

"The Pain that you've been feeling can't compare to the joy that's coming". 'Romans 8:18'



# Healing and Hypnotherapy

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It's all I have to bring today—  
This, and my heart beside—  
This, and my heart, and all  
the fields—  
And all the meadows wide—  
Be sure you count—  
should I forget  
Some one the sum could tell—  
This, and my heart, and all  
the Bees  
Which in the Clover dwell.  
-Emily Dickinson

Cover Page: Picture  
by: Raghuraj Sinha

त्वमादिदेवः पुरुषः पुराण-  
स्त्वमस्य विश्वस्य परं निधानम्।  
वेत्तासि वेद्यं च परं च धाम  
त्वया ततं विश्वमनन्तरूप ॥ ३८ ॥

Oh Lord! You are the begining, You are Eternal, You are the only OPTION.  
You are THE ONE to be known, and THE ONE who knows it all.  
You are THE ULTIMATE - You are all encompassing only LIGHT amongst all  
(SrimadBhagvadgeeta "Chapto 11- Verse 38")

## From The Desk

One stone to another: This water is flowing, Air is moving and even shrubs and trees are coming and going . We are the only one unchanged and same : not even moving anywhere . Lying here Simply; and just looking.  
Feels saddened, left behind.

Other Stone laughed watch it closely it's not water its time flowing by and now look at yourself clearly. You are not same either, you are changing with every ruffle of time and it's flow ; its variety is leaving a mark on you. You are not same as what you were a moment ago;  
yet the changes are so subtle they are well hidden before they get accumulated. And one fine day when you get time from watching others and, your admiration and criticism of outside world takes break, you look at yourself and realise I am changed.

First one asked puzzled and there is not a thing we can do about it?

To change ! Nope not at all but to decide how to change Yes ! That's your choice the way you role, which part you want to glow and which you want to leave a little thick yes, that you may.

But how will I decide if it is the right way to change?

Oh no you don't initially , but by and by you get a hang of it and know exactly what, when and how will things change . Hey! but don't be too caught up: **Unimagined things happened when we are most sure of ourselves**, said he, laughing: so even though

cherish your clarity. Be ready to accept things as naive child at every juncture of change.

What do we do? Enquired the first one.

Nothing we can neither stop this phenomenon nor slow it but, we can definitely navigate it.

So lets be mindful and Navigate this flow of time for our life and for our selves.

And just like this, we also have reached at our eleventh step stone, navigating our journey with “Healing and Hypnotherapy”

Every Month it’s another flavour another concept.

And.... here we are taking our readers through something much more: amazing write ups, our Healers....Therapists never seized to amaze me what lovely world they are opening for ourselves . I am mesmerized, enthralled.. come, I want to share this world with you all.....

Take your seats, fasten your seat belt we are on a new flight of inner world Zooooooooommm.....

And here is our first stop.....welcome dear “**Shanti Chainani**” our healer from Singapore to bring us **Goulding Process** “developed by Joane Goulding to help her young child, Michelle, who had **Cerebral Palsy** with an IQ of approximately 45 and speech impairment” A must read I ll say.....

Dear **Guzalia S. Davis** many thanks for sharing this grounding process , which is simple and beautiful , and can be practiced easily. What a treasure. As always...Your Specialty you know.

Thank you **Neha Sharma** your **Sound** is a write up with some very sound knowledge in connection with **water** . Lets mind our words and tone and make them as beautiful as possible since they affect everything, right out ourselves and our surrounding all of it.

**Camilla** dear what a thoughtful experience you have shared with us Are we really carrying imprints of our ancestors ? Is there anything to help.....? “**You behave just like your Dad** “ ...Carries more than superficial identities

**A.Prakash** you never seize to mesmerize me and I am sure to the readers as well. The way you connect with your clients and create a flow with their persona . Which makes your sessions such intriguing read. And your success rate so good and such diverse ways.....really. What an observation '**Magic Exists- For Those Who Believe** '. It's a treat **Tale of the Rainbow Princess & Her FairyMother.**

and Nothing completes without you dear **Ulf Sandström** what a wonderful way to explain stress and trauma and how to heal it. Dear readers lets join it and be the part of it. Its beautiful and informative write up. Sit back at leisure and not just enjoy but be a part of "**Peaceful heart**".

Don't Unfasten your seat belts We have just begin..... ☺☺☺

Dear Readers your reflections are invited, please feel free to send your reaction at my email given below or any query you have. It will definitely get place into it.

More healers are invited to join us here.

I am handing out this issue to all of you with deep Love and Gratitude as our one-year's journey is at its 11<sup>th</sup> mark and very soon we will entre into another year's fresh beginning.

Love and Light to us all ☺☺



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# **THE GIFT OF UNCONDITIONAL LOVE**

## **The Goulding Process – Sleeptalk®**

***for Children: This “two minute gift” creates changes that last a lifetime***

As parents , do you wish you had an instruction manual on how to raise happy, confident, optimistic and great children who achieve amazing results in all aspects of their life? Do you wish you had simple solutions on how to handle common childhood issues such as

- Sibling rivalry,
- Separation anxiety,
- Temper tantrums,
- Bed-wetting,
- Nail-biting,
- Unhealthy eating behaviours,
- Fear of going to school,
- Fear of learning,
- Inability to focus or concentrate,
- Aggressive behaviour,
- Bullying,
- Sleeping problems etc.

Now , there is a revolutionary process available called , The Goulding Process - Sleeptalk® for children. Developed in Australia 40 years ago , by Joane Goulding , this process has since helped thousands of parents worldwide , to raise happy , healthy and secure children . This process works with children from babies to teenagers . According to Joane Goulding , the root cause , of many of the common childhood problems , stems from the deep subconscious core belief within a child 's mind , that there 's something wrong with me and I'm not okay. These limiting beliefs are formed during the early years , as the child absorbs , accepts and believes whatever he/she hears and sees as truth since their ability to analyse with a critical mind has yet to be formed.

If a child is frequently exposed to negative situations or hears negative words and hurtful remarks from authority figures, such as:  
Why can't you be more like your brother/sister?

Why are you so stupid?  
You are so clumsy.  
You always make me angry.  
You are so useless.  
What's wrong with you?  
Go away and don't disturb me.  
You are so lazy.

Negative words and hurtful remarks will permeate a child's innocent and vulnerable mind and start to form a limiting belief structure. A child's mind is like a sponge and it just absorbs everything in, the positives as well as the negatives. The sad truth is that children are exposed to more negatives than positives. Often, they are blamed, put to shame, punished, shouted at, criticized, belittled, and compared to others, by the authority figures around them.

## BACKGROUND OF THE GOULDING PROCESS

This process was originally developed by Joane Goulding to help her young child, Michelle, who had cerebral palsy with an IQ of approximately 45 and speech impairment caused by dyspraxia. She refused to allow Michelle to be sedated and housed in an institution due to Michelle's unsociable and disruptive behaviour.

The dream of seeing her daughter live a happy, dignified and independent life, relentlessly led her to look for alternatives as she believed in the power of the mind. Her dream came true and she developed a process. which was so simple to use, yet so powerful that she calls it 'creating miracles'.

Through this process, she was able to give her daughter, Michelle, the most precious gift, The Gift of Unconditional Love. She gave her daughter Michelle, The BELIEF that she is loved....she is lovable.....she can walk....she can talk.....and that life is happy. She gave Michelle, a deep subconscious belief, that "I am OK", regardless of the circumstances around her.

What if you as parents, could instill these powerful positive beliefs within your child's mind? What if your child could view their world

from a position of healthy self-esteem, have a positive mindset and a healthy emotional intelligence of being able to cope with life, school and deal with their day to day situations in a calm way?

Now, this is possible and it can become a reality, with The Goulding process.

All it takes is, for the parents to carry out a simple process which, only takes 2 minutes every night.

## HOW DOES THE GOULDING PROCESS WORK?

I am sure by now you must be curious how this simple process works.

This process is carried out after the child goes to sleep at night. This process does not interfere with the child's normal sleeping pattern.

This process is safe, ethical, non-intrusive, and it "creates happy and resilient" children who then grow up to become worthy and resilient adults who believe in themselves, their self-worth and have healthy emotional attitudes towards life.

During sleep, while the conscious mind sleeps, the subconscious mind is always aware. The Goulding Process allows the parents to easily access the subconscious mind without waking up the child. Parents then introduce positive statements to the child's subconscious mind. These statements are called the "foundation statements". The words of the foundation statements, are so very simple and loving, yet so powerful that the child goes to sleep with positive, empowering and loving words. The positive words will be accepted by the subconscious mind without any resistance, and will begin to form positive beliefs which, will begin to replace any fearful, worrisome, negative or anxious thoughts. Positive beliefs will create positive thoughts. Positive thoughts will then create a positive attitude.

Throughout the day, the child may be exposed to negative and hurtful words. We cannot be with the child 24 hours to protect what the child hears. We cannot prevent negative remarks and criticism from entering a child's vulnerable mind, but with The Goulding Process you can clear the unwanted and negative information, subconsciously picked up by the child, during the day and replace

them with positive and empowering words. The child wakes up in the morning bright, optimistic and happy.

The beauty of The Goulding Process is in its simplicity. The greatest power of this process lies in the fact that, once desirable and empowering beliefs are in place, they are constantly being used, subconsciously, even in small and subtle ways throughout the day. The child develops emotional resilience and a positive mindset. It develops an attitude of “I am okay”.

The benefits of this simple, yet powerful process also extend to the parents and the home environment, as it creates a happier and more peaceful home. It forms a positive and loving relationship between the child/children with their parents as well as creating a loving bond between siblings.

**The process is a 3 session program to be conducted over a period of 6 months with each session being 90 minutes long.**

**This process is carried out by parents or primary caregivers of the child.**

The first step is the foundation process:

Parents meet an accredited Goulding Process Sleptalk® consultant, who will take a case history and detailed assessment of the child. This can be done in person with the consultant or through meeting facilities online e.g. Skype or Zoom.

During the consultation, issues needing specific attention are discussed and highlighted.

The consultant will explain how and why the process works.

The consultant will teach parents the simple technique on how to access the child's subconscious mind, without disturbing the child's normal sleeping pattern.

The consultant will ask the parents to demonstrate the technique, to make sure they are able to carry out the process confidently.

All the notes including the foundation script will be given to parents.

The consultant will be in touch by email and phone if parents require any clarification with regard to carrying out the process.

Parents are given a feedback form to note down any subtle changes they notice in their child's behaviour.

Parents need to carry out the foundation process for 12 weeks so that the child adopts a positive belief structure which, eventually will replace the old negative beliefs.

Parents return after 12 weeks to meet with the consultant for the second session either in person or online.

The second and third sessions are called the Support Process.

The support process.

Parents meet with consultant and discuss any feedback observed during the past 12 weeks.

Feedback will indicate acceptance of the positive foundation statements and that change is taking place.

Parents can now move on to the specific needs of the child as the consultant and parents discuss areas which require attention.

Parents are taught how to now create support suggestions, specific to the child's need, and to include these new support statements to the original foundation statements.

These new support statements will now be added on to the foundation statements and presented to the child's subconscious mind.

Parents repeat the same process, with the addition of the new support statements specifically created for the individual child. The consultant then gives a new feedback form so that parents can record changes in the child's attitude and behaviour and schedule the third session which would be carried out after 12 weeks upon the completion of the second session.

As the child grows, his/her needs may change and new support suggestions can be introduced. Parents will be given the knowledge and skill, on how to create ongoing support statements as the child grows.

With The Goulding Process, parents now have an opportunity to shape their child's belief structure. The most valuable gift any parent can give to their children is the gift of Courage, Self-esteem, Confidence and a deep belief that they are unconditionally loved and are lovable.

What if your child wakes up every morning knowing that, "today will be a happy day" regardless of what the day may bring? What if your child wakes up every day believing that "I am okay" and that "I am lovable"?

To sum it all up, let me end with a quote from Joane Goulding.

**"It's not what we leave to our children that matters. It's the knowledge that we leave within their minds. You talk; they listen – creating happiness while they sleep."**



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## **What is grounding, why it is so important, and how our clients may benefit from it.**



Sometimes, our clients come in such a deep distress. it's even hard to talk for them. So, when I have a client like this the very first thing I do, even before I start my pretalk, I help him or her to ground. It takes only a few minutes, but it helps to feel better in instant. Once they relax a little, I follow with the interview and the pretalk.

I believe that the grounding is so important, I teach it to all of my clients and all of my students. Grounding is a MUST after pretty much any spiritual practice, shamanic journey, past life regression, lucid dreaming...

Grounding is our connection to the Earth. If our connection to the mother earth is weak, it may manifest in many negative ways. We may feel tired and lack of energy. We may feel emotionally unstable. Our physical health may suffer. We can't focus, our mind may be scattered. Even our ability to earn money may be negatively affected if we are not grounded. That's why it is so important to ground yourself. Especially, when you don't feel well, exhausted, upset.

When you ground yourself, your electro-magnetic field (aura) instantly becomes denser and stronger. Your physical body processes become more harmonized. Heart bit and blood pressure normalize.

SCRIPT:

I'm going to guide you through a very quick but effective grounding practice.

What is grounding and why it is so important?

Grounding is the connection to the Earth.

If our connection to the mother earth is weak, it may manifest in many negative ways.

We may feel tired and lack of energy.

We may feel emotionally unstable.

Our physical health may suffer.

We can't focus, our mind may be scattered.

Even our ability to earn money may be negatively affected if we are not grounded.

That's why it is so important to ground yourself.

Especially! When, you don't feel well, exhausted, upset.

So please relax now, and allow me to guide you through this quick meditation, and instantly you will feel better in so many ways.

And you can repeat this practice anytime anywhere. It takes only a few minutes.

Get yourself comfortable. Sitting on a chair is fine. Keep your feet flat on the floor.

Just relax and take a nice deep breath in and, breath out slowly.

You may keep your eyes open, but most likely your eye will want to close on their own. Because, it feels nice. It is so nice to relax them.

Take another deep breath into your stomach and hold it for a moment. And now exhale slowly.

Even just a simple practice of focusing on your breath can help you to relax deeply.

And now I'd like you to imagine that you are a tree. A big, tall, strong, beautiful tree.

And your legs and feet are your roots. And these roots are growing deep into the ground.

They are spreading deeper and deeper to the very center of the Earth.

And that is how you can connect strongly with the mother earth.

And you can release all your worries and aches to the earth.

Just breathe them out through your roots. And the earth will take it and recycle and turn into something beautiful.

And as you inhale, you can breathe in the good stuff that mother earth has to offer.

Breathe out all your fears and worries.

Breathe in confidence.

Breathe out pain.

Breathe in strength.

Breathe out tiredness

Breathe in this beautiful fresh energy

Breathe out all that doesn't serve you anymore

Breathe in all this juicy goodness from the earth

Breathe out all that old language you've dragging around

Breathe in freedom and new possibilities

Feeling better with each and every breath

Feeling stronger, feeling confident

Feeling energized and refreshed

And as good as it may feel now, know that it will only get better.

With each breath, each heart beat, you will feel even stronger, even more confident, positive and optimistic.

Ready to do whatever you need or want to do.

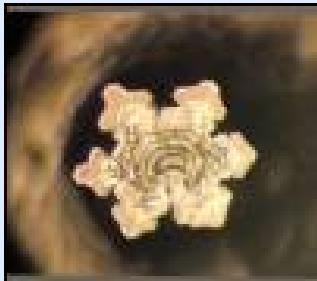
Feeling limitless, feeling in charge

And take another deep breath, coming back into the present moment

When you are ready, you can open your eyes, feeling unstoppable.



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## Sound



Crystal Formed by Mozart Symphonies 40

Crystal in water by the word "Love and Gratitude"

Sound energy one of the main energies.

It affects our lives in many ways, from constructive -to destructive it depends, how we use it.

Modern science is on the verge to prove that words are in environment and we can hear them as again we can hear Krishna giving Geeta upadesh (discourse) to Arjun by setting the right frequency, very much like radio; now it means **word stays even if we perish**, so whatever good or bad we speak is going to be here forever well, ☺ one very good reason why we should be very careful about what we speak.

In Bharat (India) people keep some water at their worship place and after prayer they give it to everyone around & sprinkle at places as well they consider it sacred because of sound of mantra chanting;. And if we observe closely In Church, in Mosque and almost at every holy place there is a tradition of keeping sacred water which is there throughout the procession and then distributed amongst the people.

**Japanese scientist “Masaru Emoto” has proved that water gets effected by sound if there are mantra chanting or classical music or good & nice words are used irrespective of language water forms very beautiful crystals, but bad words or bad music harms water & crystals in water get distorted. Interesting. Well if Sound effect Water So much then we are most effected by sound (Since we are made of almost 2/3 part of water) and the water we drink effected by sound too.**

As I mentioned in my last article “WATER” that maximum portion of entire

world & our body is water and if we will relate it with the research done by Japanese scientist mentioned above we will get the reason; so to keep water energies balance we need to keep sound energy good as well.

Big Bang is called BANG as there were sound and then everything created so we can say we are made of sound; and that is the reason why we feel good when people speak nicely. Whenever we say any nasty thing to others or get angry, we don't feel good once the moment is gone & at times feel tired too. Means those not so good words/tone (sound) affect not only others but us as well and that's second reason why we should speak sweetly and in good words ☺.

Let us mind our sound and take care of our tonality and words. Cause they have the power to heal and hurt both.

In Bharat (India) we call this sound energy OM in other parts of world it is called by different names. So prayer is the best thing to keep us in best of energies physically, mentally & emotionally so everybody must pray even if you don't believe in GOD but you believe in science & energies like electricity etc. that there is some power greater than our imagination that is binding this universe so just pray to that: as prayers are the best form of sound energy.

Stay happy & Blessed. ☺



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## "You behave just like your Dad"



### **I wonder! A chip of the old bloke! Could it be real for traumas too?**

Have you ever heard that you are just like someone else in certain regard? Or perhaps you have noticed someone else acting just like their mom or dad, or even an uncle.

We are so unique and despite having same upbringing in a family we react differently to circumstances and situations. For instance, two children with alcoholic parents can be totally different. One follows the alcoholic steps, whereas the other child is more anti alcohol, refuses to be the same as parent(s) and creates a different life. It is rather interesting, and perhaps there are logical explanations.

Here is one...

Sometimes we come across emotions or behavior that feels like "my aunt", or mother or father... What if that is because you are inheriting or carrying parts and emotions, sometimes even trauma from that particular person or heritage.

It has perhaps even helped you at one time,  
-to experience life and/or  
-be protected or  
-person recognize himself/herself in you and liked you more.

Those parts and emotions or even traumas can contain for example bedwetting, drinking, cruelty or anger, but also

depression, sadness or fear or similar negative feelings. (Naturally positive too, but we are concentrating on negative here).

Some are trained in as a pattern, but for a moment, expand your mind and toy with the idea that some could be parts and energies/emotions from others. Not originally yours. (It is perceived as yours as long as you carry them even if it truly and originally doesn't belong to you).

Well how did/can this happen?

Most common I have found, is that you take it on, as a child, even it could have happened in the womb, by being empathetic to that person. You want to help carry that burden or perhaps it's mere survival instinct.

Up to a point this is helpful, but when you are being negatively affected by it, you can actually remove it.

In research studies and articles, it has been found that children from traumatic parents were affected in a few generations by the older generations trauma.

What I have learnt is that, sometimes it takes seven (7) generations (being diluted by bloodline with new spouses and their background) for it, to be completely gone. Carrying a sense of anger or depression that you don't know what it stems from.

I am suggesting that traumas that doesn't belong to you originally can be removed! (Keyword being, 'originally'). In fact, we know all traumas can be changed with hypnosis, but ancestor's traumas can too. And removing your own trauma from your children can be done too.

Example:

If you work with parts therapy, ask that part if it originally truly belongs to that person, what its name is, what age it came here, what it is in charge of etc.....

If you try regress to cause - and there is no cause - consider it isn't originally the clients. You can even trace it back to who it

originally belongs to - and ask it to be removed with all that belongs to it, including all consequences.

In Hypnotherapy - you can ask the child carrying the burden to give it back to the one they carry for, or simply lift it into the light... but it needs to understand that it doesn't help the parent/uncle or whomever, to carry it, instead even worry the other person as they worry about themselves and now also the child. Double worry.

One thing that all has in common, - Remove into the loving light. The Light will forward it to where it belongs.



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## **Tale of the Rainbow Princess & Her Fairy Mother**

“It’s so beautiful, I look like a Rainbow”, exclaimed the little girl all smiles and brimming with excitement. This little princess had been having severe pain in her ears, occasional tinnitus and trouble hearing. What started as once in month or two incidences of pain and discomfort in her ears, had now transformed into a nearly every day or so affair of severe unbearable pain in her ears, mostly in her left ear.

Doctors and the ENT (Ear Nose Throat) specialists had suggested a minor invasive procedure under anesthesia to remove lumps of very hard wax and dirt that was growing and putting pressure on her ear canal and more dangerously her ear drum, creating a risk of damaging the ear drum.

They had tried all options like wax dissolving medications, Ear Syringing/Irrigation, suction etc. but nothing seemed to budge or dissolve that hard stone like lumps. She dreaded every night as the pain would mostly return in night leaving her in tears.

3. Her parents too were very worried with this unexpected turn of events, because just like her they too were very sacred about the whole operation thing. It was just a coincidence that they met me at a friend’s home, just the evening before scheduling the day for her operation. During the course of our discussions they a little

uncertainly asked if there was anything that I could do to help. Watching her role-play a princess gleefully with other kids in the hallway, all I could say was “I would love to talk to Princess”.

4. She told me she loved reading stories especially the fairy tales and knew that fairies were real. So we talked and talked and she told me so many stories. Then came my turn to tell a story, and I asked her to hear my story with her eyes closed! Within moments we were faying across the seven seas, went to explore a hidden land and had made a castle in the clouds. Slowly I asked her to tell me how she looked as she played in her castle garden.

5. “I look like a rainbow”, was her prompt reply, and then she went on to explain how she could see herself glowing in multitude of beautiful colors, just like a rainbow. Then I asked her if she would like to see how beautiful things were inside. Curious she agreed, and slowly I guided her to travel inside her body finally reaching her ears, where she could actually ‘See’ and narrate back the details of the lump as a ‘Big Black Boulder’, which was causing her so much discomfort.

Though the moment she could ‘See’ the lump, she had a severe surge of pain in her ears. So I had to quickly ‘Detach’ her from the pain, so that she can see and explore it more. With the pain gone she was calm, yet a little anxious seeing the dark huge stone like thing blocking her whole ear ‘Tunnel’ and very close to the ‘thin wall like thing’ i.e. her ear drum.

6. At this point I asked her who she thought could help her remove or vanish this ‘Big Black Boulder’ that was causing her pain. ‘Fairy Mother’, came her prompt reply, and so we asked the ‘Fairy Mother’ to come to her help. Within moments she could ‘See’ and talk to her ‘Fairy Mother’, whom she asked for help to remove it. So ‘Fairy Mother’ gave her a ‘Laser Gun’ and a big ‘Vacuum Cleaner’ and stood by her side, as the ‘Princess’ blew the ‘Big Black Boulder’ in pieces with her laser gun.

Next she switched the ‘Vacuum Cleaner’ on to vacuum all the reaming dust and dirt from her ear ‘Tunnel’. I could see the broad winning smile on her face as she achieved this great feat. ‘Fairy Mother’ also have her a glowing ‘Magic Brush’ with which applied the sparkling lotion on the inner walls of her ear to heal her ear permanently.

7. We repeated the process for her other ear, there too ‘Fairy Mother’ guided her to remove the blocks, clean and apply lotion inside using the same ‘Magic Brush’. ‘Fairy Mother’ further instructed her to apply this magic lotion using her magic brush every night before going to sleep for next seven nights.

All she had to do was close her eyes and call the ‘Magic Brush’ and apply the lotion inside her ear every night! Later ‘Fairy Mother’ told her a lot many other things and I just enjoyed the fascinatingly

animated smiles and suppressed giggles as we slowly ended our story telling session!

8. Later she told me she felt a soft warm tingling as she blew the 'Big Black Boulder' with her laser gun, and that applying the lotion with the magic brush was really tickly, but all in all she enjoyed it a lot and was feeling absolutely no pain or heaviness in her ears and could hear everything clearly. She even asked, if she could do a few more story sessions! Which I happily promised once she completed her seven days ear cleaning and magic brush lotion ritual as instructed by 'Fairy Mother' and her ears healed totally and completely ☺ She left happily smiling with a lovely compliment "You stories are magical" ☺

9. Later her parents shared that she religiously fulfilled her promise made to her 'Fairy Mother' and had no discomfort. Ever the discomforting feeling of tinnitus had gone and her hearing had become just perfect. I had advised them to continue administering the wax solvent medicine as instructed by her doctor until she felt just perfectly fine.

10. This beautiful incidence gave me a deeper understanding of the power of our thoughts, dreams, and conviction! So the little Princess ☺ once again 'Taught' me that '**Magic Exists- For Those Who Believe**'. Working with children is amazing, if only we can dare to walk their world with them, in their footsteps, leaving our adult

convictions and prejudices, and believe me its amazingly beautiful out there!

11. So all I would like to share is that 'Believe' in the 'Power of Thought' and 'Create your own Magic', for the world we exist is but a 'Thought Created Reality', manifesting at vibrations, we 'Resonate' with! As our 'Vibrational Frequency' changes so does our 'Reality'. So go ahead and create a happier healthier joyous reality for yourself and your loved ones, and give this 'Gift' to everyone who comes to you seeking support and guidance.

☺ Love & Light -Today & Always ☺



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# **What is vital with mental health in general?**

## **“The Peaceful Heart”**

What is vital with mental health in general? The Peaceful Heart Network is an NGO focused on creating a trauma-informed and capable society to prevent suffering and ease violence.

### **VISION**

We believe world peace and stability depends on individual peace and stability, and that you can be a part of creating it.

### **MISSION**

- To develop and spread the worlds most efficient models and techniques, such as TTT, for minimizing symptoms of stress and trauma at a minimum cost.
- To make it globally scalable and available to everyone.
- To collaborate with every organisation and individual interested in the same goals.
- To provide all know-how as open source.

These are ten essentials for mental health that we find important. For more information visit our website.

#### **1. Understanding mental health in relation to social context**

Our capacity to handle stress is related to the present social context and situation – a new environment can trigger the nervous system in a “new” way. Stress is not like a broken leg that is just as broken regardless of where the person is – it is a reaction to a situation and social context that triggers a response therefore it is important to create a context where people feel safe and can relax.

#### **2. Understanding stress and trauma**

Stress is invisible and hard to identify. To know and be able to identify signs of stress is to be able to self calibrate . To understand the mechanics of stress and trauma is to be able to

understand how to work with and help people suffering from this.

### 3. Avoiding transference of trauma – Secondary trauma

Both stress and trauma can be transferred from one person to another – similar to how a virus is spread. There are hygienic approaches to mental health – in effect there are precautions we all need to take to prevent stress from building up and spreading or how we can avoid catching it from others.

### 4. Flashbacks/ Flashbulb memories

When we experience a flashbulb memory, or flashback, it is like we are temporarily displaced from the reality of now and react through a filter of the past. A person in this state needs to be brought back into now and to a sense of safety. This can be done with grounding techniques.

### 5. The health care pyramid

There are many things that can be done without experts. If we turn the pyramid of health care up side down allowing everybody to be a part of the solution many more will be helped. Article>>

### 6. Physical and mental resilience

To have resilience is to be able to handle and bounce back from stressful situations. Resilience can be trained. One way is to know how to secure enough sleep, food, water and exercise. Already after a few days without sleep we risk poorer judgement, and in the long run psychosis. Knowing how to access a moment of deep relaxation by self regulation can be a vital help. Being prepared mentally for things that can happen creates empowerment and resilience.

7. Social context  
Human beings are social creatures. Creating a safe social context is a key component of preserving, healing and maintaining mental health. There are simple ways of integrating this into daily routines.

### 8. Adopting an attitude of empowerment

How we approach helping others will affect how we can handle our workload and difficulties. It is shown through research that we handle these situations better when we come from a position with

- Meaning
- Humbleness
- Acceptance
- Curiosity

## 9. Culture and communication

Always take local culture and ways of communication into consideration, or as we say " Take off your shoes and listen". Listening and asking before imposing or offering help are key elements.

## 10. Practical techniques

A grounding technique is a way to quickly help an individual that is slipping into an extreme stress reaction.

A. Self stabilization

B. Group exercises in the organization and partner organizations

C. Reaching out to others with First Aid for stress and trauma

[www.peacefulheart.se](http://www.peacefulheart.se)

**peaceful heart network**

To ease suffering and prevent violence

[peacefulheart.se](http://peacefulheart.se)



**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).