

From the Desk

Eternity and its dance revealed in many ways to many beings.
For us its help came as healing and Hypnotherapy.
It is the grace of Divine and blessings of Light that you and I are
being given this gift of learning.
Where we can understand ourselves better by being the part of other's
journey. And heal ourselves by being the facilitators of healing in others

What is Hypnotherapy?

A question in every person's mind who never experienced it yet.

So very simply put - it is a therapy where , by a few sets of command a Hypnotherapist helps his/her client, to tap into that larger part of his brain 'which he/she access either through meditation or through dreams', for the purpose of healing. Yet here is a difference; here this journey is issue based and client has a purpose to heal himself here his conscious mind is awake , means he is aware of his surroundings and totally in control.

This Hypnotherapy Journal (it is specific it talks only about Hypnotherapy)/ Magazine (It is meant for Hypnotherapists as well as unaware Audience who do not know about this medium) is an effort to bring community of Therapists and energy healer together and share their work and bring awareness to the masses.

It is The First issue of "Healing and Hypnotherapy",
Lets begin this journey as the first step towards self awareness.
What is Life? From Nothingness to Nothingnessvoyage in

between. Send your reactions or write ups at email id given below.
Thank you.

Varsha Prakaash

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Inside

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1. Hypnobirthing	-Marina Wolny Kumar
2. Meditation & hypnotic Trance	-A Prakash
3. Surgery/hypnotherapy	-Ambika Warrior
4. Dreams.....	-Dr. Nanda
5. Karma & Past Life.....	-Neha Sharma
6. Sexual Criminality& hypnotherapy - Varsha Prakaash	

**"Ask and it shell be given to you;
Seek and you shell find;
Knock and it shell be opened unto you"**

"Mathew 7:7"



Conscious Birthing

Re-introducing the birth process through HypnoBirthing®

Image: Birth as potentially festive, cosmically joyful event and the child as a divine manifestation

Why seems birth so easy to animals and so difficult for us humans? Why should we, who have been created as sexual beings that come together in love and joy, get pregnant and then have to give birth in a painful and stressful way? It just does not make sense. And why have women in some cultures gentle, pain-free childbirths and why do women with less educated and upscale backgrounds usually deal with birthing in such uncomplicated manner?

Trained as HypnoBirthing® practitioner to offer childbirth preparation to expectant parents, I'd like to share the most important facts about HypnoBirthing® as it reveals a whole new perspective on birthing (including a new, much gentler language for the process), which every woman – and man – should be introduced to. Hypno-Birthing® helps to resolve limiting social norms and to recover a healthy confidence in the female body, in its natural instincts and in the harmonious orchestration of the mother's and baby's bodies at birth.

"When you change the way you view birth, the way you birth will change."
Marie Mongan, Founder of HypnoBirthing®

The answer to the initial questions is actually rather simple: Fear. For most of their lives, women have been inundated with the negative stories of other women's birth experiences. Everyone, from their mothers, sisters, aunts, cousins, friends, and even strangers, wants to tell them the horrors of giving birth. They have been conditioned to believe that excruciating pain is associated with the delivery. And because of this, women today hold an unprecedented fear of giving birth. Where there is fear, there is tension, where there is tension, there is contraction, and with it come limited perception and limited physiological functions.

This extreme fear not only causes women 's bodies to become tense with the approaching birthing date – and that tension prohibits their bodies from easily performing what should be a normal natural birthing procedure, resulting in exactly the feared long , painful „labour “ or unnecessary intervention – but also , even before con- vaginal route rely on pharmaceutical drugs and technologised treatments in the clinical labour rooms , because they fear they cannot manage birth by themselves.

The HypnoBirthing® program is built around an educational process that includes special breathing , relaxation , visualization , meditative practice , clearing of subconscious limiting beliefs , attention to nutrition and positive body toning . Expectant women learn to dismiss fear-based stories, misinformation and birthing myths . And they are helped to see birth as normal . They learn to trust that their bodies know how to bring their babies into the world in the calm and gentle way that nature intended.

„Wow , this is what I was looking for. Deep within I always knew natural birthing methods must exist. Now I feel truly empowered . Even ready to birth alone in a forest, if necessary.“

First time expectant mother after HypnoBirthing® course.

Everywhere in the world , the number of women who give birth to a baby by themselves – which means by their own hormones (e.g. oxytocin and endorphin) – is getting smaller and smaller. While the conditioning of wo-

“take over” by doctors/nurses/gadgets/medication is the other major influence. Good news is, that a movement of natural birth (meaning without any medical intervention) is gaining more and more momentum , whereby women stop to accept limiting mainstream conditions for their childbirth.

Giving birth can be easy and calm for women. It can even be a pleasurable and highly erotic as well as a deeply spiritual experience. And if a woman is well prepared (positive affirmations, visualisations, hypnosis, relaxation training and breathing techniques) she can give birth without any synthetic hormones (epidural etc.) and without getting her perineum cut.

„To those who say it is just not possible to birth naturally without pain, I say, “But what if we're right? Wouldn't it be wonderful?“

Lorne R. Campbell, M.D.

The key role for such an amazing experience plays oxytocin , the „love hormone “ involved in bonding , sex, child- birth, breast-feeding as well as feelings of peace and calm. Those who meditate regularly might know that also meditation can increase oxytocin's effect. The deep state of rest produced during meditation triggers the brain to release neurotransmitters , including dopamine, serotonin , oxytocin , and endorphins . Ingredients that have vital roles for emotional awareness , attention , perception , self- recognition, decision making and stress regulati- on

- sometimes orgasmic event: the main hormone in both sex and birth is the same (oxycontin). And we need as good conditions for good labour as we need good conditions for good lovemaking. Because if a woman produces ad-renaline (related to fear) she cannot produce oxytocin, which is the hormone not only needed to deliver the baby but also to deliver the placenta.

It is absolutely necessary for a woman during labour to feel at ease and comfortable (unobserved and not judged), that she is uninhibited to follow intuitively her blueprint for labour and encouraged to trust her body to complete this ancient and mystic process. Unfortunately, few women ever have such conditions of privacy, safety and non-disturbance, which is the fundamental problem for why women need so much help when giving birth.

These days it seems more "natural" to replace natural oxytocin with drips of synthetic oxytocin and natural endorphins by epidural anaesthesia. So most women give birth without relying on the release of their own natural hormones. The downside of the readily available synthetic hormones is, that they do not have the same behavioural effects as the natural ones. Synthetic oxytocin for example inhibits the release of natural oxytocin from the not reach the brain, meaning it will not have the "bonding effect" as the natural hormone.

Natural methods also require the woman to be an active participant in the birthing process, which involves empowering her to listen to her body and being able to change positions (walking, squatting, rolling, hovering in water or just resting) – in contrast to a woman being stuck in a hospital bed on her back with feet strapped, which has consistently been shown to slow down and complicate labor.

"The same movements that get the baby in, get the baby out."

From *Birthing From Within*

Western societies have dramatically disturbed women during the child birth process and these days we seem to have not only a lack of an appropriate cultural model for childbirth but also a lack of time, patience and trust in a woman's body. Now, this raises several big questions: What effect has this on the baby's life and the individual relationship of mother and child? How will humanity evolve over generations of women giving birth under such unnatural conditions? And how will women ever get back their sense of ease, grace and ownership for child-birth, and their own bodies?

and understand the physiological processes, and to give women that knowledge and the freedom of choice.



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Though such a session can in no way be compared or be a substitute to a regular sadhna / meditation yet such a session certainly opens up a window for client and depending upon his state of being and vibration he experiences things that can become key to open his consciousness for exploration of his higher self.

The therapist aids and guide client through various technique to reach that state of trance wherein the client is able to connect with his higher and aware self. This aspect of our being with we commonly refer as our Higher self or the

'Aware Us' is always there with us. The Hypnotherapy session just helps us connect to our subconscious mind which is a know all aspect of our being.

Our awareness or mind as we commonly refer to and broadly be devided into conscious and subconscious. Concsious being the aspect which we are consciously aware in our daily life through our five senses. and the Subconscious which we are unaware in our routine life yet get glimpses of in our moments of Deja vu, meditation, dreams etc..

Tapping into the subconscious in an aware state via Hypnotic trance we can seek answers get insights and gain experiences which can help us resolve a multitude of issues and heal our complete self, that is the mental , emotional, physical and spiritual, to our real Happy, Healthy blissful self. Origins and insights to resolve life's old patterns, physical discomforts, mental blocks, emotional turmoi's and spiritual queries can all be explored and found in know all repository of our subconscious.

In my experience with various clients I ve learned that disease appear long after the actual damage decay and weakening starts somewhere deep within our thoughts and emotions.

Clients with abnormal bone growth; Old respiratory issues, Lifetime phobias, and several other similar issues have been completely healed simply by exploring their own subconscious mind and finding the true origin of their problem.



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ये त्वक्षरमनिर्देश्यमव्यक्तं पर्युपासते ।
सर्वत्रगमचिन्त्यं च कूटस्थमचलं ध्रुवम् ॥ ३ ॥

सन्नियम्येन्द्रियग्रामं सर्वत्र समबुद्धयः ।
ते प्राप्नुवन्ति मामेव सवरभूतहिते रताः ॥ ४ ॥

But those who worship the indescribable, all-pervading, inconceivable, immutable, constant, eternal, impersonal absolute devoid of perceptible form and attributes; completely controlling all the senses with spiritual intelligence equally disposed to everything and dedicated to the welfare of all living entities; they certainly also achieve Me.

Before Any Bone Surgery Hypnotherapy must be Tried

Surgery is anyway there,
yet, who knows one may not need it.

Determination and visualization are two strong and effective tools of the mind that if used properly can help an individual attain his goals...

Sudhakar (name changed), a state level swimmer until about 4 years ago had started showing a change in attitude. It began when he had a shoulder dislocation due to which he had to stop swimming. This lead to frustration slowly building up in him which reached its peak when the doctor proclaimed that he can get any relief only by a surgery. However, the doctor also added that a surgery cannot guarantee a 100 % recovery and he may still be not able to swim as before . Sudhakar decided against the surgery and tried to pursue his interests in other fields like music , content writing for martial arts etc. However , these fields did not excite him and Sudhakar thought he was losing focus in life. The already existing frustration now was turning into irritation and him blaming his family members for everything.

This is when his mother heard about hypnosis and how the therapy can help change a negative mind set. She asked me if I could help her son. The answer was an obvious yes and I added that **the pre-requisite is... Sudhakar should be getting the therapy done because he wants a change in him and not because his mother is wishing for a positive change** . She said that she would talk to Sudhakar and let me know . I took almost 8 months for Sudhakar to make up his mind and take a decision to undergo the therapy . He was determined to heal himself.

When I first met him, I recall seeing a bone jutting out of his left shoulder. He was unable to move his hand beyond a point due to the displaced bone and the pain caused by it. Now I could fully understand why he had to discontinue his passion! After explaining and describing the therapy to Sudhakar, I decided to start off with an emotional detox session for him. **It was very important that he let go off all his negative emotions (like excess baggage) stored within him for a long time now . His negative emotions included irritation , anger , blaming others and even hurting himself .** The session helped Sudhakar let go of his negative thoughts and emotions and more importantly forgive others and himself (although it wasn't easy for him to do so). After a couple of days, his mother confirmed that she could see a visible change in his behavior ...his habit of blaming others had considerably reduced and his frustration was

slowly reducing. **Sudhakar too informed me that he felt very nice and confident about himself and was looking forward to the next session.**

In the next session of hypnosis Sudhakar was guided to visualize himself with strong and healthy shoulder and gearing himself up to start swimming again. His determination and the urge to follow his passion helped him a great deal to visualize that his shoulder was slowly coming back to normal, getting stronger and ready for him to swim. These visualizations showed visible external reactions in Sudhakar who was in a very deep state of hypnosis . I could see his left shoulder get jerks as though it was trying to adjust or realign itself . After the session Sudhakar did mention that he felt strong bolt like jerks in his shoulder and the tightness of his shoulder had gone. I asked him to call me to let me know of any changes/differences he may feel. The next day I got a call from him saying that he decided to join swimming and this was a piece of news which exhilarated me too!

A much more confident sounding Sudhakar came for a third session. He sounded as though he had started regaining his focus that was missing for the past few years . His shoulder bone looked almost normal and there was only a tiny little bump in place of a visible bone poking out. He still had pain in the shoulder joint though . This time after visualization , Sudhakar was able to do a white light healing session too for himself . He said he felt ready to get himself enrolled for national levels selections . He was confident that he could swim well and at the same time he kept no expectations . His priority now was to be a participant in the big event and if selected (with less practice compared to others) would be a boon. He took leave confirming a date for his next session.

When we next met for a session, I asked Sudhakar about his shoulder pain and he had an expression that meant “what pain?” He said that he has been so busy with his work outs and practices that he never realized any pain ! He mentioned that apart from his swimming routine he has also taken up a part-time job as swimming coach ! As a therapist trying to help Sudhakar , my happiness for him has no bounds... I feel blessed to be of help to him

Remember : What the mind expects to happen tends to be realized.



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Dreams: a spiritual communication medium

Dreaming is possibly the most broadly perceived human experience that scientists still have a very little understanding of till the present time. Answers to the critical questions regarding dreams like why we dream, what we do during dreams and what dreams can let us know about our brains still are unanswered. At an average a person dreams for about 90-120 minutes during a night's sleep but most of these dreams are forgotten once a person wakes up. Dreams are no longer dismissed by scientists as arbitrary neuron firings or meaningless fantasies. Dreams are now considered an ongoing thought process that just happens to occur while we are asleep.

Spiritual teachers have explained sleep and dreams in a much different aspects. According to some of the spiritual teachers, sleep is very similar to meditative state. During sleep, like in meditation, one is cut-off from external world through his senses but without a focus. Men of spiritual knowledge consider dreams as a medium of communication to the individual.

In fact, dreams have been responsible for some major creative and scientific discoveries in the course of human history. Some these are given below:

Dreams have been in charge of some major innovative and investigative revelations over the span of mankind's history.

Ram Raksha Stotra

Ram Raksha is a hymn of praise, used as a prayer for protection to Lord Rama, it was written by a saint Budha Kaushika during the Vedic period. Literal meaning of Ram Raksha means 'Protection given by Lord Rama'. One who sincerely recites it and understands its meaning, he receives faith that Lord Rama protects his mind & prepares it to know the Ultimate Truth. It is said that Lord Shiva came into saint Budha Kaushika's dream and sung these 38 stanzas.

Mathematical concepts from Srinivasa Ramanujam

Srinivasa Ramanujan , one of the best known Indian mathematicians , shockingly got almost no formal immaculate training in mathematics yet, he made a mind blowing number of contributions to different parts of mathematics , including the Ramanujan conjecture and the formula for the infinite series for π .

In the event that Ramanujan is to be trusted , he was inspired by his family 's goddess , Mahalakshmi of Namakkal , whom the mathematician said gave him, dreams for complex mathematical concepts. When awake, Ramanujan would record these dreams as he recollected that them, and the majority of these concepts later ended up being right.

The Anatomical Structure of a Fossil Fish

Swiss-born naturalist Louis Agassiz who is considered a founding father of modern American science and is best known for his five-volume work, *Recherches sur les poissons fossiles* (Research on Fossil Fish), published in interims from 1833 to 1843. While working on a particular type of fossil fish for the publication , Agassiz got stuck on how to unravel the anatomical structure of the specimen as fossilized in a slab of stone . It is said that for two consecutive nights in a row, he dreamt about the fish in perfect condition , but after awakening , he could not remember the details of the fish's anatomy . So on third night, Agassiz left a pen and paper by his bedside and prayed God he would have the dream once more. As he had trusted, the dream did come, keeping in mind just half-conscious , he drew the fish and backtracked to rest. Shockingly , when the researcher completely stirred the next morning , he wondered about how precisely point by point his delineation was, in this manner driving him to accurately interpret the stone section.

Sewing machine utilizing a lockstitch plan

In 1845, Elias Howe invented the sewing machine taking into account a celebrated dream that helped him comprehend the mechanical penetration of the needle for which he was awarded the first US patent for a sewing machine utilizing a lockstitch plan. Elias Howe dreamt that he was tasked by a coldblooded king to make a sewing machine in twenty-four hours, the punishment for neglecting to do as such being death.

Near the due time, he saw how the spears of the king's warriors were pierced near the head, so after awakening, Howe raced to his workshop and effectively finished his innovation of his variant of the sewing machine.

It is said that he was awakened by 4 o'clock in the morning. He hopped out of bed, raced to his workshop, and by 9 am, a needle with an eye at the point was ready.

Theory of relativity and speed of light

When he was an adolescent, Albert Einstein had an odd dream that in the long run prompted one of his most essential discoveries. The vision included him seeing dairy animals encased inside electric fencing. Amusingly, the bovines had their heads through the wiring and were eating the grass outside their fenced in area. This showed to Einstein that there was no power going through the wires. At that point, as he looked to the other side of the field, he saw the agriculturist connect the wires to a electric current supply, which at that exact minute, brought about the bovines bouncing in reverse from the jar.

Conversing with the agriculturist, Einstein mentioned how he had seen that bovines had responded instantly, all together to the current. To his surprise, the agriculturist asserted to have seen the bovines bouncing each one in turn, the cow closest to him hopping to start with, then the following, et cetera. That dream drove Einstein to find the pace of light, which ventures to a great degree quick, however not unendingly quick. Moreover, the distinction in his and the agriculturist's recognition permitted Einstein to understand that time is relative.

According to some sources another dream had played role in finding the theory of relativity. As a young fellow, Einstein dreamt that he was sledding down a precarious mountainside, going so quick that in the long run he drew closer the velocity of light. As this minute, the stars in his dream changed their appearance in relation to him. He stirred and ruminated over this thought, soon detailing what might get to be a standout amongst the most acclaimed exploratory hypotheses ever.

Diabetes and Insulin

After his mother passed away from diabetes, Frederick Banting was moved to discover a cure. The fact that he lacked knowledge of diabetes as he was more into surgery he teamed up with Carles Best, who had good knowledge of diabetes.

On October 31, 1920, Banting went to sleep and dreamt of a specific experiment. When he got up, he did the trial and demonstrated that insulin could be utilized for controlling diabetes.

While looking for exact reason for diabetes , Banting had a dream instructing him to surgically tie up the pancreas of a diabetic dog and he found a asymmetrical harmony amongst sugar and insulin . This was followed by another dream that uncovered how to create insulin as a medication to treat the condition. The discovery won him a Nobel Prize in Medicine at only 32 years of age in 1923.

Neil Bohr's model of atom

In 1922 , Danish physicist Neils Bohr , the father of quantum mechanics , received the Nobel Prize in Physics for his investigation of atomic structure . Quite surprisingly , the nature of the atom was revealed to Bohr in his sleep.

Bohr's vision of atomic structure ended up being one of the best leaps forward of his day for which Bohr was later awarded a Nobel Prize for Physics.

Conclusion

From above examples it is amply clear that dreams have been used as a medium of communication for betterment of individual or of humanity.

Now taking it a step further, what we do in Hypnotherapy is similar to it, however in sleep our subconscious mind is awake and conscious is asleep while in Hypnosis conscious mind is also awake , but the interaction happens with subconscious mind which is otherwise trapped only in dreams and meditative trance.

And here we find cure of phobias, fear, mental, emotional blocks of all kinds and what more as above given example of dreams state, sky is the limit.



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CONCEPT OF KARMA THROUGH PAST LIFE REGRESSION

Past Life Regression mostly used in healing people, it's known history according to modern system goes back to year 1700, however if we'll go back to Indian (HINDU) Scriptures we'll get many examples of the same but not with the same name and in India it was used not only for healing purposes but, to understand concept of karma (Ones Deeds) and dharma (One's ability to perform his/her duty as to their placement in Life, 'in Acceptance'/no its not same as religion)

We can take one example from MAHABHARAT an Indian Epic where Bhishma Pitamah/Dev Vrat is lying on the bed of arrows in Kurukshetra waiting to die. Here he asked Krishna "Hey Govind! I've explored last 100 birth of mine but I am not able to understand why I'm lying here and suffering like this".

Krishna said "Pitamah(Oldest father figure of family)! Go back to 101th life there you will get the reason, where you've killed one snake in a similar way, that is why you are dying on the bed of arrows". Through this conversation we can see Krishna was doing the pastlife regression of Bhishma Pitamah to better understand the concept of Karma.

One may think why Krishna did not heal him why just telling him about his karma? So we'll talk about Karma...Some Karma can be changed and some cannot.

When we prepare a dessert, if any ingredient is too little or too much we can adjust other ingredients accordingly but once it is cooked, it cannot be reversed. Sanchit karma can be changed and adjusted by different means of healing. Prarabdha karma cannot be changed; so in short one type of karma are the ones that can be healed and another that one meant to go through (to burn karmic bonding) or one'll come in next birth for the same. Better understanding of karma can help us remove all kind of negativity from our lives because we know what is happening and why is it happening.

We know life is a full circle whatever 'we give gets back to us', sooner or later, so we need to be more aware about ourselves in our dealing with the World and with ourselves. Past Life Regression is very powerful tool that can help us in being more aware and clear about life & Karma;



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