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Compulsory FAQ's for Therapy Session – Read and Confirm back for Agreement

The document covers these important 20 Questions.

Q1: What is the goal of the Integrated hypnotherapy session/s? How do this work?

Q2: What can be expected in your integrated hypnotherapy sessions?

Q3: Would the therapy sessions be done/experienced as described by Dr Brian Weiss in his books, with vivid movie like imagination, scenes, fantasy, experiences?

Q4: How would I see/experience my past (of current life, mother's womb time period, past lives)?

Q5: I feel everything in the spiritual regression (womb regression, inner child healing, PLR) was just my own imagination or I was making up everything and it was not really my past. I am not ale to accept it as truth or helpful. What is the truth?

Q6: I did not see anything like it is written in the books of Dr Brian Weiss, but I was knowing, feeling, receiving information in my head and relaying it to the therapist, so what was it? Was it a successful session, or was it a failure? It was not what I expected. I must see everything like a movie only in a PLR/Regression/Hypnosis session, please help me to understand this.

Q7: I did not visit my Past Life in the integrated hypnotherapy session but was in my current life only, or in different states? Does it qualify as a successful session?

Q8: It happens rarely but still, why can't I regress into my past lives and what happens in such sessions?

Q9: I feel more worse after the session, my anxiety has increased, thoughts have increased, my pain has increased, is it normal?

Q10: What happens after a therapy session, how the therapy works, what changes can I expect? How much time it takes for the positive changes to show?

Q11: Will you follow up after the session?

Q12: I feel that my therapy session was not as per my expectations, will I get a refund?

Q13: I want to explore my life goals, why was I born, who my guides/masters are and what messages I have for my current life and why? What shall I opt for?

Q14: What is the structure of a normal integrated therapy session?

Q15: How the Akashic records reading session is conducted, how is it different from sessions from other akashic records readers in India?

Q16: When and how do we do a Future Life Progression session, and when do you NOT recommend it and why?

Q17: When do we do a Shamanic healing, what can be achieved with it?

Q18: PLR was not done in my session, but I booked for PLR only, can I ask for a refund?

Q19: Can I ask for only PLR session, I don't want Inner Child Healing, Womb Regression or Hypnotherapy?

Q20: Can I ask for only a pure Clinical Hypnotherapy session, I am not comfortable for PLR/Spiritual Regression etc as my religious beliefs are against Past Lives?

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Q1: What is the goal of the *Integrated hypnotherapy (IH) session/s*? How do this work?

Every Integrated Hypnotherapy session which is conducted has the following goals:

1. The sessions are done to resolve issues from various areas of your life, these areas can be either, **spiritual physical mental or emotional**. Whatever the area is and whatever the problem is, it has a root cause. *Without finding the root cause any sort of solution which is given is of no use at all.*

Note: If you don't agree to this statement, please do not read ahead.

So, Let's understand this with an example. Suppose you go to the doctor with a fever and the doctor just prescribes you paracetamol and asks you to go back without doing any sort of diagnosis for the fever, do you think it will help you to get over with the fever? Now let's look at it a little bit more closely. Fever is not a problem in itself mostly, if it's under control; **fever is a symptom**. Fever can have thousands of reasons, the fever can be brought down for a couple of hrs easily by taking a pill of paracetamol, but by this **we are just working on the symptom and not on the problem, not on the root cause.**

Now think that you just keep on taking paracetamol for seven days, whenever you have fever, the fever goes down, again shoots, again paracetamol, and so your fever temporarily goes down while you take paracetamol and again it shoots up.... what do you think is the problem here? The problem is that without doing the **root cause analysis** you have been treated only for the symptom. This is what happens mostly when we do not look at the root cause. All the issues whatever we have.. mental, physical, emotional or spiritual they have a root cause, and the root cause can lie only in the past. To reach to the root cause, we must look into the past and this past can be the past from this life or this past can be the past from your past lives or this can be the time which you lived in your mother's womb (9 months or less), the nine-month time. Now, let's go back to the doctor's situation again. If the fever does not come down, the doctor must do some blood tests or some scans as per the symptoms and these tests will reveal the root cause of the fever. The root cause can be a bacterium a virus and infection etc. Now, the prescribed medicine which is as per the root cause analysis will definitely help you to eradicate not only the fever, which is a symptom anyway, but also the root of the problem and you will get healthy slowly as per natural timeline.

This is the exact situation in all the other issues of the life, we generally look at only the symptoms and never at the root cause. Anxiety, depression, bad relationships, financial issues, panic attacks, different medical conditions which might not be even treated by the medical science, OCD, Spiritual Attachments, Curses, Vows, relationship issues, feeling anger, alcoholism, drug addiction, any sort of addiction for that matter, or anything related to the spiritual life or your physical pains of the body de-generations which happen in the organs in any cell of your body... the list can be endless... pertaining to human suffering... **whatever happens has a root cause.**

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We generally see the symptoms only outside, the symptoms can be anxiety, depression, panic attacks, skin disorders, not having a balanced mental condition, anger on somebody, conflicts with your boss, addictions, feeling jealous, feeling low, feeling underconfident, having impaired speech, Autism, not able to focus on the work, feeling lost, getting a sense of not belonging here... It can be anything... mostly these are **all symptoms not the problems.**

The problems, the root cause have to be found out to understand that why does all things happen and manifest in a specific way. Root cause will point out towards a deep ***belief system in the subconscious mind, and/or an event which has happened in the past which you might remember or you might not remember, which has the seeds of the beliefs, this can be something from this life or something of the past lives, or might be from the time period you have spent in your mother's womb, or might be from a combination of all of these timelines.*** In our IH sessions we allow you to access that part of the subconscious memory, that part of your soul journey which has made that belief system which has the necessary memories of that trauma, which has the memories of that event which has given rise to the situations, the problems, the symptoms now which you are facing. We can use clinical hypnotherapy, spiritual regression, womb regression, inner child healing, past life regression, shamanic healing, life between lives, psychic abilities, many other consciousness expansions related and different techniques to uncover the root cause. *(Note LBL/FLP/Shamanism/Akashic Records are not a part of IH session)*

2. Once we have identified the root cause, it becomes very easy to hope that something positive can be done about it, to resolve the issue. So, now, we move to the second important part which is to solve the issue, which is to eradicate the root cause or to change something within us, within here means in the subconscious or in the journey of the soul, at the belief system level, which is **not serving any good, positive or progressive purpose in this life and which is the very reason for the issues, the negativity, the challenges you face.** Again, this can be either from this life time OR have roots in the past lives or in the mother's womb and it can be spiritual, mental, emotional or physical... anything at all, but the underlying principle for everything is the same.

The sessions we do have this very important part, which is the **healing part**, or to look into how the healing can be done, how to find out whether we can change something or not for this situation. Please understand that the therapist has no superpowers or external powers to make these changes. All the change has to be **internal** and has to be In Sync with the planning of the soul, has to be as per the permission of the subconscious, as per the permission of the *guides and the masters (of the client)* and your own belief system. *And the most important part is the person who is taking the session, his/her openness, his/her acceptance, his/her non-judgemental attitude, his/her patience and understanding that the issues which took 1000 of years to manifest/ripen can't be undone in couple of hrs of months- it would take time naturally, and his/her conscious acceptance of whatever comes during the sessions, whatever is revealed during the sessions --- is very important.* It happens a lot of times I would say initially, if it is the first IH session, and it happens nearly all the time that **everyone thinks that whatever memories,**

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whatever events, whatever the past is revealed during the sessions, is an imagination for them and it is not real. This we have explained in another question below please read that out that why it happens.

Now the important thing is that the change will only happen once you *accept everything which comes out of your own subconscious mind which is your own truth and you participate fully in the session without any distrust, without any disbelief, without putting your logical critical, analytical mind into it ...without analysing any information coming out of subconscious mind.* If you will NOT do all of this, nothing will happen, the session will not help you out in any way you will just lose your time and money.

So, a complete acceptance, a full openness and the trust in your own subconscious memories and the journey of your soul is very important for the success of the session and for a speedy and fruitful recovery from the issues. If you can't do that, please don't take any sessions from us, and **please don't bring out these issues on the table AFTER THE SESSION IS OVER...** that it was all my imagination, I think I was not there, these were all false memories, I don't accept it...

We won't be able to help you in any way as the therapist has done the best of best possible work for you and it is now only you who is rejecting all the work done. So, please do not book a session if you don't trust the process and will reject everything as imagination later.

Please remember again it is your own soul journey, it is your life, it is your past, these are your self-created problems over thousands of years, we are just helping you out to find out the root cause and then in healing these, and all the needed help is provided by your subconscious mind and your own belief system, open-ness, acceptance. We would help you to find out the root causes and also will try to make the changes **whatever is allowed and whatever is possible as per the laws and process.** Remember that *not everything is possible because sometimes your subconscious, your guides your soul journey will not allow that change, so you might have to suffer for a time, till you are ready to learn that lesson, understand the truth, gain that wisdom, so you might have to go through that event which is a life lesson for you and we can't stop it, but definitely after the session you will understand and you will/may have the wisdom to know why it is happening and what you must not do and you must do when it happens.*

In case of issues dealing with paranormal, spirit attachments or entities or curses or contracts or vows, the sessions might be complex and it might drain you out. You can and must call us and tell us specifically if you know/feel the issues are of paranormal nature.

So, the only goal to help you out is to find out the root root cause of the problem and then see what changes can be done.

Q2: What can be expected in your integrated hypnotherapy sessions?

A: The Integrated hypnotherapy sessions are unique in the sense that these integrate *all possible elements* of both **spiritual regression** (spiritual hypnotherapy, womb regression, inner child healing, past life regression), and **clinical hypnotherapy**. What do you need in the sessions is decided by Mrs Rashhi Sharma or the therapist who is helping you out. You might

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have issues or questions which have answers or solutions only in this life or you might have issues which have answers or solutions or roots only in the past life or you might have issues which have roots or answers and solutions both in the present and the past life. Depending on the issue or issues and the nature of the issues i.e., physical, mental, emotional or spiritual we will help you out. What would be done in the session would be decided **after the discussion and process which is which happens during the start of the session**. You cannot say that I need only hypnotherapy or I need only past life regression etc. This applies for the integrated hypnotherapy session. You have to leave the decision on to the therapist as she is the expert here not you. In case you think this is NOT good for you and ONLY any specific modality should be used, as per your guidelines, decision, then please don't visit us.

So, you can expect any of the techniques which we listed above during the integrated hypnotherapy sessions as per the problems you bring to the table.

Q3: Would the therapy sessions be done/experienced as described by Dr Brian Weiss in his books, with vivid movie like imagination, scenes, fantasy, experiences?

A: this is a very good and important question. Many of the clients they come for past life regression therapy after reading books written by doctor Brian Weiss. These books are a great inspiration and provide wonderful insights about past life regression therapy. But, mostly no one knows that these books had been written after doing a number of sessions, on a single person, over a time period of years. The books just compile only the best experiences and the learnings out of those numerous sessions done on single person, in a story like, fantasy like way, so that you enjoy reading it. Also, the client of doctor Brian was a *lady who was visual for the subconscious memories. What does it mean to be visual for subconscious memories?*

So, let's understand this closely as it is very-very important for you and it has never been mentioned in any of the books of doctor Brian Weiss, as the books are not training guides for PLR, so these don't explain the concepts in the way you must know it before taking a PLR session, from a practical point of view.

During a IH/spiritual regression, LBL session we visit our memories, our past memories, these memories can be of this life, of mother's womb, in between lifetimes, or of past lives. The memories are projected to you during the regression session by the subconscious mind as per the issue at hand. Or we can say that based on the question or based on the problem, and the INTENTION of the session you have developed, the subconscious mind makes us aware of the root cause of or of the origination of the belief systems which are related to the problem at hand. The origination or the root cause can be projected before us in many forms... in form of **images scenes sounds, thoughts, feelings, emotions, light, colors, symbols, telepathically, by a sense of just knowing it... you can even get these while you say... I'm not able to see anything at all!**

So, you can be visual OR you cannot be visual at all. And it has no relation with the quality of the Past Life Regression session, or with the exploration of the subconscious memories. Remember that, this is your unique way of interpreting the subconscious information and it has nothing to do with the therapist or with anyone else in this whole world for that matter... None is like you in the whole universe, and none can interpret the information in the unique way you interpret. And this is what makes the work of the therapist very

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*If you are **not visual at all***, it is generally thought of/said that you cannot visit your past lives. Which is completely wrong. If you are **not a visual person** you might be a person who *feels, who communicate telepathically, who just knows about what is happening around you, who can see symbols, colours, light, feel presence, can hear sounds, who can smell, who can sense everything around without even looking at it*. These are our other powerful senses which work just the way the visual imaginary works in a past life regression or any sort of regression session. The exploration of the subconscious mind, of the past, of the events which are related to the problems at hand is **not impacted of you being visual or not visual at all**, there is no difference at all at the results level. But, sadly due to the misinformation, due to the image that is created by few books, untrained therapists, etc., everybody thinks that you must be visual, you must see everything like a movie during a regression session, **which is absolutely not true. And this expectation of being visual and thinking that then only the session is an absolute success, then only this was regression session, is a big myth and hurdle towards the session and you can feel un-satisfied even after the most beautiful and powerful healing session.**

Also, it is a capability of the therapist that even if you are visual or you are not visual--- in any situation, she is able to help you out to get to the root cause, to explore the subconscious soul memories, to find the solutions and to help you out for the reasons you have visited her. Initially, in the first session you might feel lost, you might feel the session was incomplete, it might not match your expectations, and the only reason is your preconceived false notion from the books that you have read, **the half information that you know and which is not true at all**. During the session you would be given all the information which is relevant to you, you will be told about all the truths again and all the facts you must know and all your myths or wrong information which you carry from YouTube, wrong books, untrained therapists, from the persons who have no idea about how it is done in a right way--- all will be clarified in detail.

Still, as we have explained it here already, it is your decision to go ahead and book a session or not. *If you agree with the information presented above and you're open enough to take the help in the best ways possible we are always ready to help you but once you make a decision, please understand all the points which we are mentioned above and stick to these. So, if you say after the session that I was not able to see/visualize like the way it is described in books of Dr Weiss, or like a movie, and try to dis-credit the session because of this, falsify all the efforts of the therapist--- please remember that it would be of no use, and it won't be taken as an excuse for any needed action from our end.*

Q4: How would I see/experience my past (of current life, mother's womb time period, past lives)?

A: Information during a regression/hypnosis session can be relayed in different ways. It depends on whether your senses allow you to be a **visual person or a non-visual person who perceives information in other many different ways. We have tried to explain this in detail in the above question please read it carefully**. To summarize it here again, we can say that **you can either be a visual person or not**. It means that you can either see/feel in form of scenes, pictures, your past life events or the information from the subconscious, your current life past events or anything from the past which you might remember or might not remember, OR you are not visual and you might receive information in different other ways, just have

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different senses other than being visual, which will enable you to receive the information and to proceed in the session. It can be either via **hearing the sounds, just knowing it, feeling it, having a telepathic communication, just getting aware of everything around you, might be able to see flashes, or in thousand different ways which your conscious mind is not aware of or your limited knowledge has no information of.** *In the spiritual plane or while communicating with the subconscious mind being visual is of very less importance.* Even if you are not visual you can still receive all the information in different ways and it does not impact the quality of the session at all. **But if you are here with us (for IH session) only to see it visually and you insist that you will only consider the session as fruitful or successful once you visualize/see the information from the subconscious, the way it has been described in Dr. Brian Weiss books or visually or like scenes or a movie, then please don't visit us. And remember that this can't be taken as an excuse after the session, citing that I could not see anything, I was just telling what came up in my mind, and I think that I made it all up!!!**

Q5: I feel everything in the spiritual regression (womb regression, inner child healing, PLR) was just my own imagination or I was making up everything and it was not really my past. I am not able to accept it as truth or helpful. What is the truth?

A: this is one of the most important questions about a spiritual regression session, or a hypnotherapy session. Before I answer this question, I would like you to imagine your first school now. Now just make a mental note how did you receive that information and did you believe it to be true. You might have seen a picture of the school, you might have seen a complete video of something of your school, and you might have heard sounds, smell smells, as well along with the scenes or the picture., or you might have only *felt* or might be the name of the school only popped up like a picture, idea, in your mental sphere. And when it happens you would **be trusting the information because it is something which you think and you know that you have lived which is true** too as far as your current life memory goes.

Now, I ask you to tell me something else. Now suppose you died and you are in your next life, and I ask you the same question but now the question is about your past life, during a spiritual regression session, that what was the name of your school in your past life how did it look. You are connected to your subconscious mind now and your subconscious mind has restored the information in the same way as it is in storing now for your current life so it will show you or make you aware of the name of the school of your past life, tell you about it, make you feel about it in the **same way that you feel now, see the school of your current life, right. But there is a very big difference here, what is it?**

The difference is that the information of the current life is something which you trust, which is a part of your conscious memory of this life as well, so you take it. Your conscious mind does not create any confusion to accept it, it *does not look like any imagination to you*, but you accept it as a fact. On the contrary **any information which you don't remember consciously** like the information from the past lives, from mother's womb, from early childhood of this life, will be **like an imagination to the conscious mind.**

Even the information of the present life for example the memories of you being a one-month-old or just being born which are not in the conscious mind which you **don't remember**

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consciously, but these can be retrieved during a regression session easily (this is what happens all the time in a spiritual regression) with the help of the subconscious mind, and *these will also look like imagination to you, to your conscious mind*. But the good thing is you can still verify these from your mother from your father from your siblings from your friends if somebody remembers them remembers it consciously.

So, the point is, **anything which is not a part of your conscious memory**, and please do remember that the conscious memory is **very small just 3 to 4%** and it is not permanent, **will always feel/appear to be like an imagination**. So, all the memories which are retrieved during a regression session which are not from your conscious memory, which are not a part of this life, will look like *an imagination to your conscious mind*.

The conscious mind will **always try to create a conflict and will challenge/discredit this information, will create this doubt, and it happens usually in the first session always** as it is the first experience of your subconscious memories. But you also know that this is why you are here with us, to explore the un-known, the subconscious which you don't remember consciously--- *that is why have you booked an IH therapy session, don't you know this?* Still, it is surprising when some clients ask this question repeatedly after the session is over, and after a wonderful session where they visited a lot of past events and a lot of relevant past lives, but they **are not ready to accept the information** as valid, true, and claim it to be all imagination only, all made-up information only--- and **then they try to blame the therapist!!** *They however were with the therapist only for regression session which meant only to retrieve those memories which are related to their problems and which are not a part of their conscious memory, which they don't remember at all, which are not from either this life consciously or not from this life at all, are from the past lives, and these all memories will look/seem like an imagination to the conscious mind always!!*

So, if you are booking a session with us, this would be told to you repeatedly again in the session as well about the imagination and about the subconscious memories and how the conscious minds will try to reject these as imagination. You would have to trust the process, the therapist and most importantly you should **not judge the information** right after the session (clients start judging in 24 hrs, 3 days/week analyze/dissect it, and try to make logic out of it - which is 100% wrong) or any time after the session, **BUT give it proper time to assimilate within you, with conscious**. This is a process which unfolds in many ways and you'll be guided in end of session. It may take weeks, months to assimilate and get the awareness in a lot of ways, which will be told to you during session many times.

So, if you are coming here to challenge the information whatever you have received from your own subconscious mind and would try to put it as an excuse to ask for a refund that this session was all imagination, and you made it all up, and not a real one, we are sorry to say that, this would be a very lame excuse and it would be a disrespect to the wonderful work done by the therapist. So please do not visit us if you don't believe the process if you will challenge the information which is coming from your own subconscious mind and reject it completely as imagination or all made-up, after the session or label it as forced imagination. There are no refunds provided on this claim that the session was only my imagination and not a reality. **Please note that all the information from the subconscious mind would always look like an imagination to yourself and to the conscious mind as these memories are those which you don't remember and your conscious mind has no idea about these.**

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Q6: I did not see anything like it is written in the books of Dr Brian Weiss, but I was knowing, feeling, receiving information in my head and relaying it to the therapist, so what was it? Was it a successful session, or was it a failure? It was not what I expected. I must see everything like a movie only in a PLR/Regression/Hypnosis session, please help me to understand this.

A: We have tried to explain it in different questions already. The subject of doctor Brian Weiss books was a person who was visual, means who was receiving information from the subconscious mind in form of scenes or pictures. Doctor Brian Weiss has written the book not to train you as a past life regression therapist or he has not mentioned all the ways how the information is received technically in a regression session. The purpose of the book is largely spreading awareness in an entertaining way, not in a formal way of training all the aspects of the therapy.

The information in a regression session which comes from the subconscious mind can be received in the form of pictures, scenes, sounds, lights, feelings, by just knowing that you are getting it telepathically, in the form of symbols, in the form of colours in the form of smells... There are thousands of ways where you can receive the information from the subconscious mind in different-different ways which you have not even imagined so far which your limited senses and your subconscious mind has no idea. So, this **limited half information that a past life regression session is all about seeing like a movie is 100% wrong**. Please read the questions and the answers which are already explained in detail in the above questions.

A successful session is where we allow you to retrieve the information from the subconscious mind in any form, it might look and initially it will always look like an imagination to the conscious mind, there will be conflict in accepting the information, you might think it is from your memories or dreams, that you are all making it up, but this is all coming from your own subconscious mind and it is the truth which is as per the question at hand. **Subconscious mind helps you too get to the root cause or to the events, relevant events which are related to the problem, which are important for you to know today**. Any session in which this information is retrieved from the subconscious mind in any form is **100% successful session**. If you have other beliefs, other ideas, notions of your own, please clarify these and if you can't accept the facts, it's better not to book a session. thank you.

Q7: I did not visit my Past Life in the integrated hypnotherapy session but was in my current life only, or in different states? Does it qualify as a successful session?

A: **an integrated hypnotherapy session is not only a past life regression session**. The session is to help you out to find the root cause of the issues you bring to the table. *The session may have clinical hypnotherapy current life regression, boom progression, inner child healing, past life regression, psychic work, intuition work etc, maybe only one technique at a time or maybe a combination of these in one session*. What would be done in that specific session depends upon your subconscious mind and depends upon the priority and intentions.

There are situations, as listed below where visiting the past lives might not happen or it's not important

1. We have seen that if there is a **spirit entity attachment or a soul attachment with you**, then this soul, this entity **will not allow you to move to the past lives**, or it will hamper

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the session in different ways. You might start feeling excruciating pain, or you might shiver, you might have hallucinations, you might be stuck only at one scene only. You might visit a scene which **is static and happens again and again**, you might feel or get to know something which is **totally absurd, which does not make you feel comfortable**. During such sessions where an entity, a soul fragment, a spirit is attached with you, it may be from one life or it may be from many lives with you, it may have resulted in a lot of pain, physical issues mental issues, hallucinations diseases manifestations, split personality, bipolar disorders etc. within you, **then the important thing and the most powerful healing starts by removing that spirit attachment or any other soul attachment from you.**

Such sessions, as perceived by clients initially, are not comprehensible initially. But remember that these are very powerful sessions and these need the highest level of expertise in spiritual regression therapy. In case you happen to visit a therapist, who *does not know how to handle these paranormal events*, a lot of harm can be done to you. But if you are working with Mrs Rashhi then she would ensure that this entity or paranormal attachment should be removed first fully, as it will not allow you to access anything else, and is serving a negative purpose, Is from the past which is relevant to you. In this case there is nothing else which can be or should be done in these sessions at all. *We wait for the changes for 1 or 2 months then re-visit. Remember, this is an absolutely beautiful, powerful and successful session which is very helpful in unimaginable ways and very rare therapists can do it even.*

2. In cases where there has been a lot of traumas in the current life in the childhood, a lot of sexual abuse, lot of physical abuse, a lot of mental abuse etc, in the current life (any time in the past) then in these cases it becomes very important to first deal with the **current life trauma then move to the past lives**. Many times, the soul will avoid to look at these traumatic events. Many times, these clients happen to say that they are unable to see anything and they only see dark because they consciously do not want to see that trauma again, so the conscious mind blocks these events. But it is important to look at them again to get to the root cause of the trauma **and remove it**. So, this session might not involve any past life regression at all but it will involve inner child healing, womb regression, rebirthing etc. which is very powerful and which is very important for you to start with. These are wonderful sessions which are 100% successful.
3. In the cases where the **origination of the problem or the issue is only in the current life** but it seems to the client that the origination or the root could be from the past life. *Remember not everything comes from the past lives*, the current life adds a lot of issues, trauma, problems, belief systems and personal characters as well. We meet lot of new people in the current life as well, and not everybody is associated in the past life only and always. So, if the issue has no roots in the past life, then you won't visit any past lives, but the issue would be resolved by looking at the roots and the events which are present only in the current life. So, these cases also don't need any PLR.
4. In case of **clinical hypnotherapy sessions**, if you opt only for clinical hypnotherapy which essentially means reprogramming of the subconscious mind, does not involve any regression or past life regression. You can discuss it with us over a call if you need more information.
5. Sometimes **your guides and masters don't want you to visit the past life**, it is because it is not important for you now, OR you are not ready to visit these. In such sessions

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you can receive this information from your Guides that you are not allowed/needed OR you move to a plane where a lot of healing happens, and this is a spiritual plane, this plane might be a between lives plane.

You might receive wisdom, information, healing and lessons from your guides, from different higher beings in form of light, vibrations, sounds, peace, telepathy or symbols. You might only stay in this state for hours, and do not move back to any life. It's a very wonderful session as this is what you needed at that time. It is just like when you are very wounded, then you must heal your wounds first then only you are able to do or understand anything else and then only you are able to even start eating, breathing normally. Then only we can start higher level of healing. These are rare sessions and lucky one's experience these. The impact of the healing is visible in long term, the meaning of the messages is for the life, it may make sense after years!

Q8: It happens rarely but still, why can't I regress into my past lives and what happens in such sessions?

A: please read answer to the above question.

Q9: I feel more worse after the session, my anxiety has increased, thoughts have increased, my pain has increased, is it normal?

A: this is an important question. Mostly everyone thinks that a hypnotherapy or regression session or the healing sessions are like magic buttons. They think there is a black magic down here and you will just need to visit the therapist ONCE and from the next day onwards you will be free from your problems totally. You also think that you will start feeling **ONLY good and good** and nothing else after the session. You also think that the healer has some **special powers, a magic wand**, and it is just like washing your sins in the Ganges. You think you are paying the therapist to take out everything... everything means every problem of your life, physical, emotional, spiritual, mental... which you have accumulated over thousands of years... it will just VANISH in three to four hours itself, and in ONE session itself. And you think that once the session is over you will feel like a Superman and you should be able to no remove everything from your mind, we should be completely healthy, completely opposite to what you were before the session. **This is all a lie!**

In the session we help you too look at the **root cause** of the problem and then we try to see if we can change anything or if we can do anything about it *which depends upon a lot of factors of your own*. We all have made our lives the way they are by our **own actions and thoughts**. **The impressions out of these actions and thoughts make belief systems, accumulate traumas, make us what we are, make us what we do, the thoughts the feelings they originate from the subconscious mind from these very belief systems**. In the sessions when we open up the **Pandora box** of your past and it might revealed lot of information, lot of events which might not be *palatable to you initially*. It is just like opening a gutter which has been closed for centuries, and you know what would be inside a gutter. But now we have to open it because we need to clean it, so when we open it what do you think that will come out. Do you think it will smell nice do you, do you think you will feel good, do you think it would be something which is that will make you feel better? **No, it will not.**

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In the session, When we have done our healing, when we have done the cleaning, when we have tried to change the unnecessary negative belief systems which are not serving any purpose to us, when we have seen the roots of the pains, when we have seen the roots of the anxiety depression suicidal thoughts OCD panic attacks, , your relationship issues, your anger, the root of your alcohol, your drug addiction, your sex addiction.... everything what you do in this life and when we have worked up on it, what happens next?

What happens next is that the subconscious mind **slowly and naturally releases these negative belief systems over the coming days and weeks**, it will slowly and naturally get yourself rid of these. And this process **is not pleasant process**. When these things will leave you, when these negativities will leave you, leave your system, your conscious mind will experience turbulence, conflict, it MAY experience more anxiety it might experience more pain it might experience a disturbance which you have never felt in your life earlier. **Why?**

Because now they're **hitting you back while leaving your system**, and they're creating a little bit of impression as well but it **is all good for you**, it all shows that now the process is happening and you **must allow it to happen, you must not judge it, you must not stop it**. It is just like cleaning the pus out of a wound it is just like cutting a tumour out of your stomach, it is just like taking a bitter pill and feeling your body numb after that. Immediately after a powerful catharsis process, healing process, **you won't feel good but you have to go through the process to ultimately get out the issues you took sessions for. And remember these impressions, beliefs are v old, sometimes of 100s of lifetimes, 1000 of years, so the intensity may vary accordingly.**

You would be briefed and detailed in the session itself what can happen next, after the session is over, you will be told what will happen in the coming days and weeks and months. But still, we **understand that you are here just to feel good, but we are sorry to say that you might not feel good immediately you might even feel worse for some days and weeks and if you are really here to take that help, then it is a wonderful sign because the changes have been done** and remember when something will change you will feel it and the more you feel it, the deeper is the change and the better you will feel in the coming days weeks and months.

Second is the number of therapy sessions, and mostly it's not a single session event, you might need multiple sessions for one issue or for many issues, and it all depends on **the complexity of the issue, the depth of the problem, and how you respond**. So the changes, the feelings the observations after the first session or after any session prepare you for the next session. You would have to note down everything in a neutral way as an observer and should **not judge critically any information which is coming out of the subconscious mind or any feeling with you encounter after the session**. Any critical, intellectual judgment and evaluation consciously and logically will stop the changes, will stop the therapy and it will not serve any purpose, BUT it will only confuse you and neutralize all the work which has been done during the session.

Q10: What happens after a therapy session, how the therapy works, what changes can I expect? How much time it takes for the positive changes to show?

The therapy works add the **subconscious mind level and at the soul level**. We are nothing but a bundle of our past or you can say we are nothing but all our belief systems which have

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been made in the past put together. These belief systems have been formed as impressions initially out of certain events in our life or past lives and slowly these impressions have turned out or turned into **to the belief systems** which define us now. We respond, behave, experience the word as per our beliefs. Our life is planned by ourselves before we take birth. Each and everything whatever we experience in this life mostly has been planned during the life between lifetime. It just unfolds when we take birth. During the therapy session our goal is to explore the past, the events which have led our soul and subconscious to plan this life, to plan the events which allows us to behave in a certain way.

During sessions we explore the relationships with somebody as per the intention of the client, we explore the reasons of the problems, the origination of the issues which lie deep into the subconscious mind. This is very high level of what happens during the session. This is a complex process which involves the interaction of your conscious mind, your subconscious mind, your present life belief systems, your hard core belief system, and your desires, wishes and your intellect.

You would have never experienced your subconscious mind and the soul memories in your life earlier, if you have not never experienced a regression or hypnotherapy session earlier. After the session is over you were asked to observe yourself very closely. The changes which are done during the session or at the subconscious level, are with the belief systems, are with the soul memories. These are very subtle changes and these are not physical changes. These changes will bring about the change in your condition, in the way you perceive the word, in the way your belief system works, the way you perceive your relations maybe with a specific person, situation, condition, anything else which pertain to the issue at hand.

You would be thinking that how much time it takes for the changes to show up. The changes what happened as per the natural pace, as per the natural timeline of a specific person. The changes will happen as per the acceptance of the information from the subconscious mind which is revealed in the sessions at the conscious level. The changes will happen as for the openness of your present life beliefs, as per your readiness to change. Mostly everyone who comes to see us says that they **are 100% open and willing** to change. **But sadly, they are not.** Most of the times the information the events which are revealed by the subconscious mind which are as per the **intentions and as per the issues presented** to the subconscious mind, are **totally opposite to the conscious beliefs and the intellectual thinking, or current life personality.** It is a shocking revelation at times about yourself about your past about something which is happening in your life how it has been how it is impacted by the events of your past. It shows that side of you which you were never aware of, and it may be totally opposite to your current life belief systems. For example, a client may have very rigid religious belief systems he or she may think that a specific religion or caste or a community is not good. He or she may have HATE for a specific caste, community or religion, but it may happen during the session that he or she may see herself or himself born into the same religion, caste or community in the past life. When it happens, it shakes the hardwired or hard core belief systems of this life and the conscious acceptance to the self or the memories of the soul journey of their own will not happen. This ACCEPTANCE is, however, very important for the changes or for the solutions for which the client has taken the very session. So, the client may consciously **reject everything good which happened during the session** and which can change the **life positively in a miraculous way. So, it is always the acceptance openness non-**

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judgmental attitude and a willingness to change which decides the course of action after the session is over.

After the session is over the changes will **take days weeks or months to appear as the information which has been revealed during the session may take this much of time to assimilate at the conscious level or to gain the needed acceptance at the conscious level.** If you have taken a session, we would always ask you to observe yourself and not to make any judgments any logical deductions on every critical calculation about what has happened during the session and not to compare it with your current life belief systems, as it will just destroy and neutralize all the work which has been done during the session. We ask you to just simply **observe yourself** for the coming days and weeks and just note it down and let it flow. It may seem quite contrary to your present life belief systems but that is very necessary for the changes. If you will just come after 2-3 days or a week and start complaining, that I have not seen any changes I am not able to perceive anything which is positive in my life we won't be entertaining this because you are not following what has been instructed to you. If you don't have this much of time and patience, and can't follow process, please do not book a session with us.

Q11: Will you follow up after the session?

No, we will not follow up after the session with you. You will be told everything what you need to observe and how the changes will happen or may happen after the session is done. You would have to do that observation yourself and to make it you have to make a decision yourself after the observation period that what do you want next. You'll be guided in the session, but the decision to follow the guidance is always yours. Before the observation period if you will try to make any logical deductions conclusions, we will ask you to stop doing that and just observe as instructed because otherwise all the work which has been done during the session will be neutralized and you will not have any positive changes or results. You can however drop an email to us describing if you have observed any specific critical points, I don't need any guidance. Please remember this is your belief system, this is your subconscious mind and your conscious mind which will help you to assimilate everything.

Q12: I feel that my therapy session was not as per my expectations, will I get a refund?

Please note that once his therapy session is done there are no refunds. This is because the fees are for the work done and the work is done as for your intentions and issues and your subconscious mind directions. We have tried to provide you all the necessary information that how we session is conducted what can be expected out of a session how your memories, how your belief systems might be exposed to you, how you may perceive them during the session. This may be contrary to your current understanding or expectations, and if that is the case you should clarify these **before the session not after the session.** We have also summarized different scenarios which can **be encountered during the session** in which **you might not visit any past lives or some specific events** which you think are important for you and this is purely because your subconscious he's directing these sessions and your guides and masters are responsible to show you only that relevant information which is important for you that day. **We are not in control in any way** and whatever happens or is revealed during the session is only important and you would be directed appropriately to receive maximum benefits out of it. We however understand and have observed that a **very few clients reject all the work**

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consciously after the session is done as it does not match their hidden expectations or it is contrary to their present belief systems and they are not open enough to accept the changes.

In such a scenario the **session is always a success but you yourself or rejecting everything** which happened during the session, so the work has been done to the maximum efficiency and as per the guidance of your own subconscious mind and souls. The fees charged is for the work done and NOT guaranteeing any results, as **the results always depend upon a lot of factors which are yours and not of the therapist**. You are always welcome to ask any questions before the session and clarify your doubts, we recommend not to keep any hidden intentions any secret criteria as it is not productive towards the session and if you think there are hidden points intentions criteria which you can't reveal before the session, please do not book a session with us.

Q13: I want to explore my life goals, why was I born, who my guides/masters are and what messages I have for my current life and why? What shall I opt for?

These questions which pertain to overall life goals exploration of the life purpose, the spiritual purpose and if there are no hidden goals which point towards your specific issues... physical issues, mental issues, emotional issues, spiritual issues... then the spiritual exploration of the goals of the life the questions like, *why I was born? why I chose this body? who are my guides? who are into my soul family? what are my life lessons? how can I improve to achieve the goals of my life which my soul has decided .. etc...* are basically explored **during life between lives spiritual hypnotherapy session (Copyrighted session of Michael Newton Institute, USA).**

But, If you have issues pertaining to *your current life certain patterns physical problems mental issues, health issues, psychological issues, and you're trying to understand why something happens with you, you're trying to understand why certain relationships are in a certain way, you want to get out of any fears, phobias, traumas, panic attacks, OCD , anxiety depression, achieve life goals, want to reprogram your subconscious for success, for sports success, want to look into the future, and to choose the best future possible for you, or to avoid something which you are not aware of now, there may be thousands of things or issues at hand...* **These all are explored via integrated hypnotherapy sessions as we have mentioned already.**

Q14: What is the structure of a normal integrated therapy session?

A normal integrated therapy session has four parts.

1. *Once you book a session, you're asked to send an email which is to help you to build your intention. You will receive instructions if any before the session.*
2. *On the session day the first step which is a part of the session and is very important this about writing answers to certain questions the way you're guided to. This step cannot be done anytime earlier but only at the start of the real therapy session.*
3. *Once you have done this there are discussions at length add other important steps like pre talk etc.*
4. *Then you are directed to the regression part or hypnotherapy part or any other therapy part as per your need.*

Remember all steps are designed in a way so that the results our maximum, **no part of the session is redundant or done at a time which is not necessary.** You may have visited

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hypnotherapists earlier and the process might have been totally different, they **might not have even asked you to write down something**, they might not have done a deep discussion BUT on the contrary they might have asked you to straightway close your eyes and straight away started the session. **Please remember that the process we follow it's not known to any other therapists as it is designed by us ONLY and it's our specific process which targets maximum results.** If you have issues in following the steps of the process and you think it is wasting your time, please let us know and we will stop the session immediately.

Once you are into a session for more than 30 minutes no refunds will be made will stop. In case you are uncomfortable, you can say so and we will stop the session and refund you but it must happen within the 1st 30 minutes.

Q15: How the Akashic records reading session is conducted, how is it different from sessions from other akashic records readers in India?

A: Please call

Q16: When and how do we do a Future Life Progression session, and when do you NOT recommend it and why?

A: Please call

Q17: When do we do a Shamanic healing, what can be achieved with it?

A: Please call

Q18: PLR was not done in my session, but I booked for PLR only, can I ask for a refund?

We **don't book any session which is only past life regression alone**. So, in case you say that you have booked a session which should have only past life progression and nothing else then it means that you have not told us that you need only past life regression because as we have explained in other questions we do integrated hypnotherapy sessions which have all the elements of hypnotherapy including boom progression inner child healing clinical hypnotherapy past life regression age regression... *And which therapy would be done in any session would depend upon the goals would depend upon the roots of the problem and your subconscious mind. Some problems or issues do not have roots in the past lives there we don't need any past life regression therapy.*

So, if you say I booked for PLR only then it means that you have not understood our process/sessions/approach and you've not informed us clearly. Remember there are no refunds in this case.

Q19: Can I ask for only PLR session, I don't want Inner Child Healing, Womb Regression or Hypnotherapy?

If you want only PLR session then we will recommend that you book a session with a therapist who does not know anything else but only past life regression. The way we conduct the sessions are integrated, as we don't know if your issue which you are bringing has anything to do with the past lives at all or not. In case the issue has nothing to do with the past life and you only want past life regression then the results would be 0. **So, so you must make it clear**

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that you need only past life regression or you are OK with the integrated hypnotherapy approach which we have detailed. In case you go ahead with the integrated hypnotherapy approach please note that not all the therapy sessions will have a past life regression session event. We have explained this in lot of detail in the above questions, it is your responsibility to read it and understand it and come back with any questions before the session is conducted.

Q20: Can I ask for only a pure Clinical Hypnotherapy session, I am not comfortable for PLR/Spiritual Regression etc as my religious beliefs are against Past Lives?

Yes, you can ask for a pure clinical hypnotherapy session. The hypnotherapy sessions will not have the element of regression or past life regression.

