunita. Initially she declines but later 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 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 can I be so cruel with a child? This memory haunts me forever.”

Priya “Do you recognise any member in that life to any member in present life?”

Sandhya “.....”

Priya “Do you recognise any member in that life to any member in present life?”

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 lovely and affectionate relationships. But my mother-in-law is not willing to mend our relationship. What can I do in such case?”

Priya “But 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 married Roli to that old man. Wait at that moment. Request Roli to listen to you. Then say sorry to her.”

Sandhya “I am doing so. Roli has accepted it. I am relieved. Roli also sounds better.”

Priya “Do you feel lighter in thinking about relationship?”

Sandhya “Yes. I am better.”

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

Sandhya   “Thank you too. But my mother-in-law will not improve whatever I do.”

Priya       “Anyway, all the best.”

One fine evening Sandhya came to Priya and told him 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 anybody about the secret weapon.

## Some Other Thoughts about PLR

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

The reincarnation theory of present day says that before we come to live this life. We choose our parents, surroundings and the obstacles in this life. These obstacles and challenges (see page1) help us to complete journey of our soul in a smooth manner. 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 fast on his path of emancipation.

The dominant senses I use the following exercises to evaluate the client's ability and willingness to participate in the hypnotic process and also to assess the dominant senses available to 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, e.g.

- 1) Visual such as numbers written on the board, a colored circle, a colored triangle, colored square, crescent moon, a star.
- 2) Tactile such as shaking hands, stroking a pet, placing your hand in 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 your name, children playing, traffic, a train, a ship's horn, a church bell.
- 4) Taste such as your favourite dish, an orange, whipped cream, ice cream, a hot drink, a date or fig, whisky or some other spirit.
- 5) Kinaesthetic movement such as walking, swimming, sawing wood, running, driving, dancing.
- 6) Smell such as perfume, gasoline, tar, mint, fresh baked bread, a rose, wood.

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 the hypnosis. No thought can be forced. While going through this process we strictly restrict ourselves to the broad list of questions which have been asked by the clients. 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 giving true name. Only then do we publish a limited part of regression. The friends and relatives of the client may watch the process. They may record it too. But there are privacy matters. Most of my clients did not permit anybody to observe their regression.

In all my past life sessions, very complex events of life have come up which I have never expected or anticipated. The reason is simple. When I ask you for a problem, you select the most complex problem of your life. The root of this problem is in a past life with complex set of events which your subconscious mind unravels.

None of my hypnotist friends have been able to find an animal life for his clients so far. Most of the clients have been able to go up to a maximum of 5000 years ago. My feeling is that before that period, people did not have possessiveness. Even if they had houses, there were no locks. They had little attachment to household affects. Migrations were very few. Feelings of ambition, ego, achievement and possessiveness had little if any role to play since personal possessions for the most part were 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 few issues to worry about except for 2 square meals a day. The same law is true about insects and animals who own nothing.

I cannot know how it works but it does so with amazing precision. PLR is always true and it is beyond any scientific explanation. I have mentioned only about some basic techniques of PLR that I have adopted. In fact the framing of questions is very important. It is to be done instantly on the spot. Hypnosis beyond 2 hours may cause a temporary headache but it goes away by itself. In my book know your Past Life I shall explain all these issues in detail with the objective that the reader may do PLR on persons in his vicinity.

I have regressed 181 persons so far. Each one of them is ready to talk about it. An authentic reader of this note can talk to anyone of them for more details. You can get their phone numbers and addresses from me. Most of them are very successful in their respective fields albeit carrying some huge burden of past lives. Once relieved of it they all perform much better in all spheres of their lives.

I do not charge anything for a PLR session and therapy. It is normally for two hours. Prior appointment is necessary. You may contact me at 09321093210 Nerul, Navi Mumbai.

My book "**See Your Past Life**" will be released on **1<sup>st</sup> January 2017**. I am committed that this therapy reaches every home.

The book will cover

1. Birth Traumas
2. Acknowledging our fears
3. Storage of patterns
4. Hypnosis
5. Past Life Regression therapy history
6. Process and preparation of 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 way to heaven
15. Life between lives
16. Astral travel

After reading the book one will understand PLR and I invite people to help others as hypnotherapists (or Past Life Regression Therapist).

---

## Frequently Asked Questions

I completed 6 months of my PLR Course and I completed 25 PLRs. Even a few close friends and relatives have been apprehensive about giving PLR a try. I too was equally concerned earlier before I got it done on myself but when I tried on myself it came out to be a different world altogether. Here in below I reply to all FAQs

- Q: What is the risk involved in the process of PLR?  
A: Zero
- Q: Suppose you could not come back from hypnotised state?  
A: The client is partially hypnotised. Her/his conscious mind is also active. Whenever she feels that she is not comfortable she can come out of trance herself.
- Q: What is the risk if she/he her/himself comes out of trance?  
A: A mild headache which can last up to 5 minutes maximum.
- Q: How can she/he save the headache?  
A: The Therapist brings her/him back in a proper process then there is no risk of even mild headache.
- Q: Does the person feel tired after the session?  
A: She/he may feel tired or alternatively may feel fresh and rejuvenated.
- Q: What is the duration of the session?  
A: History taking one hour and PLR session 1½ hours.
- Q: How many sessions are needed?  
A: Major work is done in first session. Then depending on the severity of problem, 2<sup>nd</sup> and 3<sup>rd</sup> session is needed.
- Q: Will you ask me my office secrets also?  
A: The client's conscious mind also works. Whenever he feels that the therapist is going beyond the scope then he can decline to cooperate and the trance is shifted. When I hypnotise, I permit audio and video recording of the sessions. I permit presence of relatives / friends too.
- Q: How do you observe secrecy?  
A: As a therapist I follow strict observance of the scope of questions. For myself I frame a tight frame of questions. These are all privacy matters. Even I do not want to go beyond what is asked. My all clients so far have been satisfied about the maintenance of their privacy.
- Q. I have difference with my husband/boyfriend. Can you call him in any of my past lives?

- A: Read the 6 cases which I have given. I can navigate you to a life where the differences between you and your husband/boyfriend originated. Then we go to the event in that life. It is likely that you meet him there.
- Q: Can you hypnotise my husband?
- A: Yes, but only after he agrees and he comes for the session.
- Q: Can anybody be hypnotised against her will?
- A: Only in films. In real life it just cannot be done. The reason is simple. I am suggesting you to relax your body through feet, legs, pelvic portion, abdomen, chest, throat, shoulder and head. If you are not willing then you do not obey my commands. Even if you partially disobey my commands, you will not be hypnotised. So bear it in mind; you have to be ready, you have to be willing and you have to be so ready and willing 100% throughout the duration of the regression. If it is anything short of that then proper trance will not happen and soon you will hang. This hang means that you will not move and stay at one place. Then you will not be able to give answers. Then the session will go waste. But no other harm is done.
- Q: What is the worst which can happen in a trance?
- A: Waste of 2 hours.
- Q: What are the special qualifications required to hypnotise people? Can I try it on my younger brother who suffers from insomnia?
- A: Common sense and some basic knowledge of the principle of hypnotism and PLR is needed. A hypnotist does not require high qualifications or education. He need 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 by me. Try on your brother. Insomnia is like many other ailments which are curable through Past life regression.
- Q: I do not have any issue of fear, relationship or ailment. Can I try PLR to learn and witness a session?
- A: I hold this 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 for resolving the issues.
- Q: Who is the best hypnotist for my case?
- A: Anybody living near your place of residence or place of work.
- Q: If he is not so good?
- A: The skill lies in navigating the client to the right place. If your therapist has

- read or dealt with many cases, then he will be able to do it.
- Q: But my case is different. I am sure that he has not done a case like mine earlier.
- A: No two lives are same. No two cases are same. But the variety is not limitless. It is highly possible that he has done or studied a case of your type and he is able to help.
- Q: I go to a therapist. I give my all personal information. If he blackmail me later?
- A: Most of the people in this line are privacy concerned. Normally this should not happen. You can trust a therapist.
- Q: How can I contact you or meet you?
- A: If you feel that your problem is of a grave and serious level, then I recommend that you may try a PLR in all its sincerity. You can call me or SMS me on my mobile and we shall coordinate.
- Q: Do you believe in life from other planets?
- A: See the link below: India has 55,000 persons who were on another planet in their past life. They are termed Indigo/ crystal children / adults. They have the following common features. I have found the following planets more popular Atlantis,  
Freedom <http://www.starchild.co.za/what.html>  
In their Past Life regression they go to those planets and describe unique features. A client told about the other planet, that the people there 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, It is greenery all around. From that planet the lady was sent to earth to help people here. But her life is very difficult. After doing the therapy she knows that the purpose of her life is to make earth a better place to live in. And in the process - her life will suffer. She is happy with the explanation and she now more bravely faces relationship problems surrounding her.
- Q: Suppose you could not hypnotise me?
- A: This can happen only if you are sceptical. If you start to imagine as I suggest then soon you will be hypnotised. Once you are hypnotised, then you will relish 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 the money, name and fame earned in this life. All these facts bring very much clarity to mind.
- Q: Will you teach me, how to do hypnotise and do a PLR?

A: Yes, but only after you have done 2-4 sessions on yourself by any body (not necessarily by me).

Q: How do you make earning through doing a free PLR?

A: I have other source of income for my survival. PLR will hopefully be never my source of income.

Q: What is your interest in propagating this therapy?

A: Relieving pain of anybody gives comfort to all human beings. You can also enjoy. You too are a healer who believes in doing well to people.

Q: I am convinced with your arguments. But I feel my spouse will not permit me to go for a session.

A: Try to convince her/him otherwise you go alone first then observe the results. The case will be different after you observe it yourself.

Q: Do you shout very loud when you hypnotise people?

A: Ha! Ha! Ha! No. The pitch of my voice is just sufficient to be heard by client. I can adjust my volume.

Q: Can you hypnotise on phone?

A: Theoretically No. Practically Yes. But only if :

(1) I have met you earlier and

(2) Your problem is so severe that you are disparately keen to do a PLR on yourself and

(3) You can keep your phone near your ear throughout the one hour session in a way that the body does not shake or move because if you move your hand for phone your trance will be disturbed.

Q: Do you touch body of the person?

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 AM.

Q: Any restrictions on food to be taken before a PLR session.

A: Simple less spicy food previous day and fruit/vegetables juice / tea/ coffee in the morning gives better results.

Q: What clothes to wear?

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 body. Why distract them through artificial aspects of life.

Q: Do I sleep in session?

A: I strongly recommend having a good sleep previous night for best results.

Q: Which day of the week is good for PLR?

A: All days are same. I have observed some speciality in my performance based on cycles of moon.

Q: I am stubborn. I do not believe all this. Whatever you have said is your imagination. Why should I listen to you? You do not have scientific support?

A: I have no problems. Do not listen to me. But whatever you are thinking is based on your process of thoughts. Whatever I am saying is based on my practical experiences with more than 172 people (cases) who are very successful in many parameters of life. They are not wrong too specially, after undergoing the process of PLR session. This decision to believe me or not is in your hands now.

Q: While doing PLR, shall I be sitting or lying down?

A: The choice is yours. I shall 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 place should be serene and silent, calm and comfortable with low level of lighting.

Q. Can you do a PLR on more than one person at a time?

A. Yes, but the results are diluted.

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.