

Let all that You do be done in Love
1 Corinthians 16:14

Healing and Hypnotherapy

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From The Desk

Dear readers, welcome to our wonderful world of "Healing and Hypnotherapy". My fellow therapists's sessions and experiences in form of write ups are giving very amazing view of:

- Guides coming and giving direction in sessions.
- To deal with spirits/dark energies,
- Delving deep into emotional realm to understand the cause of something very simple as physical pain or obesity.
- Are breathing troubles and our other breathing problems like "asthma" has a cure in 'Past life journey' through hypnotherapy?
- What is self Hypnosis? can we deal with instant issues with its help? Tiny glimpse of it.

May be, 'Hypnotherapy' wants to show what all is possible when it ventures through our probabilities in all dimensions.
All with few simple sets of commands which helps client to open his/her subconscious where, awareness is highest and possibilities unlimited.
And healing happens through will, wish, guidance and cure of issue.

Now for our special feature, one Computer Engineer (B.Tech.) contacted me with the request of sharing his experience. Based on the effect of 'Hypnotherapy' upon his life. He has taken overall ten sessions, over the period of three years. The understanding he reached in his life I am sure is, unique to him. He must be a great learning experience for his therapist.

"Is Soulmate Possible", if yes then what is his/her role in one's life? Lets see it from the eyes of a client.

Here, one thing I want to clear for our non hypnotherapist readers that, every client with same problem neither has similar reason nor similar outcome. It is always a new domain for everyone involved, client as well as therapist.

Lets go on a journey of possibilities.....

"Oh! Pain our teacher - you open choices.

Choices; to blame, or - to be responsible for ourselves.

Choices; to be broken, or - shine through everything.

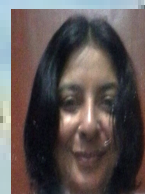
Choices; to be jittery, or - be me and be free."

"Love of Life, Love of Joy, and Love per se prevails.....

Here we come ready, for "Joy Unlimited"

Thank you

(One may send their reactions queries or write up at the email id given below).



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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 pastlife 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 transgenerational 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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BREATHING TROUBLE AND PAST LIFE

Acceptance and Forgiveness are essential to heal

"I have been Aware of every breath I take "

Mumbled Nisha (Name changed) while narrating how, since her early childhood her breathing issue had turned the simple process of breathing into a task to her. Reflecting on what she said, I sent out a silent prayer of gratitude, to the universe for, so many things which, I have been blessed with, without even being aware of. Things, we take for granted, or things we do not even notice in our day today life, truly, there is so much we are gifted with, in every moment of life.

Nisha came to me seeking help, to resolve her breathing issue. owing to which the simple natural process of breathing, which we all do effortlessly at a subconscious level, had turned, into a conscious effort on her part. to add to her woes was the fact that in moments of emotional turmoil, insecurity, betrayal, helplessness, anxiety and stress it aggravates to a level where she would start choking, becoming breathless to the point of nearly no breath. She narrated that, and while telling that she got overwhelmed and under such conditions, her breathing got heavier and labored, with a choking sensation in throat, and, tears swelled in her eyes, due to this discomfort.

Her parents tried all modalities of treatment, from Allopathy to Homeopathy and, even regulated her dietary and living patterns, but to no avail. Nothing seem to work, to give her a lasting relief. Since long, they have lost all hope and, given up. She on her part too, had accepted it, as a part of her life and, was trying to come to terms with it.

It was then that, she heard about Hypnotherapy and wanted to give it a try. I accepted, anticipating some miracle, to heal that girl who since childhood has grown counting each breath of her routine life. Her narrative touched me deeply and, I once again thanked the universe for all its blessings and sent out a prayer to the Masters, Universe and Light to guide and heal Nisha.

As we started the session, I took her to a deep state of relaxation; as, during fore talk she became emotional and, her breath started getting labored. Once in the state of deep trance I guided her, to invite light protection and send out a request to the Universe, Master and Light; to heal, protect and guide us for resolving her issue and, healing her Mind, body and soul in totality.

After several cycles of deepening process I connected her to the "Origin of her issue" and, to my amazement she moved to her most recent past life.

(Origin of an issue decides the method as every issue does not take to the past life. some are connected to this life's childhood traumas, some

are life between life issues and some can be based on guilt, anger and other emotional reactions to the situations around).

Where she saw herself as a 6 - 7 year old girl the same age when this issue surfaced in her current life time. In that life time she was a single child of an affluent family, where she lived with her parents. Her mother reprimanded her several times and, banned her visit to her uncles house for some reason.

Her uncle's family lived in adjoining house and, they were not at good terms with her family. Slowly as i guided her to the origin of the issue: " in that life time, she narrated that, her parents had gone for a party and left her to the care of her grandfather, while she watched Television. Suddenly there was a phone call and her grandfather had to go out for something urgent. While leaving, he instructed her to stay indoor and watch TV or play until he came back.

Once he was gone, her uncle came over and, started talking to her, offered her few candies and asked her to come play with him in the lawns. The little child, in her innocent love, just followed him out where, he, on pretext of playing, took her near the pool which, was on the far corner of their lawns.

At this point Nisha started to become anxious and, her breath become labored, so, I quickly calmed her using a relaxation cycle, and then we moved ahead, there, she suddenly narrated that, her uncle pushed her in the pool and she was drowning.

Nisha was feeling extreme distress, so I quickly calmed her and soothed her and asked her to see herself now, she saw herself floating above her body in that life time now, there was no choking and pain. I could see tears rolling down her eyes as, she narrated that, she could see her body going face down in the pool. while her uncle left, with an evil grin of having accomplished his goal of eliminating the lone inheritor of his elder brother's fortune.

Nisha narrated she felt insecure, helpless, betrayed, let down and emotionally overwhelmed. *The emotions which, 'that child' felt ,at the time of her death, in her past life were carried forwarded to her next lifetime.* Here, in trance she felt troubled and her symptoms got worst.

Slowly we healed that child and, guided her to move to LIGHT for, further healing. We together, did the acceptance and, forgiveness processes to completely heal her soul and, the white light healing to heal her Light body.

Once, we had healed her Light body and, her soul, I guided her to replace the feelings of betrayal, letting down and insecurity, associated with the incident with, positive emotions like, forgiveness, love and acceptance. I gave her affirmations, for further healing and, releasing her, from her past while telling her, to have acceptance of herself and, the life as it comes to her. Once she was calm and, blissfully stablished in the state of healing and Bliss, I took her out of trance.

The first words she uttered were, 'I breath effortlessly!'. The brilliant smile and, a twinkle in her eyes were probably the biggest and, most precious gift to me as a therapist. Whenever a therapist becomes a channel and the instrument of universal healing and, is able to help a client heal himself simply, by "choosing to be healed" It gives immense joy.

Here the therapist just played the role of being a guide through whom The Universe Masters and The Light heal and, transform the lives of his clients. Soaking in Nisha's joy and happiness I sent out a prayer of gratitude, to The Universe, Masters and The Light for all their help and guidance.

What came out of this session may be summed up in few simple points as under.

1. We all are capable of healing ourselves, if only we 'consciously choose to do so'.
2. The Universe, Masters and The Light are always looking out to reach you, help you, guide you and heal you - You just need to be open to accept the healing and guidance.
3. Emotions are, the energy imprints and, those ones, we experience at the moment of Death, specially very strong emotions negative/positive both. They get imprinted on our energy/light body and, are carried over to the next life, thereby, becoming the latent underline triggers waiting to surface in similar situations or incidents.
4. No healing is complete without acceptance and forgiveness - acceptance of incidents, situations and people is a must, to let go, of our past and heal our present and create a blissful future.
5. Acceptance paves the way for forgiveness which is crucial not just for our healing but also for our growth. We have to forgive all who we feel wronged us or hurt us. likewise we need to forgive ourselves for our healing in totality.
6. Clients freewill or choice to be healed is the key to any therapy and healing. its only when the client choose to be healed healing happens and universe respond to his freewill and Karma.



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SALT FOR REMOVING NEGATIVE ENERGIES

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

This lady of 27 years of age came to my clinic in 2001. She was having continuous bleeding for 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 thoroughly went through 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 "Natrium 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. 'Natrium 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 of 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 attach 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.

Now we will see the homeopathic connection to salt and energy healing.
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 vacuum clean it.
- 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 dishes after two or three hours.

Salt cleaning 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 protective defensive sheath around you.

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



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Emotion and Pain

(Pain....is it really just a physical infliction?)

Forgiveness and Gratitude must be practiced by all (irrespective of age) in abundance as they help oneself.

Pain....is it really just a physical infliction? If yes, how come it keeps coming back even after the best of medications, surgeries and/or other medical treatments done for the body? If it is purely physical, why is it that the pain aggravates when we feel low or angry or irritated? Why is it that doctors advice us to stay away from worries, tensions and negativities to get well sooner?

It has been scientifically proven that individuals feel no or less pain while happy and the pain increases with stress/tension/sadness etc. This would mean that if we can let go of our stress, worries and/or any other kind of negativity, our pain too will vanish. Now, does this mean that one should not consult a medical physician? Not at all! Diagnosis of pain is of utmost importance and so is its medical treatment. But, when we work on emotions, the pain reduces instantly and permanently. It also helps in reducing the time period for which medication has to be taken.

(I use EFT (Emotion Freedom Technique) Tapping – commonly known as “Tapping” to calm down clients and slowly get them deep into hypnosis.)

While hypnosis is one of the most beautiful and permanent methods to help, quite a few clients are skeptical about it. In such cases, I use EFT (Emotion Freedom Technique) Tapping – commonly known as “Tapping” to calm down clients and slowly get them deep into hypnosis.

Tapping also is one of the most useful techniques to tap away pain and aches by addressing the emotions beneath the pain. In this technique one can choose not to describe their emotion or events he/she has had in the past. Hence, this also gives the individual a sense of security by maintaining confidentiality. I have been able to help a few clients of mine relieve their pain by using EFT and a combination of hypnotherapy and tapping.

My colleague, Suman Prakash having chronic pain in her knees (due to arthritis) and left heel has been on medication and pain killers for the past 8 years. Just about a year ago she was talking about how the knee pain restricted her movement and how she can barely set her foot on the ground due heel pain. We spoke about hypnotherapy and tapping and she wanted to try tapping for pain relief (since she was not sure of hypnotherapy). We began with tapping that lasted for an hour at the end of which she was devoid of any pain. However, the pain came back after a couple of days and this time the pain in her heel was “back with a vengeance”. Suman was not ready to give up

on the therapy because it gave her relief for a longer time and was better than having strong medicines. I sensed that we needed to go beyond just the pain and so decided to look out for any emotions that she may be holding on to. This time around she could feel 'frustration' in her heel and we tapped on the emotion. As the frustration started vanishing, she started getting feelers as though that area needed some cajoling and pampering. We continued tapping with lots of positive affirmations and visualizations. She could feel and 'see' her heel healed. Given the fact that her heel was fine even after a couple of days, Suman decided to do a deeper tapping for her knees too.

"It is very natural for anybody to think "how can some feeling that I had almost a decade ago manifest and grow in me now"

The next day during our "anything and everything under the sun talks" she happened to mention that there are days when she wakes up in the morning with a bloated/swelled up feeling in her body and there is this tendency of water retention in her body. She also confirmed that she is not on any medicines which tend to retain water. The beginning of this problem too dates back to 7 or 8 years (like that of the knee pain). Although I wasn't sure about Suman's reaction, I decided to tell her my gut feel that there may be more emotions that haven't been checked and this time we must give hypnotherapy a try. This could be because she personally thinks that she has overcome her past feelings/thoughts or it is very natural for anybody to think "how can some feeling that I had almost a decade ago manifest and grow in me now" or it could be as simple as feeling awkward to express it. We all feel awkward, don't we?

We began our next round of tapping and this time we first tapped on all her above apprehensions.

Once calmed down, I helped Suman get into a simple and quick state of hypnosis. I wanted her to go back to the past so that cleansing work on her baggage could be done. Under hypnosis, Suman drifted back in time and could vividly see her feeling and emotions when she first experienced the knee pain. Lo and behold! a few minutes later, there she was experiencing her emotions and the pain that followed her emotions. Since the emotions were very deep rooted and strong, this time around I did tapping under hypnosis. It took a while of tapping to let go of the stronghold on those emotions which was then followed by a small exercise of forgiveness. But, all the effort and the act of forgiveness were worth every second.

Once the first layer of emotions was handled, we went back again to check on any buried emotions (even if they were less in intensity). She found that there were spurts of anger and irritation about small things which wouldn't happen the way she expected. This was when Suman realized that these emotions gave rise to a sharp pain in her shoulders flowing down to her arms and hands. For few years now, she hasn't been able to carry bags on her shoulders due to the excruciating pain the weight would

trigger off. Under hypnosis Suman realized that the feeling was that of loneliness and of helplessness at times. We tapped on the newly found emotion and while tapping Suman also mentioned that this was the time around which she started feeling that her body was retaining water and bloating. After tapping and releasing all past emotions, she could feel all her joints more flexible and the body feeling light as though water has been squeezed out of sponge. The hypnosis helped her feel calm and composed as though she could see and understand things from a different perspective.

The next day I got a message from a “pain-free, happy, light” Suman that she could carry bag full of stuff without any hassles. It is almost a year now and Suman is glad to live her life totally pain free and to the fullest.

The combination of hypnosis and tapping is just amazing. I feel gratified when clients show willingness to try tapping on their own and feel empowered to live a life that is fulfilling.

Forgiveness and **Gratitude** must be practiced by all (irrespective of age) in abundance as they help oneself.



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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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यज्ञात्वा न पुनर्मोहमेवं यास्यसि पाण्डव ।
येन भूतान्यशेषेण द्रक्ष्यस्यात्मन्यथो मयि ॥

Arjuna, when you have reached enlightenment, ignorance will delude you no more. In the light of that Knowledge you will see the entire creation first within your own self, and then in Me (the Oversoul). (35)

Concept of Karmic Debts & Guidance in Hypnotic Trance

"Messages come to us but to receive them we have to vibrate at the same frequency"

A 28 year old guy named Aniket, (name changed) came for hypnotherapy, an example of dysfunctional family, almost all the problems that we can see around were in his life. Here, I am not going to discuss his problems but experiences & learning that I've experienced during this therapy.

So we started hypnotherapy for him, whenever I took him to the point of origin of his particular problem, he always reached somewhere but was never able to get the answer as to "why he was at that particular place?" He would see 'things', but then again there could be no communication with any of these 'things/energies'.

In a similar session during deep trance he narrated that he could see a beautiful lady dressed in a beige color Sari (Indian traditional dress for women) and chandan tilak (Sandalwood paste mark) on her forehead. This lady with the divine glow was 'MEERA BAI' (A saint and a devotee of Lord Krishna in 15th century India).

He could see that she was trying to tell him something, but though he could see her speak, he couldn't hear her words, as if her whole communication with him had turned 'mute'. Once out of trance, he could still see her face by his side, trying to tell him something. For me it was a quite unique case ... I was wondering, that why he was not able to hear/receive any message, and what could be the reason for it.

Then message came "PATRATA (ELIGIBILITY)" ... Yes, knowledge is everywhere all the time in different forms, but are we ready to receive that knowledge? GOD is everywhere with everyone but very few experience that presence, WHY?

Simple, our mind is like a beautiful clean and calm pond. When we were children we were able to see it clearly, everything was crystal clear and we were closer to GOD.

However, as we started growing in the world, we began to collect negativity and throw it all in that pond (our mind). By and by it gets dirtier and murkier as we and people around us start throwing garbage of belief, cunningness, deceit and so called 'practicality'; in it, slowly unknown to us, it becomes completely dirty and turbulent.

Now we can't see anything beyond the surface. We can no more get messages from GOD, it's not that he is not sending them.. he is continuously telling/guiding us..... trying to talk to us..... but our mind is too hazy/pre-occupied to 'hear' and take a note.

What is the solution? How to make it clean and clear again? Meditation (going back to your inner self/source), was the suggestion that came to him. He needed to meditate regularly for two months and, then get back to me.

After two months he came for therapy. Few improvements were visible, like his eyes were very clear and shiny and he looked confident (lack of confidence was one of his issues). This time, I asked him to sit in sukh-asan (crossed legged sitting position) for therapy, without any back support, palms on the knees facing upward and then we induced hypnotic trance, he began to feel energy entering from left palm and with stronger intensity it was moving in circular movement on right palm.

At his Crown chakra (sahasraar) he could see the 'Sky' (**Akash & Tara Mandal**). He saw that, the 'Stars' held his hands and asked him to accompany them to their world, as that was his real place. He saw that his spiritual Guru (One who shows the path to enlightenment) was also there. His Guru guided him to go with the 'Stars' as that's where his 'Home' is, that's where he comes from, that's his 'Source'. He was told by the 'Stars' that his 'Purpose of Life' was to give everyone JOY and PEACE through SEVA(Service).

His Guru's (One who shows the path to enlightenment) message for him was “Virtue must be practiced until they become your nature. Friendliness, Compassion and meditation should continue as practices until you realize that they are your very nature. When Seva (service) is made a part of your nature, it happens effortlessly.”

During his hypnotic trance he saw himself lying on a cloud, feeling very comfortable, nice and protected. His entire body seemed to be glowing in a soft white hue. Subsequently he saw that the cloud slowly entered a very intense and scary fire, which he could 'feel' as intense heat. He felt as if this fire will burn him and felt very uneasy. Though the fire couldn't burn him owing to the protective shield of the cloud around him, yet he wanted to run away from this intense fire. The message for him was that though he is protected by the cloud shield, still he has to cross that fire.

When we talked to his guides, they explained that the 'Fire' signifies the bad karma of his past lives, so he has to cross it through the trails of his current life, and the 'Cloud' which is giving him the protective shield signifies his Sadhana(Meditation), Seva(Service) & Sant-sangati (effect of the company of enlightened people like masters/spirit guide in his life). They further examined that if he'll keep this 'Shield' strong, he will always be protected from this 'Fire'.

When I asked the 'Masters/Energies' for some insight/guidance to resolve his family

problems, they explained that “few of these problems are the 'Fire' (past karma) which have to be crossed, while others are there as his Teacher', so that he learns his lessons and moves ahead on his path of life, as a better person, with better understanding of SELF”.

This hypnotherapy session was an eye opener for me too, to make me understand that how messages come to us, yet to receive them, we have to vibrate at the same frequency, and it can be *achieved by the simple path of "service and silence"*.



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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 use 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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Self Hypnosis and Physical Injury

Here, I want to share my personal experience in self hypnosis. It can only be performed, either by a hypnotherapist or, by a client who has gone through sessions, with a hypnotherapist and, for the purpose of affirmations of healing, they are being taught, 'self hypnosis' properly, by their therapist. Please do not attempt it, learning by any book, or internet sources. As there are, any number of things, which might go in different direction and, only a trained therapist understands, how to handle them.

While coming out of the room, I suddenly struck my left toe into its door, impact was so harsh, that it brought blood around three of my toe finger nails and, excruciating pain shot through my toe, up in leg and reached to the spine.

I got desperate as, I had to drive to pickup my daughter from school and, I needed to start exactly, after twenty minutes if, I was to reach on time.

Not much time and option I had, to delegate or arrange anything I could simply reach to one tool I had, "Self Hypnosis", I quickly had sat down on a nearby chair and, went through the procedure of self Hypnosis to put myself in trance. I did it while my eyes were closed.

The first suggestion I gave to myself is, 'to detach with pain' which worked instantly and, wonderfully, due to my full acceptance. It must had happened because of my desperation of that crucial task at hand, so I did not allow me to have a shred of doubt.

Next, I decided to go further and, gave 'Energy healing', calling upon 'Light' to heal me by creating an invisible yet effective cast around my toe and filled it completely with universal energy in light form to heal it.

Further on I went, with the suggestion, to keep me detached from pain, till I would recover, even when I was to be, out of trance; with this I went on to closing part of my self hypnosis and, elevation of trance.

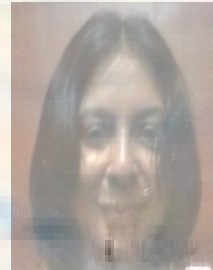
Please remember, I began with seeking protection for me as well as for entire home while, I was in Trance and prayed from Lord and Masters to guide me through the process.

Now for effect; which was nothing less than magical. I not only did drive that day but, went through my routine life, for rest of the five days of healing. I felt only, a slight discomfort, more as a reminder that, I had a toe injury (otherwise lack of pain probably would have made me forgotten it completely). I was completely healed after, five days.

I am sharing this experience here, for my fellow therapist, to try it and, let me

know if it works for you or, you go through some different experience. Those who have already tried it please share it's result with me as I did it for the first time for physical affliction and its a new arena for me so, I want to learn more.

For our non hypnotherapist readers I think it would be an interesting glimpse as to understand, what all is possible through Hypnosis and Hypnotherapy. With some very Pragmatic and conceptualized scientific commands how we can reach to our innate ability to 'Heal'.



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