

PLR Process

You have expressed your willingness to undergo a PLR (Past Life Regression) session. In order to obtain the best results, the following has to be borne in mind. I have done 181 sessions so far. 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. Type of your 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 life 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.

You may write to me for any clarification. I reiterate that knowledge of PLR is relevant, belief is not.

Doing a kidney and liver cleanse recently improves the performance of the session.

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

1. Relationships problems
2. Chronic ailments
3. Fears – various chronic fears
4. Life purpose: why we are here
5. Alien lives: some people lived earlier lives on other planets.

Loose, light coloured clothes are recommended during the session. Use a sheet to cover the body. Exercises like stretching, jumping and deep breathing help. Massaging your 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 each organ. Therefore, I recommend jumping, skipping, stretching, massage and deep breathing before a session. After the session it helps to recondition the body for its journey through the present life.

I prefer to do sessions in the morning. Most people prefer to do PLR lying down, while some prefer sitting though rarely. It does not matter which position you prefer – the important thing is that you should be comfortable enough throughout the session.

The room temperature should be comfortable. Outside noise should be kept to a minimum. Having a light dinner during the previous evening is advisable. This keeps the stomach relaxed. Getting sound sleep during the previous night improves results. During the session, you may experience pain, anxiety, crying, fear etc. This is due to the release of emotional baggage. The process of relieving pent up emotions takes 2-5 minutes. You may be frightened to let it go but don't worry. You will feel a lot lighter after

this release for the rest of your life. Keep tissues handy to clean up after crying. You can tape or video record your PLR session.

During the trance, various parts of your body will not be in a position to move. If you feel an itch during the trance, you may bear it or let me know. If you experience thirst, let me know and I will put a few spoons of water in your mouth. In case you need to go to the toilet, you will have to be brought out of the trance. I can hypnotize you again after you are done

Your conscious mind is alert and working throughout the session. The scope of my questions about you is strictly limited as defined by you. No hypnotherapist can and will ask you questions beyond the scope defined by you. If the therapist tries to exceed this limitation, then your conscious mind resists and takes over and you come out of the trance.

During past life sessions, you often notice your legs/feet first. I will ask you to notice the ground below your feet – is it a road, mud, grass, rocks or some other surface? During LBLs, you usually notice the upper half of your body. You may not recognize your face initially but later you may be able to recognize who he is. This recognition is made by the mind and not by the eyes and takes time.

I am keen to do your PLR. If distance and work schedule do not permit a meeting, then I can do your PLR over the phone. In that case, you should keep your phone in a stationary position near 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 so that we may start again.

Before starting the session, I need to know your preferences. Some people are singers, some dreamers. Some people are partial to certain smells e.g. rose, jasmine etc. People have to be hypnotized 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 keep any records of any

session. Hence, when you wish to discuss a previous session, it helps to give me some details about that session in order for me to recollect the details.

I ensure the following for the session:

1. Cool, calm and serene place
2. Alone or with a family member
3. Recording with consent
4. Confirmation about exercise, massage, sleep, light food, kidney, liver cleanse etc.
5. Case history, questionnaire

To begin the session, I proceed as under:

1. Take a deep breath
2. Hold, then release and exhale totally
3. Repeat steps 1 & 2 three times
4. Resume normal breathing
5. Imagine your right toe getting lighter and lighter
6. Imagine the 4 fingers of right foot
7. Imagine your right ankle getting lighter and lighter
8. Imagine your calf muscles getting lighter and lighter
9. Imagine your right knee getting lighter and lighter
10. Imagine your right thigh getting lighter and lighter
11. Now 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 to your right hand, left hand, throat, jaw, tongue, mouth, nose, head, brain, eyes etc...

At the end of this procedure, most people are hypnotized.

Visualize and imagine:

You are in a huge, lush garden with many plants, trees, birds and animals of your choice. You can hear the music of water flowing through the middle of the garden. Listen to the chirping of birds. Enjoy the breeze. This is your favourite place. Enjoy the experience. 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 for you and go inside. You will find a staircase with a maroon carpet, marble railings and golden handles going down. It has 10 stairs. Walk down slowly, one step at a time, as I count from 1-10, beginning at the count of 1. At 10, you have reached the centre of the earth. Everything is dark. You may see a little light. You will find a few doors in the surroundings (imagine). On the other side of these doors are your past lives. You have to go to that past life where the main cause of your present problem (the problem has to be very specific and only one for any session) lies. Select that door and stand in front of it. Ask the door for permission to open it. Now gradually open the door with respect and go inside.

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 the head to the heart. This will enhance the trance. Some people go into a deeper trance listening to particular music and / or with thoughts of specific smells. Rarely, 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 in your past life, so that the

baggage of that life, which you have been carrying for so many years, 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 greatly less stressful and much more enjoyable.

One of my classmates has been suffering from cancer. He is a gentleman in today's world. 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 along the street in front of the assembled crowds. This was done to curtail his powers. He was truly trapped in this case. I wanted him to read the fine print in his punishment order by the king. He not only did that but he was also able to listen to private communications behind the closed doors of his enemies. Incidentally, the same group of rivals has been surrounding him in this life too. Once he could identify them through a past life session, his life is much better and more relaxed now. Do bear in mind that many times, faces may not be clear. However, given the set of events you can make a reasonable assessment about who the people you see are.

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

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