The treatment of psychological problems by age regression is well established in hypnotherapy. The concept was developed by Joseph Bruer towards the end of 19th century. While treating Anna O’ he discovered that forgotten traumatic experiences of early age produce psychological problems. The uncovering and reliving of those traumatic experiences under hypnotic trance had therapeutic effects. In recent years successful attempts have been made for backward extension of the concept that is not only the traumatic experiences of early age in current life but also the experiences of former lives exert their influence in current life and cause multiple psychological problems.

Pasricha (1996) in her studies observed that in some cases the phobia is determined by the violent mode of death in former life. However, the frequencies of such phobias varied. The fear of water was reported in 64% and fear of snakes was observed in 43% cases. In an analysis of 856 cases of reincarnation type the phobias were found to be present in 36% cases. She reported three cases to exemplify the correspondence of phobias because of the influence of former life. One subject showed marked fear of going near a canal which flowed near to his village. Upon investigation it was found that in former life while passing by the canal on a bicycle, he had fallen into the canal and died. The second case was phobic to bicycles and buses. An investigation of the case revealed that in his former life he was going on a bicycle and met an accident with a bus which led to serious injury and he had succumbed to death after two hours. The third case, a girl had marked fears of fodder chopping machines and bladed instruments especially knives. It was found that in a former life she was thrown on a chopping machine which led to her death.
In addition to psychological and behavioural influences of former lives, physical influences have also been observed. The physical influences of former lives on current lives are demonstrated by the cases of birthmarks and birth defects. 35% cases of reincarnation type show birthmarks / birth defects (Stevenson, 1993). On the basis of medical records, mostly postmortem reports, Stevenson (1997) found a concordance in location between wounds and birthmarks or birth defects in 88% cases. Pasricha (1998) reported ten cases of birthmarks / birth defects.

The concept of reincarnation has provided a platform for new approach to the treatment of psychological and select health related problems. The approach popularly known as “Pastlife regression” is being utilized to treat a variety of conditions.

In pastlife regression an individual is regressed to former lives under hypnosis. It is hypothesized that the root cause of the problem of an individual lies in traumatic experiences of any former lives. The regression to that relevant experience and reliving the traumatic experience is sufficient enough to produce therapeutic effects. The idea of pastlife regression is not a new one. In 1893, de Rochas in an experiment with a subject accidentally hit upon the possibility of regressing a subject to a possible earlier life; but it was not until 11 years later (1904) that, having regressed an 18 years old girl to the time of birth, the idea occurred to him to continue to take her back to a possible previous life (de Rochas, 1911, cited by Ducasse, 1961).

The work of Dr. Brian Weiss has got tremendous impact on the masses across the globe to spread the concept of pastlife regression. His first case was a turning point in the history of pastlife regression. Dr. Weiss worked as Prof. and Chairman in the Department of Psychiatry at Mount Sinai Medical Centre in Miami Beach, Florida, USA. In late 1970s a young unmarried lady was referred to him for multiple psychological problems like phobias, paralyzing panic attacks, depression and recurrent nightmares. She refused medicines because of fears of gagging and choking. Because of her refusal of psychiatric medicines, Dr. Weiss resorted to conventional psychotherapy. More than a year of psychotherapy did not produce therapeutic effects. Finally, age regression under hypnosis was tried and some relevant traumatic experiences of early age were relived. Since the hypnotic session was successful, Dr. Weiss expected improvement in her condition. But to his surprise she failed to show improvement in her symptomatology. He once again took her to deeper levels of hypnosis for uncovering of more traumas. He gave her an open ended, non-directive instruction “Go back to the time from which your symptoms arise” in an expectation to once again return to her early childhood. Instead, she flipped back about four thousand years into an ancient lifetime. She remembered details of that life time - her body, clothing, places. She recalled that in that lifetime she drowned in a flood or tidal wave and her baby was torn from her arms by the force of the water. After this session her symptoms began to improve dramatically. Within a few months she was totally cured, without the use of any medicine. Dr. Weiss presented the full work up of this case in his International Bestseller book; Many Lives, Many Masters (Weiss, 1982).
Some cases of following health related conditions have been successfully treated by pastlife therapy:

- Temporomendibular Joint Pain
- Migraine
- Chronic Headache
- Asthma
- Allergy
- Obesity
- Physical Pain
- Ulcers
- Arthritis

I am presenting a few cases worked out by me to demonstrate the therapeutic effects of pastlife regression in health related conditions:

1. **Pain in the Right Leg:** It was my first case which I worked out in March 2002. A young adult presented with a lifelong pain in his right leg. He was put on hypnosis through arm levitation technique. My colleague psychiatrists and psychologists witnessed the whole regression procedure. Under hypnosis this subject recalled a life in ancient time. In that life, in an early age of about six years he had been bitten by a snake in the right leg. While reliving this experience he had vigorous movements in his right leg. The child had died instantly. This regression experience led to immediate removal of his pain in the leg. In last four years the pain has not recurred.

2. **Allergic Rhinitis:** A medical student suffered from lifelong allergy of respiratory system. He was put on deep hypnosis. He relived an ancient life in Punjab area. His father, a king died in a battle. His mother also expired because of the shock. He was a kid when both the parents left. He was adopted and reared by his uncle who was also a king. The king uncle had his son who was having antisocial traits. The king wanted to hand over his taj to him instead of his own son. His son conspired against him and imprisoned. He died of respiratory infection in old age in the jail itself. The reliving of this experience eliminated the allergic reaction which has not turned up again in past three years.

3. **Headache:** An adult presented with a lifelong headache. Under hypnotic regression he remembered his former life in which he contributed to the independence struggle. He along with his friend attacked a lord in Bundelkhand area. All of them ran away from the place. He got injured in his shoulder because of the bullet. They stopped in a school and he urged his friends to run away from the place. His friends did not want to leave him alone. He took his mouser and kept on his temples to threaten them. Accidentally the mouser got clicked which ruptured his skull and died on the spot. The recall of this experience produced instant healing.
(4) **Pain in Arm:** An adolescent girl presented with chronic pain in her wrist. She was regressed. She recalled a lifetime in which she was a male. He was travelling on a horse. He had a sword in his hands. He accidentally fell in a well the sword pierced in the wrist, the location of pain in the current life. The recall of this life experience removed her wrist pain.

There are two dimensions of pastlife regression work. First one is therapeutic and the second one related to spiritual and philosophical aspect of reincarnation. Hundreds of cases worked out so far across the world indicate therapeutic effects of pastlife regression. The second aspect is controversial. The pastlife regression work constitutes a weak evidence of reincarnation compared to the studies on children of reincarnation type. In pastlife regression the emerged stories are difficult to verify because many times the events relate to distant past. Moreover, false stories also emerge in the work up. There are some reports which attempted to validate the pastlife recall (Tarazi, 1990; Brown, 1991).

Since it is a relatively new field as such researches are in rudimentary stage. Till date the most scientific research has been conducted by Thelma Freedman who investigated the effects of pastlife and interlife on phobias. She produced a doctoral dissertation in Saybrook Institute, San Francisco. She found significant improvements in specific phobias as a result of pastlife regression (Freedman, 1997).

With expansion of the concept more and more researches are being undertaken to demonstrate the efficacy of pastlife regression on a variety of conditions. The ranges of psychological problems that respond to pastlife regression are given below:

- **Phobias**
- **Pain**
- **Allergy**
- **Interpersonal Problems**
- **Nightmares**
- **Low self-esteem**
- **Fear of Death**
- **Obsessions**
- **Feeling of Loneliness**
- **Feeling unlucky in the world**
- **Lack of trust**
- **Night terrors**
- **Headache**
REFERENCES


