

Title: Exploring the Root Causes: **Understanding the Relationship between Cancer, Pain, and Past Lives**

Client Name: Namrita

Background: Namrita, a 48-year-old woman, had been battling breast cancer and experiencing intense pain during her chemotherapy sessions. Seeking a holistic approach to healing, she turned to online past life regression therapy facilitated by Mr. Gopal. Namrita believed that exploring past lives might provide insights into the root causes of her health challenges and offer a pathway to emotional and spiritual healing.

Case Study: Namrita's journey with past life regression therapy began with an online session conducted by Mr. Gopal. During the initial consultation, she shared her struggles with breast cancer and the physical and emotional pain she had been enduring. Together, they embarked on a profound exploration of her past lives to uncover the underlying causes of her current challenges.

Past Life Regression Sessions: Through deep relaxation techniques and visualization, Namrita accessed memories from past lives that held clues to her present health condition. In one past life, she found herself as a woman named Saira, living in the 19th century. Saira had experienced deep hurt and resentment toward her husband, carrying grief that ate away at her soul. The feelings of betrayal and emotional pain had a profound impact on her well-being.

In another past life, Namrita saw herself as a selfless caregiver named Ananya. Ananya had refused to nourish herself and had put the needs of others above her own, overmothering and overprotecting. The burden of neglecting her own well-being and carrying an overbearing attitude created a significant imbalance in her life.

Uncovering the Lessons and Purpose: As Namrita delved deeper into these past life experiences, she began to understand the lessons she needed to learn in this current life. The unresolved emotions, self-neglect, and imbalanced attitudes from her past lives had carried over, contributing to her physical and emotional challenges, including cancer.

With the guidance of Mr. Gopal, Namrita embraced the opportunity for healing and growth. She learned to release the deep-seated hurt and resentment, transforming them into forgiveness and acceptance. Namrita also recognized the importance of self-care and self-nourishment, understanding that it is not selfish to prioritize her own well-being.

Transformation and Healing: Through her commitment to the healing process, Namrita experienced a profound shift in her perception and response to her cancer diagnosis. While the physical illness remained, the suffering and pain associated with it gradually subsided. She cultivated a deeper sense of inner peace, resilience, and acceptance of her journey.

Namrita's newfound understanding of her past lives and the lessons they offered allowed her to approach her current life with a renewed sense of purpose and meaning. She embraced her journey as an opportunity for growth, self-love, and spiritual evolution.

Conclusion: Namrita's case study illustrates the profound impact of online past life regression therapy in exploring the root causes of health challenges and promoting emotional and spiritual healing. By uncovering the deep-seated emotions, unresolved issues, and imbalanced

attitudes from past lives, Namrita gained valuable insights into her current health condition. Through the guidance of Mr. Gopal, she transformed her hurt, resentment, and self-neglect into forgiveness, self-care, and acceptance. Although the physical ailment remained, the suffering and pain associated with it diminished, allowing Namrita to embrace her journey with a newfound sense of purpose and inner peace. Namrita's case highlights the potential of online past life regression therapy as an effective modality for holistic healing and self-discovery.