



## Managing Work Relationships Through Past Life Regression As A Therapy

**A**n office is an important, integral part of modern lives. People are chosen with utmost care to fit the criterion required to fulfill their roles and tasks are completed with precision. Work flows smoothly when there is clarity and willingness. However, there may be times when working with certain people becomes challenging. The atmosphere seems to get muddled, intangible tensions rise and the quality of work and sense of satisfaction suffers.

How does one resolve issues which seem to have no reason to be there?

Past Life Regression is a tool of the exciting New Age when an expanding number of people are becoming aware of dimensions which exist beyond the easy reach of the five senses. PLR comes from Western scientific methods which have been

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tried and tested on thousands of people over the past three decades.

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This statement involves two major issues –

The first is, do we have past lives?

Millions of years ago, each one of us chose to begin this journey of our own free will to enjoy the excitement of

creation. We started off as minerals, became trees, then animals, and finally, continued as humans. We have had thousands of lifetimes in each species. As humans, after every death, we have sat down and chalked out a plan for our next life. Eventually, after this long and hard but thrilling adventure, we return to where we began.

All those births, the lifetimes and deaths, the in-between-periods and rebirths, are stored in our sub-conscious. It does not matter whether we believe in them or not, the past lives, the people with us in them, the knowledge gained and mistakes made, everything is there.

PLR is a methodology which has a deep and positive impact on the thoughts, choices and lives of people who undergo it.

The second issue is, do we need to undergo PLR?

We are here on earth for our chosen purpose, which is to enhance certain positive habit-patterns and get rid of those which are holding back our evolution.

All that is happening to us in this life, or that which does not succeed in spite of best efforts put in, has a reason which does not belong to this lifetime. PLR allows us to go to the actual situations of those past lives when the seeds were sown, lets us understand the bigger picture and neutralize that karmic debt.

We can also go back to access the source of our hobbies and skills and enhance them in this life.



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### About the Author.....

Shubha Yeri has been researching on life after death, how Karma works and the various levels of consciousness since the last 16 years. She has been practicing Past Life Regression Therapy since the last 3 years in Pune with many heart-warming and exciting results. She writes a Blog which covers all topics related to our evolution and the final destination. It's URL is [goinghomeshubhayeri.blogspot.com](http://goinghomeshubhayeri.blogspot.com)



Let us look at a few examples-  
A man worked for a big organization and handled important responsibilities successfully. He was friendly, and wondered why in spite of his trying to belong, his colleagues never included him in their everyday banter, lunch-breaks and get-togethers. There seemed to be some kind of distrust and because he did not know the cause, he could do nothing about it. It bothered him and made him feel lonely.

Through PLR he went into a past life when he was part of a huge extended family. During summer vacations the whole family got together at the grandparent's huge house and had a wonderful time. The boys were very close and all 6-8 of them used to swim, play, climb trees and have a lot of fun. They would also do some studies. One day, our man stole a

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cousin's book. When everyone stared to search, he kept quiet. Eventually, he was found out but still claimed his innocence out of fear and shame.

The happy holidays stopped after that, and the closeness was gone. He remained on the periphery the rest of that life, missing the closeness but now even more ashamed to apologize. During PLR the boy faced his cousins where he accepted his guilt, spoke of his fear and shame and asked to be forgiven. The cousins relented and forgave him. They went out together, as they had done earlier and within no time, in the office, this man's colleagues, who were those cousins in that past life, started to include him in everything with the warmth that he had longed for.

They had no clue why they disliked him earlier and why they felt so friendly now, but our man knows.

This is the most important aspect of PLR-that the karmas get dissolved where they were made, without confronting those involved in this lifetime.

A young lady came to find out why her Boss hated her so much.

She saw herself as a rich and cruel landlord who did not pay her workers. Her Boss was a labourer who had a wife and 2 children. When the children were starving, he begged his landlord to give him some money to feed them. She told him to send his wife. The wife went, but in the next day she jumped into the well and committed suicide. In this life, having taken birth as her Boss, he is merely taking revenge to deprive the landlord of a good job (and salary).

There was a surprise in this case. Our girl refused to apologize for past behavior! She said the Seth's behavior was 'normal' for those times, and she felt no need to apologize. Despite attempts to explain that her problems with her Boss stemmed from that incident and also from this attitude, she was not convinced.

However, she came back after 3 days, saying the whole incident had upset her and after giving it some thought, she was ready to apologize! Later, she called to say that she had felt better and the experience had given her a clearer perspective of her own self. She would now be a better person with her colleagues and juniors.

Any situation which seems to slowly put one in a corner, coworkers or bosses who seem incompatible for no reason (which can be attributed to this life), be assured that there is a past life connection.

A PLR session clears all the channels, not just of communications but also of unspoken anger / hesitancy/ lethargy, thereby turning the team into a cohesive, powerful one. It can build trust and help the members encourage each other into completing their tasks and fulfilling their individual and collective purpose of life.

