Respected Sir,

Namaskara.
Thank you for the wonderful and deeply enriching session. It has answered many of my questions, given me a new sense of direction, and filled me with positive energy. I am sharing below my experience during the **Past Life Therapy Regression (PLTR)** session with you.

Entering the Garden

As I went down the steps, I entered a beautiful garden. I felt immense happiness and peace there. You asked me to go to my happy spot — the guava tree from my childhood. Being there filled me with great joy. I touched its white bark, hugged it, climbed a branch, and saw juicy, perfect green fruits, even tasting one. You reminded me that I could return to this happy spot whenever I felt low.

Journey into Early Memories

You then guided me to visit a childhood memory. I saw my young parents, my sister, and myself as a five-year-old child. From there, you asked me to go even deeper — into my mother's womb. I saw myself curled up, surrounded by divine light, and a radiant source nearby. I felt safe, peaceful, and deeply serene.
When you asked about the purpose of my birth, I sensed the message: *"Be a part of the whole."* Soon after, I found myself in the vast bluish-black cosmos, surrounded by stars and planets — suspended in stillness. The experience was overwhelming and beyond words.

The Doors of Discovery

Next, you asked me to find a door in the garden that held the answer to my question: *"Why do I lack drive?"*
I saw three doors — one very bright, one moderately bright (in the middle), and one dimmer. I chose the middle door.
When I looked down at my feet, I realized I was an old man with long white hair, wearing robes, performing a fire ritual in a forest. At first, I sensed anger in him, but soon recognized his powerful energy and focus. There was a hut nearby.
When asked my name, I said it was **Tamara.**

Tamara's Life Journey

You guided me to Tamara's childhood. I saw a rich house, myself seated at a dining table with my parents and servants around. My father appeared stern and angry; my mother looked loving but sad. Though I did not recognize the father, I felt that the mother resembled my mother from this lifetime.
When I was around 20, I left home. My father remained silent; my mother was sorrowful. I travelled to a cold, mountainous region and reached a monastery or ashram. When you asked its name, I said it was **Ripu**.
There, I met my master — whom I recognized as you, **Arvind Sir.**
You then asked me to go to the memories of that lifetime. As each memory appeared, you guided me to go deeper to another, and then another. They unfolded before me like this:

- Holding hands with other students and performing a ritual.
- Meditating deeply in a cave, experiencing profound stillness.

- Becoming a master myself, teaching many students at around 60 years of age.
- Finally, as a very old man, lying in my hut, ready to leave my body.

The lesson from that lifetime came clearly:
“See divinity in all.”
I saw golden light envelop my body, a flame rising from it, transforming into a sphere of light suspended among many masters — including Paramahansa Yogananda. Then I saw the womb where I was to take birth in this life. I saw my mother’s divine face and chose her womb.

Returning to the Present

Finally, you guided me back to my happy spot — the guava tree. There, I met a master who gave me the answer to my question about lacking drive. The master was you, **Arvind Sir**, who told me to *“live in the present.”*

You filled me with abundant light and energy.
I felt deeply relaxed, centered, and filled with happiness upon returning to my current lifetime. The feeling of lightness and joy continues to stay with me even now.

With heartfelt gratitude and respect,