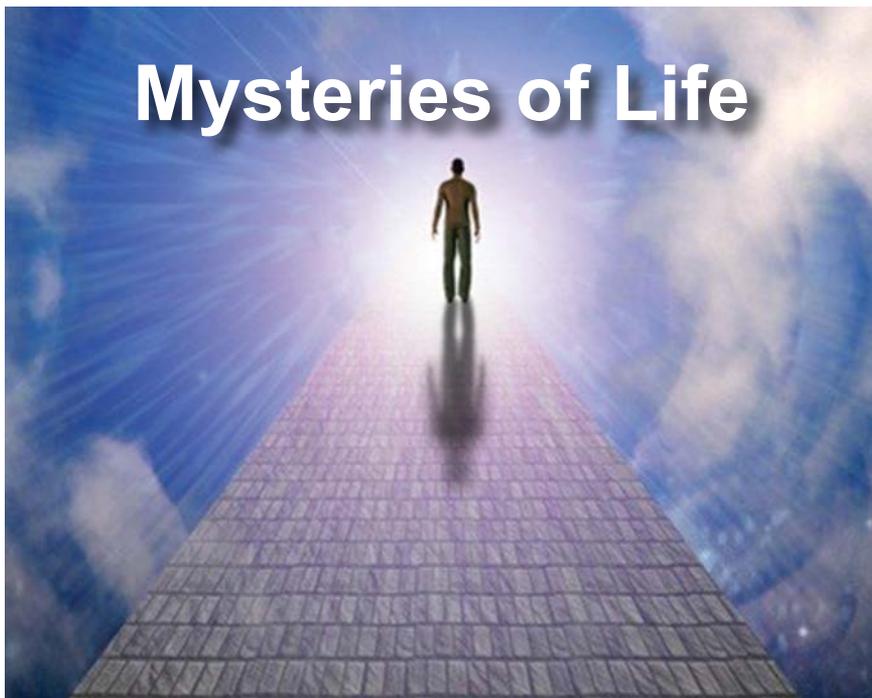


# Mysteries of Life



About a century ago, no one had thought of transmission of audio and video signals through radio waves, which form the basis of most of our means of communications today, such as TV, radio, mobile telephony and internet. Delving into the mind of a person, to unearth the events in the past that have influenced or even played a causative role in many of his/her current problems, or perhaps open a window into the future, may seem like an impossibility today. But, when viewed in light of the fact that space travel probably belonged to the realm of science fiction at the turn of the 20th century, such feats may well be regular treatment in a few decades.

Dr Saxena's forthcoming book 'Mysteries of Life' will explore concepts of existence and describe, in detail, many issues that have always fascinated humanity, but have only recently garnered the attention and thought, necessary to unearth the answers.

The travails faced by an individual in his/her life are the result of choices made by the soul in its progress towards salvation. The soul enters the womb nearly four months and four days after conception. The progress of the foetus and the child, after



birth and later in life, depends on the choices made by the soul, so that suitable lessons can be learned during this lifetime. The knowledge, thus acquired, enables the soul to make progress. It is the prerogative of the soul to learn appropriate lessons and imbibe this learning in its progress towards salvation. Learning about the choices made by the soul and their repercussions, form an important part of understanding the reality faced by an individual. This enables him/her to understand the causality of events and face them with equanimity. The therapy of Past Life Regression (PLR) and Future Life Progression (FLP) is commonly used to unearth answers to many issues faced by an individual during his/her life.

The book will largely address the following issues:

- 1) Creation/destruction of life on planets
- 2) Life on other planets
- 3) Cosmic storms
- 4) The complete vibrant colour spectrum, in addition to the normally perceived VIBGYOR, which is not present in our solar system
- 5) Development cycles
- 6) The journey of souls through their ages, e.g., baby, young and old souls
- 7) Inner child archetypes



- 8) Nurturing the child within
- 9) The freedom of choice, conception and the entry of a soul into a womb
- 10) Birth, death and reincarnation
- 11) Birthing types, traumas and their repercussions
- 12) Past Life Regression (PLR) and Future Life Progression (FLP)
- 13) Animal and plant life
- 14) Life in between lives
- 15) Transfer of memory after life
- 16) Talking to souls of deceased relatives, friends and others
- 17) Attraction at first sight, marriage and divorce
- 18) Relationship issues, with in-laws, morbid phobias, chronic ailments, etc.
- 19) Adoption without biological connection
- 20) Desertion of parents by children and vice versa
- 21) Infertility, prenatal death, miscarriage, abortion and accidental death
- 22) Acknowledging our fears and traumatic life experiences
- 23) Mind-structure and telepathic messaging
- 24) Intuition and luck
- 25) Occult powers, Tantra, Ouija board, Planchette
- 26) Pure and impure states
- 27) Transforming our inner selves
- 28) Non-materialism, penance, sacrifice and renunciation
- 29) Heaven and hell
- 30) Thiaoouba prophecies
- 31) Existence of God and experiencing the divine
- 32) Emancipation, moksha and unification with the supreme

In some cases, individuals experience recurring multiple instances of the same problem, e.g., recurring nightmares about falling or objects/animals or dying. There are also numerous instances of manifestations of psychosomatic illnesses, for which there is no apparent cure, by way of conventional therapies. In such cases, the use of PLR and other techniques described in the book have been found to provide significant alleviation of the problem.



The book will include detailed information on practicing PLR or FLP. Information about the use of ‘Ouija Board’ and ‘Planchette’, and their role in deriving answers will also be included.

Meditation is often practiced for inner peace and harmony in modern times, though it was originally intended as a means of seeking evolution of the soul. A popular meditation practice is *Vipassana*, which involves focussing on body parts to achieve a state of deep trance. The author has undergone the course and the finer aspects will be included in the book for easy comprehension.

By following these guidelines, anybody can resolve many intransigent issues in their lives, without resorting to any specialised training. The purpose of the book will be to provide detailed answers to many of life’s intransigent and seemingly intractable problems – the solutions to which lie within, rather than without.