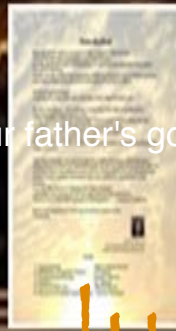


"Fear not, for it is your father's good pleasure to give you the kingdom".
'Luke 12:32'

Healing and Hypnotherapy

Special Mega Annual Issue, 21 June 2017



यद्यदाचरतश्चिरेष्वस्तत्तदेवेतरो जनः । स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥3.21॥

World follows, Realised man's Action. They follow, where He leads
SrimadBhagvadgeeta "Chaptor3- Verse21"

From The Desk

मैं अकेला ही चला था जानिब-ए- मंजिल
मगर
लोग साथ आते गए और कारवां बनता
गया .

मजरूह सुल्तानपुरी

I started alone towards "THE
HOME", Destiny.
People came along and built a
Caravan.

Majrooh Sultanpuri

In this journey of light: We are moving in Rain, Sun, Frost.

Some sunshine sprinkled on raindrops.
Some red autumn leaves flying on the wings of the air.
Some ever vigilant, some in beams,
some still sleepy moments, some residing in dreams.
Some virile, some lame.
Some fierce, some tame. Moment by moment
Drop by drop, growth reverberating
Taking us to the new scene

Attraction of unknown, fear of unseen.
Longing of missing, craving of been.

Yet, sparkling eyes with mouth agape.
We grasp in pleasure at every step.
This is our journey, thus so far
Together we trembled yet, keep crossing the bar.

Here is the reflection of our soul's entropy
With one mega issue of "Healing and Hypnotherapy"

Let's Enjoy and Imbibe.....

This issue is My deep gratitude and Love towards my Writers and
together, our gift to our readers. We all are here together.

It's a brilliant collection of beautiful gems from our twelve issues so far.

My heartfelt thanks and Love to you all who 've been my partners in the **mission** to create awareness amongst people and share ideas with each other.

I'll share one little incidence here. During my research for this project I surveyed my various groups, Book clubs and writer's forum. Some of them responded regarding Hypnotherapy and its very Senior practitioner and writer : That, how do we believe --- what one writer has written in his/her book is not his/her imagination. There are other popular writers in different genre, who gave amazing accounts of adventures with pure imagination.

This writer was almost an inspiration to me. I was like What??? Being a Hypnotherapist, you all can well imagine my face, since I have experienced some of these so called imaginary things personally.

And so, formed a Journal in mind which not only be there for specialist - - but which has to be developed in a way so as to be given to others too, to understand that Healing is actually possible through Hypnotherapy and other energy methods.

This is also one of the reasons why photographs of the therapists/writers are must. As they authenticate the person. ☺☺



To you all my dear writers –A big Hug.....

A Prakash – Medetation and Hypnotic trance.

A beautiful simily between guided meditation and hypnotherapy



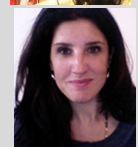
Dr. Dheeraj Nanda – Salt for removing negative energy

Magical confirmation by Homeopathy regarding power of salt.



Ambika Warrior –Miracle of Hynotherapy

From Surgery to Hypnotherapy case study of another miracle.



Marina Wolney – Hypnobirthing

Very useful information regarding Hypnosis to help childbirth.



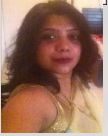
Suzy Singh- Obesity

Hypnotherapy is very effective in life style troubles. Read to know.



Dr. Yogesh Chaudhary- Unique visitation by a Master

A read, to get intrigued, by the possibilities of Hypnotherapy.



Jyotsana Chibber Jain- Infertility treatment through past life.

A write up with testimony by client and her family pic.



Guzalia Devis – Reincarnation/Relationship & Soulmates.

Now this is a Deal it gives the way to attract your soulmate. and soul family. Well anybody interested? Humm who is'nt? ☺



Varun Talwar- Rebel in Us

Somewhere we all are.... Then we choose the quantity... ☺



Camila Edborg- Our Soul's Journey

Very gentle and clear cut explanation of Souls joueney. Must read.



Neha Sharma- Past Impression Prejudices and feelings

Thoughtful expressions of so many preconceived emotions.



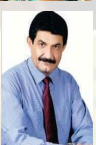
Ulf Sandstrom – Fear Conditining

Intriguing!! How good diagnosis is half the battle won.



Nivedita Mohala- Session with Darkness

'Love' can conquer 'fear' and strengthen our inner self



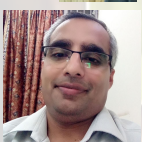
Ram Verma- Neuro Linguistic programming , An Introduction

Amazing information about training our mind.



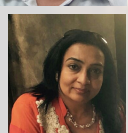
Edward S. Gardner-Abbé Faria: Indian Hypnotist, Priest & Philosopher,

A piece of History for us all



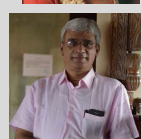
Dr Umesh Arya- Power of Words

NLP is all About power of mind and words.



Hema Goyal- Blueprints of Emotions

guide your emotions to healthy and happy living. A must read



Balgopal Keeran- Fusion Therapy Technique.

A light on Vedic Energy healing Marm Therapy with Hypnosis.

**Shanti Chanani – Goulding Process**

It is for children A must read for all

**Dr. Bruce E. Kaloski – Our Journey – Never Meant to End.**

Excerpt from his upcoming book “**Your Journey Was Never Meant to End: The Case for Reincarnation**” very interesting.

**Gunilla Hamne – Trauma Tapping Technique.**

Exclusive ... and beautiful Do read it.

**Tejpal Singh- Reiki a Healing Technique**

An energy healing technique and its introduction for all

**Varsha Dwivedi– Time line and Hypnosis**

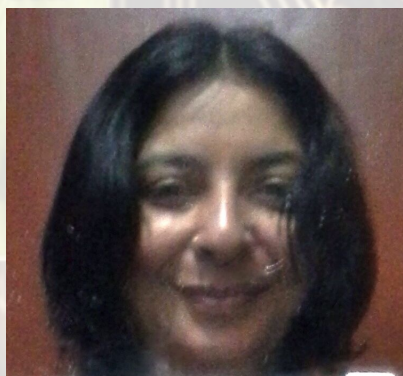
NLP and hypnosis together voila a very happy result.

**Raghuraj Sinha– Paradigm Shift.**

An account of a Client. His first hand Experience for everyone to read.

This collectors Issue is a Souvenir from our first year together.

Love and Light

**Varsha Prakaash**

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- Past life regression Therapist,
- Life between Lives therapist,
- Crystal Healer,
- Tarot Reader,
- NLP Trainer to the coaches
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MEDITATION AND Hypnotic TRANCE

Cosmos was born out of the primordial sound of the OM. It is the core of Indian philosophy on the origins of the world as we perceive. Latest development in quantum physics to affirm this view with the basic premise of all visible and invisible cosmos as being built by the tiny strings or vibration (String Theory). So, all in all from the ancient sages to the modern scientists one common thread that "all that is" is Vibration or energy in its simplest understanding.

All that we perceive around us and also what we are unable to perceive yet, if broken down, to its simplest form is energy. We all know that we are the sum total of our mental, physical and spiritual aspect, all pulsating in unison to create the us, we are. Intellectual awareness of our being as entities, beyond the confines of our physical self, is what most of us have explored

and learned, through intellectual exploration via books, discussions, electronic media etc... yet something lingers; some questions remain unanswered, few doubts remained because all that we read here see, are the experiences of others.

Masters and sages down the ages have talked about direct experience through sadhna/meditation and self exploration. Walking the path of self discovery is what each of us needs to undertake sooner or later but only few of us are able to invest all the time and energy needed for this pursuit. We all seek answers to questions like what is the purpose of my life? Why am I here? Where do I come from? Where do I go after this earthly stint? and the most important what is the true nature of myself? Masters and sages have all guided humanity to follow the path of

sadhna/meditation to seek these answers as that higher stage of our being which we experience during a meditational trance has been instrumental in gateways to a higher wider deeper awareness. Its in this stage of heightened awareness that humanity has got its deepest and the most profound insights.

Hypnotic trance is a similar state of high tend awareness, where in the client guided by therapists is able to reach that state of awareness wherein his subconscious is open in a constant state of awareness where whereby deep insights and relevant informations can be taped. The deep state of meditative trans that an individual achieve through long disciplined sadhna/meditation can be experienced by him in a Hypnotherapy session guided by a trained therapist. Though such a session can in no way be compared or be a substitute to a regular sadhna/ meditation yet such a session certainly opens up a window for client

and depending upon his state of being and vibration he experiences things that can become key to open his consciousness for exploration of his higher self.

The therapist aids and guide client through various technique to reach that state of trance wherein the client is able to connect with his higher and aware self. This aspect of our being with we commonly refer as our Higher self or the 'Aware Us' is always there with us. The Hypnotherapy session just helps us connect to our subconscious mind which is a know all aspect of our being.

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

Tapping into the subconscious in an aware state via Hypnotic trance we can seek answers get insights and gain experiences which can help us resolve a multitude of issues and heal our complete self, that is the mental, emotional, physical and spiritual, to our real Happy, Healthy blissful self.

Origins and insights to resolve life's old patterns, physical discomforts, mental blocks, emotional turmoil's and spiritual queries can all be explored and

found in know all repository of our subconscious.

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

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



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SALT FOR REMOVING NEGATIVE ENERGIES



("Science corroborates Age old method of 'Energy Healers'")

This- 27 years old women came to my clinic in 2001. She had continuous bleeding since last twenty days. She used to have excessive bleeding during her monthly cycles from last three years. For last about six months she used to bleed for twenty to twenty five days a month. She had been to numerous homoeopaths without any result. All the gynecologists whom she consulted were of one opinion that she has to undergo removal of uterus.

When I asked her why the bleeding increased since three years? What happened three years back? She suddenly

became silent. Struggling to hold her tears back in her eyes she told that her husband was murdered in front of her eyes. She remarked that I was the first one to ask her this question. She also told me that even now she hears his voice...sees him.....talks to him.

This was first time I was meeting someone who claims to see ghost or spirit. But my mind trained in medical science was not ready to accept this. I was not into hypnotherapy at that time. I took this as her delusions and hallucinations.

I took her symptoms for analysis, including following symptoms:

- Delusions, imaginations; voices; hears; dead people, of;
- Delusions, imaginations; talking; dead people, with;
- Delusions, imaginations; dead; persons, sees.

After analyzing her symptoms I reached at the conclusion to give her **Natrum muriaticum**, a **homoeopathic medicine made from common table salt** as this remedy was covering all her symptoms. This medicine showed its effect and within seventy two

hours she started improving. Within six months she was cured of her problem. But what was more surprising that she stopped seeing, hearing and talking with dead husband.

Today, after about fifteen years after this first consultation with this patient and with two years into hypnotherapy, I see a very surprising but pleasant relation between homoeopathy and other energy sciences. **Natrum muriaticum**, a remedy from common salt was my remedy in this case where the patient claimed to not only to see and hear her dead husband but also talks to him and in these energy sciences salt is one of the main methods of removing negative energies attachments, including those of ghosts and spirits. Was it a coincidence????!! Perhaps not! **Salt has been used from time immemorial to ward off the effects of evil-eye.**

Here I would share as hypnotherapy started to show me how Spirit or soul as we called is, actually the real traveller, and the real us is our soul (spirit or energy body). Past life regressions in Hypnotherapy shows how we change body as clothes for various purposes. Purpose like

Karmic bond, Learning etc... here we encounter some amazing facts about spirits attached to other people since they could neither release themselves nor can live in this realm as person, they can either wander or attached themselves with others to prey on their energies.

It is amazing that How 'Hypnotherapy' with its simple set of commands can take people to their weaknesses and by their own inner strength and ability to heal themselves it can cure them.

Let us briefly see how can salt be used to remove the negative or black energies.:

Salt cleanse for rooms and spaces

- One can use any of the flowing methods for removal of negative energies from rooms and spaces:
- Sprinkle salt crystals on the floor. After around a hour or two you can be vacuum.
- One can also mix salt crystals in water and wipe the floor with this water.
- Salt crystals have a stunning regular inherent capacity to assimilate negative vitality. One can put dishes of salt toward the edges of the room and remove these

dished after two or three hours.

protective defensive sheath around you.

Salt cleanse for individuals

- One can remove of negative energies from attached to him by following the procedure given below:
- Take a bucket full of water. To this add 3 fistful of rock salt.
- If the water is lukewarm, the salt will get dissolved quickly.
- Pray and request the almighty God with faith and confidence to expel the dark or negative energies that have got attached to you.
- Take bath with water.
- It is very important that feet should not touch each other. Maintain a separation of 2-3 cms between the feet. If feet touch each other the negative energy might not get discharged in salt water but get reabsorbed.
- During bath one can continue repeating the prayer and request to the almighty God to remove the dark or negative energies that have got attached.
- After bath offer appreciation and thanks to almighty God and appeal HIM to form a

And if something still persists, get in touch with a Hypnotherapist nearby.



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Past Life Regression Therapist,

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Miracle of Hypnotherapy

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

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

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

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

When I first met him, I recall seeing a bone jutting out of his left shoulder. He was unable to move his hand beyond a point due to the displaced bone and the pain caused by it. Now I could fully understand why he had to discontinue his passion!

After explaining and describing the therapy to Sudhakar, I decided to start off with an emotional detox session for him. It was very important that he let go off all his negative emotions (like excess baggage) stored within him for a long time now. His negative emotions included irritation, anger, blaming others and even hurting himself. The session helped Sudhakar let go of his negative thoughts and emotions and more importantly forgive others and himself (although it wasn't easy for him to do so). After a couple of days, his mother confirmed that she could see a visible change in his behavior...his habit of blaming others had considerably reduced and his frustration was

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

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

A much more confident sounding Sudhakar came for a third session. He sounded as though he had started regaining his focus that was missing for the past few years. His shoulder bone looked almost normal and there was only a tiny little bump in place of a visible bone poking out. He still had pain in the shoulder joint though. This time after visualization, Sudhakar was able to do a white light healing session too for himself. He said he felt ready to get himself enrolled for national levels selections. He was confident that he could swim well and at the same time he kept no expectations. His priority now was to be a participant in the big event and if selected (with less practice compared to others) would be a boon. He took leave confirming a date for his next session. When we next met for a session, I asked Sudhakar about his shoulder pain and he had an expression that meant "what pain?" He said that he has been so busy with his work outs and practices that he never realized any pain! He mentioned that apart from his swimming routine he has also taken up a part-time job as swimming coach! As a therapist trying to help Sudhakar, my happiness for him has no bounds... I feel blessed to be of help to him

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



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Re-introducing the birth process through HypnoBirthing®



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

Conscious Birthing

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

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

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

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

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

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

„Wow, this is what I was looking for. Deep within I always knew natural birthing methods must exist. Now I feel truly empowered. Even ready to

birth alone in a forest, if necessary.“First time expectant mother after HypnoBirthing® course.

Everywhere in the world, the number of women who give birth to a baby by themselves – which means by their own hormones (e.g. oxytocin and endorphin) – is getting smaller and smaller. While the conditioning of women's minds plays a significant role, our society's standardised, and by expectant parents mostly unquestioned,

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

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

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

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

Dr. Michel Odent talks about the biochemical explanation for why birth is and should be an erotic and sometimes orgasmic event: the main hormone in both sex and birth is the same (oxycontin). And we need as good conditions for good labour as we need good conditions for good lovemaking. Because if a woman produces adrenaline

(related to fear) she cannot produce oxytocin, which is the hormone not only needed to deliver the baby but also to deliver the placenta.

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

These days it seems more “natural” to replace natural oxytocin with drips of synthetic oxytocin and natural endorphins by epidural anaesthesia. So most women give birth without relying on the release of their own natural hormones. The downside of the readily available synthetic hormones is, that they do not have the same behavioural effects as the natural ones. Synthetic oxytocin for example inhibits the release of natural oxytocin from the woman’s pituitary gland. And the artificial drug will be effective at stimulating uterine contractions, but it will not reach the brain, meaning it will not have the „bonding effect“ as the natural hormone.

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

“The same movements that get the baby in, get the baby out.”

From Birthing From Within

Western societies have dramatically disturbed women during the child birth process and these days we seem to have not only a lack of an appropriate cultural model for childbirth but also a lack of time, patience and trust in a woman’s body. Now, this raises several big questions: What effect has this on the baby’s life and the individual relationship of mother and child? How will humanity evolve over

generations of women giving birth under such unnatural conditions? And how will women ever get back their sense of ease, grace and ownership for child- birth, and her their own bodies?

It is more urgent than ever to ensure the fulfillment of the basic needs of women giving birth, to become aware and understand the physiological processes, and to give women that knowledge and the freedom of choice.

Being from Germany where natural birthing, home births, waterbirths and trained nurses have long ago started to be widely available, I see a massive lack of experienced doulas, midwives and holistic medical doctors in India

And even if clinic doctors promise to support expectant parents in their natural birthing process, they more often than not change their minds last minute – either because time is short (their golf buddies are waiting) or because higher hospital fees can be charged for C-sections.

"It is not only that we want to bring about an easy labor, without risking injury to the mother or the child; we must go further. We must understand that childbirth is fundamentally

a spiritual, as well as a physical, achievement. The birth of a child is the ultimate perfection of human love."Dr. Grantly Dick-Read, 1953

For more information check key words such as Hypnobirthing, Natural Birth, Waterbirth, Homebirth, check these links:

References:

– HypnoBirthing®, The Mongan Method– Elena Tonetti-Vladimirova, Conscious Birth Movement– Birth Wisdom by Michel Odent– The Oxytocin Factor: Tapping The Hormone Of Calm, Love, And Healing by Kerstin Uvnas Moberg – April Asorson, Natural Childbirth Instructor– “Birth into Being” archive– The Chopra Centre, newsletter

April 2012– documentary: „The Business of Being Born“ by Ricki Lake and Abby Epstein:
https://www.youtube.com/watch?v=KvljyvU_ZGE– documentary:
„Birth as we know it“
<https://www.youtube.com/watch?v=L4gJEhBCew0>– documentary:
„Gentle Birth“ with Michael Odent
<https://www.youtube.com/watch?v=zBjZ5rMoHkU>

Recommended reads:

A consultation with a midwife by Ingeborg Stadelmann; Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood by Shawn A. Tassone MD; Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth, by Deepak Chopra, David Simon, Vicki Abrams; Welcoming Spirit Home: Ancient African Teachings to Celebrate Children and Community by Sobonfu E. Some; Nurturing Your Baby's Soul: A Spiritual Guide For Expectant Par



Marina Wolny-Kumar
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Obesity and the Mental Field

Like a snowflake, the mind field of every client is unique and every case distinctive . Even though the presenting issues in a case may appear very similar, the causative factors can often be vastly different.

Usually the thing that needs resolution at a therapy session presents itself as a dialogue that unfolds spontaneously in the opening conversation, or a feeling that begets the client as they enter into the safe space offered by the therapist.

This lady sought assistance to overcome her excess weight . As the dialogue unfolded, she found herself sharing a recurring experience of irritation with her in-laws. Intrigued, she asked what the issue with her in laws had to do with her excess weight. Almost everything, I replied with a reassuring smile on my face, and we proceeded to delve deeper into her mind field.

We started with her intense dislike for authority figures (in laws), because they curtailed her freedom (her complaint), and she was compelled to please them , (where she found herself stuck). Upon magnifying her emotional and somatic energies , a series of intense experiences unfolded where she had been sexually abused as a young child.

Interestingly, it wasn't the expected trauma of the abuse that highlighted these experiences , but rather , a complex entanglement of guilt , (the feeling that she invited it and brought it upon herself), fear, emanating from the need to be accepted (I won't be accepted if I don't do as I am told), curiosity & desire (I want to experience this) and an overriding belief that she simply HAD to do this. Another interesting facet was the marked absence of pleasure that usually constitutes the double bind of guilt, shame & pleasure in such cases.

The search for the origin of the belief that she simply had to do this (allow sexual trespass), took us into a past life of hers in which she found herself to be a devdaasi.

She was the King's favoured pleasure provider and she secretly coveted his love, wanting to have him to herself exclusively, which remained an unfulfilled desire in that life and she eventually died with the wish that he would pine for her like she did for him.

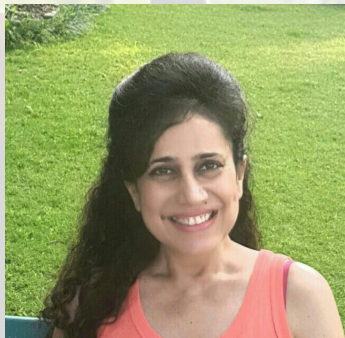
As she integrated that experience, she discovered that her desire for the king was not born out of love, but simply the desire to control him and be superior to him, so that she could end the suppression of women in a male dominated society. This again pointed to another complex double bind. The compulsion to please men on the one hand and the desire for freedom from male suppression on the other.

However, the belief that experience made her better at her job as a pleasure provider and the drive to be the best in her trade, prompted her to keep engaging in the sexual act and it created strong mental imprints in her mind field which she carried forward into her present life. Perhaps it was this mental residue or imprint that caused the childhood incidents of abuse. (One may also posit that these may have been the soul's way of burning away these karmic imprints.)

But the most interesting observation was the fact she had started putting on weight shortly after the first incidence of abuse. Was her obesity a subconscious attempt to make her unattractive to men and stop the recurrence of the abuse, thereby providing her indemnity and protection? Were her past life memories responsible for her deep seated contempt against authority figures, particularly men, and the contrarian compulsion to please them?

In this case there are multiple layers of personal beliefs which are amplified by collective and trans-generational beliefs about pleasing men and feeling suppressed by them and hence it requires further therapeutic intervention wherein these layers can be peeled away and the gender specific limiting beliefs can be corrected.

However, what the above session will result in is that the client will become conscious of her operating beliefs and this itself will begin to dilute them. Once she reclaims the power to say no to the things she doesn't want to do, and learns to exercise her freewill, she will develop the confidence to assert herself and will no longer need the added weight to keep men or authority figures at a safe distance from her.



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Unique Visitation by A Master **During a Hypnotherapy Session to Teach Lessons for** **Humanity**

We learn to help our clients during a session, when they are under hypnotic trance state, employing the tools learnt, usually for the issue(s) s/he comes for.

But many a time, depending on the state of the client's being, s/he gets connected to one or more Spiritual Beings/Masters, who are observing the progress of the client in his/her earthly incarnation. They connect to either heal/provide guidance to the client and the therapist and/or sometimes give information which is very beneficial to whole of humanity.

The term used by psychologists and lay people for this phenomenon is 'channelling'. One has yet to discover the physiological and psychological mechanism by which such phenomenon takes place. But such phenomenon has been mentioned since the beginning of history, especially in the religious books of all countries.

Many a time we realise that the communication received has already been given in many of our spiritual texts of all religions, yet they do express it in the session to lay emphasis for the client and his/her current situation in life which is causing the disturbance at all levels of his/her existence- both physical and subtle.

In many sessions with many clients, I have had the privilege of witnessing and participating in the dialogue with the Masters. You will also have it, be open to it, when it occurs.

I am presenting one such case in which I met a Master. I have permission from Him to share it with all, for their benefit.

Here we must understand that, therapist cannot call any specific energy or Guide or Master as we choose to call them. They choose to come depending upon the issue, and energy level of the client as well as therapist.

Now in this case, while we were in initial phase of our session the client reported perceiving the presence of a "Guide". I requested for permission to talk to him (which should normally be done when they come in) I was given the permission to talk to him.

The client had some fears which were being addressed in the session.

It is based on 'Fear' and its consequences upon the client, and in the process a deep understanding of many things and valuable advices were received from the Master.

I am presenting them in point format but these are His words:
(Master channeling through the client):

- **Fears**

The fears are ... , they are created by us through either blocking the flow of energy or misinterpreting the information . When you block the energy, it produces pain either physical or emotional or mental . That then gets manifested as fear because it's an unpleasant memory or experience for us. And we keep reliving that and give it life and we give it more energy so that it keeps growing.

So the best time to confront the fear is when it arises, the longer you live with it, the more power you give it and the best way to get rid of fear is to energize your system so that there are no blockages. Its free flow of energy and circulation and so consequently there is no pain and there is no unpleasantness or disease.

- The other way we create fears is by identifying our existence or our future or our well-being with something or someone and then the thought of being denied that or losing that creates fear too, so I can now say it is disturbance in energy when you are creating a blockage in your mind the way you feel or you give, **you attach too much importance with an object or a person and the outcome and then you give it life so while it is good to have a goal or a companion or to attain possessions but one must put in the effort and not get attached to the result or that person.**

The thought of losing that then creates the fear. So if we regulate our energies and unlock all our blockages so that the Lord's energies can flow freely, then we have NO FEAR.

- **What we should do?**

Yoga, meditation, clean living, helping people and White Light living, getting rid of greed and lust and cleansing your system, mind, body, soul so that His energy starts flowing freely again because he is more concerned with the outcome (feelings we create) rather than the journey. So that's why they say "Live the moment, don't crave the result" "Enjoy the process".

- **Awareness.**

We all need to live with awareness. Keep our eyes on the bigger picture we hold and don't get lost in our mundane activities and start identifying with them. Those cause disturbances in our energies. Whereas, if we always live with awareness then we are not the ones (*to be affected by the disturbances in our energies*). We are above these material experiences then we would remain calm and balanced and not disturb our energies.

So awareness is the key and again meditation sharpens the sense of awareness. So you are watching yourself go through the motions and while you can still be passionate and creative and bringing energy to a particular enterprise but just don't

identify with it. Don't put all your expectations into the outcome. In that way your energies will never get disturbed, no matter what you do-good or bad, as long as you are able to detach yourself from the outcome.

Its sometimes more harmful if you do a good act but to closely identify with the outcome and then lets say "ego boost" that you receive from it, that will block your energy in a negative way. So it is not necessary for you to control the outcome just do the best to your ability and for the rest, the Lord may have a different idea or another outcome in mind which you might not be aware at that time so it is best to listen to yourself and do what comes naturally.

On seeking His advice, as what I should do with my client, Master advised as follows:

- Give him the suggestion that life is very simple we only make it as complicated as we want it to be and he needs to just stick to his path and not give up. You cannot start something and then keep questioning it and having breaks in between , be focused.
- **Do one thing -start meditation and yoga , stick to it. Cleanse your energy , strengthen your will and things will fall into place.** Just keep at it. And don't worry a lot about material things , the Lord will provide . Stop worrying about the future . Don't worry about the outcome. **Enjoy.**

Before, parting the Master repeated, summarising the advice He had given, I present it in His words:

- **Live with awareness and make life simple.**
- **Don't get caught in the mundane activities and be above them.**
- **Put your whole hearted effort into whatever you do.**
- **No matter how big or small.**
- **Never worry about the impact or the outcome.**
- **Don't look for credit.**
- **Don't get hurt by anyone else's reaction.**
- **Everyone has a different perspective.**
- **Listen to yourself.**
- **Put your effort and keep yourself open and aware and understand that we- our energies interacting with other energies are a part of set of different energies and we need to just keep ourselves open and forever flowing.**
- **Anytime we block ourselves with any thoughts or activities or interferences, that's when we cause problems for ourselves and our environment and other people.**
- **So that's why the Lord says "everyone can make a difference".**
- **Starts with you- cleanse yourself which will cleanse the environment around you which will have a positive effect on people around you.**

- Might inspire them to change or clean themselves or like you said the revolution starts.
- You are not helpless.
- You have the power to change yourself and clean yourself.

It was a profound learning and wisdom which was given not only to him but to all of us to understand our life and what we should do to 'Enjoy'!

Here we see how WE are being guided in our sessions. Yet it is the willingness of that spiritual energy to manifest itself based on **the need of client and the THERAPIST**.

Master never disclosed His name during the session when I had asked, He had said ask your client. Only after the session was over, I asked my client whom he saw, he told me he had called on 'Mahavatar Babaji' during the session and He was the one who gave the advice.

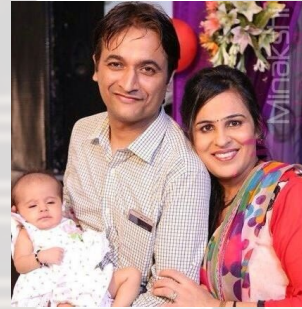


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Wisdom Tooth led to Infertility treatments through Past life Journey

Sent from RediffmailING on Android
From: "Preeti" friends_pr@rediffmail.com
Sent: Sat, 13 Aug 2016 09:11:11 +0530
To: jyotsna.moksham@gmail.com

Subject: A note of thanks
Hello mam, we have been blessed with a baby girl. I would like to thank you for your guidance. You helped me getting through my tough & testing times and got my self belief back. Thanks again for all the support. Keep helping others.....
Sent from RediffmailING on Android



This Client came for wisdom tooth issue which was suppose to be operated upon and taken out.

she was really scared. She was a 28 year old regular married woman busy in her professional and personal life. During pre talk she revealed that its been 5 year and she has not conceived yet, even after undergoing IVF. While in further discussion she shared that, her mother too conceived her after 11 years. and lots of inferiority issues were related to that

Client had problem regarding her looks "If this teeth will be removed I ll be looking like an old women".

She was carrying a lot of fear that, if she will not conceive she might be termed infertile and her husband will go for another marriage to have children.

Once she went in trance what came up was she was subconsciously avoiding baby thinking that either they will loose the child or they will have financial losses, or may be child will be born handicapped.

As parents we may not remain a good provider to him/her forever.

Child might get orphaned and become alone.

So many fear and insecurities.

Then my negativity should not be transferred to my child. Through and through she was showing a very clear sign of having her mother's fragment into her.

First I dealt with her mother's fragment by cord cutting with her as the cord has blood flowing from her mother to her and carrying lots of negativity and there it came forth that her maternal grandmother too had same issues, children born late etc.... and she imbibed that.

Their home was near cremation ground she grew up there. People always kept telling tales why one died why things happened. All of it she imbibed in her.

Her toothache resolved instantly after her cord cutting with mother then we went for mother's and maternal grand mother's inner child issue.

Her tooth issue started when she went to visit Rajasthan (A State in India) somewhere close to Jaisalmer there was a village which she visited. Now her Past lives started to surface one by one and lead to those fears which were so many and so daunting as to not to let her conceive.

One by one we travelled three past life

In her first Past life "she saw herself as a male in Rajasthan and after an epidemic "Cholera" he (she in this birth) died he was the head of family there he and his wife died and their only child was left alone. Who was a new born baby so in this birth she had this fear that her child will get orphaned if born. I have sent her back this time when we went back with protection and the minute that malady hits off they had left that place and even later on when they died then there was someone to take care of that child plus she got the wisdom that, it was the destiny of that child to grow up without his parents so it was all right.

So procrastination was the issue which she needed to be addressed.

Second time she was again a man and again in Rajasthan his wife died after giving birth to male child. Child grew up to be a handicapped his legs which were were fine when he was born became weak and eventually useless. His mother child's grandmother used to take care of him. Then that area got hit by famine but this guy (the client of this birth)waited as he believed it will rain. However, later on when he went out to bring water as child had fever mother could not go as she was old and weak due to lack of water and child was waiting for help his guy went out, fainted there and died.

There both of them were alone in home. Here we did the re scripting he went back and showed the faith in God that I had faith and rain will come. Now he went out and with sheer will power got water drank it and when he came back it started to rain.

Here she got strong faith, and dealt with her passive aggressive issues. with this she found out about Thyroid in her throat in this birth. Later on she went on for check up and confirmed the thyroid issue through test. (she had a lot of anger issues with God which was resolved with this issue of having faith, and so was her thyroid resolved)

Now in that birth after rain came he put all the utensils out to get them filled with water then went inside he had salt and sugar inside he mixed it and gave it to his son and mother then went away to bring something to eat he got some berries and give it to them and they survived.

Third Birth She was a women there they are alone and she gave birth to a baby her husband left locking them in and mean while dacoits came. They had burned the house and since home was locked from outside she and her child could not go out and save themselves and died. Her husband tried hard but could not save her.

Somewhere she felt her husband will not be able to protect her even in this life.

and she had fear of losing her husband as well. And then she revealed she is scared of locking the door when her husband goes out.

again rewriting of story was done. She went back and forgave those Dacoits that may be I did same with them in some of the life time so they gave it back to me. and she could see how much effort her husband did to save her and child then her fear of not being protected was resolved. She was scared of spending money as well as money spell security for her.

After these life's clearance her parents left that house adjacent to cremation ground automatically, and her maternal uncle started doing well in his professional life.
Overall the work has happened at a DNA level and a generation was healed.

Then there was a transgenerational healing in which a baby is created in a hypnodrama in her womb there the issue came up that sperm was not reaching to egg, while asking why the sperm was not reaching?

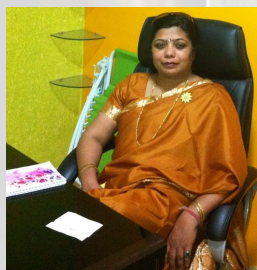
Again the story of husband came up that in his previous birth he married to his Guru Sister (Women who belong to same spiritual sect as did he so she was called his guru sister as spiritual teacher is equal to a parent in traditions) so the curse of Guru (Spiritual teacher) was there as they have broken the rule of panth (particular spiritual Sect). Now even when he was married to someone else in this birth he was carrying that curse and guilt both.

Now we did Hypnodrama for husband we resolved his issue with his Guru, first, with forgiveness then we developed understanding between them by calling a divine in between who gave this wisdom that it was their Karmic bond that they were to be Husband and wife so they cannot follow the rule of panth (spiritual sect) to be brother and sister. Now please bless them so they could live happily and blissfully.

This made Guru understand and he blessed them and their marriage. that issue resolved in that birth healed their relationship and their infertility issue in this birth.

In this session she was being given a month and a date September and 16. Well, that lady conceived last year in September and gave birth to a child this year in 2016.

I bow to that divine for 'the learning' it sent to me and healing it has sent for her.
Here her email testimonial and picture is included by her consent as she wants to share her story and authenticate it to make others aware and trust this beautiful medium.
Thank you Preeti.



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Reincarnation Relationships and Soulmates

One theory about reincarnation holds that there is no such thing as a chance meeting. Every significant relationship has a deeper purpose for your soul's continuing education.

The theory of soul-mates reveals that our souls travel through time in groups. A soul-mate is not always a member of opposite sex or a lover. It could be a friend, co-worker or family member. Members of the same soul group choose to reincarnate together to support each other through their journeys.

Now, when a student goes to a school, he is expected to graduate from one class and move into the next one to continue his education. Life is no different. The life itself is a school. We come to learn some important life lessons. We learn in contrast. If you've decided to incarnate this time to learn kindness and love. You will have to know pain and hatred first. We wouldn't know what white is without comparing to black. How would you know what warm is without knowing what is cold? Every person that walks into our life is a teacher. As surprising it may sound, your worst enemies, the people that caused you the most pain, are your best teachers. There is a chance that you have made an agreement with these people before re-incarnating.

Think of all the people with whom you have or had an especially strong positive or negative relationship. Now, imagine that you have had a different relationship with these people in a past-life. If your spouse sometimes feels and act like your child, it is possible that he or she in fact was your child in previous life time. So, think about it: who would be uncovering your past-life memories would help understand these relationships better and improve them! We tend to return into the same family. The roles may change every time though. One of my clients cringed after hypnosis session; "Whew, my husband used to be my son..." Another client teared up. "We were always like this!" – she exclaimed showing her index and middle finger crossed. She had flushes of times when she and her mother were sisters, and another time she was a mother to her now-mom.

I'd like to you to recall now how you've met your true love. It was different from meeting any other object of desire. From the very first sight you just knew, this is the one! And just after a few minutes of interaction, you get this feeling "I know you". And when you look into his or hers eyes, they are so familiar, it feels like you are looking in your own reflection. The first kiss felt like

"coming home" after a very long travel. The first hug felt like been finally found after been lost for so very long. And all of the sudden, you got flooded and so overwhelmed by rousing feelings of joy, love, happiness, and, at the same time, fear and pain of loss. And then you knew, this is not your first meeting. You have been together before. You have traveled through space and time, from one life-time to another, parting your ways and finding each other again. True love never ends.

There are times when we feel lonely and there are times when we desperately need help but have no one to turn to. Understand, that you have the power to call in your soul-mates, your divine family. Learn this simple meditation below, practice often, and you will never feel alone.

"Make yourself comfortable. You can sit on the floor cross-legged or on the chair. You can lie down if you wish. Whatever makes you more comfortable. Take a nice deep breath in, hold it in, and let it out slowly. Repeat a few times. Once, you'll feel relaxed, imagine a pure white light coming down from above; and start to breathing in that light. And as your body gets filled with this light, the light starts to sip through your skin into your aura. Visualize your aura getting brighter, denser and wider with each breath. And as your aura expands wider and wider, it starts to vibrate intensely. These vibrations will serve as a lighthouse for your soul mates that incarnated at this time. Affirm to the Universe loud, or in your mind: "I am ready to connect with my soul group. I am open and ready to meet my soul-mates. I am ready to support and comfort them throughout our journey just as they would support and comfort me. I am ready for new experiences that would help my soul grow and evolve."

Visualize attracting these people into your life. See how you would learn from each other, and will be guiding, comforting and supporting each other, working together through whatever life brings your way.

The more relaxed you are, the more powerful this meditation will be. Even better, you can do that right before falling asleep. The state when you are kind of half dosed off - your mind reaches the alpha level naturally. It is the perfect state for manifesting your desires."

If you are happened to be single at the moment, I'd like to share with you a simple but very effective ritual that will help you call in a love-mate.

"Start on the waxing (growing) moon cycle. Third day after the New Moon, would be ideal. You can look up moon phases online or download a free app with a moon calendar on your smart phone. Every night, two – three minutes right before falling asleep create your perfect love-mate in your imagination. You may need a few nights to complete the image. Then start imagining the future with him or her. You need to work up some emotions to generate the energy. Again, dedicate a few nights for that process. Continue with visualizing how this person will come into your life, where you will meet. Keep the details vague to leave the space to Universe for improvisation. Important key to successful manifestation - create one image and stick with it. And that how the magic is done! Very soon, you will meet your love".

Excerpt from my book "Practical Manual for Past Life Regression" (Copyrighted material)



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The Rebel in Us



(The Writer , gives discourse on "Srimad Bhagvad Geeta " to the corporate houses and a trained Clinical Hypnotherapist)

The growth of civilization has encouraged the growth of social institutions that encourage order and structure amongst human beings. The very purpose of most of these institutions – marriage , family , community, society, religion, etc. is to promote conformity. ***And yet it is unrestrained creativity and 'thinking outside the box' that has pushed the boundaries of human thought and led to the progress of civilization, technology and essentially, life as we know it today.***

But when we say rebel we do not mean exhibitionist or attention grabber, we mean a creative person with his/her own ideas.

Non-conformists or rebels are not understood by society . Starting from their very families, they face conflict, ignorance and narrow mindedness. Why is this? As a result of centuries of conditioning, most people do not question belief systems and established ideas or theories ; when they encounter thoughts outside their purview, they either run away from it, or just rationalize it. Rebels are the ones who question the philosophy of others. And while pondering over any issue they come up with their own original ideas.

Rebels think differently from others and ask different questions. As rebel we question ourselves , our own consciousness and how we live our lives . We question authority or reject beliefs , attitudes , or societal mindsets that do not feel right . As children we ask questions about everything around us and question the answers as well . But often parents and teachers do not have time for such questions , or do not have answers to them . The result ? Children are asked to shut up and listen . They are told to curb their curiosity and learn what is stated in books. Educational scenario largely encourages a herd mentality leaving little room for an individual to grow at his or her own pace and scientific curiosity. But in every era tribe grows on.

Rebels that survive the education system are the lucky ones, either enlightened by parents or teachers who could match their intellectual abilities and satiate their curiosity.

But as we continue our life's journey, we get bogged down by the day to day demands of life – whether it be work or family . Both the personal and professional worlds demand compliance for the most part and, few people can resist being drawn in.

The lucky few remain rebels till their mid 30's to 40's when thoughts about mortality and spirituality begin to occur . That is when we go searching for gurus and end up getting straight jacketed by spiritual teachers. This is perhaps the most ironical because 'gurus' are meant to set one's mind free to realise its potential ; instead most gurus tend to narrow one's spiritual imagination . Many spiritual teachers are largely feudal in their approach and seek to draw the pranic energy from their students. Since they are themselves not free and unable to transcend to higher levels of thought, they bog down others with their limited thinking.

(However there are those rare one's too who go on to say "if my teachings limit you. You must drop them and grow on as you are the truth within".)

This is where we as rebels should hold fast and believe that the answer lies within and keep increasing our energy level for next step's teacher to find us in order to help us along the way. Why do I say teachers? Have you ever heard who Buddha's teacher was? Or Jesus Christ's teacher? Both these spiritual masters went through a phase of learning and

exploring the world around them and were bound to be influenced by religious and philosophical thought and traditions . So who influenced their thinking? Perhaps we haven't heard of one because they had many teachers.

Also think of your learning process in school and college ... just as we learnt from multiple teachers (representing different disciplines), distilled the learning , and figured out on our own what our chosen profession should be, so must we do in our spiritual journey as well. We should use our intuition to guide us and keep the quest alive to find spiritual teachers . One can learn meditation from one , Pranic healing from another , gain insight about the scriptures from yet another and so on. **Once we have begun our journey of learning , we begin to create our very own belief system synthesised from the wisdom of many different traditions and theories.**

Behind all inventions right out from the gift of wheel, discovery of use of fire to aeroplane, to new methods, invention in every thing in every era there is an original mind, a person who thinks differently - A Rebel

Lets find this rebel within , by asking questions , who am I? what is my purpose ? and why am I here ?, to understand that unique reason for what, we choose to be here. And, to get that information Hypnotherapy is a beautiful tool however, to realise it meditation prevails.

We have the answers to all our questions, frustrations and issues within us. We have the power to shape the rebel within us. What we need to do is to meditate on oneself and go within and we will be enlightened and in doing so one can find the Buddha within.



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Our Soul's journey

Imagine you are part of the light, the source, the energy. Just thriving in endless loving energy. After some time, you are longing to discover more... to learn, to grow. Eventually you take a decision to separate yourself from all that is, in order to grow. If someone would explain the color blue, you would not understand until you saw the color, or could compare it. If someone would try and explain a behaviour through feelings, you would not understand it. All you know is the energy feeling you are part of.

Open to curiosity, you now ask to be shown, to experience, to understand. In order to fully understand, you separate yourself. To speed your learning process, to understand different perspectives of the same or similar circumstances - your soul divide you into several parts, 8 parts. What we would call parallel lives.

You start tiny, perhaps a cell, perhaps a flower - from seed to bloom to withering. All in cycles, as life is intended. You continue from flowers, plants to trees, and perhaps it is time to start to try animal feelings. Both predator and prey... gaining more wisdom and experiences. Some lives on other planets, some on earth.

Eventually, when you are ready, you try out as a human. All the while our soul is gathering experiences, events, feelings, meetings with others, connections... discovery of new feelings, logic, wars, moral, and more, both good and bad.

Why do we not know this ? Because if we did remember, it would not be genuine understanding of feelings. You would know you go back home after each life to relax, to feel the energy.

Sometime you are afraid to go back home, not remembering the light, stuck in the physical but without a body, until someone helps you back home, reminding you of who you are. These are spirits, stuck in the human experience.

After many lives, many experiences - ranging from king to servant, from farmer to business, from destroyer to healer ... you finally have gathered many perspectives, feel the beauty of life, the honor of the journey - and it is time to heal the wounds and become who you are - who you choose to be.

And this my friends... this is now the change work starts to gain insights, wisdom and the beauty of all patterns and experiences that has made YOU - who you are today. Going back to unfinished traumas, understanding them from a higher perspective, healing your traumas, forgiving yourself and others - because you understand that it was part of the experience. Part of your journey. And many helped you along the way both in your soul group, and through other soulgroups, as you yourself help others to grow too via soul contracts and other means.

When working on yourself, you realise that you are indeed a creator. You can use thought to manifest actions, and to change. Your body is your temple, your cells listen to your signals. You are realising your body, mind and soul is connected beautifully. You can choose who you want to become.

As the Universe is in constant movement and constant learning processes, you continue your journey - but with a calmer more loving understanding with different goals and missions.

Honor your body, honor your journey - life is a blessing, and so are you



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PAST IMPRESSION, PREJUDICES & FEELINGS

Past impression is something that we acquire in our past it can be in this life or in previous life or may be in many previous lives, so what is past impression ...when something happened with us once or more than once and its settled in our subconscious; like in this birth when we were very young and our first few experiences of school are not good, it will create bad impression of school in our mind that will lead to prejudice that all schools are bad and finally this prejudice will generate feeling of fear and anxiety that will stop us from going to school or if we are forced to go there we'll feel miserable.

AND, end result is, that we won't be able to learn or enjoy anything in our present. So this is the link between *past Impressions, prejudices & Feelings*. When we accumulate such impressions from many past lives than they are much deeper and on our own we are not able to get over them then we need **Hypnotherapy**.

Impressions are not always bad it can be good as well; mostly good impressions help us to become a good person because they usually give happy, contented and generous feelings; we can take same school example for this as well, another person who have amazing initial experiences at early days/years of school now for him school is ultimate place he'll enjoy everything about it and learn better, even if in his later years he might have some bad experiences yet, it will not change school's image in his mind, instead he'll be open to idea that if there are good things there can be bad things as well;

At the same time person with negative experience will generalize that all schools are like that only, and this will hinder his growth. So this person need help to get rid of this impression.

Most of the phobias and fears are outcome of these past impressions. And sometimes even our staunch beliefs are nothing but feelings governed by prejudices and generated by past impressions and most of the relationship issues are outcome of bad past impressions.

These impressions govern our day to day life as we evaluate each and every situation, person and things in our present on the basis of these past impressions instead of what they actually are this may lead to a wrong decision and again one more bad experience. So it is like a chain reaction and we should stop it somewhere and one of the best ways to get rid of these past impressions is ***Hypnotherapy***. ☺



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HORSEBACK RIDING AND FEAR CONDITIONING

This is one of those cases with unwanted emotional and physical responses that had no clear cause or origin. I call this the illogical connection of trauma.

I was helping a man who had developed a mortal fear of horse jumping competitions. He did well on trainings but every competition he became extremely uncomfortable, with physical symptoms of cold sweat and anxiety, which transferred to the horse and they both performed under their standards. He decided to try hypnosis, which basically is a dreamlike focused state of mind where we can use our fantasy to imagine situations and resolve them. When the man was in trance I guided him through a training and a competition in parallel, comparing them to find out what the difference was. "Imagine you and your horse training, what do you notice?"

"It's all good, I feel secure, I know what am I doing, we are performing well" "Great, now imagine riding out, and then back in and it's a competition" "I feel nervous now" he said, and the body symptoms of sweat showed up, very real, even though he was sitting in a chair in my office, just imagining it – this is how powerful our mind is – it can make us react as if something is real by bringing out the memory of the situation.

"Now zoom out of both situations, and imagine seeing them next to each other, as if you are watching two screens, can you do this?" "Yes" "What is the difference?" "All the people, and the flowers decorating the arena at the competitions" "Ok, now imagine all those people disappearing suddenly, as in a dream" "I'm still nervous" he said, and from the way he was reacting physically, he clearly was. "Now imagine all the flowers disappearing" "Ah, then it's fine, it's just like a training" "Now put all the people back" "That's fine too" "Now put the flowers back" "That makes me very nervous" We had found the stimuli that was triggering the mortal fear. It was not, as the client had thought, a fear of losing the competition, it was a mortal fear of flowers. I guessed that there must be a traumatic event that is connected to flower decorations, that the client is completely unaware of. "Have you always felt this way?" "No, only the last two years" "And nothing of great emotional impact has taken place prior to these two years?" "Nothing I can think of" he said.

"How old are you?" I said to get him connected to his timeline. "Turning 45" he said, with a slight physical indication that it could have some meaning "Ok, so how old is your dad today?" I asked taking a wild shot, looking at the person he probably compares himself to genetically "He died when I was a kid"

I: "I'm sorry, how did you handle it?"
He: "We were all surprised, he just dropped dead with a stroke"
I: "How old was he?"
He: "Only 43"
I: "And what is your most vivid memory of this?"
He: "The funeral, all those flowers..."

Here - with a flash of "aha" - the clients consciousness connects the mortal fear (of dropping dead like his father at the same age when his father did, with the memory/stimuli of flowers connected to this, and the only situation in his life where he saw that amount of flowers was ... at the horse jumping competitions...

We made peace with the fathers death and funeral, and turned the stimuli of flowers into a way of getting strength from his memory of the father, putting the father in the audience, cheering him at the competitions. We also calmed his system to understand that even if one person dies at a certain age, it does not automatically mean it's in the DNA, it can also be bad luck - just like most BMWs are of great quality, and still, once in a while, a new car will break down. Just like his dad did. It doesn't mean the whole brand is compromised ...

After this we tested the past, and he went through three major competitions from the past in his imagination without a trace of distress. We then tested the future and had him ride three successful competitions with no distress.

"So, how do you feel now riding the competition last week?" "Great, I am so relieved, the flowers don't bother me at all" "And if you try riding the one next week, in your fantasy?" "No problems" (laughs) "Feels great, just like a training, except more exciting"



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.ulf sandstrom.com,

www.peacefulheart.se

www.selfhelpfortrauma.org

Session with Darkness

'Love' can conquer 'fear' and strengthen our inner self

The warm and loving 20 year old was worried and distressed when she requested for a session. This was the first time she had asked this of me and I was intrigued by her insistence and concern.

A college going student, she had been selected for an NGO internship to teach children in a remote village in the hills and was thrilled as she loved working with kids. A few days into the internship and a chance remark from one of the villagers that she should not leave her hair open as that would invite “spirits” had upset her deeply. A free spirited soul, she did not like being told what to do and did not believe in superstitions.

That night at 4 AM she woke up to the strange sound of a bicycle bell which was impossible as there was no one around. The usually bold and fearless girl became afraid all of a sudden and was unable to go back to sleep. Thereafter a strange pattern emerged – every night she would wake up to strange and scary

sounds that would induce a deep fear in her and make it impossible for her to sleep. For the first time she felt like giving up on the much loved work that she was doing and going back home. It was only through her deep resolve that she continued with her work till the end of the internship.

The pattern continued even after she came back home. Wherever she was she would wake up in the middle of the night filled with a deep fear and hearing noises and music that she knew only her ears could hear. This was accompanied by strange feelings of dread and panic that she had never felt before.

Session – After inducing a deep hypnotic trance in her I asked her to get in touch with the energy that was causing these problems with her and also requested permission to communicate with the energy.

It responded that it was “Darkness” and was willing to talk to me.

When I said that I respected it as all energies came from the Lord, it asked me to “Stop being such a Wuss (meaning - weakling). On being asked why did it think I was a Wuss, it said “I scare her so much, cause these noises that she hears at night, and you say you respect me?”

That stumped me a bit but I continued with my communication. When I asked the “energy of Darkness” on when and why it had entered her it said “She was awake and weak due to fear, at that time and I entered her and have surrounded her since then”. After some persuasion it agreed to leave and was released into the divine light.

After this I requested white light and violet light to come in and fill and heal the spaces which were



occupied by the energy of darkness. I also asked them how she could protect herself from similar energies impacting her and strengthening herself. Here are the helpful messages that I received during my session are:

- Prayers are a good way to protect oneself.
- To protect yourself think about the people who give you love and strength.
- Love is more important (and powerful) than darkness

It has been a few weeks since this session and the young lady has not suffered any of the symptoms experienced earlier.

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"Neuro Linguistic Programming" An Introduction

Can mind be programmed to get its maximum benefits....."Let's See"

Since ages, man has been looking for the ways of healing; healing his beliefs, healing various diseases, healing his relationships, healing his mindsets or healing his financial status. In fact, the quality of life is defined by his ability to heal. To be in pace with this healing, irrespective of any caste or creed, nationality, we all continuously look for the ways. We go to temples, keep fasting, listens to great words from our gurus, undergo various practices and rituals or offer prayers.

This all help us healing and training our mind. As humanity has started recognizing that our mind is the cause of our failure or success, disease or health, poverty or riches; it becomes important for us to understand that we need ways and means of running our mind well. To understand human mind well, we need to understand that any moment, we experience two minds. One, the mind of that we are aware of i.e. conscious mind; and the other, the mind that usually is beyond our awareness, i.e. the unconscious or subconscious mind.

Subconscious Mind; An enigma?

Since ages, subconscious mind has become an enigma for mankind. Man thought that it was not in his hand either to erase the unwanted subconscious imprints or to implant the wanted ones. Though with the evolution, man has developed a number of ways of giving commands to his subconscious mind through chanting mantras, self-suggestions, attending sermons or offering prayers etc, yet the challenges to the big part of humanity remain the same; the stressed mind and unwell body. That further results into depression, stress, broken relationship and poverty. And in this process, man has been inventing a number of ways in outer world that can heal his inner anxiety and disease.

Let us keep it simple

Since ages, the concept of conscious and subconscious mind has been baffling the humanity. It seems that it is a big and complicated thing to understand and only a few can master it. It is not so. It is as simple that any person cannot only understand but also use it for his benefit. Here is a simple way to understand it. We use our five senses to perceive this world continuously and form our inner world. That are our eyes (visual sense), ears (auditory sense), muscles (kinesthetic sense), nose (olfactory sense) and tongue (gustatory sense). In human perception first three sense i.e. visual, auditory and kinesthetic play vital role.

For example, we use our eyes to see things that are in present awareness. This is our conscious visual sense. We can have an idea even now about the things, persons and events that are not present now before us in our present awareness. For example, you have the inner picture of your house, your kitchen, faces of the members of your family in your memory, though they may not be present in your present awareness. It is your unconscious or subconscious visual sense.

In the similar way, you may hear anything now using your auditory sense that is your ears. It is your conscious auditory sense. But you have the inner voices of how some of your friends or members of your family speak. That voice lies in your inner world. It is your unconscious auditory sense.

Also, in your present awareness, you may be feeling some temperature through your skin (muscle), it is your conscious feeling or conscious kinesthetic feelings. But, you may a number of feelings that you have stored in your inner world that you can experience right now; like the birth of a child in your family, anytime you were rewarded, appreciated or humiliated. These feeling are lying in your unconscious mind.

Subconscious imprints and your life

The visuals, audios or feelings that are lying or stored in your unconscious or subconscious mind are the imprints that play important role to generate the state of mind and the behavior that you have been experiencing. These imprints are the real cause of your sadness or happiness, frustration or flexibility, depression or delightfulness, confusion or concentration and illness or wellness. These imprints have been determining as what you will respond to this world in different situations. These subconscious imprints are the real source that is known the power of subconscious mind.

How our Subconscious Imprints are formed

We need to understand that everything is presented to us twice; once, in our conscious mind and second time in our subconscious mind. But when the same thing is presented to our subconscious mind, it may not be the same as it was present in the conscious mind. This is where a game is played by our mind. Let us understand this game. We perceive every event through our conscious sense/senses. Before this event is stored in our subconscious mind, it is either deleted or distorted or generalized.

Objective vs Subjective experience

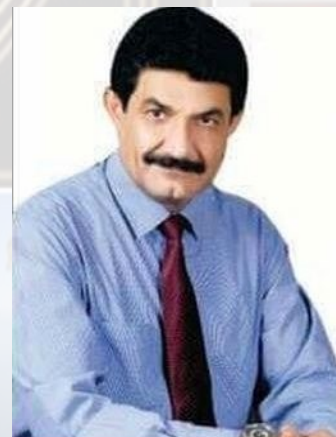
After deletion, distortion or generalization, the event is presented or stored as an experience or inner perception in our subconscious mind. This inner perception is our personal perception of the event, and it may not have anything to do with the real event, as it has formed after either distortion or generalization. Any event in outer world is the 'objective' experience, while the inner imprints of that event is the 'subjective' experience of ours. And this subjective experience of the same event will certainly be different for different people. This is why one event may give pain to one person and pleasure to another one; while some may not feel anything at all. This subjective experience is known as 'subconscious imprints'

The objective of healing yourself

These imprints are responsible for the emotional state we are in. Our bad or unresourceful emotional state is responsible for putting our body in fight or flight mode wherein our body releases various chemicals that are further responsible for the higher levels of sugar, high blood pressure and suppressed immunity. In case our body is passing through this fight or flight mode, it is the reason of our physical diseases.

What we need to do is, to take care of these subconscious imprints that are, responsible for unwanted emotional states. These states are further defined by the healers as 'unresolved issues', 'unfinished agenda' or 'stuck state'. Today, the world has witnessed wonderful mind techniques that can help us to address these subconscious imprints. One of such technologies is known as Neuro Linguistic Programming or NLP. Various techniques of NLP can help us get the desired outcome. Here is some insight as to how NLP can be used. You can watch this video and help yourself to enjoy issueless mind and disease free body.

["https://www.youtube.com/watch?v=13io2dOYJbg"](https://www.youtube.com/watch?v=13io2dOYJbg)



Ram Verma,
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leading NLP SubConscious ReImprinting coach.
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Abbé Faria: Indian Hypnotist, Priest and **Philosopher,** **"An Innovator in the History of Hypnosis."**

A Brief Biographical Note.

Jose Custodio de Faria was born in Candolin, Bardez, Goa in 1756 to a family which was descended from Hindu Brahmins prior to their conversion to Christianity.

Faria left India in 1771 and went to Rome where he studied Philosophy and took a Doctorate in Sacred Theology at the Roman college Propaganda Fide. In 1780 he was ordained to the Catholic priesthood and subsequently preached before the Pope.

In 1788 he left Rome for Paris and became involved in the French Revolution. Subsequently Faria developed an interest in mesmerism / hypnosis which he practised in Paris until 1811. From this time he taught Philosophy in Marseilles where he also was a member of the learned medical society.

He returned to Paris in 1813 where he began to give regular demonstrations of hypnosis in a salon. During this period he engaged in writing a four volume work which was published posthumously after his death in 1819 at the age of 63.

The Book: De la cause du Sommeil lucide.

Faria uses the term 'lucid sleep' for what we now call hypnosis. Shridhar Sharma (1979) describes four aspects of the nature of lucid sleep or hypnosis and here I will briefly follow Sharma's account.

- Firstly Faria believed that lucid sleep was a pathological distortion of normal sleep and in this sense he predicted what was to become a common idea among the Charcot school that hypnosis was related to hysteria.

-
- Secondly, he questioned the idea that mesmerism was the result of some form of animal magnetism which transferred from objects such as trees or a barque.
- Thirdly, rather than speak of hypnosis as a activity of the imagination he sought to describe hypnosis as a form of concentration and thus it is the hypnotic subject who is of importance in the experience of hypnosis and not that of the operator or hypnotist.

Faria on the Induction of Trance :

Since Faria denied the idea of animal magnetism or magnetic fluids this had implications for the induction of hypnotic trance. Firstly, Faria would ask the client to close their eyes and concentrate and give repeated suggestions of sleep to induce trance. It is clear here how Faria advances the induction of trance by means of direct suggestion which is of itself of historical import in the subsequent history of hypnosis.

Moreover Faria describes another method of induction, whereby the hand of the hypnotist is brought slowly toward the face of the subject and thus inducing trance. Sharma thinks that this induction method may derive from certain religious practices which Faria would have been familiar with in India.

"Alternatively, Faria would apply pressure to the forehead, nose, chest and knees of the subject to induce trance which as a technique was later to appear in the pressure technique of Sigmund Freud".

Often in the practice of hypnotherapy we neglect the study of the historical development of hypnosis, in favour of the pragmatic and

therapeutic use of hypnosis. However for those with an interest in history we can often find ideas of antiquity which are still current in our present time. The work of Faria demonstrates the scientific advances which Faria made regarding the nature of hypnotic suggestion and the variations of trance induction.

Further Resources:

Carrer. L. (2006) Jose Custodio de Faria: Hypnotist, Priest, Revolutionary. Trafford Publishing.

S. Sharma (1979) 'L'Abbe de Faria: His Life and Contribution.' In Burrows et al. Hypnosis 1979: Proceedings of the 8th International Congress of Hypnosis. Holland: Elsevier.

Vas. L. S. R. (2007) Abbe Faria: The Life of a Pioneer Indian Hypnotist and His Impact on Hypnosis. Broadway Book Centre.

Documentary: In Search of Abbe Faria

YouTube:

<https://www.youtube.com/watch?v=2mdL24UOXVs>

Abbe Faria Website by Dom Martin

www.abbefaria.com



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Importance Of Words

The famous critic Charles Dudley once said

“everybody talks about it but nobody does anything about it”. Most everybody of us recognize the importance of words in our lives but a very few of us actually work on the concept of shaping their lives through words. Numerous writers have dwelt at length about the importance of the Words. The spirituality has compared the words with “Brahm” in the scriptures and the later is regarded as the originator of every living and non living matter on this earth.

Spirituality says that every action start from words and these are the external representations of the thoughts lingering in the mind. Educationalists too agree on the linkages between thoughts and personality. It goes like this, “thoughts become words, words become actions, actions become habits and habits become personality. It is clear that the words give the shape to the reality.

They construct the reality of the outer material world and constantly bombard the gullible part of the brain which we famously known as “our subconscious mind”. Our subconscious mind being the most amazing device every created by the nature, can perform 10 quadrillion (15 raised to the power 10) i.e. 10000000000000000 calculations per second. It can detect and control even the smallest reaction inside the remotest human cell with perfect accuracy. But it has got a limitation.

The subconscious mind cannot differentiate between the reality and imagination. Whatever we tell our subconscious mind is taken as gospel truth by it and acted upon accordingly. Here comes the importance of words which set the stage for working of subconscious mind.

The communication field widely recognizes the two types of human communication – inter personal and intra personal. The former is very clear from its appearance as “interaction between two or more people in the form of actions, words and writings” whereas the later stands for “communication taking place within our self”. *It is defined as “Intra personal communication is a communicator's internal use of language or thought. It can be useful to envision intrapersonal communication occurring in the mind of the individual in*

a model which contains a sender, receiver, and feedback loop”.

This intra personal communication seem to hold the key to the lock of shaping our destiny. Words are the most powerful agents which perform this complex task of communication. Hence, everything boils down to the “quality of the language” we use to communicate with our inner self known as subconscious mind. This seemingly simple but difficult process based on the “coordinates of communication” has given rise to umpteen number healing modalities in the modern world. Neuro Linguistic Programming (NLP) is one of them which has gained wide popularity in the corporate circles due to its simple brain teasing communication techniques which are used to programme our mind through linguistic patterns.

Once followed, this “linguistic pattern” carves the way through the secrets of the potential of human subconscious mind. It is said that “the secret of NLP success is not the content but the delivery”. The dialogue delivery essentially comprises of the instructions served to the person (patient) in a carefully crafted manner of words and a few other related modalities like tone, pitch, pace, pauses etc.

This holy nexus of word modalities create a resonating effect on the person’s mind. The dialogue delivery through words in NLP has mutated into 20-25 processes which range from deleting the past traumatic memories to the present life management and the future projection. This “three in one” (reshaping past, present and future) effect has the words as essential founding elements.

It is unfortunate that our students in the schools and colleges have been taught clumsily by “synonyms” i.e. words having the same meanings. It is said that “No two words having the same meaning”. The word “admonish” and “scold” don’t have the same meaning whereas they find the place as synonyms in the thesaurus.

Admonish stands for a “caution or disapproval” whereas scold stands for “disapprove severely”. The cognitive drill therapy (a verbal therapy used to treat phobia, anxiety and obsessive compulsive disorder) is essentially a word game. This therapy, while taking the past history of the patient, arrives at finding some stimuli which when provoked through verbalization, result into manifestations of BMR (body mind reactions).

Similarly, rapport building in the negotiations and communication can be enhanced by the right usage of empathising words and “skilful repetition of the client’s words” in one’s own language is shown to have remarkable effect on the outcome of the communication process as rapport establishing. The

presupposition of **NLP** says that “the meaning of the communication is the response you get”.

Going by this statement, **we as communicators are solely responsible for the outcome of our own communication which we do primarily with our words.** The negative words have low vibrational frequencies whereas the positive words have high.



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BLUEPRINT OF EMOTIONS

Be an expert of your emotions and guide them to healthy and happy living

E.Q. level is really important.

Emotion is an effective state of a conscious mind. It's a choice of an individual, how long one wants to stay in a particular state. According to NLP (Neuro Linguistic Programme) there are two states; resourceful state (your positive emotions) and un-resourceful state (your negative emotions).

Why a person is happy, cheerful, joyful, delighted, confident, feel loved, is in a playful mode, and why at times, a person is engulfed with fear, depression, sadness, guilt, anger, discomfort, confusion, frustration and phobias.

What are the reasons for the origin of all these emotions?

Why a person is in that particular state?

How long he lives in that state?

Do we have any tool to evaluate and understand one's emotions?

As a coach, the answer to all these questions, I say is, yes, and the tool is, "rules"- the rules which one makes for oneself and others in life, and lives by it.

What are the guiding principles, to form these rules?

They are; **Significance, love, Excitement, Growth, Security, and Contribution.**

Let's understand these rules by relating to Valentine-Day.

Allow me, to take you all, to a beautiful journey you had or are willing to take in coming future.

Imagine, today is the valentine day, you are the couple, who is in love, commits, swears to long-life relationships, holding hands, exchanging gifts, exchanging words of love and appreciation. Dating, planning hours, days and even full life. Earning to fulfil each- others dreams. As if a

beautiful dream, dreamt by two hearts, minds, souls believing, they are the best couples of this universe. A dream becoming true. A wonderful resourceful state.

Are you in resourceful state? Yes, let's analyse.

- Is there excitement in your life?

Yes, as you are dating, exchanging beautiful emotions, gifts, swearing.....

- Do you feel important or feel is there any significance of your life?

Yes, you do, as if now, you want to live for and live with each other. Sense of worthiness comes and life becomes significant for you.

- Do you feel loved?

Yes, appreciation, spending time together, makes you feel, you are loved.

- Is there any excitement in your life?

Yes, there is lot of planning, and with it executing, plans ,fulfilling your dreams.

- Is there any growth?

Yes, there is certainly, growth in your relationship and personal growth too. As you are exploring, learning, loving, the various aspects of life.

- Do you feel secure?

Yes, you do, the trust, faith, love, emotional and financial growth, provides you security.

- Is there any sort of contribution on your part?

Yes, you are certainly, contributing to each-others life and indirectly to family and society. Your any kind of contribution, reflects on your surroundings.

Do rules remain same all your life?

They change with change of time. Change is inevitable. The rules can be now different for you two, cause of change in priorities. Some reasons

could be work, money, financial progress, responsibilities, family, kids, friends, freedom, enjoyment.

There can be fear now, of not being loved. Frustration, as not spending time together. Anger is there, as you wanted life to be, does not remain same. So on.

The need is to become emotionally intelligent. Adding on new rules in life, adds on more worthiness in life. Valentine day, birthdays, anniversary are the days to revive your love. Try to recapture the moments, breathe in the rules which you set for each-other. Do not omit the old rules which made you be in resourceful state, re-imprint the rules which brings you in un-resourceful states by those of resourceful state.



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Fusion therapy technique (FTT) involving Marma Therapy under Hypnosis

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

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

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

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

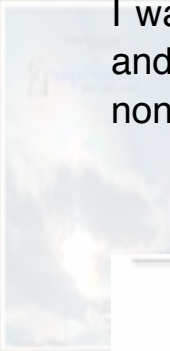
Of late, I have been working a lot of cases of Hypnosis + Marma Therapy and have found it very effective means to provide solution to many physical illnesses and change the perception of the client towards life which could have been aggravating to his illness.

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

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

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



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THE GIFT OF UNCONDITIONAL LOVE

The Goulding Process – Sleepwalk®

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 - Sleepwalk® 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 Sleepwalk® 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 thought 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."



Shanti Chainani

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www.sleepwalkchildren.org

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*©)



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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- eace 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 stress or traumatized we loose 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 embrace 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 quiet 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 harmonius 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

Reiki - An Amazing Japanese Energy Healing Technique



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

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

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

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

Reiki healing has two methods of treatments-

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

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

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

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

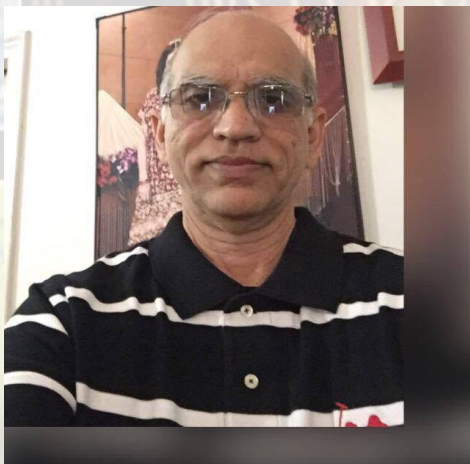
Benefits of Reiki Treatments

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

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

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

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



Tejpal Singh
Reiki Grand Master,
Spiritual healer and Counsellor,
NLP Master Practitioner,
Advanced Life Coach,
Advanced EFT Practitioner,
Chakras, Aura and Crystal Healer,
Past Life Regression (PLR) Expert and
Vaastu Consultant.

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

Founder of Healiya Wellness (www.Healiya.com)

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Time Line and Hypnosis

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

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

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

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

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

I do not like anything.

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

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

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

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

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

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

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

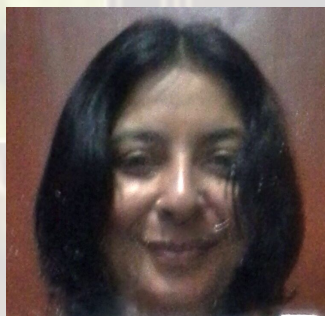
Now make this picture bigger and bigger, brighter and brighter. His face was lit with its beauty. This is your future continuously flowing happiness, Love, Prosperity and Abundance.

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

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

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

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



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My Sessions and Paradigm Shift through them

"Is Soulmate Possible"

I have gone through a number of sessions in past few years and have become comfortable with my sessions which initially startled me. I still remember my first session and how I got scared from all the visions and emotions that I went through and didn't show up for my next session for good 6 months. Overall I went through 10 sessions

However, today my experiences and my understanding regarding these sessions is at a level, where I can confidentially say that every session has been worth a life-time of learning. A life-time because while we are living our life we see every incidence and event from first person's point of view where a lot is hidden or not visible to us.

On the other hand when we see a past life in a session we can see not just the incidences related to us but also of those around us in a 360 degree view and can feel ours as well as their emotions, conflicts and thoughts too. This gives us a view of absolute truth without bias where you can see your mistakes so clearly without judging others that you learn that lesson almost instantaneously, its a kind of self realisation in that moment, at least for that moment.

Biggest change that I have observed is in my perception of time, love, my interaction with people and, how I feel about the behaviour of people around me. Now I will not say that I have become some kind of saint, off course I do feel various emotions, but none of them lasts very long now.

My sessions have made me understand a lots of

phenomenon but the biggest and the most significant change that I have observed is my understanding of Love. Why it is most significant to me, because I went for my first session to understand my connection with a person for whom I was defying my very own basic characteristics and nature, which in my conventional belief were impossible to change. It was a journey between knowing and realizing. During these sessions ***I understood that the difference of knowing and realizing is dimensions apart.***

Since I understand Love as in between man and woman, I was curious about true love. I always used to wonder how it will feel like to be truly in love: and when it happened to me! I was overwhelmed with the feeling, although I believed I was prepared for this, at least theoretically but it was so strong a feeling that I felt as if my soul will rip apart my body and go to her. So when I was unable to handle it I went for past life regression, to find out my connection with her. What happened next has changed me forever. A journey spread across many life times revealed to me and I felt all of it.

I re-lived those moments again with full intensity. It was then, I understood that, this bond, this connection was not of a moment or a day or even a life time it was a bond of many life times. People come together for many reasons, it could be due to karmic bonds, lessons, unfinished business. But soulmate is altogether a very different concept, from what I have experienced soulmate are companions in the journey to the God.

Love is a very spiritual phenomenon when you love someone so deeply and unconditionally then everything makes sense with that person in your life and nothing makes sense without them. When the line between God and that person disappears and love becomes worship. Soulmate is that part of God which God gives exclusively to you to know and understand love.

On this journey I also realized something that was otherwise impossible for me to understand, that if you love someone so much, then why sometimes there are negative emotions and fights and even separation happens. Since in all the lives I visited in my journey, it never ended well. One way or the other, every time I lost my love and started from the beginning in other life taking a different approach but the end result was the same, Separation.

The separations, the pain are all worldly phenomenons, we make mistakes because these are the constraints of this human body and Maya (Illusion), also there are lessons to be learned.

I am in pain but also at peace, because now I know that my love is eternal and in this life or another, we will be united, it's just a matter of time and learning. Love is the only thing that goes with a soul beyond body, mind and realms.

Once you experience love there is no going back, it can only increase in depth and intensity, one thing that we can do is to be wise and not derive anything negative out of it, because every emotion is a derivative of love, so its better to stick with the original than to resort to some negative derivative like anger or hate, to reduce the pain for the moment because in the end one has to realise the pure and original love, to move forward.

So no point wasting life times or taking an unnecessary circle to reach the same point where we are already standing. Therefore I am moving forward with all my happiness and pain with hope of uniting with my one true love someday and with God.



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