

Title: Unveiling the Weighted Promise: A Case Study in Past Life Regression Therapy

Client Name: Maya

Background: Maya, a 32-year-old woman, had been struggling with obesity for most of her adult life. Despite numerous attempts to lose weight through various diets and exercise routines, she found herself trapped in a cycle of overeating and emotional eating. Frustrated and desperate for a breakthrough, Maya sought the guidance of a past life regression therapist, Gopal Maheshwari, in the hope of uncovering the underlying causes of her weight struggles.

Case Study: During the initial consultation, Maya shared her lifelong battle with obesity and her inability to sustain weight loss efforts. She revealed that she had always felt uncomfortable in her body and had developed a negative body image as a result. Intrigued by the possibility of past life influences, Maya was open to exploring this aspect of her journey.

Past Life Regression Sessions: Under the skilled guidance of Gopal Maheshwari, Maya embarked on a series of past life regression sessions. Through deep relaxation techniques, visualization, and accessing the subconscious mind, Maya was able to journey back to a past life where the roots of her weight struggles were buried.

In one particular session, Maya found herself in the body of a young woman named Amara, living in a small village during the 18th century. Amara had experienced a traumatic incident where she was repeatedly touched inappropriately by men in her village. Feeling violated and overwhelmed, Amara made a vow to herself, promising that she would never be attractive again to avoid unwanted attention.

Uncovering the Weighted Promise: As Maya relived Amara's experiences and emotions, a profound realization emerged. The promise made by Amara in that past life had inadvertently carried over into Maya's current life, manifesting as her struggles with obesity. The subconscious belief that being unattractive would protect her from unwanted attention was deeply ingrained within her.

Healing and Transformation: With this newfound awareness, Gopal guided Maya through a healing process. They worked together to release the emotional burden of the past life trauma and the weight-related promise that had been unconsciously affecting her choices and self-perception.

Through additional past life regression sessions, Maya explored other lifetimes, uncovering additional experiences and patterns related to her weight struggles. Gopal utilized techniques such as age regression and womb regression to further delve into the origins of her subconscious beliefs and release any lingering energetic imprints.

As Maya gained deeper insights into her past life experiences, she began to challenge and reframe her beliefs about her body and attractiveness. With Gopal's guidance, she developed self-compassion, self-love, and a healthier relationship with food and her physical appearance.

Results: Over time, Maya experienced a profound transformation. As she let go of the weight-related promise from her past life, she found herself naturally gravitating towards a

balanced and nourishing approach to eating. Emotional eating episodes diminished, and she became more attuned to her body's true needs.

Maya's physical body began to respond positively as she shed excess weight gradually. The shift in her mindset and emotional well-being created a ripple effect in her life, leading to increased self-confidence, improved relationships, and a sense of empowerment.

Conclusion: Maya's case study demonstrates the profound impact of past life regression therapy in uncovering and healing the deep-rooted causes of weight struggles. By exploring past life traumas and subconscious beliefs, Maya was able to release the weight-related promise that had influenced her current life. With the skilled guidance of Gopal Maheshwari, she experienced a transformative journey towards self-acceptance, self-love, and a healthier relationship with her body. Maya's case highlights the potential of past life regression therapy as a valuable tool