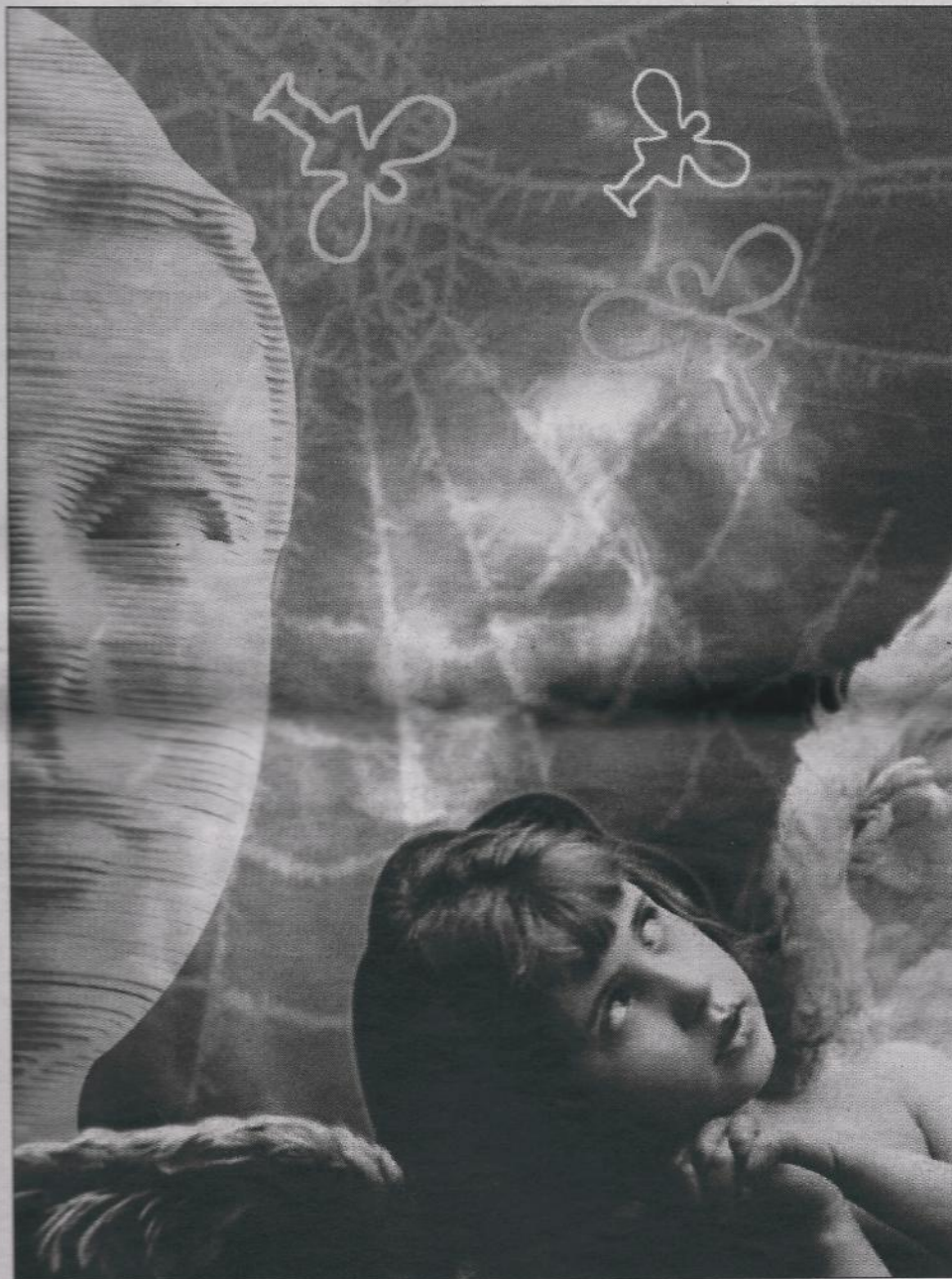


# Lives Solutions

Believe it or not, but your past identity is here to stay. If therapists are to be believed, it lives on in your subconscious...



Digital Illustration: Angshuman

different lives, he saw a recurring pattern. He says, "I went to four different lives spanning Mahabalipuram, France, Afghanistan and South America as a Red Indian. Each time I conjured up an entirely new format but each one responded to a common thread. Also, if I were drawing a picture, I would have associ-

ated my stories with people I know, as I'd want them to be the answers. But I didn't see any of them and saw strange faces." Sujit reveals that the therapy gave him immense insights into himself, making him aware of where he was erring. Today, he shares a much more harmonious relationship with a loved one.

## PLT IS MOST EFFECTIVE IN...

- Physical problems where medical tests do not reveal the cause and no traditional procedures work
- Problems that the traditional medical world may consider untreatable
- Behavioural problems like obsessive-compulsive behaviour which have no diagnosable cause in the current life
- Fears and phobias that have no known origin in the current life
- Relationship problems that are totally unexplainable
- Spiritual likes or dislikes (usually extreme cases)
- Weight reduction problems

## SHUT IT, FORGET IT

Once past life traumas are realised through regression, problems in the existing lifetime are addressed through PLT. Dr Chibber says, "It involves severing bonds between past life traumas and present life problems or symptoms. It is mainly done through reframing, re-scripting and breaking the bonds of time."

Take for instance a 35-year-old asthma patient who found out that she once lived in an African village, where she drowned in a canal, gasping for breath and choking to death. And the pattern was repeated in another life where a king's man manhandled her until she choked to death. In her case, Dr Chibber had to break the bond of time where she trained the subconscious to disassociate with the particular moment in the sequence of lives.

Citing a case of re-scripting, Dr Bhatia shares a peculiar case that came to her recently where this girl couldn't even stand the smell of chicken even though born in a meat-eating family. Once regressed, she saw herself as a maid cooking meat and being stabbed in the back. That seemed to have left a strong dislike for the meat itself. Dr

Bhatia is now trying to re-design the event, to make the girl's subconscious believe otherwise. Just two sessions down, and her family is rather surprised that now she doesn't even get to know when meat is being cooked in the house! Her father says, "Even though it wasn't a real problem, it seemed so strange to us that in our red meat eating family, here was someone who showed such extreme feelings."

Most allergies, migraines, breathing problems, relationship troubles are rooted in past identities

But like Dr Bhatia says, most allergies, migraines, breathing problems and relationship troubles are rooted in past identities. And the good news is that you can snap out of it all by just sliding down memory lane or by rediscovering yourself in a long gone epoch. ■

—SHVETA BHAGAT