

"Whosoever trusteth in the Lord, happy is he."- Proverbs 16:20



Healing and Hypnotherapy

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Saraswati River above Badrinath , India- Neha

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From The Desk

Grace flows when Gratitude surges.

Deep in our heart when we start feeling Gratitude for everything we have in life and send a prayer of thanks for them. Grace showers upon us.

Everyday, miracles start happening and life changes.

With deep Gratitude in my heart and prayer of thanks here we have our fourth issue in hand. Hypnotherapy as we know has many myths attached to it lets see if they all are true... or we need some rethinking. Past life regression how and why it is so effective is it depends upon our wish or our need? Can Hypnotherapy be used in our day today life's troubles too like Enhancing performance in Examination of course only after proper study as one cannot recall which one has never studied. Wow! sounds amazing for students specially before that crucial exam of theirs. Rebel who is he? can we find one within and bring something new to our world if yes how? What is our Soul's Journey do we know that? or we want to know that? Can Past life experiences lead to Animal births?? intriguing right. How to heal oneself from broken relationship and move on? How Karma creates blueprint of life?

So many interesting questions and answers.....

All here right here let's just browse through these pages one by one and go deeper and deeper into our journey within.

As all are us and we are all. Unit which has everything within.

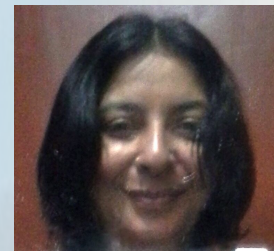
Let's begin with Gratitude. Thank you Lord for everything.

Thank you.

समं पश्यन्हि सर्वत्र समवस्थितमीश्वरम् ।
न हिनस्त्यात्मनात्मानं ततो याति परां गतिम् ॥

*He who is conscious of the omnipresence of God does not injure
the Self by the self. That man reaches the Supreme Goal.*

Srimad Bhagvadgeeta



Varsha Prakaash

Clinical hypnotherapist
Past life regression therapist
Life between lives therapist
Crystal healer
Tarot reader
varshaprakaash@yahoo.com

WHY PAST LIFE REGRESSION IS A THERAPY



What is Past Life, do we have any previous lives or this is the only life we have? Complicated question, so we will start it with proving there are past lives.

When a kid is born and little, almost most of us noticed sometimes, when you play particular songs kids get emotional; reason unknown to us sometimes they even start crying, whenever play that particular song kid will react the same way (this is one example from kids around me ... don't think all the kids will react on songs only, they might react on something else), so why is it so ... this kid has just arrived in this world may be few days and month old and in such a short span of his life from where he picked up those emotions and expressions, there has to be a longer time than this & that longer time of his life can only be in his past but he has no past then we are left with only probability that there is previous life.

One more example of GOD Gifted people who since childhood are extraordinary mathematician, musician and Artist etc. they have level of skill & knowledge that is difficult to attain in one life time for most of us but they are there with that higher level of knowledge how Just like that , No they also worked really hard for longer time then you can imagine, may be in their previous birth or many lives from their past.

Now when there are past lives then there must be good & bad things in those lives & everything good or bad leaves a mark on our soul or you can say memory and we carry those impression in our next births. Deep in our memory impressions of our all previous lives are stored, some are always active & continuously effecting our present life some are just lying there waiting for some kind of trigger (repetition of situation, meeting particular person from past life or it can be anything related to that memory) sometimes they are good and sometimes not so good.

When those impressions are not so good they start affecting our life and

people close to us negatively, here comes Past Life Regression (A part of Hypnotherapy) to help with such kind of things. So how does it work... therapist take the person to previous life where root of current life's issue exist & where he only witness those things, means earlier he was in the situation now he is seeing everything as a third person, now that, he is not involved with the events so he can perceive many things that he was not able to see when he was actually in that life.

Well, there can be many reason for current life's problem sometimes we've to learn something from those events but in that life time we missed it so now we travel back in time learn that thing and then we are able to move ahead.

Sometime we needed to ask for forgiveness from somebody because we had harassed them at that time and somehow, that guilt is creating some kind of physical ailment or relationship issue or it can be anything so once we say sorry to them and help them to move ahead in time our life also start moving in right direction.

Sometime we need to forgive somebody and sometimes we just need to understand what is happening and why is it happening, sometimes all we need is catharsis. And for all this we don't need any time machine our body and mind are that machine

Past Life Regression is very powerful therapy, that heal and help us unfold our life's secretes, help us to understand purpose of our existence. However it is issue based and one goes to any past life only if it is required. So no therapist can promise it in advance neither do we decide that all right I want to go to see my Past life. This is a spiritual Science it happens only when it is needed.



Neha Sharma.
Clinical hypnotherapist
Past Life regression therapist.
Life between Lives therapist.
Crystal Healer.
nehasharma_healing@yahoo.com

Help Children Perform Better Through Hypnotherapy.

Hypnotherapy is very helpful in every aspect of our life. As prevalent as it is for the issues which takes us to the past life or issues which brings Masters or Higher beings from spiritual realm *It is very effective about the day today life's troubles too. for example. Obesity, sleep disorders, stress management, Fear and Phobias, To Cure Stammering, Quit smoking, relationship issue etc.....* Along with these **it is very useful in Performance Enhancement and Improving Studying Habits of students as well.**

One of the prevalent issues in modern days is the stress that children feel due to pressure of studies, and even though they are intelligent and bright, they are unable to cope with it.

I shall give two cases where hypnotherapy was used to help children with their studying habits.

What normally children need is ability to:

- Concentrate/give complete attention to what they are doing, while using any study process, i.e. reading, writing, answering questions, solving numerical, or even while listening to a teacher in a class.
- Second, to remember what they have learnt during the process of study, used by them.
- Third, their ability to recall what they have studied about the subject, when the need to recall arises, i.e. during exams, tests, viva voce and even in class when the teacher asks a question.

Also I found there is a need to help them to release their feelings of anxiety/fears related to:

- Fear of some specific subjects,
- Examination, tests, etc.
- Consciousness about 'what people will say after their results are out (expectations from them), or
- Answering in front of people, classmates, etc.

Though there are many scripts available on line to help children during the process of hypnotherapy. Having taught my children and some more, I developed a sequence of suggestions and visualisations for children, during the practice of hypnotherapy, to enhance their study habits to meet the above requirement of children/students.

The course of action to be taken to help the children was formalised and used with them, especially with students from 9th to 12th (O level, and A level). The frequency of sessions and repetition of suggestions depends on the time available (before the final examination of the class) when they come to you.

I found the results of the hypnotherapy intervention very beneficial to the student, and all of them performed much better than, their own or their parents/teachers

expectations. (Many a time one may need to release the tension/stress of the parent who is on the back of the child, demanding performance, to release their pressure on the child.)

Following two cases shall demonstrate the benefit derived by students with the hypnotherapy intervention.

Case 1.

Abha (name changed) was a bright student who had taken 'commerce stream' for her 11th/12th boards.

Her parents found that she was very nervous whenever she tried to sit down to study 'Accounts' subject. She would just leave her books and say 'she is going to rest for some time', and then actually go off to sleep, showing a clear symptom of 'avoidance' to the 'subject'. Her parents came to consult whether Hypnotherapy can help her.

I always say 'you can try', as we are dealing with the mind of the client at subconscious level, because that only produces our external behaviour, due to some reasons, which the conscious mind is not able to fathom or over ride.

They were 'open' enough to try it.

Her situation/symptoms:

Abha came and expressed she liked 'commerce' as a stream, there was potential for jobs and she could help her father in his business. She did not understand what happened to her when she sat down to study 'Accounts'. She expressed she would open the book and immediately felt that she was tired and that she needed to 'rest' for some time. She was good at all other subjects and scored well in them. Tuition in 'Accounts' was not helping her. She appeared a nervous person, bothered about her reputation and ambitious to pursue a career, and was extremely afraid as to how she would cope with 'Accounts'. Even afraid that she would fail in that subject and that thought was creating a lot of anxiety in her.

What was done? :

As a therapist, under hypnosis,

- I embedded a procedure for her use to relax in any situation, when she felt tension of any nature.
- She was given a technique to use when she sat down to study, which would bring her focus and concentration on the subject matter she was studying using any 'study process', viz. reading, writing, solving question/numerical, answering question requiring descriptive answers, etc.. She could even use the technique for concentrating on 'listening to the teacher' in a class.

And

- Then she was given a suggestion associating the concentration while studying, 'to remember', whatever she studied, by whatever 'study process' she has used to study.
- Further, she was given a suggestion/technique to recall all that she had studied related to any 'question' that she was asked, in situations when she could be asked

questions.

- Visualisations under hypnosis were done to help experience those situations.
- In addition to the above, if any anxiety or fear was felt at any stage of studying or answering questions in related situations, desensitisation of the anxiety and fear was done, under hypnosis as a part of hypnotherapy.
- Lastly, she was given a visualisation of success, and the feeling of happiness was anchored in her, relating to 'success in performance'.

The above took around six sessions.

Result of therapy:

Her fear of 'Accounts' was totally removed.

Her anxieties related to exams and the results were totally gone.

She studied all subjects using the technique 'to concentrate while studying'.

She was made to understand that she has to focus on the process of the study and the study material and keep herself away from the result. (This was also a part of the suggestion under hypnosis.)

She used the technique of 'recalling everything she had read' in all examinations.

The final result was that she stood first in her school and had a good rank in the board. (Later on she continued to use the techniques she learnt, in her college studies and was very successful in her MBA from a prestigious Business school.)

She was happy, her parents were happy.

The therapist, that is me, am happy till today for being able to help a child correct her direction of her life and be free from fear and anxiety, related to studying.

2nd case

Another student Sneha (name changed) was brought by her parents on 28th January, when her 12th board examination was to start from the 1st of March. They expressed that she had not studied at all during her 12th. She had been spoiled due to affluence and money and was only fond of shopping. She had got 17% marks in her pre-board exams. She was from the 'arts' stream. They asked if I could help her pass.

They had been recommended by a dear friend, and I saw a lot of expectation in the parents. They very sincerely wanted me to help their child.

I was skeptical, that was the time when I had not worked with many children and did not know whether she could be helped by 'hypnotherapy' to perform better in the exams which were going to take place after a month only.

I did take up the case and called her for three sessions, as she lived very far away and I did not want her to spend lot of time away from studying for her exams.

The therapy

Under hypnosis she was given the technique 'to relax', 'to concentrate' and 'to recall what she had studied'. Desensitisation was done for the anxiety present, from her 'fear of failure'.

Right from the first visit she was advised to start using the techniques 'of relaxation' and 'of concentration' when she sat down to study. ***She was told that for the 'technique of recall' to work she has to study all chapters of her course material related to each subject using the above techniques.***

She promised to do it. She was aware the parents were interested in her passing and she did not want to disappoint her parents.

Result

I forgot about the case, but on a June morning, I got a call from her father. He said he was visiting her daughter's school to check her board exam results. He said, after seeing the results, the first person he wanted to inform the result was her therapist (that's me). He said his daughter had scored 71% marks in the board exams. He was profusely thanking me. I was very happy for the girl and her parents, but told him that his daughter needs to be congratulated for studying hard and for using the techniques given to her under hypnosis sincerely while studying. All credit is hers.

Everyone was happy, I was very happy to learn that even in very difficult situation we can help children to study and become confident in such little time. We can prevent them from ruining their lives from being labelled 'they are no good,' etc.

Conclusion

Children are the future of the world and it is so easy to help them and build confidence in them to face trying situations. Every child has some anxiety or fear, how easily we can make this world of ours free from the trauma that a child gets subjected to unconsciously. Sometimes the result is so devastating for the child and their families, if only we can use these simple mind therapies to help them. Make them calm and happy. Today, so much pressure has been created for the children to perform in exams. There is so much competition built in daily life of a student. This stress that we observe in society, starts from childhood due to expectations from them by adults such as parents, elders of a family and the teachers. Teachers are under stress themselves for getting good results for their schools by the management of the school.

We as hypnotherapists can help such people under stress to make them perform without stress. Hope more and more people would know that 'hypnotherapy' can do this for them. It is a science of the mind. And it can help in so many ways to bring harmony in life.

I only pray to the Masters to help the Hypnotherapists to go on doing what they can to bring calmness and happiness in the lives of people.



Dr. Yogesh Chaudhary
Clinical Hypnotherapist,
Life Between Life Therapist,
Spiritual Hypnotherapist and
Past Life Regression Therapist.
Email: yogesh922@yahoo.com
www.hypnotherapydelhi.com

The Rebel in Us



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

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

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

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

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

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

But as we continue our life's journey, we get bogged down by the day to day demands of life – whether it be work or family. Both the personal and professional worlds

demand compliance for the most part and, few people can resist being drawn in.

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

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

This is where we as rebels should hold fast and believe that the answer lies within and keep increasing our energy level for next step's teacher to find us in order to help us along the way. Why do I say teachers? Have you ever heard who Buddha's teacher was? Or Jesus Christ's teacher? Both these spiritual masters went through a phase of learning and exploring the world around them and were bound to be influenced by religious and philosophical thought and traditions. So who influenced their thinking? Perhaps we haven't heard of one because they had many teachers.

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

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

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

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



Varun Talwar
Coach
Email: varun@withya.com
www.varuntalwar.com

Relationship Troubles and Hypnotherapy

I am not able to move on in my life as my past comes haunting me every now and then and hurt me inside. Said my teary eyed 26 year old client Deepa (name changed)

She was about to marry to a man she love. Still her past her ex boyfriend's memories sometimes becomes so real and painful for her that she really gets confused if what she is doing is right or she is again set to gather more trauma in her life.

In a detail discussion it was revealed that her previous boyfriend was her school crush then best friend eventually boyfriend but, the whole relationship was somehow a very emotionally draining experience for her. which ended up when he caught cheating on her. She went to pieces for a long time in her life, it took her almost two years to come back to normal and eventually met the current man in her life and decided to marry.

Still she had these spell of depression, heartache and hurt over what was lost and she feared that it might affect her current relationship as well.

I have explained her a process called 'cord cutting', as usually in any relationship when there are any reminiscence of attachment with pain or other emotional affects even after break off at physical or practical level. then we go for cord cutting. She was willing to try that.

We went ahead in a therapy and in trance I asked her to call him or visualize him. once she had seen him in front of him I asked her to see if there is any cord attached between them. Se has clearly seen one from her heart to his. we went ahead with the process of cord cutting. Then we filled each heart with light with the help of visualization to heal it. once this process is complete I asked her to go ahead and hug him and say "I forgive you, I love you,I bless you and I want you to be happy, and get on with your life". and Feel same words coming from him.

Have a closure and say goodbye feel all the emotions of parting feel them with full affect, be you react anyway you want to.

Then I ask her to see he is leaving. Once he left, I asked her to call her fiancé. When she visualized her fiancé in trance. I asked her to hold his hand and say.

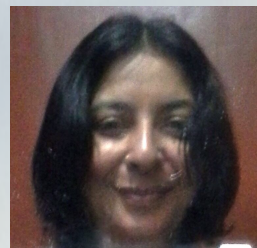
"I love you and you alone. From here we are together." Now see yourself going with him.

She felt instant change after she came out of her trance. Her words were I am feeling light. as if some weight is being lifted from my chest.

It has proven very effective in her case. She went on to get married and living a happy life so far.

Its not that all her memories of previous person are wiped off its just that now they have no emotional connect with her. She can see them as past yet they have no power to hurt her any more.

Sometimes we still talk, and her happy voice gives me immense satisfaction and fill my heart with deep Gratitude towards Lord. For making me a facilitator of Healing through this beautiful medium Hypnotherapy.



Varsha Prakaash
Clinical Hypnotherapist
Crystal Healer
Tarrott Reader
varshaprakaash@yahoo.com



Our Soul's journey



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

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

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

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

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

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

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

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

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

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

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



Camilla Edborg

Hypnotherapist, Soul healer and Mental coach
Sweden, Scandinavia

Certified hypnotherapist of NGH
(Scandinavian Academy of Hypnosis and Hypnotherapy (SAHH)
Clinical hypnosis in Scotland

Certified in Reiki and experience with Anusha healing
Soul Centered healing and Spiritual healing
Specialisation in Soul healing, Spiritual development, Parts-work and regression
Co-writer to the book: Hypnotic Women

Works internationally
Homepage: www.ce-hypnosis.com/om-mig/?lang=en
E-mail: info@ce-hypnosis.com

Blueprints of Life & Karma Connections

Blueprints of lives are made by us even before we enter the physical realm of our mother's womb. We make the **Choices** for our forthcoming lives out of our own **Freewill**, guided by our **Masters/Guardians Angles** and inspired by the **Source**!

The choices we make are always aimed to help us **Evolve** from where we are currently in our **Spiritual Journey**. We create the blueprints to resolve Karmic issues, learn **Lessons** and have **Experiences** that will make us a better version of what or where we are, in our **Soul Journey**.

Not long ago a brilliant young man came to see me seeking help answers and guidance with aid of Hypnotherapy for following issues:

- His inability to make crucial life decisions owing to fear of failure, which had resulted into his slipping into a zone of inactivity; and
- Conflicts of emotions regarding physical intimacy with opposite sex, wherein though he felt strong physical attraction yet had a repulsive feeling towards the very act of physical intimacy.

He could not make out any connection between the two issues, yet 'something' intuitively told me, that there is a common thread linking the two and resolving one may provide answers/insights regarding the other.

During his session, he '**Connected**' to a past life that occurred thousands of years ago in Earth's timeline. The insights, information and details, that came forth defy all of our current traditional knowledge about human history, evolution and technological progress. Keeping this in mind the choice of accepting or rejecting these facts is left to readers discretion, yet as a therapist we all may focus on the lessons and insights that came forth during the session and how they helped the client resolve both issues with the new found awareness.

Session Brief:

We started with several round of deep relaxation, White Light healing & protection, and invocation of Masters/Guardian Angles for guidance and protection. Next several cycles of deepening of the Hypnotic trance, was followed by a set sequence of detailed visualisations. Once the client was in the state of deep trance and heightened awareness, he was gently guided to '**Connect**' to the '**Point of Origin**' of the '**Issue**'. Following the guidance the client connected to a past life where '**saw**' himself as the ruler of a vast kingdom that faced and invasion; followed by a deadly war involving many kingdoms; his subsequent victory; loss and pain; and finally death. It showed his prowess and pitfalls; along with the detailed insights about that age, its people and their material and spiritual capabilities.

Narrative:

Puru (clients name in that lifetime), in his late twenties, was the **most powerful ruler of Aryavarata** (the Land of the Aryans) whose kingdom included current day northern parts of India and Pakistan. His parents i.e. **father Maharaj (King) Mahapatra** and **mother Jamitri** had recently passed away and **he was in a state of confusion, loneliness and emotional turmoil, uncertain what to do next.**

Only person he feels close to for comfort was his **Guru (Master/Teacher)**

Dharma Chakra, who was **the greatest teacher and scientist** of his time. He lived in his ashram (hermitage) and had nothing to do with the work or authority of the kingdom. He choose his students irrespective of their status or backgrounds purely on merit, and then converted those young minds into men of great ability and character. They grew to become great warriors, thinkers, philosophers, scientists, mathematicians, politicians etc.

Few years later whole of **Aryavrata** faced a **great threat** in from of an **invasion** from the deadly huge armies of a **powerful king named Kalyaan**, whose kingdom was in the region of **current day Spain**. His massive powerful army had won every kingdom on their way, from current day Europe to the borders of Aryavrata. Initially he avoided Aryavrata and had limited himself only to remote regions of Aryavrata empire, but now his armies were at the gates of Aryavarata, in current day Afghanistan.

All Aryan kings seeing the eminent threat of Kalyaan's massive army joined Puru's forces and a fierce land battle was fought in '**Markandi Valley**', the region of current day Afghanistan, while the navel forces fought in "**Vantaya Sagar**" modern day Arabian sea near the coast of Pakistan. Even after coming together of all Aryan forces their army was only half in numerical strength to Kalyaan's army.

Few Interesting Facts: Session provided detailed information regarding the war and the weapons & weapon systems, aircrafts, battleships, armoured vehicles etc. Sharing in brief some key facts to give an insight about the level of technological advancement that is reflected:

- Hierarchy of warriors was not solely based on the physical prowess and tactical insight, but mental and spiritual/vibrational evolution of the individual too.
- The land forces on Puru's side used three categories of vehicles, small, medium and large. Smallest were the size a little bigger than a mature horse and the largest ones were nearly twice the size of a modern day tank.
- The vehicles had double layer of protection shield. First inner layer was a material shield while the outer layer was a non-material shield i.e. energy shield.
- Other than the average foot soldiers the senior warriors on armoured vehicles (raths/chariots) were called rathis, atirathis, and maharathis,
- Swords and spears were the commonly used by foot soldiers, Dhanush (Bow) was the primary weapon of choice, and it basically was a directed energy weapon. Depending upon the mental/vibrational level of the warrior he could launch a wide range of material (elements based) as well as non material (energy) projectiles;
- There was wide scale use of air power from both sides. Puru's aircrafts were golden in colour and were arched shaped with a angular central region, while Kalyaan's aircrafts were black in colour and circular in shape;
- The aircrafts carried a wide range of weapon based upon the mental/ vibration level of the warrior flying it, thus aircrafts were warrior specific.
- These aircrafts didn't use material fuel but used a technology similar to anti-gravity. **The weapons used material weapons were like missiles charged with different element of energy of nature like fire, water and air, while**

the non material weapons used energy which could be concentrated on any object to the point when it explodes like a nuclear weapon destroying everything in that area.

- Naval battles were fought with huge ships which were controlled by a group of warriors governed by leader and those ships were also activated by mental energies and derived their power by element of nature. They also used material and non material weapons like the aircrafts. Additionally they had shock wave and sea wave creation technology on board too.

After a long war finally Puru and Kalyaan faced each other and the battle between the two warriors ended by Kalyaan getting severely injured and captured by Puru's forces. Following the Aryan tradition of not killing an injured helpless enemy, Puru allowed the badly injured Kalyaan to be taken away by his soldiers for treatment. Kalyaan subsequently receded back with his left men to his kingdom.

Kalyaan had anticipated that the Aryans will be contended after taking back their territory and will never follow him to his kingdom, whereby he will get enough time to heal himself and regroup his forces and launch a second attack to take his revenge from Puru.

Though contrary to Kalyaan's anticipation Puru's quest for adventure and warrior streak, made him plan the ambitious conquest of Kalyaan's empire. He convinced the other Aryan kings who readily agreed to teach Kalyaan a lesson on his home turf. So chasing Kalyaan's receding forces the Aryan army finally reached at the outskirts of Kalyaan's kingdom, for final assault.

In the final battle Kalyaan was not there owing to his injuries, and his forces were led by his daughter KaalPrabha, who though young, was a legendary warrior, skilled in various highly advanced techniques of warfare. She had the ability to command dark energies and turn them on her enemies. She could even control the dark energies of warriors around her and use them against the same person they belong to. Aryan forces had never faced anything similar and were fearfully awestruck by her battle skills and prowess.

Aryan forces thus stopped their attacks and finally Puru led the charge against Kaalprabha, in the final battle. He was flanked by his Guru Dharma Chakra. After a fierce battle Kaalprabha using the element of surprise launched a specific sequence of energy weapons on Puru, the result was instantaneous and Puru's Energy shield started blowing away layer by layer. Anticipating the grave danger to Puru's life his Guru Dharma Chakra positioned himself between Kaalprabha's directed energy attack and Puru, just in time before Puru's material shield was hit. The direct hit completely destroyed Dharma Chakra's shields and he was fatally injured. Taking his last breath Puru's Guru Dharma Chakra shouted out that he was proud of him and warned him not to use the Kaal Surya weapon under any circumstances.

The sudden turn of events stunned everyone including Kaalprabha, but Puru knew that his Guru's life can't be wasted and he using this brief lull

launched a similar sequence of directed energy weapons against Kaalprabha. Even before she could respond her energy and material shield both were destroyed and her vehicle blown away to dust. Wasting no time she was overpowered and arrested by the Aryan forces.

Later when she was presented to Puru, her proud warrior persona and beauty left the Aryan king spellbound and he fell in love with her. Puru proposed her to marry him and thereby bring peace and joy to both the masses as well as for both of them. Kaalprabha told him that she too had fallen in love with him but cant marry him as her father Kalyaan will never accept this union because he had taken an oath to kill and destroy Puru. Puru even tried sending a messenger to Kalyaan seeking his approval but Kaalyaan sent the dead body of the messenger back. This highly infuriated Puru who asked Kaalprabha to marry him and leave her father, but Kaalprabha rejected his offer.

Kaalprabha's rejection made Puru loose his control and he tried to force himself on her and outrage her modesty. She didn't resist him, but requested him that once he was done with his lust he should kill her, because she dosen't want to live her whole life with disrespect for the man who she has fallen in love with. Hearing it Puru realised his mistake and apologised , and again asked her to reconsider marrying him, which she again rejected, and asked that she instead be sent back to her father, and he is free to do what he wants as he is the victorious king and is free to do what he wants. Subsequently Puru respectfully sent Kaalprabha back to her kingdom and sat down to plan his next move.

Kalyaan's kingdom was shielded by an energy shield, which was impregnable to any material or directed energy attack, and it was highly frustrating for the Aryan forces and Puru, as they could not enter his kingdom and arrest or kill Kaalyaan.

Finally Puru angered by Kaalprabha's rejection, Kaalyan's defiance and loss of his father figure like Guru, decided to use the deadliest weapon Kaal Surya against Kalyaan's kingdom. He in his anger forgot the dying words of his Guru wherein he had warned him never to use Kaal Surya under any circumstances.

Puru channelized his energies and synced them with the sun's energy and the next moment a massive energy ray came down and struck Kalyaan's kingdom. For few seconds everything was filled with dazzling bright light and the whole city was covered with light then light disappeared city was intact as if nothing happened. The Aryan commanders thought that their greatest weapon had failed but Puru knew that everything was gone he just destroyed a civilisation and this city is a ghost city not even a single living soul survived that attack.

Later he returned to his capital as a victorious king and there were celebrations everywhere, but he was not happy and had a deep feeling of loss and pain. Several years later Puru went for Sanyas (renounced the world and became a seeker) and nominated his second in command General Surya Chakra as his heir and went to Himalayas for tapasya

(prolonged meditation) at Baikunth Parvat (Mountain in Himalyas).There he willingly left his body at the age of 80 years by entering Samadhi.

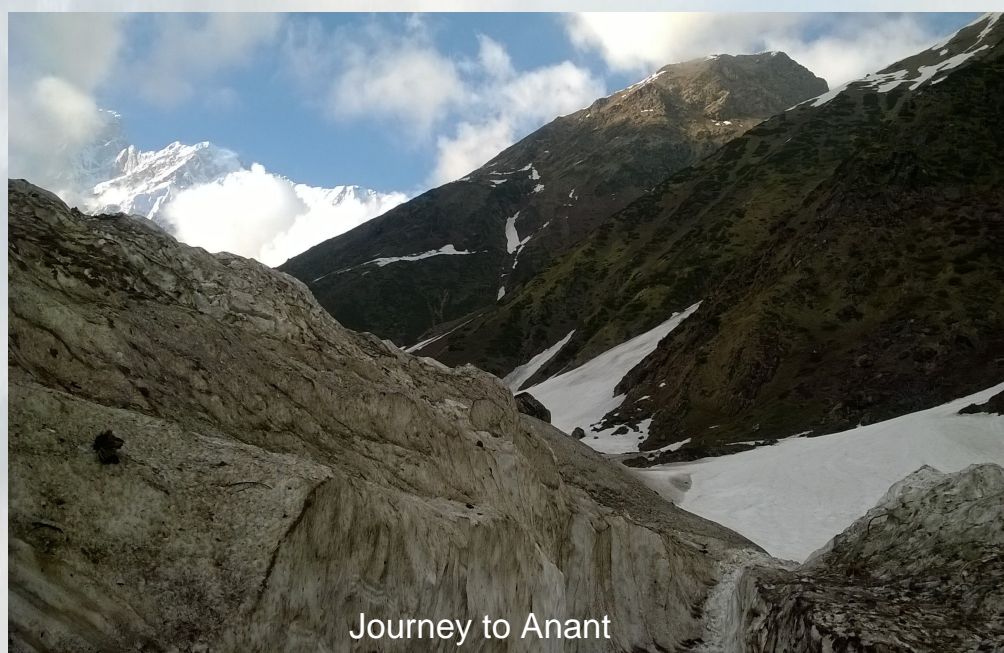
Insights:

- The forceful attempt to take Kaalprabha's body under mere physical urge and subsequent regret were the reason of his grave feeling of repulsion with the very act of physical intimacy in his current life.
- His one wrong decision to use Kaal Surya against the warning of his Guru, caused massive devastation and left him remorseful for his whole life. This fear of taking a wrong decision was what was blocking his progress in current life as well.

Empowered by this awareness and insights the client felt more relaxed and in command of his life, and felt that he can now handle both the issues in a more aware and practical manner and lead a more fulfilling life.



A Prakash
Clinical Hypnotherapist
Past Life Regression therapist
Life between Lives therapist
Email: aprakash74@rediffmail.com



Five Common Myths About Hypnotherapy debunked



Over the years I have come across certain views on hypnotherapy which are nothing else but nonsense. **Unfortunately some of these misconceptions are so popular and engrained in the collective mind, that they can cause a significant amount of hesitation and doubt, even fear and avoidance, amongst people who would otherwise choose hypnosis as therapeutic method.**

Whether we use the model of the subconscious mind or the model of the Koshas, both help to explain the different levels of our human existence which go beyond the physical body. Whatever programmes and attachments are in the client's energetic and subtle body, they influence his/her life, whether s/he is aware of it or not: they shape world views, beliefs, attitudes, behaviour and choices; attract or repel potential experiences and relationships with others. Unless individuals clear their system, increase their frequency and awareness, they tend to continue to be stuck in the cycle of disintegration, suffering, disempowerment and reactivity. Hypnotherapy (Integral Spiritual Hypnosis) is a very effective process that helps to free a client from limiting influences and bring him/her to self empowerment and self mastery.

Let's shed some light on the top 5 limiting believes people carry about Hypnotherapy.

MYTH 1: The hypnotised client is out of control.

TRUTH: The client can leave the hypnotic state whenever s/he wants and can also decide what information s/he discloses to the therapist (the session is a spoken dialogue). The therapist has no control over the client's thoughts, nor does the client lose control over what s/he says. The experience belongs to the client and springs forth from his/her own accumulated data, imprints and memories of which s/he is not necessarily aware of (stored in subconscious mind, cellular memory etc.). The therapist is guided by what the client observes in the present session and is giving stimuli that respond to the client's state. While there are certain patterns that can be observed repeatedly, each situation is different and unique, so the dynamics must be uncovered individually and anew each time – free of presumptions. The client is not told how to resolve his/her problem. On the contrary, the client has to discover within his/her own soul the next steps, based on the unfolding revelations during the hypnosis session. Further below, I describe in more detail how the therapist holds a sacred space, so the client's soul can move by itself in the light of awareness and allowance.

MYTH 2: A hypnotherapist is a weird nerd or mysterious magician.

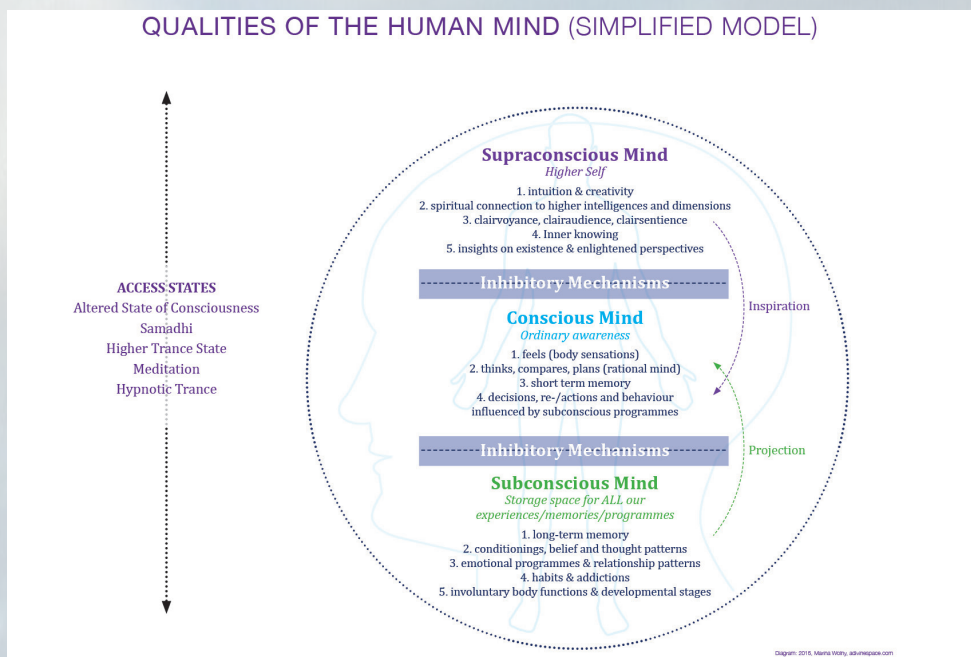
TRUTH: There is a difference between TV or stage hypnotists and Hypnotherapists. Hypnotherapy has nothing to do with black magic or hidden tricks. In fact, a hypnotherapist is a professional who went through profound trainings and a range of certification courses. Nothing enigmatic about that! And after this formation, a hypnotherapist becomes a guide and facilitator for a client, as it is through the therapist's skilled guidance, that the hypnotic state can be used as the client's place of power for balance and progress. By the way, there are quite

a lot of hypnotherapists who had a corporate background or pinstripe suit career before they shifted to their healing practice. For example, Dr. Yogesh Choudhary (Director of the Indian Institute of Hypnotherapy in New Delhi/India, therapist and teacher of Clinical Hypnosis) was an airforce engineer in Indian Airforce, a therapist friend of mine was a lawyer in an international firm and I was a Brand Consultant and Design Director in the global WPP agency network.

MYTH 3: The hypnotherapist does something to the client's mind

TRUTH:!

Hypnosis is to access finer realms of consciousness in order to get to the root cause of a conflict or issue. In other words, the method of Clinical Hypnosis can be used to facilitate transformation and healing on subconscious level where we find the storage space of ALL our experiences, memories, habits, emotional programs, conditionings and behavioural patterns. Hypnosis is a bridge to reach an altered state of consciousness and to bypass the analysing, critical factor of the mind. In such a state the subconscious mind is very receptive to positive constructive suggestion. But at the same time – and this is the major part of Integral Hypnotherapy – information from the subconscious mind can be accessed, which helps to understand and clear an issue at its origin. The background and connections of a problem can be seen by the client him/herself as linked data from the subconscious reveals itself and unfolds in front of his/her inner eye. While when the client is connected to his/her supraconsciousness, s/he is receiving holistic information, inspiration and bigger picture visions, from his/her Higher Self. This explains why the hypnotic state can also help to understand more about our spiritual existence. So instead of doing something to the client's mind, the therapist allows a synergy to happen: the client is in service to his own mind, at the same time allows his mind to be of service to himself.



MYTH 4: Past Life Regression is the best healing method!

TRUTH: Past Life Regression is only one of many tools in Hypnotherapy it is completely based on requirement. There are various energies that can have a restrictive and distortive impact on an individual for example ancestral imprints, family entanglements, karmic baggage, auric attachments like discarnates, cords and implants, own fragmented soul parts after trauma in formative years, vows, social and Earth field imprints or tamasic energies. These are energetic challenges that can be resolved. However, which tool from the big Hypnotherapy toolbox should be used depends up to the client's

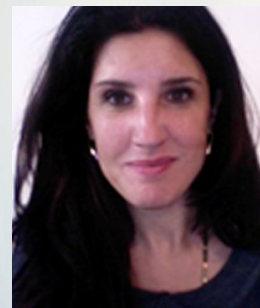
Higher Self and the benevolent Universal Powers to lead the most effective process. By Universal Powers I refer to the divine principles of cooperation, forgiveness, creativity, abundance and unconditional love. Love is the most powerful force in the Universe and a holistic, effective approach to this work includes respect for everything that might show up in a session. So may a client assume that the reason for a persistent problem must be in a past life hence a past life regression is needed, it is up to the therapist to remain open and hold the space in which truth can emerge and reveal which tool is really required.

MYTH 5: It's just mind stuff between client and therapist

TRUTH: Both are actually only players in a field. And the field goes far beyond the individual minds of client and therapist. In fact, there are several invisible forces present during a healing session. What does this mean? Integrated Hypnotherapy is conducted outside of linear time, in a space where past, present and future are dissolved (similar to Shamanism and Systemic Constellation Work). The aim is to tune into what psychiatrist Albrecht Mahr describes as the Knowing Field. Comparable to what Hindus call the Akashic Records. Rupert Sheldrake and other scientists refer to this as the Morphogenetic Field, where communication is instantaneous and unrestricted by time and space. This offers the possibility for us to work with the whole creation of a soul and its connections, whether relationships in this life, ties from past lives or associates in other dimensional realms. In hypnotic trance the client taps into this Knowing Field that guides him/her to perceive relevant data, feelings, images or symbols, although s/he has little or no previous, factual knowledge. This way, the client's perceptions and feelings inform the flow of the hypnotherapy session – revealing underlying dynamics of the stated issue and leading to reconciliation and resolution.

Apart from the Morphogenetic Field, there are other non-visible factors in hypotherapy, for example the client's and therapist's clairsentience (accessible through higher states of consciousness) as well as the benevolent Universal Powers of Existence (God, Source, Highest Supreme Consciousness), which create a natural pull towards completion: once a client has chosen to heal an issue and move on, the Universe supports his/her decision. Existence or Highest Supreme Consciousness literally presents new perspectives, pathways, solutions and circumstances.

So the beauty of Integrated Hypnotherapy is that it can bring true solutions which unfold naturally on soul level. That's why the resultant effect on the client is immediate and lasting.



Marina Wolny-Kumar
Hypnotherapist and Energy practitioner
www.adivinespace.com

Karmic concept lead to Animal realm

There is this guy came troubled from unemployment and Lack of confidence. He was unemployed from 2 to 3 years and he had depression, problem of palpitation in heart, Lack of confidence.

His home environment was very unhappy. When he was six or seven years old his father expired and his mother's marriage was being settled again with a Kashmiri who was 10 to 15 years older than his mother and had two boys of his own he and his sister came along with her. Mother has purchased property and step father with his sons shifted there.

Now he as a child accidentally ventured into their parents bedroom and witnessed, relationship between his mother and step father that scene shocked him but, his father instead of understanding his fear or insecurity, glared at him and signaled him to leave. That has left a huge impact on him as he was not able to accept another man in his mother's bed.

When therapy started he went to a past life, where he has seen himself as a famous Hotelier. Who was very rich and he was a womanizer. He used women like commodity and threw them like trash, his one night stands were legendary. He never respected any women in his life.

One day he saw his wife with his friend, his first reaction was to kill them, he thought to shoot them but, he felt so depressed that he turned and left. His dejection made him leave everything, he felt cheated and dishonored and his ego made him a complete wreck he left everything and went into complete oblivion. when we progressed him to his last day in that birth he saw himself dying in darkness and poverty in a very lonely and looney state. from that birth he stopped trusting friends and he acknowledged being friendless even in this life.

I took him back to see the divine wisdom of that birth he saw he insulted women, their emotions never mattered to him so he got this shock as a karmic debt to understand insult.

In same session while this learning was going on he instantly felt pain shot up in his shoulder. when we addressed that, he went to one of his birth as spider, scene began with sharp pain in his shoulder and he saw another spider fighting with him and eventually severed his front side limb and took over his web. and when its meaning was asked it came as survival since he did not learned his lesson well in human form he came as spider to understand this. It came as a reminder of same effect here as every male member he had in his life make him feel inferior right out from his step father, to his step brother to his brother in law every one of them had instilled inferiority one way or the other way.

"My nature is like a spider specially towards female I trap people, attract them

and then I make their life miserable" he revealed it in his session.

We released the pain of shoulder into white light and we collected his part. he was feeling handicapped. and then we saw the learning which was survival as he survived his attack. Now we went back to the scene to create another possibility as he wanted to change that, this time he again saw the fighting with spider but this time he was not defeated another spider backed off and he could save himself. So he became a survivor.

He believed that women in general are characterless, and men too are just opportunists. He had relationship problem too as he felt he could never be able to hold a woman's interest and love. Physically he felt less capable inspired by having good physiognomy.

We did age regression and he reached to the part where he was a newly born baby and he urinated unknowingly in incubator. One midwife actually verbally abused his male organ and slapped it by her hand, this had a deep effect on his sexual performance. not only that, It effected him in his performance at work and success too specially in comparison of other males since he felt a little less adequate than others.

He was successfully released from that trauma.

Now he saw one more past life as a lion where a young lion came and defeated him and his mate started living with him.

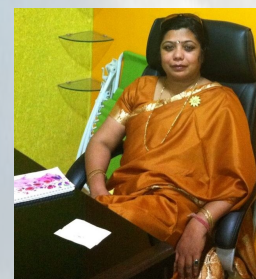
He had the issue to feel powerless. being a lion he felt very sad and he started living in the same territory by being nothing.

Here we again recreated that scene this time he won and lived with his mate for a life time. Now from there he got his confidence back.

I gave him affirmation to say to himself daily.

It is safe for me to allow my self to accept my masculinity and feel powerful.

After he finished his therapy exactly two weeks from then he got a Job, he is prospering since then and, he is able to get into normal relationship with women. Though he had yet to meet his life time mate in this birth. But, Since then life is moving upwards and giving him abundance.



Jyotsana Chhibber Jain

Psychologist and Integrated Clinical hypnotherapists

PLR therapist

Life betweenLife therapist

California institute of India.

Email: jyotsna.moksham@gmail.com