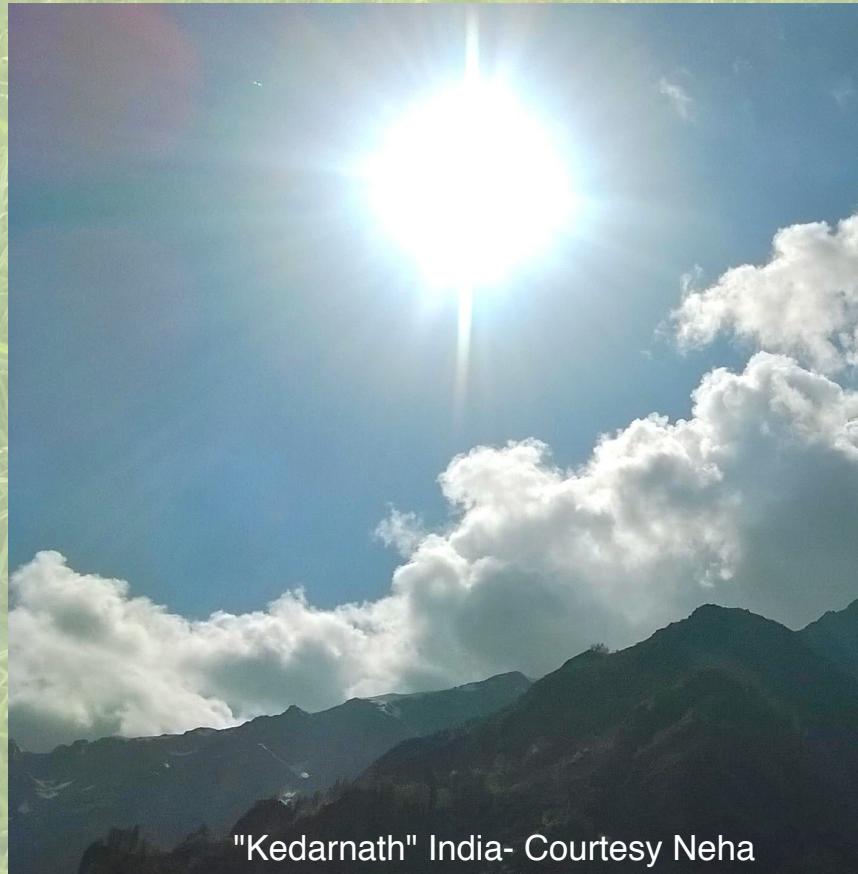


The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. (Deuteronomy 31, 8)



# Healing and Hypnotherapy

Volume 1, Issue 2, 1 September 2016



"Kedarnath" India- Courtesy Neha

1. From the Desk.
2. Reincarnation and Wisdom tooth -Jyotsna C. Jain
3. Soulmate and Reincarnation -Guzalia S. Davis
4. Hypnotherapy-Head and emotions -Neha Sharma
5. Life between Lives -Nivedita Mohala
6. Healing body or relationship -Varsha Prakaash
7. Witnessed a Miracle -A Prakash
8. Dialogue with Light -Dr. Yogesh Choudhary

इहैव तैर्जितः सर्गो येषां साम्ये स्थितं मनः ।  
निर्दोषं हि समं ब्रह्म तस्माद् ब्रह्मणि ते स्थिताः ॥ १९ ॥

Even here is, the mortal plane conquered by those, whose mind is established in unity ; since the Absolute is untouched by evil and knows no distinction, hence they are established in the eternal. (Chapter V -verse 19)

Its dark because you are trying so hard.  
Lightly child lightly,  
Learn to do everything lightly.  
Yes feel lightly,  
even though you are feeling deeply.  
Just lightly let things happen  
and lightly cope with them.  
So throw away your baggage  
and go forward.  
There are quick sand all about you,  
sucking at your feet,  
trying to suck you down  
into fear and self pity and despair.  
That's why you must walk so lightly  
Lightly, my darling.....

(Aldous Huxley, {Island})

## From the Desk

**Love & Blessings** a single wish redeems us. **Silence & Service** a single act has a ripple effect that heals us.

It increases **trust** - it increases joy and peace. Now more than ever and more than anything else we need **trust** -

**trust**, to talk,

trust to share,

trust to heal and most of all

trust to love and feel loved

Let's pray to God to heal us to our core,

to be able to trust like children do.

And, to be able to understand that when someone trusts. "Its not because of stupidity. Its because - He/she sees the capability of beauty within us. We must respect and hold that silver lining to make it grow into the beauty of mankind.

This lack of trust is breeding; misunderstanding, stress, unresolved issues, broken relationships..... Leading to various diseases at physical level. Whats worse it generates fear. We are love, fear erodes the very fabric of our being. It stops us from taking chances, shuts those new dreams and hit the most positive thing after Love, our Hope.

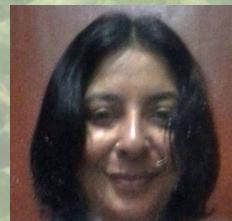
Lets be trustworthy and hold on to those who value trust more than anything else.

With this wish ----Lets enter the world of "Healing and Hypnotherapy" and see what wisdom - what learning and what intriguing insights are waiting for us, to plunge and open the gate of wonderland in the human mind.

Or perhaps God resides within us.....

In this month we have an interesting case accompanied with the testimony of client for infertility treatment. Others dealing with headache, Corn and miraculous healing of hand. What more we have fellow Hypnotherapist sharing her book excerpt with us to shed more light on soulmate.Wow! an interesting view of life between lives scene. And our last piece is most special and intriguing "A dialogue with light" by my mentor and teacher, A through and through enlightening piece.

Thank you



Varsha Prakash  
Clinical Hypnotherapist  
Past life regression therapist  
Life between lives Therapist  
Crystal Healer  
Email: varshaprakaash@yahoo.com

## **Wisdom Tooth led to Infertility treatments through Past life Journey**

Sent from RediffmailNG on Android

From: "Preeti" [friends\\_pr@rediffmail.com](mailto:friends_pr@rediffmail.com)

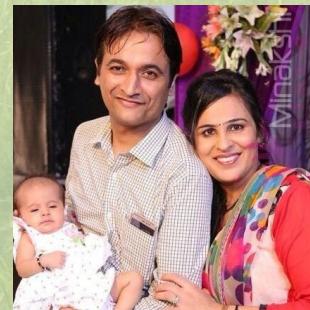
Sent:Sat, 13 Aug 2016 09:11:11 +0530

To: [jyotsna.moksham@gmail.com](mailto:jyotsna.moksham@gmail.com)

Subject: A note of thanksHello 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 RediffmailNG 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 professionl 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 daunted 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 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 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 woman 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 loosing her husband as well. And then she revealed she is scared of latching 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 make 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.



Jyotsana Chhibber Jain  
Psychologist and Integrated Clinical hypnotherapists  
PLR therapist  
Life betweenLife therapist  
California institute of India.  
Email: jyotsna.moksham@gmail.com

## **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 at laud 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".

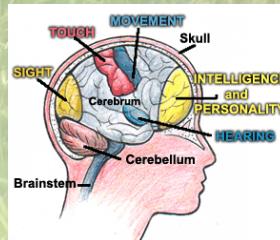
Excerpt from my book "Practical Manual for Past Life Regression" (Copyrighted material)



Guzalia S. Davis  
Eldersberg, Maryland  
United States of America  
Consulting hypnotist,  
NLP master practitioner,  
Tantra Wellness educator.  
[www.hypnoseimage.com](http://www.hypnoseimage.com)  
[www.tantrewellness.net](http://www.tantrewellness.net)  
email: [info@hypnoseimage.com](mailto:info@hypnoseimage.com)

## **HYPNOTHERAPY ... CURING PHYSICAL AILMENTS**

Headache or tendency to carry everything on your own head?



One client came up with the issue of severe & frequent headache however, it wasn't migraine yet, quite intense. Once it begins it used to last for 3-4 days.

After many tests doctors were not able understand what exactly was that.

Hence that person came to me for Hypnotherapy. When I started therapy this client was not able to go deep in trance, so first I did his Crystal Healing, energies of his different chakras (Seven Vital points in our body) were low and Third eye chakra (or Agya Chakra) was under attack of negative energy (power of thinking, analyzing & decision making resides here so attack of negative energy means something in your surrounding or in your personality is effecting the power of thinking, analyzing, reasoning & decision making). First with the help of crystals restored energy of Chakras and then started his therapy through Hypnosis. Now he was in a very deep trance.

When I took him to the source of his problem he began to see a red coloured light. Interaction with that light revealed, it was anger and the reason that came out as a root cause of his headache was: Lots of traumatic experiences of his childhood and teenage, his family situations are still very troublesome.

Somehow, not only 'he' thinks he is the only one responsible to take care of his adult grown up brother, sisters and dependent parent but his family also feels that he should take responsibility for them all.

This entire situation had created loads of emotional turbulence and whenever it goes beyond his capacity to deal with it, these headaches start and then he is completely on bed for three to four days. Somehow it felt his headache was a defense mechanism to shut things down before it will reach to its break down.

When we moved further in therapy then I came to know that this anger and headaches are his protection from those emotional traumas. So first I gave him suggestion in

trance that responsibilities are meant to be shared and everyone in family must understand that, so he should do what he can and say no to what he cannot do. Then I helped him release his anger through realization and forgiveness.

For this issue I did total three sessions for him and ask him to surrender his entire days activity to any master or God he believes in. As an outcome of this therapy there are no headaches from last one year and he is feeling lighter than earlier. Last but not least his relationship with his family is no more one sided, I will not say it is perfect but it is far better now and he is enjoying his life.

Thanks to Hypnotherapy.



Neha Sharma  
Clinical Hypnotherapists  
Past life regression therapist  
Life between life therapist.  
Email: [nehasharma\\_healing@yahoo.com](mailto:nehasharma_healing@yahoo.com)

# Life between Lives

In walked a young man asking for a session who wanted answers as to why he was having difficulties in his marital relationship and what was the learning that he was supposed to have in this life. Upon putting him in a deep hypnotic trance, he went to a point where he was outside a huge white building waiting amongst a lot of souls for his “turn”. He soon found himself standing in front of a group of elders and his own spirit guide standing behind him. He asked the elders questions about his life and received answers on why he chose this particular life with its challenges and how it was to complete learning his own lessons of patience and tolerance.

The above scenario is a key aspect of the “Life between Life” phenomena which can be experienced in a deep hypnotic trance. I have used this frequently with clients who are unable to understand why they are going through difficult lives. Seeing how they deliberately chose a tough life to complete their soul’s lessons helped them to dispel the “why me” emotion. It strengthened their resolve to withstand the challenges and accept adverse situations with grace and humility.

**Method-** I use either of the 2 methods in an LBL session

- 1) Age regression process wherein one can take a client backwards every few years till the time when he/she was in the mother’s womb and then to the point **“before”** they entered the womb which is when the client finds him/her standing in front of the council of elders.
- 2) Induce a deep hypnotic trance and take the client to the **“point where they were deciding to take birth in their current life”**

Both these work well though in the first method I was fascinated to note how the client could hear everything happening around them even while they were in their mother’s womb. Some could even “hear” the amniotic fluid !!!

## Diagram



The diagram above is a pictoral view of the scenario.

Once the physical body dies the soul departs and is often received in the spiritual realm by their loved one or spirit guides. If the soul has experienced a very painful death (prolong illness, or violent end) then they are often guided to a temple of healing by the spirit guides where the souls are treated by the evolved souls at the healing temple. This is the period of rest where the soul can recover from the difficult life that they have just completed.

This is a place that living soul can also visit using Hypnotherapy. If they require to go there for their healing. As nothing is same for everyone. Individuals their origin and their purpose differ and so does their after life healing.



Nivedita Mohala  
Clinical Hypnotherapist  
Past life regression Therapist  
Life between Lives Therapist  
Email:niveditamohala@yahoo.co.in

## **Physical Healing leads to Relationship Healing**

These corns in my feet make me really cripple, Now, even a simple walk is a problem, nothing worked, after every therapy they re-occur. Now, this is last thing I am trying.

With this we started his therapy. He had three to four corns in his each foot. What unraveled was cathartic. It was a wonderful insight for me as well. How healing happened at so many level and a seemingly simple physical issue leads to something really deeper, emotional and spiritual.

Once he was in deep trance we reached in the inner layer of his body where those corn were, by - miniaturization. Now what he saw there was conical shaped thick hard structure which were flat towards outside layer and getting really sharp inside

They grown deep inside and what more they have thread like structure attached from their internal sharp side, which were, going towards one of the energy centre Solar Plexus (One of the seven energy centers in human body which are the specific embodiments of Prana (Life Force) dealing in seven state, levels, emotions and specific energy levels) They are being regulated by 'Pranayam' {Prana (Life Force) +Aayam (Dimensions)} (balancing 'Dimensions of Life Force').

This one (Solar Plexus or Manipur Chakra) is in the centre of body approximately two inches above the navel. it deals with emotions.

Now when we started removing those corn from within they started peeling as in layers and, flashes of memories begin like a movie in his mind it went back to his first fight with his now wife and then girlfriend over a very serious issue. It was painful yet revealing that how he did not uttered his side of frustration and thoughts and resentments which came to his mind and in anger he closed himself from her side of pain and trouble and need. Which even though kept aside then but became an unresolved issue between them and slowly built up and layer by layer created this physical manifestation of it, in a corn.

With every single layer he could see flashes of whole situation scene by scene. It was not just physically painful but emotionally draining too that, how no communication or miscommunication leads to create not just hurt but life long resentment. So much so that relationship could come to the verge of divorce.

After few layers another flash of memory begin with one more sequence of disagreement between him and his spouse. issue was different, place was different and reasons were different but pattern same. Same non communication of his thought and no attention paid to her words and feeling sorely angry at the thought of being misunderstood and ended up with one more unresolved issue between the two of them.

His tears knew no bound his pain was heart wrenching, as to how we make our life miserable by not healing our inner selves. And, no; only forgiveness and forgetting does not help unless issues are put on the table with utmost honesty and deal with them with both sides talking and paying attention to each other's logics, reasons and most of all emotional states. Like two adults.

Blame or tendency to avoid leads to unresolved issues which breaks a relationship when there is no other "seemingly big" reason.

In one session we dealt with so many memories of unresolved issues and barely dissolved one corn. It was a tiring session but outcome was really beautiful.

We did not go for forgiveness in trance as he wanted to talk to his wife in person and resolve those really old issues himself. Which turned out to be a very good idea as it has created a beautiful new connect between the two of them. She was sympathetic towards his points, and barely could say- "I wish you would have said it then", I could have explained their reasons to you. Moreover, she was really grateful for being understood even after so many years and, by and by her trust is returning in him.

He is looking forward to getting completely healed not only physically but emotionally as well.

And the biggest thing healing is his relationship with his wife. Which I hope will become better and better with every session.

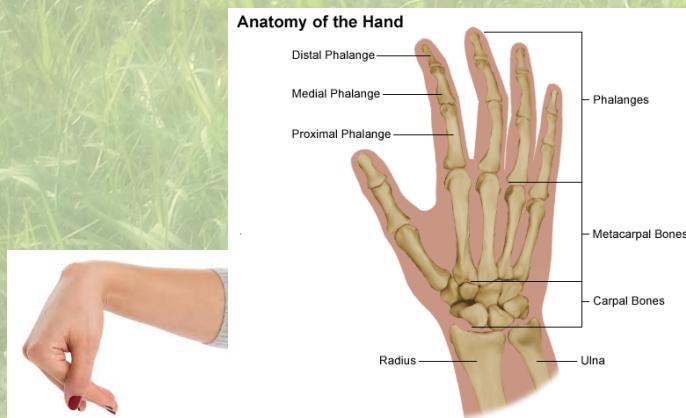
What a miracle medium Hypnosis is gifted by Lord to us. I bow to him in gratitude.



Varsha Prakaash  
Clinical Hypnotherapist  
Past Life regression therapist  
Life between Lives therapist  
Crystal healer  
Email: varshaprakaash@yahoo.com

## Witnessed a Miracle

Couple of years ago a case came seeking help for resolution of a medical condition wherein a bonelike growth pointing upwards, in center of her right wrist on the upper side, was causing her excruciating pain and had rendered her right hand useless, to the extent that she couldn't even lift a glass of water. She told that this protrusion had developed suddenly in a couple of days to a size of nearly one centimeter at the point where the third metacarpal meets the carpal (capitate) bone (Diag 1).



Doctors had recommended surgery but had not given any assurance regarding its reoccurrence. More so she was very sacred as the orthopedic consultant had told her that such a condition may reoccur in two to three years, with only option of its removal again by surgery. Painkillers weren't helping her much and the constant pain was severely effecting her work, kids and home.

During pre-talk she shared that she worked with Tarot and Crystals, and was planning a Crystal Healing Workshop, when this happened, putting an abrupt end to her healing work, as she was not able to hold even the crystal wand for her routine healing work.

We started with routine relaxation, White Light protection and deepening sequence. Once in deep trance, she was guided to 'Connect' with that region in her wrist, where the bone like growth had happened. The moment she 'Connected' with that region she felt a sharp pain raise and she even in that deep trance cried in agony. She was quickly 'Detached' from the physical pain, while maintaining the 'Connection'. Once her pain subsided and only a tingling sensation was left, she was then guided to fill and envelop the region in White Light. Once the whole region was enveloped in White Light she was asked to narrate what she could 'See' or 'Feel' in that region.

"Its all dark-Pitch Dark", said she, describing what she could 'See' within that region of her wrist. The 'Energy' in that region agreed to 'Talk' after a lot of cajoling and request, had chosen to be referred as the 'Dark Energy'. Following are the key insights that dawned during the conversation with the 'Dark Energy':

1. The purpose of 'Dark Energy' present there was to render her 'Helpless', by rendering her hand useless and causing extreme discomfort, so that she should discontinue her

Crystal Healing work;

2. Being a Crystal and Energy Healer she used to regularly meditate and do White Light Protection, yet it was during some moments of vulnerability owing to emotional turmoil/pain that her aura/energy shield was broken/open, which gave passage for the 'Dark Energy' to enter her and create a point for obstructing her healing work;
3. All healers, therapists, psychics, and White Light workers who work and contribute towards creating a happy healthy blissful world, are prone to be targeted by 'Dark Energy'. The reason given by the 'Dark Energy' for such targeting/attacks was that their work was aiding and strengthening the realm of 'Light' and undermining the realm of 'Dark';
4. Emotional turmoils, moments of deep pain, hurt, guilt, loneliness, or similar emotions lower our 'Vibration', making us prone to such attacks.
5. 'Dark Energy' shared that it was the regular White Light Protection and meditation, which helped her and blocked the further expansion and growth of 'Dark Energy' within her. As dark energy confessed:

**Emotional hurt. She belongs to love. when Love gets hurt, wavers, I got the passage to enter. Still, my growth is hampered; I am not able to grow much as I wanted to. Otherwise she would have been rendered useless she wouldn't have been able to hold the wand anymore. She is already playing a lot of havoc through the light she is still able to hold her wand because of protection**

6. We all have the power to 'Choose' and 'Heal', and the only obstacle stopping us from realizing it, is our limiting belief system and lack of trust in our own capabilities.

Subsequently the 'Dark Energy' was requested to leave so as to start the healing process of the effected region, yet it refused to leave conveying that it was there just 'doing its job' i.e. to stop the Healing/White Light work. Finally after all convincing and cajoling, when the 'Dark Energy' refused either to leave or be released, we choose to start the healing process using White Light healing, wherein the whole region was healed at cellular level. Meanwhile the 'Dark Energy' left, leaving that space hollow, which too was subsequently filled with White Light.

Once the process of White Light healing was completed, she was guided to invoke the complete spectrum of vibrations like the rainbow of colours, and her 'Higher Self' was invoked to heal her Mind-Body-Soul compact in totality choosing the relevant vibrations as required by different aspects of her 'Self'.

'Talking to Sub-Conscious' it was conveyed that the whole process of healing will take five (05) days, and by the end of the fifth day that protrusion will be dissolved and the whole region be completely healed, at the cellular level. To facilitate the healing process and help her recovery she was 'Detached' from the physical discomfort and pain, so that she may start feeling better while the healing process continues.

Once out of trance she informed that her pain had vanished completely and she was feeling a little numbness in the region, and her inside felt as if it was raw after a surgery sans any pain or discomfort.

For next five days she updated me daily about her progress, and by the fifth day her

hand had restored to perfectly normal state, with the whole protrusion gone, as if dissolved.

Its been three years since, and thankfully she never had any discomfort or trouble in that region, and her healing work continues!!!

This case gave us so much insight and hope that we are always guided protected and helped by the Universe, if only we have faith, belief in ourselves and follow the Path of Light. How we are the masters of our destiny and how our choices shape the world around Us, and how the realms of Light and Dark always coexist, and our choices solely determine what we manifest and attract in our lives. So the Choice is ours- what we Choose is what we Become !!!

Love & Light



A Prakash  
Clinical Hypnotherapists  
Past Life regression therapist  
Life between Lives Therapist  
Energy Healer

## **When Guidance is to come how it comes with Grace**

### **Story of a Phobia case turned up into a dialogue with Light**

Here I want to share a case which came for phobia from blood and turned up to be some of the most profound cases I 've done.

How intriguing it is that Hypnotherapy has a vast potential to bring so much knowledge for mankind. by its step by step approach.

This session I choose to give in question answer form as here we got connected with Light source and its answers will not be clear without the questions

When the Client was put to trance

**Client:** Everything is golden.

**Yogesh:** Everything is?

**Client:** Golden

**Yogesh:** Gold..? Hmm

**Client:** It's straight towards me

**Y:** It's straight towards you?

**C:** Yeah as if it's coming out of some tunnel or something. I don't know. It's just golden.

**Y:** and how do you see yourself there?

**C:** I could not see. The golden light is just on me. I don't know, I mean I just, I cannot see anything else

**Y:** So you are in the golden light or you are the golden light?

**C:** I don't know its just coming out of some place. Probably surrounded. I can't see anything else. Just gold. Pure gold.

**Y:** Gold gold all around you. Beautiful..

**Y:** Beautiful. How do you feel?

**C:** I don't know how am I feeling. I feel. I feel I contain lots of love and I could barely keep it inside. I feel .....It's in me. It's in me.

**Y:** Beautiful. Have you seen yourself glowing with this golden light?

**C:** I could not see myself just the golden light thats it.

**Y:** Ask yourself, ask the Golden Light within you – why did you choose to come on earth at the moment as you? What's the purpose that you came? Consciously know it and activate whatever you have to do to achieve what you came for?

**Y:** You get any answer?

**C:** No. I want nothing.

**Y:** You want nothing? OK.

**Y:** That's ok. It's not about wanting. It's about not getting deluded in the human body. And being able to execute what you come for and its good to know incase you can know. And incase it agrees to tell you. Or incase the Golden Light wishes you to know

as to what and why you have been sent as a part of it, or him or her. Is the Golden Light the energy source? Ask.

**C:** No answer.

**Y:** Can I talk to the Golden Light?

**C:** Yes

**Y:** Thank you very much for giving me permission. I am thankful to you for allowing me to talk to you. Though I know you are the energy source, but as a human a confirmation would help me. Would it be OK for me to know?

**GL:** Yes.

**Y:** Are you the energy source? And She has come from you directly? You sent her as a part of you?

**GL:** Yes.

**Y:** Thank you very much for giving this information. If you sent her as a part of you, obviously you have a design for her to fulfill something that you want done on earth. At this time, at this troubled time on earth. Would that be right for me to understand?

**GL:** Yes

**Y:** you think it would be advantageous for her to know that purpose so that she can...?

**GL:** Yes

**Y:** Ok. So could you tell us please?

**GL:** Love.

**Y:** Ok. But that's you embodied. Love is you.

**GL:** Spread love

**Y:** Spread love .I am so so thankful to you for giving this information for she and I am sure she is. She will. She is love at the moment. She knows. She does, but she didn't know the source.

**GL:** Don't hold yourself. Just spread love. No matter what. Touch every life with love.

**Y:** Life with love?

**GL:** Touch every life with love. She is love. Not a sign. Nothing else. Nothing for her.

**Y:** No design. Nothing for her?

**GL:** She should spread love.

**Y:** Ok thank you so much. I can feel it. Even when she was talking to me on phone.

Tears flowing in my eyes. Thank you very much.

**GL:** She shouldn't hold it back. I respect her for this. Just spread. It's infectious. They will feel it. Sense of true love is being felt. They will be able to connect.

**Y:** Thank you very much for this. Any particular area she has to work in on earth?

**GL:** Whatever she does she should never forget this. Her core essence is love.

**Y:** Thank you so much

**GL:** Whether she is accepted or not, she should love.

**Y:** Thank you very much. Is there any particular manner in which she has to spread it?

**Y:** Any activity?

**GL:** She should be herself. Always. That is it. Shouldn't hold back. Slowly they all will know.

**Y:** Is that why she chose to come to this particular family she was born in? because ..

**GL:** She needed a specific environment to be always in touch with herself. Never to forget.

**Y:** Thank you so much. This is really really... I am feeling so good for her. They say there is going to be turmoil on earth. Some point of time through another person, Rajat, you had said there will be a shift. What role does she play in that?

**GL:** Healing through love.

**Y:** OK

**GL:** She will give instant emotional comfort.

**Y:** To people who will get affected by that shift?

**GL:** Before and after both

**Y:** Any particular place she has to be? To do that

**GL:** She will need to follow her heart. She loves to counsel. She loves to tend to plant. She should do that. On priority.

**Y:** Any specific skills she needs to learn?

**GL:** She already has it. She did career counseling. She should start from there again and tending to her plants and shrubs. Her tree planting, the way she always wants to. She should just follow her heart. She already knows it. She knows everything.

**Y:** I am sure she will feel very good when she comes out of trance to know this and I am sure she will remember whatever you are telling her and me.

**GL:** She will

**Y:** What role does she have to play with A?

**GL:** He needs to learn love and she is love. He should learn that he will teach and, she will be the force behind him and a healer in her own respect.

**Y:** That will be good for A to know though he already has, I think a good feel about her. But this will be beautiful.

**GL:** She is more intuitive. She will give him information before hand. He should listen.

**Y:** Ok and he should listen.

**GL:** And his grounded-ness will help her calm

**Y:** All over this earth at the moment and as you said, all over the universe and other universes lot of changes are taking place.

**GL:** It is the doing of collective consciousness. They have chosen that. They still have time. Can stop it; however they can choose to... It's their game.

**Y:** You will have to explain to me this "collective consciousness" desiring this change at a multi universe level and at this universe level in which we exist in the earth's system

**GL:** As a generation, they have taken certain path. They know themselves by their own guides what they ought to do. However, they have chosen this. They have chosen calamity by their brazen attitude towards their own life, the atmosphere, everything. So of course in a way they are calling for shift. They could have stopped it and even now they can stop it. If they will understand it is love, care for each other, in a way being human. Only being human will help. Nothing else. Absolutely nothing. If they wish, they can divert it, if they wish they can choose it. It's a phenomenon directed by them.

**Y:** but you are observing it and you see there will be lot of pain and there are so many people, all of us have come from you.

**GL:** There will be no pain. There will be only shift. If they feel pain it's just an illusion

**Y:** Pain is an illusion

**GL:** Yes if something doesn't happen their way, don't they feel pain? Similarly this way there is no pain, just a shift. For their own learning, the minute they will be out of this illusion they will know what they did. Probably they will try and learn not to do it again.

At the end of the day, it's all about learning. If they are not going to learn in the due time, and they have called for these extreme measures. So far the earth's standards are concerned. According to this plane or this planet, these are called extreme measures though these are the natural phenomenon and sooner or later everybody will go through this shift. What is the change of body, what is the different **birth**, that was also the cause of pain to this family to the people around them. But it happens anyway.

**Y:** it's continuous cycle

**GL:** Yes it's only that this time the cycle will be at large scale.

That is it. And that's the choice. They can stop it, they can choose it.

**Y:** When you say "they" and you say "collective consciousness", it's the "collective consciousness" of the universe?

**GL:** Yes

**Y:** But why should the ordinary man on earth, I can imagine lot of politicians and things who run the earth under the influence of what we call black light which is also created out of you. But the general masses, the very ordinary simple..?

**GL:** *do you think so? Nobody is ordinary. If they choose to ignore themselves and they are responsible for that. Who has given the politicians these powers? Who has chosen them?*

*You choose because you have got particular Community, race and caste, you choose because you want a wall around your house or other your personal benefits.*

*Then what kind of people you will have, to run your nation, to run everybody around?*

**If you do not want quality, you do not want justice for others...how do you get it for yourself?**

Y: OK – I get the large design

GL: That's a very simple thing. People say it a lot, you must have heard it around you  
“truth is redundant, quality is redundant” “honesty is redundant”. How could it be if you want people to be truthful to you. When you pay money you want yourself to get the quality. When you hire someone you want that person to be honest. Can these things ever be redundant? If you want them for yourself

Y: Never

GL: Then why don't you offer it to others? That's the fun. So how do you get it if you don't offer it? So they are not ordinary people. They are not ordinary at all

Y: Nobody is ordinary. Each one of us is special

GL: Yes they are special, but if they get into the concept of ordinary, they create limits. I respect their choices. Why shouldn't I?

Y: and that's the base of creation for the problems and the collective consciousness for destruction.

GL: Yes. They feel they are ordinary, they feel they cannot do anything. Even the thoughts are powerful. They have stopped taking positive thoughts. When there is an upsurge of black energy still the positive thoughts are not being merged. Positive thought is not being ...say demolished.

It is there in collective consciousness very strongly ...then avatar comes or masters are being sent. Avatar comes to absolve. Still there is bloodshed. Still their lives change and still there is shift.

However, when these kind of times are here then even through thoughts they are doomed. Then even in their thoughts they are not fighting it, and then even they are being part of it. All right. They feel they will survive on it. Then they are calling it. Then they are calling shift to see light. Shift at a large scale. Then as they say “pralay” “disaster” that comes. That is the cycle. You want an avatar you want a parlay (Anihilation), the choice is yours

Y: we would definitely want an avatar to maintain

GL: then create positivity around you. Create lots of positive thoughts. Life is not about how you live; life is about how you feel when you are going through it.

Happiness is always in you. If it would have been dependent upon money, power, just look around you, how many people are there who are monetarily ... or very powerful ....means ..., just look at them but see their personal lives, they are in wreck. Where is happiness? And if this is happiness, will they want it this way? Would they want say a million bucks and their only son dead? Nobody would like that kind of happiness. They don't understand what happiness is. They don't send thank you for what they get, if they would they will get more. They always crib, so the positivity from the thought is going out. That is doomed and that's why this calamity is hovering.

**Y:** they say it's very near.

**GL:** it's not about how your politicians or the kings are behaving, then at the end of the day it's the common masses, what they hold in their heart makes a difference

**Y:** I understand. I keep saying this from people who come. Its continuously ....

**GL:** Yes. You know it. They need to know

**Y:** I keep telling them and I am thankful to you for enlightening me today.

**GL:** you already know it. It's in you.

**Y:** what's my relation to her? She is coming from you directly. Why do I feel special...?

**GL:** You are open. You have got lots of love in you so you will instantly recognize love and you both are a part of the same concept. You felt that you know it, she is love. It's impossible not to love her. People have different forms or they have got say worldly spectrum around them. They try to avoid it but it's just inevitable. How can you stop loving love? You have it you are open to it, you felt it very strongly. And since you are open to it, you accept it. It's about acceptance. Everyone feels the same way around her. Some of them accept, some of them try to avoid it.

We all feel attracted towards shade, towards water towards something which gives us comfort and love is the topmost. So she is love how could you not be attracted, how could you not feel it? It's not possible.

**Y:** thanks for explaining the whole thing to me. I just did not understand at that time. Now I do and thank you very much.

**Y:** Why does some people does not...what we say revere the lord? Why is that?

**GL:** it doesn't matter. You do not have to revere the lord. If you find love in your heart, you are already there. There are different ways, there are millions of ways, in fact more than millions of ways to revere the lord. So if love is there lord is there. You don't have to find it anywhere.

**Y:** that way they are there.

**GL:** yes. So conscious practice is not required. At subconscious level, if people are connected and they will learn this lesson that there are conscious ways to reach too. There are ways just like practical things to reach.

**Y:** *yeah, I am always intrigued by your creation of free will with the soul.*

**GL:** that's important because you are me. How could you be bound?

No one can bound Love and Truth. I cannot

**Y.** Thank you so much I am so glad to talk to you listen to you I am so glad to meet her(Client) who is your embodiment. Can you tell us about any avatars that are there in

these times of trouble?

**GL:** They will reveal themselves. They have come with their agendas. They will reveal themselves.

**Y:** We will come across them?

**GL:** Definitely.

**Y:** That's nice to know. Are there many of them on earth at the moment, coming from you?

**GL:** These are the amazing times, these are the times of gain for those who want to gain, then of course they will be lots of celestial help.

**Y:** Thank you

**GL:** these are the times people want to come. Come on the earth. What you call disaster is a faster paced evolution of soul. So if somebody wants to attain something, it's the absolutely perfect time.

**Y:** Oh ok, so many celestial beings who are at various frequencies...

**GL:** bodily and non bodily they are around. Everyone, right now the prayers will be answered faster than anything else. Anyone who believes in anything just ask and it will be there.

**Y:** thank you. That's so assuring for us humans because when you created humans you created limited consciousness and awareness

**GL:** No, not at all.

**Y:** I will say in the body we feel so limited at times.

**GL:** Just listen to yourself. Don't listen to the world around you. Just listen and you will know how powerful you are. You have everything you need. Everything.

**Y:** We have you in hearts so we have everything

**GL:** You have me

**Y:** And yet there will be so..... many humans who will perish

**GL:** They won't perish

**Y:** No I know that way no body does perishes, only the body perishes

**GL:** You throw your discarded clothes... Does it perish? They are for your use. You are not for their use. Your body is for your use. You are not for its use. You cannot consume yourself for body. Body can be consumed. Body can be taken again. It's your choice.

**Y:** Thanks for the learning... it keeps...though many a times we understand it, its still at times a doubt gets created by the conscious mind.

**GL:** It's like that. When soul leaves the body and then it's not reached the consciousness. It seems to be a painful phenomenon. You by your experience know that a soul carries pain through the lifetimes and that's why people are so fearful of death and the scene of death creates a gloom in the heart who are living and watch it. That's the sole reason because you are carrying that pain in your consciousness. You

know how it feels when the soul leaves the body if it has not reached to its full consciousness before leaving.

**Y:** It carries the pain

**GL:** Yes that is why there is so much **fear from death. Otherwise, tell me what nobody has experienced so far living why do they fear it?** So they experience it in one way or the other. That's why they feel fear, they have that fear in body .....They have to get rid of it through spirituality, through love . **And when we say meditation its not just when we sit in meditation, just be aware of each and every action you are doing. Watch it like a spectator and it becomes meditation. Being present.**

That's meditation.

**Y: Yeah, you told that to me when you came through Rajat also. Be in the now**

**GL:** Yes that's meditation

**Y:** that's meditation

**GL:** You know it. So?

**Y:** yeah I know, you told me I was practicing it for a long time.

**GL:** Stick to your plans. Be into your own consciousness and don't get affected by the things around you. You know people only got what they deserved. Not beyond that. And not beyond it and not beyond your own plan. At the end of the day you are responsible for yourself only.

**Y:** And my plan is to participate in the structuring of ...?

**GL:** you are being prepared for that. You have come for that. You are doing this

**Y:** Hmm should they get together?

**GL:** All of them.

**GL:** its all fun, its all love, its all happiness, its all beauty. There is no nothing nothing than happiness ...nothing than love. Let's see how they react to it? Will they let their conscious apprehensions come in between or they let their subconscious flow and reach to each other.

**GL:** You are into it. You chose it. You prepared for it long back. So you are into it. Everyone is there where he or she chose to be.

**Y:** I am so thankful to you for giving me a chance to be with you today after a long time.

**GL:** Yes.

**Y:** thank you so much. I am really glad that you are there and personally I got a lot of guidance from you today and I would like to know Her (Client)

**GL:** You knew her. There was a time frame decided. She was to come to you. She knew it, there will be someone. That poor thing knows so much but didn't know how; you are going to tell her how.

**Y:** I will do whatever I can, whatever I know I will tell her.

**GL:** you know it all. And she has the perception as well as ability to grasp. You will not

be disappointed.

**Y:** I am sure I won't be. She is from you, how can I be disappointed?

**GL:** you are from me too. You are mine, as much as she is.

**Y:** thank you so much. Well I need your permission to connect to you again for the earth's time is getting slightly late now, is that ok for you?

**GL:** I am here always.

**Y:** you are with us always, right. So I can't tell you to go anywhere. But I can tell her consciousness to take care of her body. Take over her body, is that ok with you?

**G:** Yeah that's fine. I will be there. I will radiate through her ... you can always feel me. Whenever she is around. Whenever you talk to her you will meet me. You have felt me already.

**Y:** I have felt you when I was talking to her, we don't have to be near people physically to ..

**GL:** No no . You have connected to me or her the minute you met her husband. There was a chain reaction, it started then. Had to come.

**Y:** thank you for everything. Thank you for our being what we are. Thank you for giving us this task. Which I hope we will work well without disappointing you with free will and our own choice

**GL** Love doesn't get disappointed and I love you.

**Y:** thank you.

Here I would like to mention that we had one more consecutive session with the same client and there in the very beginning it is made clear that her phobia is disappeared. And yes now even after so many years one who used to get faint just by the sight of a few drops of blood oozing out of a simple cut, can deal with any injury today. And she got aware about herself that was an even bigger achievement for her. WIth such great learning for us all.



Dr. Yogesh Chaudhary  
Clinical Hypnotherapist,  
Life Between Life Therapist,  
Spiritual Hypnotherapist and  
Past Life Regression Therapist.  
Email: yogesh922@yahoo.com  
[www.hypnotherapydelhi.com/home](http://www.hypnotherapydelhi.com/home)

<https://joom.ag/IJRQ>  
Link to first issue

<https://joom.ag/f7nQ>  
Link to Second issue

Back Ground Pictures Credit --- Keya Dwivedi (All Issues)