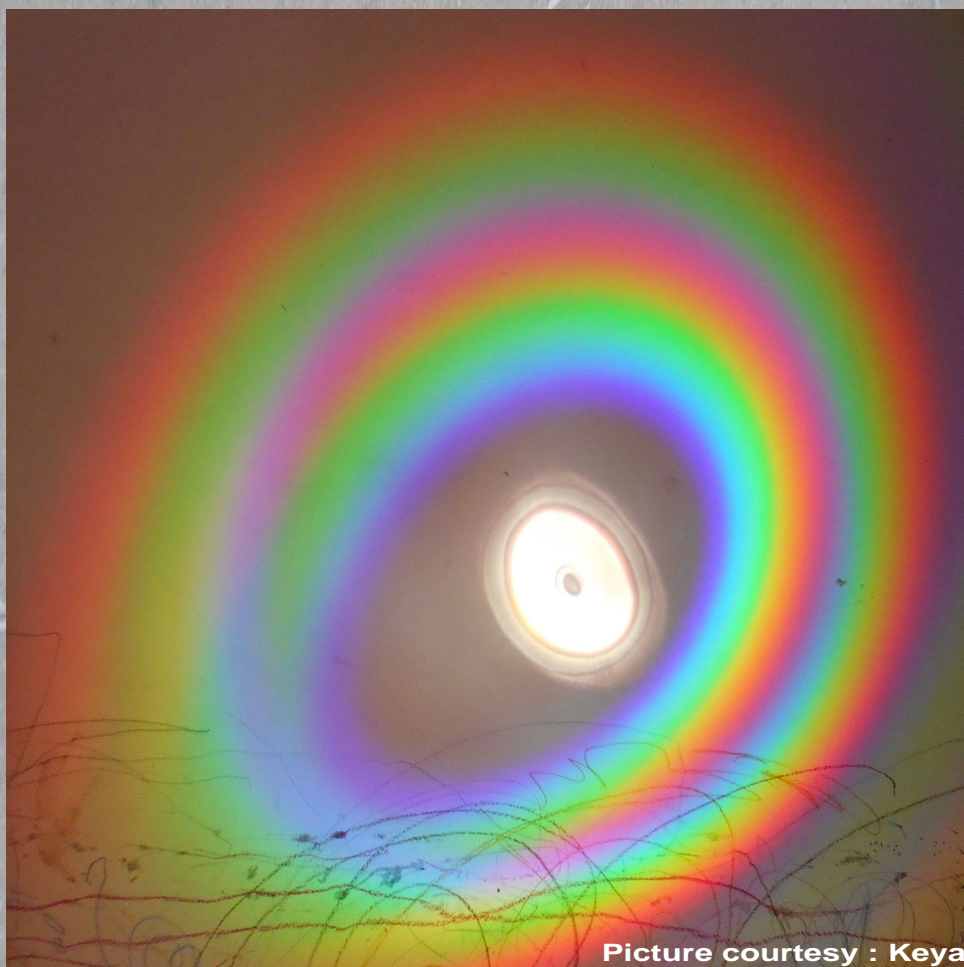


"Do not fear, for I have redeemed you; I have called you by your name; you are Mine". 'Isaiah 43:1'



# Healing and Hypnotherapy

Volume 1, Issue 5, 1 November 2016



Picture courtesy : Keya

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न प्रहृष्येत्प्रियं प्राप्य नोद्विजेत्प्राप्य चाप्रियम् ।  
स्थिरबुद्धिरसम्मूढो ब्रह्मविद्ब्रह्मणि स्थितः ॥

One who neither gets overwhelmed in pleasure, nor dejected in pain;  
Such calm minded, unperturbed Being, has achieved oneness with 'the Source'.  
Verse:20, Chapter:5 (Srimad Bhagvad Geeta)

### **From The Desk**

Belief - Our Belief makes our attitude.  
It is a thought created world. What we think is what we create.....  
Think beautiful thought - create beauty.

When something Painful, is reoccurring in a pattern; lets search our thought behind it. What could be responsible for it? Is there a thought pattern which is responsible for it? When we do not get it consciously, lets sit in meditation or else when we pray, ask the universe to show it. Once it is shown break those pattern and replace them with what you want.

Bingo! here we go. Do not believe it!!; all right,.... why don't just try it and see.

Is it that easy?!! Yes; it is that easy.  
Every manifestation comes in three steps:

**Mental Creation -----> Verbal Affirmation -----> Action.**

Now this third and last one start falling in place with the very beginning of first one. It becomes easier. Help starts appear from unimaginable places.....right kind of people, tools, and situations start coming our way. And most of all Ideas begin to formulate with necessary courage to implement them.

**Not to forget the last and most important step -----> Gratitude.**

Send gratitude for everything good and beautiful and watch them grow.

With this, 'I want to send gratitude for our Fifth issue and our growing tribe. May all of us be the tool to spread 'Love and Light' and be in the 'Service' with the help of fountain of love which is always there in our 'Silence' for us to sit in meditation and immerse in it'.

**Amen**



*"Ready Friends,..... 'come on hold my hand and jump into this rabbit hole together*

*where at first turn Ulf Sandstorm is waiting with his curiosity as to what makes us "tick tock" (his words), look there is Guzalia, really intrigued. Is every malady emotional ?..... HIDDEN CAVE Yipe !!! Neha ... "No dear sometimes it gets spookier with other worldly things.....*

*A Sudden bend in road .....Mind is doing this whole programming Ram Verma's experiences. I agree affirmed Jyotsana coming out of the magic hat, 'Ask that child who was speaking to me through that man' .....What man!!!? We can still go back to our mother's womb and change our perception who knows may be certain life patterns too. 'A Prakash' shouted from blue tree while fading away.*

*Cheshire Cat or man, wondered the poor me(Varsha)! Who am I? Do we really know us; how many bends are there in our mind are we truly heading to know our complexities; do not we need to accept us first, before we explore our inner complex chamber.*

*May be some day it all will fall in place and make sense!!!!!!? till then.....*

*Hey; walk-on there is more to come in next month----->'*

*Love and Light to all*



**Varsha Prakaash**

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## HORSEBACK RIDING AND FEAR CONDITIONING

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

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

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

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

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



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

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

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

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

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



**Ulf Sandström**

is a mental trainer and hypnotherapist who is extremely curious about what makes us tick. Tock.

He works as a complementary therapist with in-depth knowledge and experience of principles, methods and procedures for treatment of a large variety of symptoms of emotional stress and trauma; including flashbacks, addiction, chronic pain, cognitive dissonance, IBS, GAD, COD, grief, rumination and sleep. With the Peaceful Heart Network he works with First Aid for emotional and traumatic stress in zones of post-conflict such as:

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Read more at:

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[www.selfhelpfortrauma.org](http://www.selfhelpfortrauma.org).



## **Hidden Meaning Behind Our Physical and Psychological Symptoms and Behavioral Patterns**

Many times, the symptoms we feel are said to be “all in your head” by a doctor. If there are no physiological or psychological reasons for the issue, then past-life exploration would be a wonderful way to uncover cell memory of a past trauma. Often past life regression can reveal the “root cause” of a present symptom, injury or chronic illness. Birthmarks and deformities could be the physical point of entrance in the body at the time of death, such as stubbing or gun short wound. A “root cause” cause is often found in a past-life memory. **These clues can be related to your past and just as well to your current life time.**

**Asthma:** may be linked to a greed, desire to take on too much and hold on onto things.

**Diabetes:** imbalance on the emotional level. Envy towards people that have more than you. Self-blame. Feelings of not been loved. Sadness.

**Food allergies:** often related to the feeling of low self-esteem and the constant need to please others. They can be also brought about by sustained feelings of being out of control.

**Headaches and migraines** can be symptomatic of an unwillingness to acknowledge an unpleasant experience, or a reaction to some kind of injury from a past-life.

**Eyes:** recurrent eye infections are symptoms of perception. A person may have witnessed a horrific event in the past and creates blindness to injustice and brutality now.

**Ears:** recurrent ear infections could be unconscious desire to ignore what you don't want to hear or acknowledge.

**Nose & Throat:** sinus problems and persistent sore throats may be indicative of a death by drowning, guillotine, have your throat cut, suffocation or strangulation in a previous life.

**Neck, Shoulders & Back:** pain can indicate a reluctance to bear a burden, overbearing pressure and responsibility.



**Legs & Feet:** stiffness, swollen ankles, leg ulcers are manifestation of needing to escape or run away.

**Stomach :** digestive disorders come from suppressed emotions such as bitterness, resentment, and anger. In many cases, this “dis-ease” of the soul manifests in a current life as cancer cells in the physical body due to unprocessed emotional energy.

**Sexual dysfunctions:** feeling of sexual inadequacy, impotence, lack of bladder control, could be due to guilt or fear from past-life sexual trauma. It could be also linked to religious beliefs or cults.

**Skin:** eczema, acne, hives, rashes may be symptomatic of the need to “get out of your skin”. Often these skin eruptions are from emotional pain still stored deep inside.

**Anorexia & Bulimia** could be symptomatic of current problems such as lack of self-worth. Past-life origination could come from rejection from a parent or a lover. The emotional impact of abandonment may manifest a desire to literally waste away.

**Obesity** can be rooted in a strong desire to build a physical barrier to isolate or protect self from the danger or society. Many victims of abuse and rape unconsciously gain weight. These people have a deep need for protection, both – physical and emotional. It may also originate from a traumatic experience of malnutrition or starvation in former life. People would often obsess over food so that they never have to feel pain of hunger or starve to death again.

**Addictions :** lack of self-love. Gratification by use of drugs, alcohol, sex, shopping, food, gambling may come from deprivation or fear of loss in previous life. People may have an all-consuming urge to make sure they “have enough” this time around.

**Depression:** some people feel sad and depressed without any identifiable cause for their condition. If in a past-life you suffered a traumatic loss or an extremely traumatic experience, you may feel helpless and hopeless.

**Insecurity** takes on many forms with the most common being the “fear of commitment”. If in a past-life you were abandoned, you may now need a lot of affection. This often leads to a series of short-term relationships or staying with abusive partners so that you never have to be alone again.



**Anxiety** is an indicator of lack of trust in one's own abilities. Often a deeply ingrained belief about not having enough of food. A belief that there will never be enough of resources, love, and so on.

**Fears and Phobias.** Fear is a normal response to danger. Fear is embedded into our natural instinct for survival. A Phobia, on the other hand, involves an "irrational fear" of something that does not present an immediate or logical danger. In most cases, fear is symbolic of a general insecurity and anxiety concerning the future or mortality. Past-life connection could be in the form of drowning, burning, suffocation or torture.

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



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## **HOW WE CAN KEEP OUR BODY HEALTHY**

One lady came for physical ailment high fever, eyes infection and throat infection, she tried all kind of treatments but nothing worked ... Allopathic , Homeopathic even Ayurvedic medicines were not effective at that time , she and her family were really worried then they came to know about hypnotherapy and she came for hypnotherapy.

When I started therapy in first two sessions we were not able to reach the root cause so in third one I tried Aura scanning and that worked . In her body there were two energies residing , first we scanned the reason of her eyes and throat infection , this infection was because of a spirit.

When I interacted with that spirit initially it was not ready to leave this person but after loads of explaining about how it feels to be with lights, to be free and to grow and reach next level of learning , it was ready to go to the light. There it felt really good then , it has seen guardians came to take this spirit along with them and finally this spirit was free.

Then we have moved to next thing ... root cause of fever. There was one really powerful energy, this energy called itself negative or 'dark force' of nature when further I asked why such powerful energy is in the body of a human? Then it said "I am here to consume this person's energy because this person is very high energy being , very powerful soul however , she has no realization of her source and reality; so she easily gets into negative thoughts (anger, depression & procrastination etc.) and gives entry to negative energies . This energy said that this way we consume good energies and get more powerful and we try so that these people don't try to go in good direction ... because it's a war between good and bad energies; most humans have no realization of this, so it is very easy for us to control them.

This energy belongs to dark energy forces but it was very neutral, means it has no personal intention to do any such things ... this energy was just following orders. So comparatively it was easier to explain this energy that our true nature is Love and this entire world exists on this energy alone. Realization of Love is true joy beyond any kind of pleasure. To become Love is ultimate purpose of our lives (this is not same as general definition of love). So this energy embraces Light very happily and was very grateful that got this opportunity to be free to experience Light, to experience Love.

After these energies left she was feeling very light and there was no pain and uneasiness. That same night her fever didn't shoot up and, from next day there was no



infection . She was fine with very light fever, (due to cell memory - body cells take time in healing and medicines started affecting as well. Within 36 hours she was happy and healthy.

What I learned from this session is that ,how we invite diseases by accepting negative emotions and thoughts , even if we feel victimized we are inviting negative energies; anger, hatred, jealousy, depression and attachments etc... give opening to dark energies in our body mind and soul.

In my understanding ; 'the only way to recognize them is to observe our emotions , thoughts & actions as third person without being attached to them (**sakshi bhaav/to be the witness**), and once we recognize the problem we need to accept that yes it exist in me then the process of improvement start and change our life from physical health to mental balance to Ultimate Joy'.



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# **"Neuro Linguistic Programming" An Introduction**

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

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

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

## **Subconscious Mind; An enigma?**

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

## **Let us keep it simple**

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



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

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

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

### **Subconscious imprints and your life**

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

### **How our Subconscious Imprints are formed**

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



## **Objective vs Subjective experience**

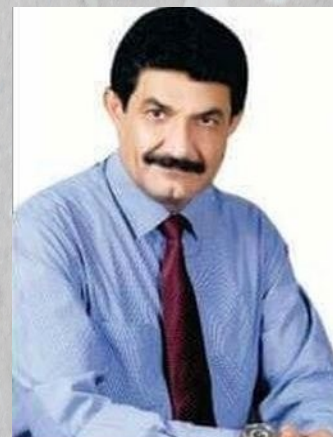
After deletion, distortion or generalization, the event is presented or stored as an experience or inner perception in our subconscious mind. This inner perception is our personal perception of the event, and it may not have anything to do with the real event, as it has formed after either distortion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

## **The objective of healing yourself**

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

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

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



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## Hypnotherapy to Heal a Child; Through, Surrogacy

Issue: Stomach ache of a child, "A little girl five years old".

Previous history: Her mother had conceived her after 14 years of her marriage. her mother had Tuberculosis of the Fallopian tube before she was born. Once the child was 4 years age her mother got transferred to a new city. Where she had to manage things mostly on her own, as husband was not very supportive 'domestically'. Earlier she had her parental family support, since they lived in same city. Child was practically raised by her Maternal grandmother and aunt. She was a happy child there.

Here, child was not happy in her new school, she constantly cries there, nor was she happy with the day care as, she complains owner's son who is also a little child hits her. Her father too was neither interested in her, nor very kind towards her. She had constant stomach ache and she has started complaining about pain in legs too; after walking a little, she wanted herself to be picked up. And no medical help helped her, no reason for feet and calf pain was established so far.

Seeing all the symptoms I decided to use surrogate, the ideal candidate was mother but due to office and child she could not give so much of time. she requested can I help her in some other way. I decided to try it on some completely unknown person. I had another client came up for the session; he was coming for his therapy for long, so we decided to seek his help if he can give his time and be ready for something like this, he agreed. as he has taken the whole day off and, he had no other plans so we scheduled his session in second half.

I did not give him any history, just said, "here is this little child she has some trouble and, we want your help to resolve it".

The minute I put him through trance and connected him to the child, first thing he complained; "I have severe stomach pain as if someone is stabbing in my lower abdomen". That established the connection. As he did not know the issue.

Now he being an adult was able to give the exact feel of pain, as to what kind of pain is it.

He said I feel glass in my stomach; I asked him to go to the origin, why and from where do you get this experience.

He said (the child's energy) I am seeing a house near sea, I am a young woman, who was being forced, by her boy friend that, she should stay with him.



He narrated ; that , "young women is trying to run away , from the window ; suddenly window pane was broken and in her force against it, it pierced in her stomach. When she lurched backward and fall, few broken pieces went into her feet and calf", "suddenly that man (the surrogate) developed leg pain".

what happen to the boyfriend? I asked. "He got scared, so he ran away and left me there bleeding". She answered.

Go to the last breath.... "I died there in regret as to why did I came here at first place and I have so much hatred for men in my heart in last moment.

He who claimed to love me has left me dying alone".....

Leave the body peacefully I suggested.

Now! see your journey as a soul. (All this time I am conversing with the child's energy, through that gentleman.)

Now; she started to narrate the whole story. "I had an affair but I was married to someone else who was much older than me. my boyfriend made no attempt to even ask me to marry him , as he felt he was not ready yet. My marriage happened by my family's choice.

Here her husband was an insensitive man so she was raped in marriage. she has anger towards her husband for imposing him on her, without her being ready for it; and, her lover; that, "why was he silent during marriage".

After four years of her marriage he (her boy friend) came back. Meanwhile she had two children, now he asked her to come and meet him once. When she went there to meet him; he started to force her that you should leave your husband and children and, come with me; thats when, this all developed and thats where, she died.

When his request turned into angry command over her refusal, he tried to hold her bodily by latching doors and, wanted to keep her there forcefully. rest we know already, as to how, she went to meet him and died there unhappy.

We went back to the death scene, took out glass pieces from her feet, calf and stomach . We removed all glass pieces from her body lying there and healed the wound in white light. We called Arch angel Michael to cut the cord of hatred towards men. (as we develop cord connection in both love and hate) First with her husband who was more like a strict father than a loving husband. With her boyfriend. We did forgiveness. And now we invited Arch Angel Raphael to heal her completely in her soul with no trace of pain and hatred from previous experience . Once she was healed and we duly send those Angels back with Love and gratitude.

I asked her to see the learning of her that Life. The beautiful answer came was **"Trust Divine and accept what was there"**

Now once the session was over there were remarkable changes in her life.



- That child started walking without any complained like any normal child of her age.
- Her stomach pain disappeared as if magic.
- Her father became more loving to her, started spending time with her, pick her up in his arms which he never did before.
- Her school got changed and, teachers in her new school were more loving and caring.
- They found a new day care where she was so loved; as to be like daughter to the lady, who runs that day care.
- She does not cry anymore.

Affects on surrogate; (the man, who agreed to help by surrogating the energy of child in order to heal her):

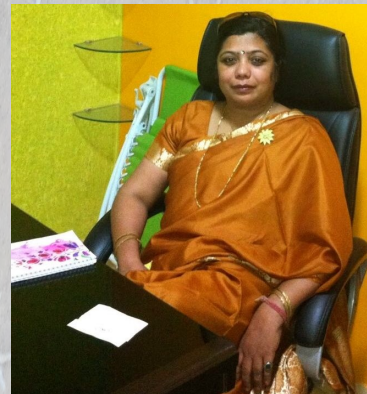
He had occasional abdominal pain and leg pain due to fracture in his leg some years ago, but after this session they are completely healed he never had those pains ever again after that.

What happened.....?

The universal law at work.....? "What you give comes back to you".

He agreed to help instantly, so being rewarded by universe, 'in his healing'.....

Only Lord knows.



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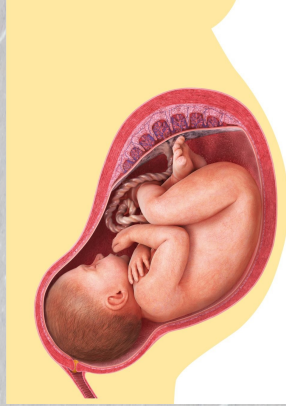
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## Into The Womb



Of all the bonds that a Soul forges over lifetimes on Earth-Plane, the 'Mother-Child Bond', is one of the most beautiful intimate and critical in it's Soul-Journey in a particular lifetime.

In Mahabharata, the legendary Indian epic, there is a reference to Abhimanu's ( Subhadra \* Arjun's son) learning of a specifically critical war technique, which was shared by his father Arjun with his mother Subhadra, while Abhimanyu was still in his mother's womb. He later used that information during Mahabhartha, shocking all the legendary warriors, who could not understand that how such a young warrior was aware of that specific technique which was known only to Arjuna.

The Indian (Hindu) philosophy clearly lays out detailed guidelines for parents and family members regarding maintaining a positive, loving, serene, blissful and enriching environment in home/space where an expecting mother stays. The ancient texts explain in detail how the external environment and the state of mother's 'Mind-Body-Soul' effect the shaping of a Child's development at all levels i.e. the physical, mental, emotional, and spiritual.

In my experience with my clients, following aspects have dawned as a new learning:

Most Souls enter/join their physical body/fetus in their mother's womb approximately around third-fourth (03-04) month of pregnancy;

The Soul is fully 'Aware' of all the happenings/activity within the mother's womb as well outside of the womb;

The Soul can 'See, Feel, Hear, and Perceive', all this activity, and 'Its' perception and level of awareness is very high and subtle, to the extent that



'It' can even perceive the emotions and thoughts of the parents as well of family members or people in 'Its' immediate surroundings;

The Soul 'Learns' and 'Absorbs', all that's happening around and these imprints get deeply imprinted within the 'Consciousness' of the child, going a long way to shape the course of 'Its' whole lifetime;

The Soul has power to make 'Amends' and 'Adjustments' in 'Its' 'Life's Blue-Print', based on the perceptions and inputs 'It' receives/gathers from the environment around, including but not limited to the state of mother's 'Mind-Body-Soul', and the vibrations of father, family members and people around.

For most of my clients the experience of life within their mother's womb had been deeply emotional and realistic. Even the most skeptic ones could 'Feel' and 'Know' that how 'Real' the whole experience and its awareness is. In most of the cases they come out of trance with detailed vivid memories of the experience and lots of specific verifiable tit-bits of information, like the specific dress wore by their mother; layout and interiors of the rooms; people who were around at that time; their conversations and even feelings/emotions of their parents; or a specific event like some accident, visit to a place etc., all of which is verifiable.

A lot of times the clients will call back after few days narrating how puzzled and surprised the parents and relatives were when they asked them about those specific tit-bits of informations, most of them were left wondering that how could the client knew about it all, even though he/she was not even born then !!

This heightened awareness state of Soul while in mother's womb impacts the individual deeply as the 'Child' is 'Absorbing' all- be it the love, joy, acceptance, beauty, music, festivities, spirituality, or be it sadness, anger, aloofness, turmoil, violence, or even life patterns detrimental to soul's evolution. Yes, the Soul, that Child still in mother's womb actually observes, perceives and absorbs it all.

Even casual remarks by parents, family members, people around, doctors etc deeply impact the Child and can have long lasting effects on the Child's life in future. For example a casual statement/remark by parents like "we wish this time we have a boy/girl", can deeply impact a child, and can even make 'It' feel unwanted/unwelcome in case 'It' had chosen to come in the gender contrary to



the wish of the parents.

In another case, a doctor's casual remark to an expecting mother "I don't think the child will ever recover fully", while referring to few medical complications during her pregnancy the last term of her pregnancy, caused a deep seated trauma and a lifelong conditioning in the child's subconscious that he as an individual would never be fully healthy. Once healed of this trauma his health recovered quickly and he was able to lead a happy healthy life.

Likewise cases of unwanted pregnancies ; pregnancies in conflict zones etc. can cause a lot of trauma and negative conditioning of the Soul, who is yet to 'take birth'. A mother's remarks impacts the child in her womb the most, as such negative outbursts like "I never wanted this baby or I so don't wanna be a mommy right now or how I wish I can get rid out this mess etc." can create life long trauma as well as relationship conflicts for the child.

Years later the mother would have forgot the remarks. and maybe she would have been a very loving and caring mother after the child's birth, still the child, who otherwise would be very loving and caring for his mother ; may feel a sense of detachment or a feeling of alienation from his mother at some deep subconscious level, reasons of which he cant pinpoint, but the whole thing maybe adversely effecting his relationship with his mother; all because those remarks are deeply seated within his sub conscious, causing a dis-connect/ aloofness or a lack of trust towards his mother. Such cases can only be healed by revisiting the points and healing it.

So to sum it all that, "into the womb" is an amazingly beautiful and powerful tool by using which we can heal lots of things: parental issues, traumas; origin of which may be in an incident that occurred, while the individual was in mother's womb.

Knowing this we may all strive to:

- Create a positive, happy, welcoming, blissful, healthy and loving environment for the mother and child during the pregnancy.
- Parents should engage in enriching, learning, healthy activities and conversations with love and spirituality as anchors.
- Parents family doctors and all around should make a deliberate effort to give positive encouraging and welcoming remarks and statements while



discussing or referring to the child.

- All activities detrimental to physical, mental and emotional being of the mother like alcohol, drugs violent/sleazy/ gross media and literature and situations that create stress and anxiety may specifically avoided.
- Raw healthy food, natural ambience, meditation creative pursuits, music etc... should be sort and practiced to create a healthy, natural and creatively blissful environment for the soul's growth and integration

Saying so I am sure that many of us can integrate and heal ourself as well as our clients by this beautifully transformative trip to the moment when we were intimately "one" with our mothers, "aware and ' pure'.



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## **Homosexuality and Conflicts**

I am married since one year and, I love my wife; however, last month in a party I saw this guy and I feel immense attraction towards him as if ....as if I am in Love. What is this? No it is not like your vibes match with someone and you develop friendship its neither those aha moment when you instantly feel comfortable. I just saw him and felt attracted.

Please ..... I love my wife. and I am, or perhaps I was ..... I do not know any more ....a straight guy. Please cure me. Do you have any way in Hypnotherapy.

Now it was my turn to get stumped . What is just a matter of orientation or personal choice to me, how to see it as an affliction? Leave alone 'cure', it was something beyond me.

Still; my believe that, "everything happens for a reason and, if someone has come to seek guidance, there has to be something in it for him".

I gave myself a whole minute and a glass of water before responding. I said, "you are here to seek guidance" . So we will begin our journey , as to find what is, in it?

We choose every turn in our life for a reason in my experience, as a Hypnotherapist.

So first we will find out why it happened, from there we may reach at the turn to find a right place to decide as to, what is your further journey. Whether you are a homosexual male or a heterosexual or you may even be a bisexual person.

He was confused and nervous , to him the idea of his attraction towards another man was ridiculous. He belong to a conventional setup where he grew up completely conditioned towards only one thought process ; "men are naturally attracted to women only", any other thought , was not allowed . Yet there are other other options too and are as much prevalent as the acceptable "Normal" one was align to him in personal perspective, as revealed in pre talk.

He was pulling his hair literally and was completely devastated,..... You do not understand ..... what will my parents think of me? What and how will people around me react to it? My friends, Oh God! they will never believe its me and will they still remain my friend?

My work..... how people are going to see me there.....whether they would want to work with me or I ll be a but of joke?

And most important my wife? God! No please no, its not happening with me its someone else...

Here, seeing him completely disarrayed; I decided first to give him crystal



healing to align his energy centers (chakras) which were clearly dis balanced due to shock and, his inability to understand his new situation.

After healing he was more calm and grounded;

then his counseling began we discussed everything and every little possible detail. I put up this fact as gently in front of him as I could; that, if it is some kind of trigger to disrupt his life due to some childhood trauma, past life or some kind of curse, he may return to his previous way of life.

However ,I said , "please understand it could be a discovery of your real orientation too, in which case you will first learn to accept yourself; of course Hypnotherapy will help you in that. Then we may call your wife here put her through counseling to let her absorb the news and then, help her to accept it, and take her decision, whatever that may be accordingly".

But for now, we will begin with an open mind, keeping all our options in hand and see what will unravel . We will begin with hope and firm belief that everything happens for a reason.

He seems to be comforted and consoled to some extent by then.

Now in his next session when I put him into trance . he immediately went into his childhood and saw himself being molested by his male house help when he was barely two and a half year old further , while he grew up he was being sodomised at the age of 10 by a relative where in pain he felt very dirty. and he blacked out afterward could not see a thing other then a red flame. he was still in trance.

We have requested to talk to that energy through him that energy granted permission . It introduced itself as 'anger' and told, that it came to protect him from further humiliation and helplessness. We thank that energy and requested it to leave , as now the purpose is solved and he does not need anger anymore. It readily agreed to release him.

Once it has left, we went back to the first incident ; there we dealt with that servant by stopping him and very clearly with full confidence child told him to stop or he will be reported to the elders. He rallied instantly and stopped and released the child. After this visualization, we did the child integration, then self forgiveness , guilt release and forgiveness for that servant too so that he can move on from that incidence without any further attachment.

We went on to the second incident. Here we asked him to imagine that his father intervened and he is giving that child a lot of love and acceptance and, immediately he reprimanded that relative.

Now, in his father's love and understanding that child felt safe. We called his father for two reasons; one he related more with his father,(as revealed in pre talk), other we wanted a man so, the perception that men are dirty in the child's mind can be changed.

Then we did white light healing to his heart and made him see that, there is nothing wrong with him, he is completely guilt free and fit to be himself.



After acceptance, child integration and forgiveness; further, we did affirmations "Bad incidences do not define you, but what you learn remains. So learn to be kind compassionate and nonjudgemental".

After session discussion, leads to again repeat and realise the concept. It too came to light that he had completely blocked these two incidences from his memory. He had no recollection of them before trance.

He is still in therapy. He does not get angry easily; and, though he is living with his wife to assess what difference he feels regarding his relationship with a woman yet, he is attracted to that person too. However he is not in touch with him unless his therapy finishes. He has come to a little more calm acceptance as we are heading towards more sessions to go deeper into this issue.

Here, I as a therapist feel two parts to it;

1. His belief that he is a heterosexual. It can be because he felt dirty and had hatred for men, that might lead to an otherwise homosexual person turned towards heterosexual behavior. Where he does not feel helpless and feels more in control.
2. His memory must have been triggered by some event or some incidence which made his unconscious mind to explore the possibility and experience of another male contact in romantic inference, to an otherwise "Heterosexual person"

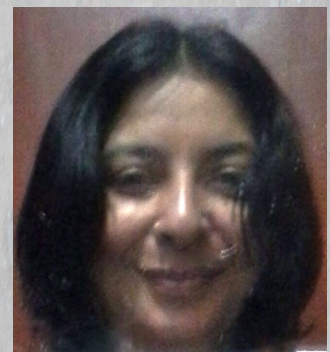
Now, whatever may be the outcome we have to wait and see, for things to shape clearly, further.

***"I would like to state here that no two cases are similar neither in reason nor in therapy. No matter how similar they might look in their presenting issue".***

I am sharing this case here, in order to offer assistance of Hypnotherapy; to anyone out there groping in darkness, and want to get some clarity yet, have no clue with multiple fears, 'due to social situation'.

Please contact any hypnotherapist nearby. You can be helped from reasoning to acceptance to further assistance, and what more even rallying your respective spouses/parents and friends too if need be.

**As right to live with dignity and Love belong to all.**



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