

" For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline". '2 Timothy 1: 7'



Healing and Hypnotherapy

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**बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।
तस्मांद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥५०**

Equanemous mind is free from virtue and vice both. so dear seeker get into equanimity to seek Yog(oneness) by performing detached Karmas.

(SrimadBhagvadgeeta "Chaptor2- Verse50")

From The Desk

When Love Happens
Breathing takes inside,

When Love happens
Focus is complete,

When Love happens
Connection is forever,

When Love happens
Pain too is pleasure,

When Love happens
Tears are joy,

When Love happens
Even Desire gets focused,

When Love Happens
Everything is inspiration,

When Love Happens
Self is discovered

When Love Happens
Equanimity occurs

When Love Happens
Silence Sings

When Love happened
Soul Expands

When Love Happens
'We' is I and I is 'We'©

In Love and Gratitude we begin our journey's 12th chapter of Healing and Hypnotherapy. Before we know an year is complete. Intrigued, Mesmerised, Loved, Spooked, Quizzical, Tensed, Sometimes even Confused yet always Interesting, that is how this journey is been so far.

By the look of it, seems we are getting together, we are gathering to understand that healing is what we want and healing is what is required. Suppression, is not the answer to any malady or challenge.

Thank you Universal Forces,

Dear **Camila Edborg**, **Allergies** and their roots to be into past life is very interesting proposition to check. And your caution, not to go off pills till its clear up, is very important indeed.

Please Welcome **Dr. Bruce E Kaloski**, from California and his very intriguing piece on Past life therapy, **Our Journey – ‘Never Meant to End’** It's flavor is gentle yet very logical (*Past Life Therapy is based on the Law of Karma. Karma means action. It's the principle of cause and effect..... Remember Newton's Third Law of Motion? For every action, there is an equal and opposite reaction.*)

Neha Sharma as usual in her own style, giving us a very important insight through “**Why I am with this Man/ Women**”. Dear Neha your cases sure bring out a specific angle to this ages old match/mismatch challenge ☺

Please Welcome **Gunilla Hamne** from Sweden (currently in Rwanda), with a lovely insight related to the **TTT trauma Tapping technique**. Personally it touched my heart for its effect on criminals, if we can bring out the shine of soul within those hardened hearts, Love is complete. Thank you Gunilla for sharing your experience in such detail. A must read piece and a must tryout one too, since its self-learning page link is there.

Dear **Dr. Dheeraj Nanda** a pleasure to have you back again with this not just well researched but practically practiced piece, on how **Mesmerism can be done on tree** to take its help to reduce and remove various ailments and illness. Friends I am sure for healers

as well as other readers it will be a very fascinating and thought provoking read.

'Forgive and forget' easier said than done. But here our Healer, Author **Suzy Singh** has practically charted a path to go there with very concise approach. In **Karma and Forgiveness** I am sure a great help to all, who wants to assess their forgiveness meter in terms of one or the other matter. Past life regression again come to picture in order to understand theory of karma in terms of complex situations of life.

Ulf Sandström is here with a new angle and this one is for healers, **Healing profession and its responsibility**, Guys go through it to remember or to imbibe our code of conduct, laid out beautifully here. Yet, this mostly very spiritual science Hypnotherapy, takes its own course when go to the other realm, so we need to be open to every new idea. And our Client's interest is supreme.

A Prakash, with his write up **Forewarning the Future-The Master's Grace** again makes us bow to the power of higher realm, Masters and messages from Universe. Not the one to miss, a powerful read.

Reflections are welcome..

In the stillness of silence dance of harmony begins ©.

Love and Light to all. ☺



Varsha Prakaash

-Clinical Hypnotherapist,
-Past life regression Therapist,
-Life between Lives therapist,
-Crystal Healer,
-Tarot Reader,
-NLP Trainer to the coaches
-Master Practitioner and coach of NLP
(Neuro Linguistic Programming) &
Subconscious Re – imprinting,
-Marma "Vedic Science" Therapist.

Email: varshaprakaash@yahoo.com

'Allergies' - Can we change some of them?

Allergies, that are emotionally induced, I believe can be changed. If you remove the whole root of the issues, it cannot come back in another form to get attention.

What if, it is the body's way of carrying the emotion or event, right or wrongly understood. Emotions trapped in body create an imbalance for the body to deal with so the body naturally gives signals. Especially if overloaded. Consider the body as the vessel carrying your emotions and events that you have perceived as negative. (And of course we do have these circumstances in life)

Case story - (from when I started working with hypnotherapy)

A very sweet girl came to me to see whether we could look at her grass allergy. It had escalated a year ago and was destroying her spring and summer. No matter the weather. She owned a horse and it was almost impossible to go horseback riding during summer. As she also worked with horses, this made it even more difficult even leading them outside. She was on heavy medication that helped a bit, but still she could feel it, her eyes would be sore, running and the night times were truly horrible.

After relaxation we started to look into it. It turned out there were 3 big incidents that had triggered the allergy.

1. A year ago - her male friend had been kissing another girl and wouldn't kiss or be with her despite loving her. She loved him and was sitting in the grass crying and not understanding why. This was a very gorgeous girl, with a kind heart and simply lovely.
After doing some work here of letting go and realisations we continued to next incident in younger age;

2. She was at a castle visit with her family, and the guide told them about how a few ladies had been in a boat, that rocked and they fell in. Their heavy dresses and skirts made them drown. She was totally shocked with this and sat again in the grass feeling so sad.
After doing the work needed, we continued to the next incident

3. She was 12 years old with her father in a summerhouse. Mum

was working and the older sister in the kitchen. Per description of the session I got the information that the father was manipulative, rarely showed emotions, and pressed his family to the outmost. Suddenly he fell, and got a heart attack. She got very frightened, cries and screams for help. Felt totally helpless and in shock. Her sister calls mum who in turn calls the ambulance. It was too late. Crying and in shock, hard to breathe, she sits for some time in the grass looking down, noticing the ambulance in the back ground. (in hypnotic shock) We did the work needed to let go, forgive herself and others, remove the emotions etc.

Afterwards I showed the subconscious and all parts involved that her feelings had nothing to do with the grass, but with emotional incidents. How it had mistakenly taking that crying, trying to hold back tears, hard to breathe, swollen - it changed drastically. So much that she never took a pill again. (Please always make sure clients have their medication with them at all times, just in case there is another layer of incidents that has not been addressed yet)

A month later we met again, and she said, I sneeze once or twice per day, but that's it. It doesn't bother me but still, I am curious. After looking into it, she had unconsciously kept 3% of the feeling just as a reminder.

After some discussion with all parts involved it was decided it wasn't needed and was removed.

So looking at this case, one can see that the allergy was in fact just the same reaction to as she had when she was very upset; swollen, eyes watering and feeling hard to breathe properly.

Camilla Edborg

Hypnotherapist, Soul healer and Mental coach,
Sweden, Scandinavia.

Certified hypnotherapist of NGH
Scandinavian Academy of Hypnosis and Hypnotherapy
(SAHH)Clinical hypnosis in Scotland
Certified in Reiki and experience with
Anusha healingSoul Centered healing and
Spiritual healingSpecialization in Soul healing,
Spiritual development,
Parts-work and regression



Co-writer to the book: Hypnotic Women Works internationally

Homepage: www.ce-hypnosis.com/om-mig/?lang=en

E-mail: info@ce-hypnosis.com

Our Journey – ‘Never Meant to End’

Past Life Therapy: *An Overview*

“I could well imagine that I might have lived in former centuries and there encountered questions I was not yet able to answer; that I had to be born again because I had not yet fulfilled the task that was given to me.” - Carl Jung (Swiss psychologist & pioneer of psychotherapy, 1875-1961)

For several decades now an increasing number of therapists have found that a host of human ills are treatable through past-life regression. The list includes eating disorders, alcoholism, drug addiction, allergies, asthma, depression, fears, phobias, obsessive/compulsive disorders, psychosomatic pain, relationship problems, sexual dysfunctions, even financial issues ... the list goes on and on.

One theory holds that our character today represents a culmination of all the experiences we've had over numerous lifetimes. These past life events affect many aspects of our behavior and, in some instances, deeply emotional or physical traumas can cause psychological or physical problems, which, may resist cure through conventional medical or psychological treatment. Past life therapy can release the effect of these repressed thoughts, events, emotions or situations and bring about a beneficial change.

What's really exciting is that, in many cases, the simple unearthing of the memories responsible for these disorders alleviates them to such an extent that with a small amount of conventional therapy afterwards the issue or problem is permanently resolved. It isn't always a magic wand but for some people it can be the first step to letting go of a problem.

Past life memories can bring a person much more than the resolution of specific current problems. By exploring prior life experiences one can recall physical and mental skills they might

have mastered in other lifetimes. One can rediscover talents that could bring creativity to their present life experiences. All the pleasures that a person derives through their senses can be enhanced. Some people report that they become more capable of detecting subtleties that they've never noticed. They report achieving deeper insights into the actions of others and they gain a greater control of their life as a result.

Most amazing of all, researchers have found that you don't even need to believe in reincarnation in order to recall past lives or to benefit from remembering them. Whatever the explanation, in states of past life awareness even the most die-hard skeptic discovers that they have their own apparent past life dramas lurking in their psyches and the benefits of past life regression remain unaffected regardless of whether they view these dramas as simply "stories" woven by their subconscious mind or actual past life experiences. If a person prefers, they can look at past life memories in the same way psychologists regard dreams and fantasies – as simply another expression of the mind's inner workings.

In a nutshell, Past Life Therapy is predicated on uncovering and in some cases healing the past to change the present. Certainly, in my own practice, I've seen some dramatic improvements in physical and mental well-being. Phobias dissolve, chronic diseases ameliorate and even disappear, emotional disturbances heal, relationships improve, and financial situations get markedly better. And here's the critical thing – it doesn't have to be *dramatic* or *traumatic* either. Many people simply feel better able to handle their present life. They feel like an oppressive cloud has been lifted. The sense of something suddenly clicking into place, of understanding the previously inexplicable, can throw light on many of our day-to-day feelings.

I worked with one woman who complained that she always felt like the "Sword of Damocles" was hanging over her. She went through life with a vague and irrational fear that something dreadful

was about to happen. When things were going well, when she was happy, she started waiting for the “other shoe to fall.” She was Murphy’s Law taken to the extreme.

I regressed her to a life in which she was a much loved only child – a real “daddy’s girl”. She was given a horse for her birthday and was ecstatically happy. One day, she jumped onto the horse, scared it, it bolted, and she was thrown and killed. Asked what connection this had with her present life, she said that whenever she was happy she would start to worry. There was always a vague sense of dread. She associated being happy with fear and eventual loss. Her having been killed in a moment of supreme happiness in the other life made sense of her fear.

Another client initially came to see me for Hypnotherapy for Memory & Concentration. During the course of his program he happened to mention that he was chronically mistrustful of other people. As he put it, he was always “looking behind him”. He bordered on paranoia. And what made it even more interesting is that he happened to mention a chronic upper back pain condition he had which the Medical Doctors could find no physical reason for.

I asked him if he was amenable to trying Past Life Regression Therapy. He told me he was and during the course of the ensuing session he regressed to a life as a fur trapper in Colorado during the mid-1800s. He was involved in a territorial dispute with a tribe of Indians. At a meeting with the tribal elders he and they made what he thought was an agreement. They smoked the peace pipe or whatever it is they do. As he turned to leave, one of the younger Indian warriors snuck up on him and struck him in the back with a Tomahawk. He died a horrible, painful death. Experiencing that, he was able to let go of both the irrational mistrust and the pain.

And then there was my student who had first been trained in Clinical Hypnotherapy by me and then went on to take my Past Life Regression and Therapy training. His dream to become a

Motivational Speaker to the Hispanic market was hampered by a paralyzing fear of Public Speaking. Using him to demonstrate my Past Life Therapy techniques, I took him back to a lifetime in Ancient Rome which he described in vivid detail. When I asked him what he did for a living he told me he was an “announcer” at the Roman Coliseum. His job was to walk out to the middle of the field with a scroll containing the day’s events, (lions eating Christians, gladiators dismembering each other, etc.), open the scroll and then read it to the assembled crowd.

One day, as he stood in front of 50,000 or so Roman citizens, (including the Emperor and his court) he opened the scroll and prepared to announce the day’s events. Lo and behold, his colleagues had played a prank on him and switched scrolls, handing him a blank one. He froze in embarrassment and shame (and perhaps also in fear of a “thumbs down” from the Emperor). This, of course, translated into a fear of public speaking in his present life. After having uncovered this (and a bit of additional therapy aimed at eradicating his phobia) he went on to follow his dream and is now one of the Nation’s top Hispanic Motivational/Personal Development Speakers.

And then there was the woman who wanted to know why she always felt so responsible for her sister and had a compulsion to rush to her side whenever she was sick. As a young adult this really caused her a great deal of anguish when she went to the East Coast to attend college. (Harvard, if I remember correctly). In later years, it really caused a lot of problems and continually disrupted her life. In the regression, she was a happy child living during the early 1900s in Ireland who had an invalid sister. It was her duty to stay with her sister and take care of her. Whenever she wanted to go out to play, her sister would beg her not to leave. She’d say things like, “Please don’t leave. Promise me you’ll always be here.” Now here’s where it really gets interesting. She wasn’t just her sister in that life but she was also her sister in this life. Recognizing that fact allowed her to detach herself from the old, no longer applicable promise.

One woman's life-long fear of water kept her from swimming. She went back to a recent past life where she drowned in a fast-flowing river and lost her two (2) young children when the boat they were in capsized. After feeling the terrible pain of this loss (not only of her own life, but her children's as well!) she moved forward to experience her death, and the decision she made at the time was: "I'll never go in the water again!"

Past Life Therapy is based on the Law of Karma. Karma means action. It's the principle of cause and effect. Taken simply, it means that for every action there is a consequence. Say bad words in front of your parents and you'll get your mouth washed out with soap. Drive your car 80 miles per hour in a 60 miles per hour zone while thumbing your nose at the cop you just passed and you'll get a ticket - nothing really magical, mystical or even very spiritual about this. **Remember Newton's Third Law of Motion? For every action, there is an equal and opposite reaction.**

What's been put into motion in the past has effects in the present. **Karma, however, is both subtle and complex.** Thoughts and attitudes can create karma just as strongly as can tangible deeds and actions. Famed American psychic Edgar Cayce, considered by many to be the true founder of the New Age Movement and a principal source of its most fundamental beliefs, had this to say about the subject. **“Whatever we think, that thought makes an impression on the Universal Consciousness. Nothing is lost or done in secret. Everything is done within the Universal Consciousness, and the Whole is affected by it (as well as all others within the Whole). Reactions to past thoughts and actions become our destiny and karma. Our destiny is simply the rebounding effects of previous choices remembered by the soul”.**

So, what we set in motion in a past life, and our motivation, is influencing our current life - physically, emotionally, mentally, financially, or spiritually. What we set in motion now, and our

motivation, will influence our future lives. Karma is also the conditions our soul needs in order to grow spiritually. It's what we create for ourselves.

This cause may be a desire, thought, feeling, emotion, vow, promise, decision, or traumatic experience, among others. Very often, at a moment of trauma, a section of our consciousness detaches itself and remains "stuck". Past life causes can manifest as a phobia, chronic illness or body state, addiction, mental disorder, relationship problems, inexplicable attraction or aversion to someone, recurring nightmares, financial challenges, or a simple sense of unease.

Past Life therapy teaches us that the conditions we encounter in our present life aren't simply a punishment for "bad Karma". It may well be that we're inflicting misery on ourselves as a way of absolving our guilt from the past. It shows us that, as spiritual beings, we're part of a lives-long process. We may need to experience what we construe, from the limited perspective of our current life, as an "awful life" in order to balance out other experiences, or to round out our compassion and empathy for other people. It shows us the long, intricate strands of our relationships weaving their way through many roles and interactions over dozens of lifetimes.

It can also teach us that the people we think hate us most, in fact love us enough to put us through hell. Not because we deserve it, or as a punishment, but because we have chosen to learn that particular lesson - to have the necessary experience.

(Excerpted from the upcoming book, ***Your Journey Was Never Meant to End: The Case for Reincarnation***©)



Dr. Bruce E. Kaloski, Ph.D.
California
Clinical Hypnotherapist
Past Life Regression Therapist
Author, Lecturer, Trainer
Website: www.doctorkaloski.com
e-mail: drkaloski@gmail.com

Why Am I, With This Man/Woman....???????



In every Culture and Country wherever nature is worshiped it is said that this entire world is made from two main energies ... in Bharat (India) we call it Shiv-Shakti in China it is called Yin -Yang in science we call it Static-Kinetic energy or positive –negative OR in layman language we can say Male-Female. This entire world is divided in two parts; even plants are male and female. Creation happen when these two forces come together, very beautiful example of this is our own existence ...Creation.

These two forces exist in our own body and soul as well. in Bharat (India) one of the GODS we worship is “Ardhnarishwar (God whose body is half woman & half man)” ... symbol of these feminine & masculine energies, exist in each and every individual. Now which one is going to be dominant that depends upon our karma & decision that we have taken before our birth for our learning (Sometimes we see it just gets topsy-turvy for the purpose of course, that's why we can see cases where person's body is of man however behavior patterns are of woman or vice versa.)

So after individual growth in our respective energy field we need to move towards other energy, for next level of learning so we need to come together. Many Saints/enlightened Masters were/are not married or don't have their counter part because their Shiv-Shakti elements are in perfect harmony .

These two prime energies are essential for this entire universe to exist. None of these energies are superior or inferior. So instead of feeling miserable/frustrate in your relationship with your partner check this pattern.

... if you are a women then from your father, brother & now your partner (sometimes it may go to your son as well) what is it that is common in their dealing with you. Then without feeling victim try to see why you have chosen these characters in your life, what is it that they want you to learn (they might not be aware that they are in your life for your & their own growth) and if you are a man check women characters in your life.

Running from the situation without understanding it completely, can lead to again caught up into the same web.

The moment we will have the knowledge of other energy we'll move ahead to the next level of growth where we will not be dependent (even emotionally) upon our counterpart but we'll become partner in growth and companionship (May be to the same person if other partner too working at it. Or may be to the different one depends upon matching vibrational level.) on this path of self-realisation and blissfulness. ☺



Neha Sharma.
Lucknow, India
Clinical Hypnotherapist
Past Life regression Therapist.
Life between Lives Therapist.
Crystal Healer.
Email: nehasharma_healing@yahoo.com

Trauma/Tension Tapping Technique (TTT) – Opening the Hearts of criminals

(It is when we react instantly without reflection that most bad things happen. Tapping is a way to create that space between reaction and action.)

I have been traveling the world the last ten years with a mission to spread tools for healing stress and trauma. Specifically in areas where there has been violence, war, genocide – to perpetrators as well as survivors – but also to anybody who has been willing to learn: my neighbour who lost her job, stressed students in the school where I work, a co-passenger with fear of flying etc

I will tell about some of the most powerful sessions. And, first about the tool itself.

Even if we tend to talk about different kinds of stress and traumas, whatever kind of problem – the nervous system has a similar reaction of stress. And can be reset to a balanced rhythm in the same way.

We all have the same kind of nervous system wherever we come from. In the west there has been a concept of division between the mind and the rest of the body. But as many traditional healers have been aware of, for example the yogic system in India, all you do with your body will affect the brain and all what you do with your brain will affect the body.

Easily explained: how you treat yourself will affect your life and your living body-mind.

There are very complicated processes keeping us alive. The human body is the most delicate construction on this planet. But still there are these simple ways we can communicate with the body and the mind to create a feeling of safety when there is fear.

The tool we are sharing with the world seem to be one of those languages the body and the mind understand easily – and enjoy to understand. **It is tapping into the nervous system and transferring reverberation to the whole body.**

All universe consists of reverberations and when we make our complex system vibrate in a rhythmical way the body and the mind find pleasure and ease: We get P- ease instead of Dis- ease.

This is why certain music is very soothing as well as and sounds in nature and dancing or just moving with pleasure. It gives vibrations into our system that makes things fall into place and we feel peaceful. When we are stressed or traumatized we lose rhythm when – we get out of sync. The trick is to get back into the vibrations of pure life.

Since the body and mind always want to save us, they do all they can to make us aware of dangers, much more than of pleasure and nice things. This is because the nice things are not a threat to our lives – but the troublesome things are: dangers, imagined or real the brain cannot make a distinction.

The Tapping techniques (Trauma/Tension Tapping Technique- TTT) me and my colleagues in Peaceful Heart Network pass on in the world seems to impose vibrations into the nervous system, and the nervous system happily accept and integrate and healing can occur. Like a reset, a kick start.

The TTT tool is as simple and elegant as efficient. And you don't need to talk about what has happened to you – or for that sake: what you have done to others.

Perhaps that's why especially perpetrators have embraced these techniques that does not require talking and still has the potential to re-establish the sense of being alive, present and loving.

Because the most obviously transforming trainings with transferring TTT have been with perpetrators of violent crimes. Especially in the prisons of genocide actors in Rwanda and with child soldiers in rehabilitation centers in the Congo.

As a perpetrator few feel sorry for you. Few want to listen to what you have done as part of a healing process. Only in court when finding out if you are guilty or not.

For a victim it is different. As victim you have right to feel bad and people will tend to you. Nothing strange about that. But it has its implications. **When perpetrators are released and go back into society they should be able to. Do you agree?**

Bugasera is a small town in the east of Rwanda. Rwanda is a small country where the heart would be placed in Africa. In 1994 a genocide

was staged after years of well planned discrimination and violence. Outside Bugasera is one of the country's 14 prisons with a majority of genocide perpetrators. It has around 3000 prisoners.

The first time me and my colleague Murigo came we were shown into the small common hall placed outside the high brick wall of the inner secured parts of the prison.

One after the other come 60 inmates like marching in. They come in on a row, all dressed in the conspicuous orange and pink uniforms: shorts and short sleeved shirt. They make the uniforms themselves as part of training tailoring.

They greet us very courteously, with one hand on the heart or two hands together before sitting down on the low wooden benches. Several of them have brought pen and paper for notes. Many have the Christian cross hanging over the shirt.

An atmosphere of attention and curiosity fills the room. They look at me with expectation, no suspicion it seems. It is not often a foreign visitor comes to offer something.

They get even more astound when realizing that Murigo, herself an orphan survivor, who lost all her family in the genocide has come to deliver a tool for wellbeing to them – to them the perpetrators! First they thought she was a spy from the government.

We start with a round of presentation. Name, profession, years in prison. Experience of stress and trauma.

The first man to my far left stands up. Takes off his glasses and looks me straight in the eyes.

_ - My name is Manimana. I am a Doctor, a Muganga. I have been here for 17 years. We are very happy to have you here. Many of us suffer from nightmares, headaches. Some isolate themselves and do not want to talk. Others get very easily angry. It is not easy.

Our families have rejected some of us and don't visit. We do our best to keep sane.

Others nod affirmatively.

Murigo tells her story and how she found healing through the technique we are about to teach them.

-I would never have been able to come here before I learnt Tapping, she says with a broad smile. I was full of hatred and wanted to revenge the suffering I have lived through. As you understand it is not easy to grow up without a family: poor and alone.

But after Tapping I find myself enjoying being with any person. It is not easy for you either. Perhaps you killed eight people- and you admitted four. The rest is haunting your conscious. We all have problems, she comments without hesitation.

-That is why I now want to share this possibility to healing with everyone. It is so quite that every breath is heard.

Then: Applaus!

We go through the sequences of Tapping together. They all engage 100 percent. Tapping, breathing, Tapping and breathing again. We let them sit some minutes with eyes closed.

It is even more silent in the room- a silence of relieved tension. Like when the air sips out of a balloon and gets soft.

(YOU CAN DO IT TOO. THERE IS AN INSTRUCTION VIDEO ON THE WEBSITE: selfhelpfortrauma.org)

We break the silence softly with a gentle applaud.

_ Well done! Any reflection? What do you observe inside yourself? I ask.

One sitting further back raises his arm and stands up.

-This feels like the healing hand of God touched my soul, he says.
I feel calm and even happy. Where does this happiness come from?

Yes, it is that easy. As I wrote here above: this Tapping is a language the body and mind understand – and love to understand. No need for interpretation.

We came back a couple of times to Bugasera. We showed also our videos where artists combine music and Tapping, among them one of Rwanda's most famous singers.

_ I am also a musician, one of the inmates said when we turned off the projector, I will also compose a song for Tapping till next time you come. And he did. And two others too. They made a whole performance to praise the Tapping. All 3000 inmates were gathered in front of a stage constructed for the occasion in the middle of the courtyard inside the high brick walls.

After the performance one of the participants from the training came to me:

-I don't know what this technique is doing with me, but it makes me want to talk. It softens my heart. Can you please help me to get in contact with the family who I have wronged during the genocide.

Another came and wanted to greet me by hand. He smiled and said : Murakoze! Thank you! When he let go of my hand I felt I had something left in mine. When I looked down I saw a beautiful big ring of brass.

Since then we have been in many prisons. That is another story. Rwanda is special in many ways. So much has changed since the genocide. So many reforms and Home Grown solutions to huge challenges. One being that the authorities really want to see rehabilitation of the prisoners.

That is why we were engaged to teach Tapping in the prisons. And I love it. If we are to create a more harmonious societies we all need to balance our nervous systems.

It is when we react instantly without reflection that most bad things happen. Tapping is a way to create that space between reaction and action.



Gunilla Hamne,
Sweden
Stress and Trauma Consultant
Founder of Peaceful Heart Network
www.peacefulheart.se
www.selfhelpfortrauma.org

MESMER AND TREE ENERGIES

Franz Friedrich Anton Mesmer (May 23, 1734 – March 5, 1815) was a German doctor with an enthusiasm for space science, who hypothesized that there was a characteristic lively transference that happened between all vivified and lifeless items that he called creature attraction, now and then later alluded to as trance.

As we now know, mesmerizing and daze states are essential human qualities, which have been around for whatever length of time that humankind itself. Old writings from India, Egypt, China, Greece and Rome all portray practices that we may now see as trance-like hypnotic states.

Mesmer studied theology and law before proceeding onward to medicine. The hypothesis, which made his name and guaranteed his reputation, was that of "animal magnetism", something, which had its causes in his doctoral thesis, finished at the University of Vienna in 1766.

Mesmer was exceedingly impressed by the work of Isaac Newton and the theory of gravity. He speculated that the "tidal" impacts of the planets likewise work on the human body through an all-inclusive drive, which he named "animal magnetism".

The hypothesis pulled in a wide following around 1780 to 1850, and kept on having some impact until the finish of the century. In 1843 the Scottish doctor James Braid proposed the term hypnosis for a method gotten from animal magnetism; today this is the typical importance of trance-like state.

Mesmer went ahead to accomplish also noteworthy outcomes with different patients, asserting cures for visual deficiency, loss of motion, paralysis, some "hysterical" conditions, menstrual complaints and hemorrhoids. He turned into a big name, often giving demonstrations of his techniques and powers at the courts of the European nobility.

Because he dared to get results without using conventional medical techniques, he received hostile reception from the medical establishment of the day. The medical establishment got their chance and Mesmer was condemned as a con artist subsequent to curing the professional piano player Maria-Theresa Paradis of psychosomatic visual impairment. This treatment by Mesmer didn't meet with the approval of her parents, who stood to lose a royal pension if their daughter was cured. She was forcibly and rather violently removed from Mesmer's house, where she'd been staying to receive treatment, whereupon her blindness returned. After this Mesmer had to leave Vienna in 1777. In February 1778 he moved to Paris.

In 1779, with d'Eslon's help, Mesmer wrote an 88-page book, *Mémoire sur la découverte du magnétisme creature*, having 27 Propositions. These suggestions sketched out his hypothesis around then. Some contemporary researchers liken Mesmer's creature attraction with the Qi (chi) of Traditional Chinese Medicine and trancelike state with therapeutic Qigong practices.

During the peak of his career about 3000 people began approaching Mesmer. To deal with such a rush, Mesmer touched a tree with his magnetic rod and declared the tree to be magnetized. Mesmer flourished till 1782 when a group, which included Benjamin Franklin, investigated Mesmer's practice. They decided those people who were cured, were cured by the power of their own imagination.

In modern times, Mesmer was the first one to re discover ancient's wisdom in relation between tree energies and human energies.

Exchanging Energies with Tree

Trees have the capacity to absorb carbon dioxide and change it into oxygen, yet they can in like manner hold negative qualities & negative energies and change them into awesome imperativeness.

Trees have the ability to absorb the light of the energies and change it into sustenance; in reality, they depend on upon light for most of their

nourishment, while water and earth minerals make up around 30% of their nutritive requirement.

Trees are the biggest and most profoundly highly developed plants on earth. When one develops a connection with a tree he realizes continually in contemplation, observing and meditating. One can understand that inconspicuous vitality is their normal dialect.

Trees can help one open his imperativeness channels and grow calm. Trees also help in developing intuitiveness and vitality. One can help trees with their own particular blockages and devitalized regions.

As a matter of first importance, every tree, similar to every individual, has an identity, wants, and its very own existence.

Some are extroverted and develop connection easily while may be slightly reserved and take time for developing the connection. Trees that are hale and healthy can be very liberal in sharing their energy while others who may be feeble or sick may take more energy till they get healed.

Most of the sick trees appreciate the effort one puts in and reciprocate in generous manner once they are healthy or on pathway to their health.

Physically embrace a tree. Picture one's negative imperativeness going down the tree's roots to be reused by Mother Earth. At that point picture the tree absorbing supporting vitality from Mother Earth up through its roots. So one's negative energy goes down to mother earth who has the power of converting it into positive energy that comes back to the tree.

One can likewise sit under tree and visualize that his negative energies are being pulled in to mother earth and being changed over to positive vitality that is being taken up by the foundations of the tree. Keep visualizing that from roots the positive vitality is going up the trunk of the tree and tree discharging this positive vitality on to one's head through its branches.

Another technique is putting right hand on one side of the trunk of the tree and left hand on the other side. Envision that negative vitality is experiencing left hand into the trunk of the tree and from trunk to mother

earth by means of roots. Mother earth changes over this negative vitality into positive vitality that is being consumed by bases of tree and exchanged up to the trunk. Tree is sending this constructive vitality to the individual through his right hand.

When one's negative vitality is being changed over into positive vitality by mother earth he ought to likewise supplicate and ask for mother earth changed over trees negative vitality into positive vitality.

Always express gratitude toward the tree (mentally or verbally) to help one to ground his negative energies. This raises one's positive vibrations, positive vibrations of the tree, and also positive vibrations of entire plant. Sometimes just sit under the tree and unwind your stress and tension. Sometime just go and touch the tree with love and affection. See a wonderful and marvelous friendship developing.

As a practitioner of Spiritual Hypnotherapy and Homoeopathy, I have used tree energies to heal ailments from simple mental tensions to advanced pathologies like gangrene.



Dr. Dheeraj Nanda MD
"Madical Practitioner - Homeopath"
Trainer of Hypnotherapy
Clinical Hypnotherapist
Past Life Regression Therapist
, Life between Lives Therapist
E.mail: dr_dhirajnanda@yahoo.com

Karma and Forgiveness

How to forgive

By choosing to practice forgiveness frequently, you can cut the fetters that keep you bound to misery. You can reduce the load of karma, purify your consciousness and accelerate your ascension and proximity to the divine. True forgiveness requires fortitude and involves three stages.

Stage 1: Insight

The first and most important stage is the birthing of an insight. You recognise, discover or notice something new or different about the hurtful event that you weren't aware of earlier, and you begin to see the same experience in a new light.

Case: The spurned wife

This flowering of insight is powerfully reflected in the story of a middle-aged woman, who on discovering that a close friend of hers was having a clandestine affair with her husband, became driven to comprehend her karmic influences.

On accessing her *akashic* records, we found a past life in which she had been abandoned as a young girl child after her village was attacked and plundered by soldiers. Helpless and alone, she grew up to be a woman of pleasure living off affluent men in that life (*This points to the tendency towards dependence and helplessness in her soul*). At one of the many fairs where nobility and commoners mingled, she met a rich man who took her home as his mistress and she spent the rest of her life with him in his opulent castle (*she commits the karmic error of coveting another woman's spouse and violating her rights.*)

Unfortunately, the man was already married and to keep his not so pretty wife out of his way, he imprisoned her permanently. The anguished wife came to resent this mistress deeply, feeling vengeful about the fact that she had stolen the life that was meant for her.

At death, the singular thought that obsessed the wife's mind was that she must avenge her pain. In this life, the noble's wife has incarnated as my client's extra marital love interest (*indicative of karmic balancing so that the soul can experience the anguish of losing a spouse's love*).

The knowledge of her past life made it possible for the aggrieved lady to commence the process of forgiving both the erring friend and her husband (*She is driven to develop the virtue of forgiveness and compassion*). While she has only made a beginning, in time to come it is possible that she will come to fully accept her circumstances and build a new life for herself.

She has three possible choices ahead of her;

- i) Remain stuck in blaming and shaming those involved, thereby deepening her hatred for them and intensifying her own suffering. This will only increase her burden of karma.
- ii) Forgive all involved and renegotiate trust with her spouse. If he is willing to mend his ways they may rebuild their broken marriage. This will refine her nature, and teach her forgiveness and fortitude. She will also sow seeds of good karma.
- iii) Forgive and seek a divorce. This will teach her to stand on her own feet and become independent and self-reliant. Not only will she overcome her past life tendency of depending on others for survival, she will also build self-confidence and courage.

Stage 2: Relief

The second stage in forgiving arrives when catharsis allows the past anger and bitterness to give way to feelings of relief and responsibility. Past revelations usually lead to a deeper understanding of the situation, bringing a great sense of relief as though a huge weight is lifted from the heart and head. Some people experience this instantly, and in others, it may incubate for some time before all the issues and complex emotions make sense. This stage is completed when apologies are exchanged, either in person or through forgiveness visualisations or prayers.

Stage 3: Dispassion

The third and final stage of forgiveness comes only when you have fully integrated the last two steps and no longer dread or avoid coming face to face with your perpetrator. This is not easy and may need some urging and pushing on your part. Visualising the imagined meeting and seeing how you are likely to react before you actually muster the courage to meet your offender, can really help. If you can meet your perpetrator without feeling angry or resentful, then forgiveness is heartfelt and complete.

Forgiveness is not for the faint hearted, nor is it the three words, 'I am sorry', spoken without conviction. It takes strength of spirit, humility, courage and tenacity to release yourself from the menacing claws of hurt. Unless you forgive; hatred blocks your heart and, you are unable to let love flow through it. You are neither able to love others, nor are you able to develop self-love. This greatly hampers your spiritual progress, for it is through love, that the shores of human experience can be bridged with the divine realms.

If you wish to heal your life, choose atonement, aspire for peace, reclaim joy and embark on the journey of forgiveness. Remember, this life has been given to you so you may worship God, and in doing so, awaken the very same qualities and virtues in your heart.

Give yourself permission to forgive others and in the process reclaim your divine connection.

(Excerpt from her upcoming book "**7 Karma Codes, Heal the Storm Within** ©)



Suzy Singh
Transpersonal Therapist,
Karma Coach and
Energy Healer
with extensive clinical experience in
multidisciplinary approaches to
vibrational and spiritual healing.
Her practice is based, in Delhi.
suzyhealsme@gmail.com

Hippocratic Oath and Hypnocratic Oath

Healing profession and its responsibility

When you decide to help somebody, create a change in their life there can be many different reasons for offering this service. You may come from a wish to heal others because it feels good to help, to help in order to be admired and appreciated, to be reimbursed and make a living, because you are curious of what is possible or to give unconditionally and with genuine humbleness that the healing is done in and by the client. Or; all of these in different measures. If you are terribly disappointed if you fail to help a client you may want to reflect on your motives (and refer the client to somebody else) - I do this whenever it happens - it is not about me, it is about the client. The motivation of a change worker is an area about which I think too little is discussed and there is no "right" or "wrong" - because in life and beyond everything will depend on the circumstances and perspectives. Regardless of which you are helping, good happens.

Hippocratic Oath

The Hippocratic Oath is one of the oldest binding documents in the history of mankind. The oath, written by Hippocrates (460-370 bc) is still held sacred by many physicians (although not in Sweden for some reason) : To treat the ill to the best of one's ability, to preserve a patient's privacy, to teach the secrets of medicine to the next generation, and so on.

This is a translation of an early version:

- I swear by Apollo Physician and Asclepius and Hygieia and Panaceia and all the gods and goddesses, making them my witnesses, that I will fulfil according to my ability and judgment this oath and this covenant:
- To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard

his offspring's as equal to my brothers in male lineage and to teach them this art - if they desire to learn it - without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, but no one else.

- I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.
- I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.
- I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.
- Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.
- What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep to myself, holding such things shameful to be spoken about.
- If I fulfil this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

Hypnocratic Oath

In the International Hypnotists Guild we vow to a modern version of the Hippocratic and Osteopathic oath that we have created for every therapeutic practice:

- I do hereby affirm my loyalty to the profession I am about to enter. I will be mindful always of my great responsibility to preserve the health, the emotional balance and life of my clients. To retain their confidence and respect in that I will guard their secrets with scrupulous honor and fidelity. To perform faithfully my professional duties. To employ every possible method of treatment consistent with good judgment, with my skill and abilities, keeping in mind always nature's laws and the body and minds inherent capacity and will for recovery.
- I will be ever vigilant in aiding the general welfare of the community, and the reputation of therapeutic practices.
- I will always look with open minded critical respect and curiosity upon every old and new technique presented as a tool in my profession, knowing that it is my personal responsibility to decide what tools to use for the best of my clients.
- I will strive to keep my mind open and regard every client as unique, and every symptom and strategy as something that may have a valuable intent, regardless of my own values.
- I will ever be prepared to share my experiences and learnings with those in whom I find the right -wish to learn, and affirm their loyalties to the same values as I have defined here. I will ever be alert to further the application of basic truths to the healing arts and to develop the principles of change work and therapeutic interventions for the well being of my clients.
- I will endeavor to work in accord with my colleagues in a spirit of progressive cooperation, never by work or by act cast imputations upon them or their rightful practices, and be prepared to act against misuse of this profession, should it come to my awareness. I will be informed about the ethics, insurances and laws that govern my profession and the

safety of my client in my area of work. I will always take full responsibility for my actions.

SHORT VERSION:

“As a therapist I vow to always have the best of my client in mind. I take full responsibility that I act in the spirit and intent of the Therapeutic Oath.”

Your thoughts and reflections are welcome.

Next time I want to question if maybe there is one single approach or attitude that can provide meaning, survival and humble joy more than any other. Which one do you think I refer to?



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,
www.peacefulheart.se
www.selfhelpfortrauma.org.

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Forewarning the Future-The Master's Grace



We all have heard, read and even encountered sessions where a Master, a Spirit Guide, a Guardian Angel or any other Entity (form or formless) presents or manifests itself during a session. Such sessions are often referred as Channeling or Visitations based upon the kind of information that comes forth during the session. Most of the times the appearance of a Master or a Guide or any other Entity during a session is completely spontaneous and unexpected, as neither the client nor the therapist have any control over it.

There are thousands of cases where clients acting as 'Mediums' have 'Channeled' lots of valuable information and insights on a wide range of issues and topics. Few sessions bring forth valuable guidance and insights related to the client's issues, while others may bring forth information that's not directly related to the client. There may be sessions where information may actually be blocked to the client and it may be a message or guidance pertaining to a totally unique person or event, including the therapist. In majority of such sessions life-changing insights and guidance come forth along with powerful healing of the Mind-Body-Soul Continuum.

In few of such sessions very interesting messages and gentle warning about forthcoming events and transformations are delivered, so-much-so that a specific timeline is quoted along with the necessary guidance to handle the situation and make best use of that experience for personal growth and evolution. Today I will share a similar case where a Master's loving guidance and reassurance helped

save not just the client but her child's life as well. Cases like these make us wonder about the power of sub-conscious and we are left in awe trying to fathom the totality of Universe and its mystical ways.

This young lady was an amazingly wonderful soul, very happy and excited to welcome her child, who was due in a forth night. Towards the full term of her pregnancy we had worked together to ease the slight discomfort and fatigue towards the full term of pregnancy owing to the pressure/weight of a fully grown baby on her slender frame, especially her lower spine and pelvic region. All routine pre-natal tests and examinations had been excellent and the doctors were fully satisfied with the child's growth and had assured a smooth healthy normal delivery in a forth night.

During the session when she was very 'Deep', after several cycles of relaxation, deepening, and energy-healing, she suddenly told me very softly "**Baba is here**", a little startled and intrigued I inquired more and after seeking 'Permission' even 'Talked' to 'Baba'. The details that came forth may be summed-up as:

- 'Baba' as she referred was the great Indian spiritual Master 'Sai Baba' who had lived at Shirdi, in Central India during 19-20 century;
- He cautioned about forthcoming days of 'trouble' for the mother and child, but assured that both the mother and the child are 'fully-protected' and nothing wrong will happen to them;
- He informed that 'the child was ready' to 'Come', and gave two specific dates for his arrival, which were within next few days i.e. nearly 10-14 days before the expected due date of delivery as scheduled by the doctors;
- He informed that the child was a great soul being sent for a special purpose and thus protected and under watchful eyes of Masters and Universe, so there was no need to worry or panic;
- He asked the mother to 'Keep Faith' and 'Trust' the 'divine-will', and let the things 'flow';
- Lastly he blessed the mother, child and us all and assured that 'I am with you, by your side' so have faith and be in 'acceptance', as 'all will be well, in the end';

This sudden turn of events startled us both and once out of trance the young lady, the expecting full-term mother was visibly shaken, but at the same time exalted by the vision and 'Baba's grace. All she said was 'I trust Baba', and know that He will take care of us both, under his loving grace nothing will happen to my child or me. So we ended the day, a little rattled, expecting the unexpected as till date everything was going smooth. Here is a brief summery of events that unraveled in next few days leaving everyone surprised and gasping in awe!

- Within 48 hours of the session the couple got a call from their doctor, calling them for consultation wherein a advanced colour Doppler scan and few tests were done, based on which the rattled doctor nervously told that there was something gravely wrong with the baby and an immediate operation was mandatory to save the child and mother. She even warned that the baby's life was in danger and there were low chances of survival.
- The doctor suggested them to shift to a more advanced specialty medical center which could handle the complicated case immediately as with every passing hour the chances of baby's survival were dipping, and the risk to mother's life were increasing, as some sort of infection was spreading fast within the womb, putting them both at grave risk;
- The couple immediately shifted to another multi-specialty hospital with advanced facility for neo-natal care. There too after initial checkup, tests and scans the Head of Gynecology & Obstetrics, briefed them about the grave condition of the baby and suggested that the baby should be aborted owing to high level of infection which had deeply effected the baby, due to which there was feeble chance of his survival, and even if he survived they were not sure how it will adversely effect his future life and overall health;
- The doctor insisted to abort the baby so that they may focus on controlling the infection and saving the mother as her life too was at grave risk, and left the final decision on the couple to choose between the child and the mother's life;
- Faced with this grave choice, and still remembering 'Baba's Message' the couple choose to go for the cesarean (C-Section) operation, to make an effort on saving both the child as well as the mother; The doctors nervous and a little

annoyed with their illogical decision scheduled the operation next day so that they could monitor the case overnight;

- The following day was coincidentally the day 'Baba' had told about, the day 'Baby was ready to Come';
- The operation was successful and the couple was blessed with a baby boy. The child had to spend around two weeks in NICU (Neo-natal Intensive Care Unit). Initially put on ventilator he recovered quickly and once condition was stable was given to the couple on 14th day. That day the Head of Department along with the other senior doctors specially visited them and congratulated them saying 'It's a miracle!!!'.

The child is now a grown up happy healthy kid, one whom everyone, even his doctors had given-up. It was the love, trust, courage and faith of his parents; more-so his mother, and off course the grace of Masters, that brought forth him to this world to fulfill his Life-Purpose from the edge of an abortion!

So in the end all I can say is that Universe listens! Hope and faith go a long way to heal and nurture us all, if only we can be in surrender and Trust, the Divine-Will and operate with love and be in acceptance!

May The LIGHT of LOVE Guide & Heal Us All



A Prakash

Clinical Hypnotherapist
Past Life Regression Therapist
Life between Lives Therapist
Email: aprakash74@rediffmail.com