

Title: Soaring Beyond Fear: A Case Study in Online Past Life Regression Therapy

Client Name: Sarita

Background: Sarita, a 16-year-old girl, had been struggling with an intense fear of traveling in planes. Even the thought of boarding a flight would trigger overwhelming anxiety and panic attacks. Sarita's fear had become a significant obstacle, limiting her opportunities to explore the world and visit her relatives who lived in distant places. Seeking a solution to overcome her fear, Sarita opted for online past life regression therapy, hoping to uncover the roots of her phobia.

Case Study: During her online session with past life regression therapist, Gopal Maheshwari, Sarita shared her debilitating fear of flying and its impact on her life. Gopal explained the concept of past life regression therapy and its potential to address deep-rooted fears and traumas that might originate from past lives. Intrigued by the possibility of finding answers, Sarita was eager to explore the connection between her fear and her past lives.

Past Life Regression Session: Under Gopal's expert guidance, Sarita underwent an online past life regression session. With deep relaxation techniques and visualization exercises, Sarita was able to access memories from her immediate past life.

As Sarita regressed back in time, she vividly recounted the story of her past life as a young girl named Sanjana. In this past life, Sanjana's father was a pilot, and she had experienced a tragic plane accident. She shared the details of the accident, how it occurred, and the emotional impact it had on her as her father never returned.

Releasing the Emotions and Healing: During the session, Sarita experienced a profound emotional release as she tapped into the repressed emotions and trauma from her past life. With Gopal's guidance, she confronted her fears, acknowledged the pain of losing her father, and began the process of releasing the associated emotions that had been deeply imprinted in her subconscious mind.

As Sarita gained a deeper understanding of the traumatic event, she realized that her fear of traveling in planes in her present life was a result of the unresolved emotions from her past life. Through the online past life regression session, she was able to bring these emotions to the surface and release them, freeing herself from the grip of her fear.

Transformation and Overcoming Fear: In the weeks following the session, Sarita noticed a remarkable shift within herself. She gradually became more at ease with the idea of flying and felt a significant reduction in her anxiety levels. With newfound clarity and emotional healing, Sarita took small steps towards confronting her fear, such as watching videos about airplane safety and engaging in positive affirmations.

After a few months, Sarita confidently announced that she had overcome her fear of traveling in planes. She successfully boarded a flight to visit her relatives, an experience that was once unimaginable for her. Sarita felt liberated, knowing that she had conquered a fear that had held her back for so long.

Conclusion: Sarita's case study exemplifies the power of online past life regression therapy in addressing deep-seated fears and traumas. Through the session, Sarita was able to delve into

her past life, uncover the source of her fear, and release the associated emotions that had been holding her back. With Gopal's expertise and support, Sarita experienced a transformative journey, enabling her to reclaim her freedom and embrace the joy of traveling in planes. Sarita's case highlights the profound potential of online past life regression therapy in overcoming fears and promoting emotional healing.