

Beyond a point

KAVITA CHANDRASHEKHAR a doctorate in PAST LIFE REGRESSION THERAPY spills the beans on the therapy and cautions us to beware of quackery

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SINCE childhood, she has sensed intuitive messages in the form of telepathic responses from strangers. Though a software engineer by profession, B Kavita Chandrashekhar turned into a Reiki healer and secured a grand mastership in the discipline two years after her second year in college. After having procured a Masters Diploma in Alternate Medicines from the Indian Board of Alternate Medicines, she was invited to apply for a doctorate on 'Past Life Regression for a Stress Free Life' by the New Age International University, Arizona, USA, and consequently became the first one in India to hold a PhD in Past Life Regression Therapy from an international university.

Kavita says, "It would be unfair to say that PLR has been ostracised in India. But yes, it definitely hasn't received its fullest due. The oldest referrals of PLT have been made in the *Bhagwad Gita*, wherein Lord Krishna mentions it to Arjuna in various instances in order to remind him of his forgotten powers. Also, sage Vyas in *Mahabharata* narrates several incidences of past lives, while Jesus speaks of reincarnation in the Old Testament with great pearls of wisdom." She feels that being able to reach out to untapped powers of past lives is possible for all. With the help of a qualified therapist, one may easily re-discover all that is needed for peace and focus in the present. "This wisdom has been discovered by psychiatrists and therapists in the US and Europe now, and is being disseminated across the world

once again. Therefore, a lot of scientific research into Indian Philosophy has been undertaken to accelerate the growth of this therapy in the recent years. An open mind is all you need to embrace this therapy. Thankfully, more and more people are becoming aware of this fact," she says.

But the disbelief still exists; we persist, especially in the realms of psychiatry. "That is due to the fact that modern medicine does not entail soul study or subjects related to life before birth. However, the scene is changing, and the greatest contribution is from the Americans," she explains.

But beware of quackery, as she says, "One would have to have a brief discussion with a PLR therapist to estimate if he/she is truly qualified. You may enquire them for a professional certification if any, as most PL therapists have been certified by Metaphysical Societies/Institutes teaching this kind of alternative therapies. A genuinely qualified PL therapist will always spend a great deal of time counselling you on your present life situations and then uncovering the roots that lie in your past."

Shashank Sane.DNA



→ Past perfect: B Kavita Chandrashekhar