

"Love keeps no record of wrongs".  
'1Corinthians 3:15'



# Healing and Hypnotherapy

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Your non-attachment to the  
mundane is your charm.  
Your attachment to Divine  
is your beauty.

' Sri Sri'

तपस्विभ्योऽधिके योगी ज्ञानिभ्योऽपि मतोऽधिकः ।  
कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥ ४६ ॥

To Achieve Oneness, there are many ways, Renunciation, Path of Knowledge and to fulfill ones duty by seeing it as God's command (Karma Yog). However, meditation(Yog) is better than them all. So dear seekar; become Yogi.

(SrimadBhagvadgeeta "Chaptor 6- Verse 46")

## From the Desk

Every Experience, Every Encounter is previously decided.....Some Kind of previous appointment is made.....

**If so then what is 'Free Will'???**

Free Will -----Our choice to learn whatever is to be learnt to live in that situation peacefully.....

**And**

Our Ability to leave once it's achieved. Yes heard it right our ability to leave...

Cause what is learning in one set of circumstances is implementation in another set of situation.

But --- Sometimes we choose by our free will not to learn but to run away. Lo & Behold .....Exactly similar situation is waiting right in the corner to repeat same experience all over again.....

Sometimes after conflict, trauma and pain we do see the learning and we learn, however by then we are so overwhelmed, we grow so accustomed to that thing, place, person or situation that we just do not have enough spunk left in us to move on. -----To leave.

Even though we loose all emotional attachment, we see no connect, and we know it's stagnant yet we prevail.

We are so struck with our ability to win it over that we just don't see: Now! Is the time to move on?

Decisions, when come from anger, emotional high, impulse they lead us to flight.

Decisions, coming from calm detached sense of completion lead us to growth.

Let's have experiences, and value every teacher, as blessing; it may be anything; situations, places, and different people – Good or Bad.

We Bow to our teachers and bless them all. In our journey, to find ourselves, their contribution is immense.

We have lots of new insights in this issue. Here comes fusion of many techniques to take Healing and Hypnotherapy at a very different level altogether.

Earth's surface is 71% water, and **Water** is of major importance to all living things; in some organisms, up to 90% of their **body** weight comes from **water**. Up to 60% of the **human** adult **body** is **water**. According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are **composed** of 73% **water**, and the lungs are about 83% **water**.

And, what an amazing session **Neha Sharma** has brought us in her write up "**Water**" A must read. Its Water; in energy form and some wonderful insights are here.

Please Welcome **Mr. Balgopal Kareen** and his Fusion technique of Combining very old Vedic Science **Marma Therapy with Hypnosis** and getting amazing results from it.

Now I (**Varsha**) brought you "**Time Line and Hypnosis**" Read it to enjoy what miracle are possible through our subconscious mind With **Ulf Sandstrom** we will understand a beautiful technique Trauma tapping Technique TTT and, its effective amalgamation with Hypnosis. Through "**Taming the Amygdala: Indirect Hypnosis in combination with Trauma Tapping Technique – TTT**".

Here we will meet **Mr. Tajpal Singh** the **Reiki Grandmaster**, with his Article on Reiki. Our therapists and Non therapists all readers will enjoy this.

Once more **A Prakash** enthralled us with some grave reflections regarding life and its perspective, in his article, "**The Journey called Life**"; Sighting His session in it



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## WATER



Water (H<sub>2</sub>O) ... most important and essential part of our life as **71%** of Earth's surface is **water** and **65%** of human body is **water** AND we can't survive without water more than few days. Water is not just an element but it is a powerful energy source that is everywhere from our own body to our earth. We might have noticed that we really feel good near water bodies be it sea beaches, river side, lakes and water fall etc. there we feel very peaceful and at ease ever gave it a thought why ....?

Well, as water is energy source and most of our body contains water so our water energy connect with the energy of that water body and replenish itself, as majority of our body is water so immediately we start feeling better. 35% of our body may not be at its top however we get a breather so our body gets time to heal that 35% as well (our body heal itself if given some time).

In Hypnotherapy sometimes we connect with energies to reach the root cause of the issues of clients, so here is the case ... One person came for frequent fever. Every month this person is down with fever for few days,

and, with or without medicines he gets well after few days, It was from last one year.

Finally He came to me for Hypnotherapy: in first session we couldn't reach the root of the issue; his routine was fine, exercise in the morning and healthy food habits. Yes, hectic work schedule in Software Company. So I decided to explore this person's energy body in second session and then this water energy appeared. It was in real bad shape (stagnate), means no fresh energy is coming but loads of filth; (negative energies/emotions) has been thrown into it. Fever was just a means used to communicate with this person, what this water energy is going through.

When I asked this energy, why it is in such situation???

Water Energy said, "Water flows in river because there is always fresh supply of water from different source of energies like mountains; from depth of Earth or rain. Similarly, in human body we need fresh supply of water (energy)" .

Again I asked, "This person visits places close to water bodies (sea beaches, river banks etc....) every 3-6 months then, why water energies in his body are not up to the mark"?

Water energy said, "being closer to water body gives fresh energy but what will happen if you are full of energy but not allowed to use this energy, it will be stagnate. And energies are meant to be flowing."

Then I asked how he could keep his energies moving or flowing? It answered, by connecting with other flowing energies with full awareness ... means connecting with other people even if just a smile & eye contact for fraction of second but with awareness & good thoughts in your' heart AND that will make all the difference.

Now this person always felt, "if he smiles every now and then, people will not respect him or, they will stick to him for their benefit, he has 2 to 3 friends from work, small family; never interested in helping others until they are his family and friends as it is none of his business. So his out of his 'own' world interaction, was not much, business clients were the only exception.

Remedy for his issue was to connect with more people, loads of smile and last but not least AWARENESS. Whatever you do, do it with awareness. It's been three months and no fever, one good thing with this person is even if solution is just opposite his mental conditioning, he is still practicing these things like medical routine, because of this, he is not only healthy but happier person as well.

***\*As most of our body & mind are made-up of water so we must keep our energy sources (Sea, River, Lake, waterfall etc.) clean because it's a win-win situation we help them and in return they will help us beyond our imagination. ☺***



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## **Fusion therapy technique (FTT) involving Marma Therapy under Hypnosis**

A big hello to all readers and all the ypnotherapists out there.

Many of you would be involved in healing work especially, working on various illnesses and getting varied results. I have some interesting experiences for such therapists.

As an electrical engineer turned Clinical Hypnotherapist, I have always been fascinated to work on the subject of human engineering. I keep innovating and trying out new things so that my clients get relief in the minimum number of sessions and a permanent solution for the reason they have come to me. I am always on the lookout for expediting the healing process and making it more effective.

Depending upon the objective and the situation of the client, I have been working on what I call as fusion therapy. This involves using any healing modality with the client under hypnosis. I have found that this way we can increase the efficiency of our services and also expedite the healing process many times. For example, we can try hypnosis + Reiki, hypnosis + Pranic Healing, hypnosis + EFT, hypnosis + Marma Therapy, and many more.

Of late, I have been working a lot of cases of Hypnosis + Marma Therapy and have found it very effective means to provide solution to many physical illnesses and change the perception of the client towards life which could have been aggravating to his illness.

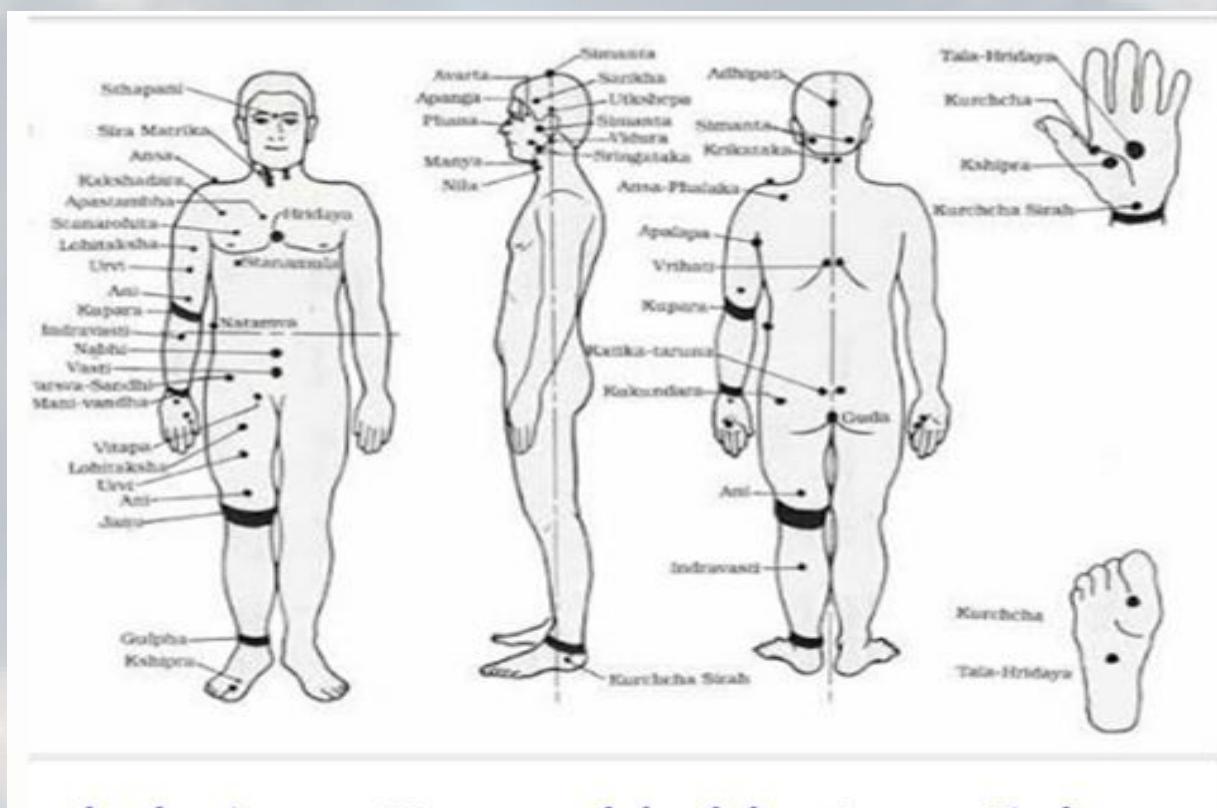
For those who are not familiar with Marma Therapy, let me give a brief introduction. Marma Therapy is an ancient vedic science which is believed to be more than 500 years old. In Sanskrit, the word Marma means secret or subtle.

Marma therapy is the energy healing of [Ayurveda](#); utilizing 107 points or “doorways” into the body and consciousness. Each point allows for entry of Prana(the life energy) into the “chakras”- the vibrational energy centers along the spine in the “subtle” body, releasing blocked energy and stimulating pranic flow.

Marma points, considered “doorways” or “entry points” into our body’s inner pathways, when gently pressed on the skin can stimulate a chain of positive events.

This science was kept as a secret because of the powerful nature of the marma points. We have 107 marma points in our body out of which only 44 are used for therapeutic purposes and the rest are used for martial arts. The ancient martial art of “Kalari” which is still practiced in Kerala, Tamil Nadu and some more parts of Southern India uses these marma points.

I was introduced to the Marma Therapy by my spiritual master “Babaji” and since then used this tool very effectively to provide medicine-less, non-invasive energy healing to my clients.



Let me share the case of Alfred (name changed) who had been suffering from painful migraines since many years. He was in tremendous discomfort when he came to me for the session. I used an instant induction to put him in a trance and then stimulated the Marma points on his head and face. It was so effective that the client never had any attack of the painful illness since then and he considers it to be a miracle. An in-depth study of Marma Therapy had given me the insight as to the various Marma that, if stimulated correctly, could release all the energy blocks in his subtle body and thereby clearing the energy flow to the affected parts. What I have realized that when we put a person into a trance, we are connecting the client with his higher faculties and under hypnosis when we stimulate the Marma point/s it is far more effective (almost 20 times more effective) than doing Marma Therapy on a person in normal consciousness.

So, If You want to experience this therapy or (for healers) You would want to introduce fusion therapy techniques in your practice and make it more effective and less expensive as well as less time consuming for your clients. Please feel free to reach me at my email Id given below.



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## **Time Line and Hypnosis**

Deep Depression! was completely invisible, in chirpy laughter and, happy enthusiastic witty one-liners.

But when he came as a client after introduction that, I am a hypnotherapist. He described there are days when just nothing feels right it is an effort to come out of bed, have to push oneself to go with mundane routine and sometimes, even that does not happens. For days I just stay in bed I do not even want to eat anything.

Felt quite Alarmed with this admission I started with Time Line in NLP. Client was not able to see beyond two to three events in future.

I asked imagine something but no; Client reported its dark.

Well we begin with the exercise to change his future. Still in Direct NLP he could not visualize anything. I asked what do you like most.

I do not like anything.

But your behavior in Public is very different.....

Yes but its with great difficulty I could come to such places I have to push myself real hard, Once I reach there I make everyone enjoy but I do not share the real me with any one.

By his eye movements and Language he was heavily Kinesthetic. So instead of prodding consciously, I decided to put him in deep trance.

I started Hypnotherapy. I put him in Deep trance. We went to that issue, which came out as bad relationship; where he carried the burden of being wrong and messing up his relationship, Guilt was very deep which was not letting him go beyond that. We went for forgiveness and then release the guilt.

Again I went back to the Time Line process, this time in deep trance, now I asked him to change his future: see what you want to

create. Without that guilt, to weigh him down: He made a beautiful future around him. I said see yourself as a very confident happy person who is willing to make friends and connecting with people.

He did it with ease. I asked him to visualize his future in details in bright moving picture with brilliant colours and beautiful sound, and feel the beautiful objects around, touch things which are there, Hug those friend of yours and, feel their warmth of love; feel their touch as they are hugging you back and reciprocating your friendship your love.

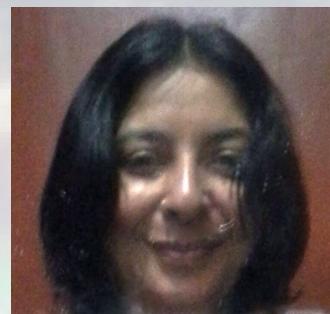
Now make this picture bigger and bigger, brighter and brighter. His face was lit with its beauty. This is your future continuously flowing happiness, Love, Prosperity and Abundance.

Out of trance I asked him to again see his Time line now future was exactly how he made it and it was long bright and beautiful.

We concluded the session with bubble process repeated four five times in order to make him less vulnerable to emotional hurt and to carry his personal space every where.

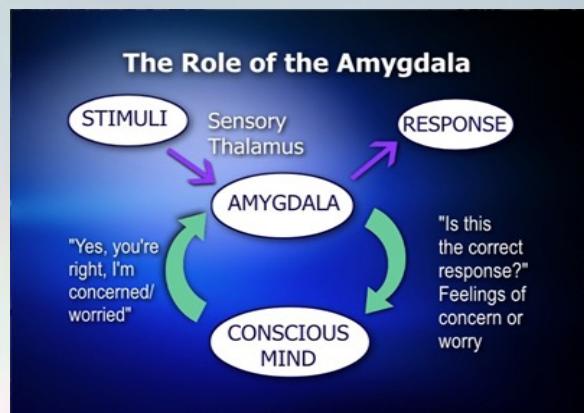
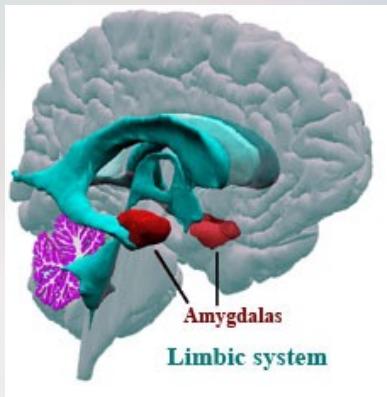
Results of this session is, amazing he is well on his path of future he visualized that day. And there are no heavy dark days to conquer.

How different techniques produce amazing result when amalgamated in right way.



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# Taming the Amygdala: Indirect Hypnosis in combination with Trauma Tapping Technique - TTT



Taming the Amygdala: Indirect/direct Hypnosis in combination with the sensory exposure therapy of Trauma Tapping Technique.

Amygdala is a roughly almond-shaped mass of grey matter inside each cerebral hemisphere, (Parts of brain) involved with the experiencing of emotions.

Trauma (or Tension) Tapping Technique (TTT) is a simple and very efficient stabilizing technique, which involves firm and precise tapping with two fingers on head, facial region, upper torso and arms in a specific order and rhythm with a breathing intervention between two rounds. It can be used to stabilize emotions, lower stress, resolve phobias and post-traumatic stress reactions.

We have been working with this method since 2007 with survivors of genocide, sexual violence as well as former child soldiers in Rwanda and DR Congo ad a First Aid sensory exposure technique to treat symptoms of emotional and post-traumatic stress.

Results and follow-ups indicate that long-term stress reactions are permanently de-conditioned when applying this technique, often already after one or two sessions. We have used these experiences and this brief technique in combination with indirect and direct hypnotherapy for clients with lower level of anxiety as well as higher anxiety, grief, panic and other emotional stress reactions with equally positive results.

The same technique has been combined with anxiety management using indirect hypnosis for dental care, massage therapy and midwifery with positive results. As a side note, all of our findings resonate extremely well with the approaches to stress and trauma outlined by **“Dr Professor Bessel Van der Kolk”** in his book **“The Body Keeps the Score”**.

The Trauma Tapping Technique fits into direct and indirect hypnotherapy specifically and I believe sensory exposure therapies like TTT are a natural complement to hypnosis when it comes to taming the Amygdala.

As you know, the proof of the pie is in the eating. It takes five minutes to try for yourself, see full instruction film at [www.selfhelpfortrauma.org](http://www.selfhelpfortrauma.org).

### **Self Help For Trauma**

Welcome to Self Help For Trauma. We are a live resource providing information on how you can help yourself and those around you with First Aid for Stress and Trauma (FAST) techniques as a complement to primary care.

[selfhelpfortrauma.org](http://selfhelpfortrauma.org)



**Ulf Sandström**

is a mental trainer and hypnotherapist who is extremely curious about what makes us tick. Tock.

He works as a complementary therapist with in-depth knowledge and experience of principles, methods and procedures for treatment of a large variety of symptoms of emotional stress and trauma; including flashbacks, addiction, chronic pain, cognitive dissonance, IBS, GAD, COD, grief, rumination and sleep.

With the Peaceful Heart Network he works with First Aid for emotional and traumatic stress in zones of post-conflict such as: Rwanda, D.R. Congo and Lesbos, Greece.

Read more at:

[www.ulfsandstrom.com](http://www.ulfsandstrom.com),  
[www.peacefulheart.se](http://www.peacefulheart.se)  
[www.selfhelpfortrauma.org](http://www.selfhelpfortrauma.org).

# **Reiki - An Amazing Japanese Energy Healing Technique**



Reiki is one of the more popular therapies in the group of Energy Healing Therapies. It is a Japanese energy healing technique for treating physical as well as emotional issues in a holistic manner. It was rediscovered in the mid 1800's by a Japanese born Buddhist monk, Dr. Mikao Usui. The word Reiki is made up of two Japanese words – Rei which means God's Wisdom or the Higher Power and Ki which is life force energy. So, it is a subtle and effective form of energy work using spiritually guided life force energy for healing and well-being of all living beings including plants and animals. It is an absolutely drugless therapy and does not involve use of any medicine whatsoever.

There is a non- physical ubiquitous universal energy that gives life to every organism. Our ancestors have known of this energy for thousands of years and have sought to develop ways and means to harness its power to heal and influence our lives. The Japanese call it Ki, the Chinese call it Chi and in India we call it Prana Shakti. Western world call this as Holy Spirit or Life Force Energy, Many successful disciplines such as Reiki, meditation, Pranayam, Qi Kong, Tai Chi etc. have been developed to control and enhance the flow of this energy in and around the body. The energy itself is pure and omniscient wisdom.

Reiki is a powerful healing therapy that works through the entire energy channels of our body covering all levels of our existence i.e. physical body, energy body, emotional body, mental body and spiritual body. It is a simple, natural and safe therapy that balances life energies and brings forth health and well-being in all living

beings. You don't need to be ill to receive Reiki benefits. Regular Reiki sessions help in keeping your body, mind and spirit in harmony.

Reiki healing has two methods of treatments-

1. Therapeutic touch Method.
2. Distance/Absentee Healing Method.

**Therapeutic Touch method (TTM)** includes gently laying the hands on a client's body or slightly above the body, covering all the seven Chakras, all major organs and the entire endocrine system to assist the client in reconnecting with the universal energy for their healing. The energy that is channeled through the practitioner's hands, goes naturally to any part in the client's body in which it is needed. It need not always require hands on contact with the client and can be used to augment modern medicine treatment.

**Distance or Absantee Healing method** is very useful when there are physical or geographical limitations; the client is unable to personally come to the Reiki Practitioner for a Reiki healing session due to distant place of living, or he may be physically not in a position to come for healing session or is undergoing medical treatment in a hospital etc. Distance healing are made possible by the principle that energy is not limited by distance, time and space. A Reiki healer could channel Reiki to you, to your friends and family, to your pets, to your business and to help with the events, past and future.... The list is endless. Reiki could be sent to another room, another City and even another Country.

The distant Reiki session is just as strong, if not stronger, than a 'hands on' Reiki session, its effects can be instant and amazing.

### **Benefits of Reiki Treatments**

One of the greatest Reiki healing benefits is stress reduction and relaxation, which triggers body's natural healing abilities, and improves all round health and well-being. This powerful energy removes toxic, promotes holistic health by increasing life force energy of the body, Reiki treats the person as a whole including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feeling of peace, security and well being. It is very helpful in Post – Traumatic experience disorders

and other emotional issues. Actually, it has been effective in helping virtually every known illness and always creates a beneficial effect. It works well along with all other medical or therapeutic techniques to help relieve their side effects and promote faster recovery.

Some of the well-known benefits of Reiki Healing Therapy are:

- Accelerated healing at all levels
- Relief from acute pains of all types
- Reduces stress & anxiety
- Increased sense of well being
- Increased creativity
- Strengthening of immune system
- Rejuvenation of body, mind & soul
- Detoxification of the body
- Physical, emotional, and mental balancing
- Reduced side effects of chemotherapy and other allopathic treatments
- Spiritual and emotional growth
- Increased ability to handle life's challenges with calmness & clarity etc.



**Tejpal Singh**

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NLP Master Practitioner,  
Advanced Life Coach,  
Advanced EFT Practitioner,  
Chakras, Aura and Crystal Healer,  
Past Life Regression (PLR) Expert and  
Vaastu Consultant.

He also conducts regular workshops to teach all these and many more therapies in India and abroad.

Founder of Healiya Wellness ([www.Healiya.com](http://www.Healiya.com))  
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## **The Journey Called LIFE- An Eternal Quest or Just Being!!!**

We come and go! Taking births, growing and dying! In between we Live. Living is what becomes the Essence of our Being. Years after years and lifetimes over lifetimes, all we have been doing is Living! Birth and death are just the portals of entry and exit in this Whole Journey called Life. The Journey, our Soul, takes from The Source to The Source, living lifetimes in-between!

All that we experience in our current lifetime or in the lifetimes we have lived, adds-up the 'Whole' that makes 'Us'. We are but a sum-total of all our experiences and learning. Our actions, interpersonal relations and choices we make, shape the course of our current life and that of lifetimes ahead. The Karmic bonds we forge shape the life we Create! Freewill and Choices become the keystone of our Being!

So every time we come, we create a 'Blueprint' or a 'Road Map' to guide us in our journey. In my various sessions with different clients this aspect has come up again and again that we actually are the ones who Create and Shape Our Life or Destiny. The 'Blueprint' we choose and design is tailor made by each one of Us, under loving guidance and care of our 'Guides'. We choose it all, our parents, family, physical appearance, gender, economic backdrop etc. etc. We even choose the key people we have to work-with or interact with either to balance our Karma, or for an experience to aid our learning.

So people always ask, why will anyone choose to be born an ugly duckling or in a poor family or a life full of hardships! Here we may compare it with situation where one has to choose a role in play for the upcoming annual college dramatics competition. If there is a choice between two roles one that of a king, but with a simple script of a happy go merry lifestyle and very few shades of expressions, while the other role is that of a man who gets crippled, becomes penniless and loses everything and everyone he had, but slowly works hard winning back everything his honor, fortunes, family and love! So, if one had to sharpen his dramatic skills, and grow as an actor, which role do you think will one choose!

From the Soul's perspective our lifetime on 'Earth-Plane' too is a similar choice, just a roleplay, where we come to learn and experience the varied shades of life. We are not bothered about how we look, were we live, how we live, with whom we live, unto the time all these contribute and create the best suited environment for our 'Soul-Growth'. We choose our circumstances and people based upon the lessons we seek to learn and to settle the Karmic debts.

Few years ago I had a client who came to me seeking insights if any, that can be gained with aid of hypnotherapy, regarding his forthcoming business project's viability and financial success! Truly saying for me it was a First!, in the sense that till then no one had ever come seeking insights for material/monetary gains that too in the forthcoming future!. Something like soothsaying or predicting a future! After pre-talk and discussions on various aspects of his life and his goals, what came

out was that, he was having a deep insecurity and fear about his material successes and wellbeing, while at the same time he frequently felt disconnected to this whole business of creating a huge successful business empire! This man currently was a very well established businessman who had dozens of successful ventures with annual turnover in millions, yet here he was insecure and fearful about his financial success and material wellbeing! The project he was seeking guidance was related to setting up of a manufacturing facility, whose initial investment itself run into several millions.

After exploring various aspects we decided to explore his purpose of life, and what he had actually come to learn and achieve in this lifetime. So after routine deepening and visualization sequences, he was age-regressed to the point of his birth, from there to his mother's womb to the movement when he as a Soul joined his physical body in his mother's womb. At this stage once he was calm and in-sync with all the awareness surrounding him, he was slowly and softly guided to the point before he as a Soul joined his mother's womb.

It was at this moment that he for the first time experienced himself in a 'Formless-form'. "I don't feel any physical body, all I can see and feel is my Being, it seems as if I am Made of LLIGHT", he chirped, like a happy child, so amazed yet joyous at his new discovery! Soon he could 'See & Feel' the presence of his 'Guide', whose Love & Care he felt was beyond anything he has ever felt in his whole life. Exploring further we were able to find answers to several key aspects of his life, his purpose, his goals etc.

Here was a man who had so much in life, so much wealth, so much success and so much of material abundance, and still insecure about his success and material wellbeing, while what we learnt was that the core purpose of all this abundance chosen by him in his own ‘Blue-Print’ was to ‘Learn’ the ‘Uselessness’ of it all!!! His key learning was to understand and experience fulfillment of LIFE beyond material means. His life goal was to grow beyond the ‘Maya’ (Ancient Indian Concept of Worldly Attachment).

Luckily he also found another very beautiful insight (one he didn’t come seeking answers for) as his ‘Guide’ lovingly made him ‘Aware’ was the need to reconnect with his loved ones, especially his ‘Spouse’ ( he later told that they had strained relations), who was his soul mate of several lifetimes. He was ‘Shown’ by his ‘Guide’ how his ‘Lessons’ will enrich not just his forthcoming life but also that of his loved ones, because as his ‘Guide’ said “ Your Good Karma not just Fulfils your Life, it Illuminates everyone around you”.

The session didn’t tell him about the profit margins or the feasibility quotient of his forthcoming venture, yet he went back home with a deep satisfaction and a broad smile, thanking ‘Universe’ for giving him much more than he had sought, and also for the awareness that he had a gentle loving ‘Guide’ always by his side who had answers to all his questions and much more! All his worries and anxieties for his projects and business ventures seemed to have ebbed down, and it seemed all he longed was to rush back home and hug his beautiful wife and kids! Or in his own words, it seems like a new birth and second ‘Home-Coming’ for me!

So going back to where we started, 'The Journey Called Life', is it an eternal 'Quest' or its all about just 'Being'! Guess the insights of this amazing session, answer this, IF Only We Choose to Know! For each one of 'US' will 'See' by our own 'Eyes' and absorb by our own 'Awareness'!!!

**"Life is but a Dream, it only we knew to Live it"**



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