

**SANTOSH JOSHI**

**MANY  
LIVES  
ONE  
SOUL**



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Disclaimer: Examples given in the book are inspired by real life stories. We have changed some names and actual details to maintain and respect the privacy of the concerned persons.

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To all the divine souls,  
on this journey  
Seeking answers and  
looking for a key,  
I dedicate this book,  
to help them see  
Beyond the ordinary,  
to set themselves free...





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# PREFACE

**I**t was 16th June, 1999.

Monsoon had begun in India. The Rain God seemed to be particularly pleased with Mumbai, while the rest of the country was still parched. On that day, it had been pouring incessantly since the early morning. Heavy rains created water logging everywhere leading to worst ever traffic jams. It was 3pm and I was sitting in a cab heading back home from work. I looked out of the window. The sky had turned tar-black, as the sun buried itself under the ferocious dark clouds. The street lamps went on before time but were barely able to sweep away the darkness.

It seemed as if the dark clouds of my thoughts were projected in the sky, breaking into huge droplets of water and drenching the entire city in melancholy. The hammering noise of the droplets banging on the roof of the cab irritated me to the core. I was experiencing an all time emotional low. Everyone on the street seemed to be eager to reach home, except me. Half-way there, I changed my mind and instructed the cab driver to take a detour towards the sea-facing promenade which was about two kilometers from my workplace.

When I got there, I sat on a bench, and despite the rains soaking me through, lost myself in my thoughts. There was a

deep hollow within me, filled with frustration and anger – at myself and everybody around me. My heart was bleeding, and there was a sharp pain in my chest.

The last few years flashed in front of my eyes. As a senior manager in a reputed corporate house, I had invested blood, sweat and tears every day into my work, with utmost honesty and dedication. A colleague, who was also my best buddy, framed me, and I became a victim of his ambition and ego. Like a fool I had been completely unaware of things brewing behind my back. I certainly did not deserve this.

Earlier that day, I had resigned. More than the feeling of victimhood, it was the deceit of a close friend that defeated me. I failed to understand, how someone I trusted so much, could do something so terrible. I was drowning in a plethora of negative emotions and a tsunami of questions – why did this happen to me? what wrongs had I done to deserve this?, transported me into a miserable zone.

In order to find answers to these questions, over the next few months, I visited several astrologers, numerologists and palmists. None gave me an answer that satisfied me.

Life is like a river, they say. It does not leave you at one place to rot. It drags you ahead with its flow to a new destination. This happened with me as well. After a year of distress, I found my dream job, which evened out everything in my life. Because I had been pushed out of my comfort zone, I had found a better career opportunity; my life changed for the better and there was no looking back.

It was then that I realized that everything that happens in our life does happen for a reason, a greater purpose and our highest good.

The search that had begun that rainy evening by the sea ended when I discovered Past Life Regression (PLR). Based on the theory of reincarnation and karma, PLR is a tool to understand and interpret the underlying subtle patterns of life.

In a simple and convincing manner, it untied the knots of one of the most complicated situations of my life, and gave my existence a higher meaning by revealing my life's purpose to me.

I still get goose bumps when I remember the metaphysical experience I had during a PLR session. In a crystal-clear vision, I could see my life's purpose, which was 'to walk on the path of healing, and help people come out of their miseries and traumas'. It was also revealed to me why my wife and I do not have children. I found that we have a common purpose in this life, and we are together to fulfil it – we are here to work for a cause and will be guided, protected and provided all through. Such profound experiences are very difficult to describe within the confines of words, though. I was so convinced with this experience that I quit my lucrative career in the corporate world to follow this purpose.

One thing I knew for sure, every incident in my life, big or small, relevant or irrelevant; and every person I meet has a significant role to play in defining my life. Some of them support me whole-heartedly, some throw immeasurable challenges on the way but each one eventually paves a way towards my purpose.

### **Underlying patterns of life**

If we look at one lifetime, each experience, however small it may be, contributes to the shaping of life as a whole. All these experiences put together ultimately form a beautiful pattern. Sometimes there are also subtle patterns that seem illogical,

and defy our normal perceptions but they may have a deeper meaning that we are not able to decode.

If we are able to perceive these underlying patterns of life, we will be able to see the world in a different way, with more clarity and better understanding. This can help us achieve greater success and happiness, creating a masterpiece on the canvas of life.

The award-winning American novelist and journalist Chuck Palahniuk famously said, “What we call chaos is just patterns we haven’t recognized. What we call random is just patterns we can’t decipher.”

This book is about these varied underlying patterns of our life and how they affect and shape it.

### **Why should one believe in life after death and the theory of reincarnation?**

While there may not be a scientific explanation to this phenomenon, Eastern philosophies have always supported the theories of reincarnation and karma, and Eastern scriptures are full of examples and explanations of them.

I encourage you to think about this – if this current life each of us is leading is the only life we have ever and will ever live, what would the explanation be for the vast disparity in the world. Why are some people born rich and some poor? Why are some people born with physical disabilities? Why do certain people have phobias? It would be difficult to believe that life is good if there was nothing beyond the grave to compensate for problems like inequality and unfairness.

From the ancient Eastern cultures to modern-day Western thinkers, it is widely believed that the soul survives death, and extensive research has been done in the West to prove this. The phenomenon of the soul living after death has been mentioned in religious scriptures that predate science, which is just a few hundred years old.

A lot of documentation has been done on people, especially children, who remember their past lives. Such instances have also been validated. Edgar Cayce, Dr. Michael Newton, Dr. Brien Weiss and Dr. Ian Stevenson are a few pioneers in this field.

In fact, belief in the theory of reincarnation provides one with personal security, optimism and spiritual betterment. It helps in dealing with the challenges of the present life with more confidence, courage and positivity, offering hope for a better life ahead. It also provides answers to questions that have no logical explanation.

People who attend my workshops or personal sessions have a lot of questions, which we all think about on a day-to-day basis. I have tried to answer most of these questions through this book. It is amazing how PLR not only helps one understand ‘why things happen the way they do’ but also effectively heals many issues.

I have used real-life examples throughout this book. Although at some places, names and context of the people involved have been changed to protect their identity, as such experiences are very personal.

I am sure, anybody who has questions such as, ‘Why me?’ can find logical and convincing answers through this book, gaining a greater understanding of life.

## **Life is a celebration**

While I was in the process of writing this book, a friend asked me, “Are you going to have your signature cartoons in this book as well, like you had in KEYS?”

“Of course, yes,” I said.

“But I thought this book deals with some serious questions and deeper aspects of life.”

“Absolutely, it does.”

He looked puzzled by my reply.

Very often we feel that life is a serious business. And for sure, there are hardships, challenges, unnerving situations that may tear us apart. But the fact is that we cannot exit these challenging situations without passing through them. If this is inevitable, then why not soldier through trying situations with a smile?

A dash of humour lessens the intensity of any situation, helping us deal with it in a better way. Based on this philosophy, I have added cartoons in each chapter to make the book an easy and light read. I believe life is all about celebration, however challenging it may be at times. Challenges come in our life only to make us better and they should not prevent us from having fun. We just need to shift our point of view.

## **How to read this book?**

Since each chapter delves deep into a question, you can choose a chapter or question at random, that which resonates with you. However, I suggest reading it in the sequence in which it has been written, as I have also weaved in the theories of evolution and karmas through each chapter. Every chapter

ends with an Essence, which can be used as a quick reference, and the blank space provided - 'Reflections', is for you to record your thoughts and observations. If you read the chapters of this book as a parallel to your own life, I am sure you will find answers to the questions that are on your mind. There is also an exercise in the end which will help you evaluate your progress on the journey of evolution.

May you find the answers you are looking for...

Santosh Joshi  
September, 2015

**Many Lives One Soul**



1

**WHY ME?**



Many Lives One Soul



“

*For the challenges in life, big or small  
There's a lesson to be learnt, by one and all  
“Why me?” if we ask at every fall  
We may miss the bell of destiny's call*

”

**T**he legendary tennis player with three Grand Slam titles to his credit, Arthur Ashe was diagnosed with AIDS, due to infected blood transfusion, during a heart surgery in 1983.

He received letters from grief-stricken fans from the world over. One of them wrote: “Why did God select you for such a bad disease?”

To this Arthur Ashe replied, “The world over, 50,000,000 children start playing tennis, 5,000,000 learn to play tennis, 500,000 learn professional tennis, 50,000 come to the circuit, 5000 reach the Grand

## Many Lives One Soul

*Slam, 50 reach the Wimbledon, four to semi-finals, two to finals. When I was the one holding the cup, I never asked God, "Why me?" And today in pain, I should not be asking God, "Why me?"*

Don't we blame God or destiny for all the unpleasant things that happen in our lives?

If a colleague gets a promotion and we don't, we get depressed.

If we have one bad relationship in our life, we sulk.

If we face health issues, we curse God.

If we lose someone close to us, our life becomes a disaster.

If somebody cheats us, our life is ruined.

When life throws too many challenges at us we become dejected, and the perennial thought crosses our mind – "Why me?"

Julie worked with a corporate house, as a secretary to the managing director and earned a decent pay. She lived in Mumbai with her husband and daughter and was a happy camper, until the day her husband lost his job. It was a big blow, for now she had to wear more than one hat. The responsibility of maintaining the family's standard of living in a city like Mumbai now lay on her shoulders.

As the family was trying to come to terms with the situation, Julie's boss called her into his office one morning and asked her to resign. She was a victim of office politics and now her boss wanted to replace her. Julie had no choice but to do as he asked, even though she had worked in the firm for 18 long years. Depressed, Julie often complained to God and asked, "Why me?". Unable to cope with her situation, as she was

## Why Me?

-serving out her notice period, she fainted in the office.

Her blood pressure shot up and she had to be admitted to a hospital. After the initial treatment, she came back to consciousness. Doctors advised her to be in the hospital for a few days.

Next morning, the doctor came for a visit to her room and they began talking. “What is troubling you, Julie?” the doctor asked.

She told him her story. He listened and said, with a smile, “We have an urgent need for an office assistant. Would you mind joining us?”

The doctor offered her double the salary she had been earning at her previous job. It was more than she could have ever asked for. When her boss had asked her to leave, Julie had assumed that her life was doomed. And just few days later, she got a much better job and the answer to her question, “why me?”.

We get perturbed by the challenges that we face, but if we look at all the situations in retrospect, we can understand why things happened the way they did. These situations teach us an important lesson — let go and move on. The art lies in how soon we stop looking at the closed door and walk towards new doors that open up to new horizons.

The problem arises when we stay victims in a challenging situation. Sometimes we become so complacent that we unknowingly refuse to let go of what we are holding on to. We thrive on the feeling of victimhood, unable to recognize the gifts showered upon us by life.

An acquaintance of mine had a terrible marriage, and suffered

## Many Lives One Soul

for almost a decade. She lived with her in-laws in a joint family and she was ill-treated by them, which caused her great trauma. After about 10 years, she moved out of the house with her husband and lived independently. However, even today whenever we meet, she talks only about that decade of distress.

She said to me once, “I want to try past life regression. I am curious to find out how my in-laws were related to me in my past birth. They made my life miserable.”

“Sure we can. But what is the problem now? You are the master of your own life. I feel it is high time you let go of the past”, I replied.

“You don’t understand, Santosh. It is easier said than done. They have spoiled ten beautiful years of my life. How can I let go?” she said, in an irritated tone.

She was right. I really failed to understand her, why she was unable to let go. Why was she spoiling her entire life by not letting go? She had completely ensconced herself in the comfort zone of victimhood. Even when I tried to convince her to let go, she totally ignored. She was thriving on the sympathy gained from people around her.

Aren’t we, most often responsible for situations in our life? Still, we blame God for our anguish.

And isn’t there always a lesson to be learnt from every situation in life?

### **The deeper secrets**

My 55-year-old banker friend suffered a stroke two years back. He was hospitalized for a couple of weeks and was advised three