



Guneeta Kaur

There comes a point of time in our life when we ponder on the age-old questions: Who am I? Where do I come from? Why am I here? Where am I going after death?

Being a firm believer of working towards a sound future by using my Free will in order to drive my destiny, I didn't pay much attention to Past life regression until another set of questions started to raise their head in my head, "I seem to be leading my life in an honest manner, yet I continue facing challenges in relationships. What is the cause?" I knew it was time to knock on a few doors and understand what was the impact of my past lives on my present one, if any at all. Was it possible to take a peek in there? Would it hold any lessons for me? Could I heal myself and lead a better today?

My first port of call was Toni Reilly (www.tonireilly.com.au), my PLR Guru, says that, "My goal is to teach others to facilitate in a way that is most beneficial for their clients. Many psychics are gifted at seeing other peoples past lives and can pass on what they are shown. However, simply being told what happened in a past life has limited therapeutic value.

I believe that emotional past life blockages only lift after this process takes place: the person views the lifetime event, feels the emotion attached to it, and is told by their higher self what that particular lesson is. The regression process - where the person re-experiences the situation - is far more effective in eliminating the blockage than just being told about it by someone.

Essentially you are taking responsibility for yourself by seeking regression. It opens up a pathway to truly understanding who you are and why you are here. Past life regression is a spiritual journey for self healing. Our answers are within each and every one of us and past life therapy is a way to learn the answers, the process allows us to access our soul and it chose why we are here and what we will learn, so this relaxed state is a way to directly access your life plan. When you realise that you are not a victim but a volunteer everything that happens in life takes on a new meaning".

Regression, in broad terms, is the act of accessing the subconscious or higher self. The subconscious records and files all our soul memories. It is the one part of us that is present through every incarnation. Our bodies come and go - they are temporary - but our soul is constant. Our soul is the very reason we incarnate. We come to Earth to learn lessons which advance our soul growth and development.

Your soul may have incarnated this time to learn to be assertive. Therefore you may have selected a life that puts you into relationships and situations which challenge you to stand up for yourself. If you are unable to do so, you will have to come back again in a different body to learn the same lesson.

Understanding that you choose your life, helps you to explore and identify what you have learned from each experience. It teaches you to see yourself not as a victim but as a volunteer, willingly learning lessons to better understand yourself and others.

Some memories can create blocks in our



Where to from here?

lives. You may have a fear of drowning because you drowned in a previous lifetime. You may experience claustrophobia or anxiety because you suffocated in an earlier life. You may carry weight because you starved or were mistreated in a past life. Perhaps you feel unable to speak in front of others? You may have once been ridiculed or persecuted for stating your beliefs. Or you may feel unnoticed, disempowered, victimised - all these issues can originate from incidents in previous lifetimes. Regression can help you identify the source of these feelings and fears. Understanding an event which created a fear, phobia or a recurring dream, can remove the current symptoms and free you to live a happy, fulfilled life.

There is another important aspect to regression: some of our emotional learning comes from understanding why we chose to drown, or to lose a child early, or why we have a self-centred distant parent.

Regression is the pathway to access yourself and, in turn, to understand yourself. You will discover why you behave in a certain way, the challenging traits you have, such as impatience. Maybe you simply need to learn patience! If so, you can be sure that events in your life will create opportunities to learn the patience lesson.

Regression is facilitated and guided rather than suggested by the therapist. No one else can truly know what your soul agreements are, and how you are supposed to react in order to learn from them.

Toni suggested that I read *Journey of Souls*, and guess what I decided to get in touch with the author himself. Dr. Michael Newton holds the belief that "The core life purpose of our souls who come to earth to incarnate is to bring love, compassion and harmony to others who cross our lives. Giving in this way, we both advance ourselves and connect with our identity. The challenge of such karmic goals is not easy in an imperfect physical world with a long evolutionary history of aggressive behaviour that includes greed, malice, ignorance and fear. Before we come to earth we have accepted an assignment of purpose with the best of intentions. They may be subverted by a difficult society that we must overcome while we search for purpose within ourselves. Even so, living in this

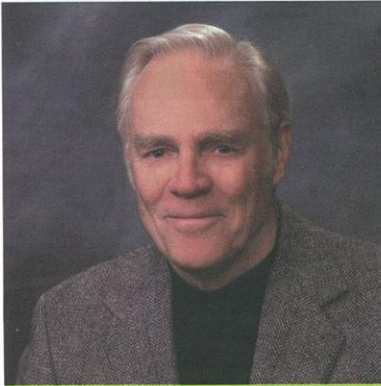
imperfect world and overcoming the challenges we face toward fulfilment will make us stronger for the effort".

Past Life Regression is a process that aids an individual to shift from the psychological to a spiritual dimension of being. Spirituality in this sense is not to be confused with religious belief or dogma; "spirit" is an energetic essence that exists within us all. From the accounts of those who have encountered Past Life Regression, our spirit is that part of us that transcends time and links us to the Divine. Our human form is reported to drape an awareness that has existed in other bodies and, upon the death of the physical body, will leave to assume other forms. Contained within our spirit are the memories and awareness of all we have been and all who we are.

Dr Newton Kondaveti (www.lifere-searchacademy.com) a Medical Doctor with specialization in Past Life Regression Therapy and Holistic Therapy, is a Metaphysical Teacher. He along with his wife Dr. Lakshmi extensively tour and present seminars and lectures overseas and conduct workshops in India. Dr Newton Kondaveti shared that, "From the known to the unknown is a giant leap that we take as a human being which is an important step towards awakening to our 'Magnificent Self'. Discovering this 'Self' which is participating in life is the key to live a life with meaning and purpose. We are constantly creating and recreating our realities. We are all playful, adventurous, creative and multi-dimensional sacred beings who are bringing forth and manifesting our fullest hidden potential in the physical plane".

Dr Kondaveti further clarified that, "Though it is commonly believed that Past-Life-Regression is achieved only through hypnosis, hypnosis is just one of the many techniques of Past-Life-Regression. In reality there are many an occasion when we 'remember' our past lives. At times, these remembrances occur spontaneously. On many other occasions, certain external events or stimulus can act as a trigger and the memory of our past life/lives surfaces. This could happen for instance:

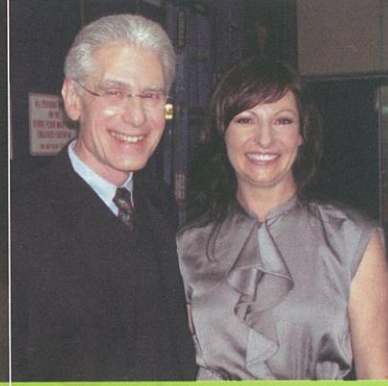
- a. When you meet someone for the first time but you get the uncanny feeling that you



Dr. Michael Newton



Dr. Newton Kondaveti



Toni Reilly and Dr Brian Weiss

- know that person extremely well.
- b. While visiting a foreign country for the first time and knowing where a building or road is.
 - c. When you are in a situation and get a feeling that you have been in exactly the same situation in the past though you have no evidence of such a situation in this lifetime.
 - d. When you meet a person for the first time and have an immediate feeling of lack of trust for the person.
 - e. When you meet a person for the first time and you get the feeling of immense love for and emotional attachment to that person (this is commonly known as love at first sight).
 - f. When as child you used to have (you may still have them) memories of having lived in a different place in a different family and in different life circumstances. The narration of such experiences usually fell on deaf ears and you were gradually conditioned to believe that those past-life experiences and memories of those past-life experiences were not valid.

There are many other ways in which situations in this lifetime trigger our past-life memories. Most of us, however, are conditioned to ignore those subtle intuitive messages”.

As a past life regression therapist I feel it is vital that I share my 1st ever regression experience with the readers. So, lets make it personal. As Toni regressed me, I was completely aware of my current surroundings throughout the regression. Focused on my breathing, I reached the Alpha state and found myself in 1850 in India, standing outside my cottage awaiting my husband's return from work. My name was Lata. I lived in an aesthetically kept home that was dimly lit. My son lay asleep inside. It all started outside a fort in 1845, where I at a vegetable stall, my eyes met those of a tall, dark and handsome man. No words were spoken. (As I sat on the chair in this lifetime, I could actually feel the bonding between me in my past life & the man from my regression, I recognized him as my mate in this lifetime). The next thing

I witnessed was us getting engaged. I saw myself with my husband and son exchanging smiles and loving looks as we sat eating at home. Time passed, 1885- I was 60years old, in a white saree, (I could feel the sadness in the heart of the then me and tears rolled down from the corner of my eyes onto my cheek, as I realized my loneliness at losing my life partner). As Lata, I was heartbroken to lose my husband. My eyes fell upon my grown up son (my mate's son in this lifetime). Two kids were playing besides us, they were my grandkids, a boy & a girl (my son and my dear friend in this life time). The rest of my life passed being with my grandkids. I crossed over, old and wrinkled at the age of 90, and saw myself reunited with my husband.

The lesson for me in that lifetime was to understand that being alone did not mean being lonely. It taught me to love myself.

***Guneeta Kaur can be contacted for intuitive Past Life Regression therapy and Spiritual Tarot readings at tarot1970@hotmail.com**