

"I am the Light of the world. He who follows Me shall not walk in the darkness, but have the Light of Life".

'John 8:12'



# Healing and Hypnotherapy

Volume -1, Issue 6, 1 December 2016



1. From the Desk.
2. To cope with the loss of loved one - Nivedita Mohala
3. Abe Faria - Form of Hypnosis - Edward S Gardner
4. Subpersonalities & Other Entities - Ulf Sandstrom
5. Why Hypnotherapy - Neha Sharma
6. Resolution of Debt (Karmik) - Dr.Yogesh Chaudhary
7. Past Life and concept of Time - A Prakash

समोऽहं सर्वभूतेषु न मे द्वेष्योऽस्ति न प्रियः ।  
ये भजन्ति तु मां भक्त्या मयि ते तेषु चाप्यहम् ॥ २९ ॥

(I dwell in everything equally and neutrally, I discard nothing I sort nothing .  
Yet "The one who puts his sole being in me; "becomes me and I him")  
"SrimadbhagvadGeeta 'Chaptor-9 :Verse-29"

### **From The Desk**

Ocean has conch shells in it, or conch shell contains whole ocean in it.  
We are in Galaxy or galaxy is within.

From whole, only whole comes; there is no such thing as part. Everything is complete in it yet very convincingly becomes a part.

Every single unit is whole just like every biological cell contains and carries the imprint and potential of whole being in it.

Similarly.....

#### **Does every unit carries the DNA of whole universe.?**

Thing to ponder over.....

Time - Fluid or static or further illusion

Is there any past or future or its all 'now'. Live in present. What does it mean; 'really', live in present or 'thats the only possibility' as there is nothing but 'present' everything is happening "Now" in this one moment

What is its concept?..... linear/ parallel/bubble wrap/or Layer (Carl Sagan)

How some beings are fully consumed (from birth to maturity to old age) merely in few days. While others stay for ages. Is the mystery unfolding in front of our very eyes? We must sit back and pay attention.

In terms of Hypnotherapy. How come something gets correct in previous birth, or astral concept or released negativity has instant corrective affects here and now. Is that really happened then or its all unfolding now and here "simultaneously".

A thought provoking issue yet again in front of you.

*Let's explore with Nivedita death or another dimension.....loved ones are much happier there? better....?want you to be happy?*

*An interesting piece from the History of Hypnosis by 'Edward S Gardner'*



*about ; A Philosopher, Priest and Hypnotist who may not be known to many but who gave a very different dimension to Hypnosis as it was in his time.*

*Yet again exploration of the realm of Sub personalities and foreign entities with Ulf Sandstrom.*

*Time and its elusive fluidity, Matter and Energy are they apart or merely borders of our thought : Let's cross the boundary with Neha in her story of why she chose to be a Hypnotherapist.*

*No there are no free lunches as there is no time loss; So better pay in cash guys than to come and pay with whole life time. Karmic debts are to be cleared up and that's inevitable. How? Let's find it out with Dr. Yogesh Choudhary.*

*Prakash's yet again enlightening piece about entity, past life and mystery of time.....*

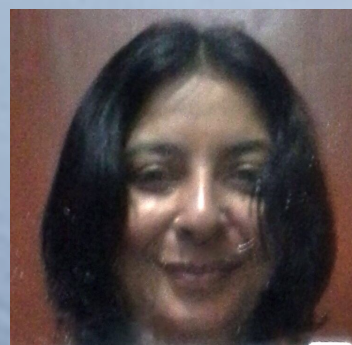
**"What is this fabric of time? or is it just an 'Epoch'."**

**...Come with me .....Shhush..... mystery awaits.**

My heart felt Gratitude to Guru, Lord almighty and our whole team.  
We are grateful to our Fellow Hypnotherapists, Clients, Friends and all our readers for being with us in our sixth or half yearly issue.

Thank you and Congratulations to all.

Reflections are most welcome.



**Varsha Prakaash**  
Clinical Hypnotherapist  
Past life regression Therapist  
Life between Lives therapist  
Crystal Healer  
Tarot Reader  
varshaprakaash@yahoo.com

## To Cope with the loss of "Loved one"

---

*"Pain, grief and guilt associated with losing her mother was churning inside her".*

It was 8.30 PM on a working day and I was in the midst of a conference call when my daughter walked in gesticulating that it was an emergency . Her friend who had lost her mom to cancer last year was very depressed and inconsolable . The festive season made her miss her mother a lot and she was losing the will to do anything , leaving her distraught .

She carried a lot of guilt that she was unable to heed her mother 's request to take her home from the hospital before she passed away . There was a vortex of emotions in her ; pain, grief and guilt associated with losing her mother was churning inside her.

It was late night , by the time I started the session and after putting her in a trance . I guided her to a beautiful garden where she invited her spirit guides to join her . I had already made it clear that I would not attempt at contacting her mother but to my delight her mother joined her , looking healthy and radiant and accompanied by angel . She held her daughter close and expressed her omnipresent love .

After that she reprimanded her daughter for not taking care of herself and her lack of discipline in her day to day life . The close contact with her mom and seeing her in a healthy state made her feel so much better and lighter .

I requested the angels to heal her too; and soon , she saw the angels standing in front of her and , taking away the negative emotions from inside her . White light and violet light helped to clean and fill the spaces that were occupied by the negative emotions .

Once the healing was complete , it was time for her mother to leave and she departed asking her daughter to stay in touch through prayers .

A few days later I received a call from the young lady telling me how much better she was feeling after the session .

Departed loved ones frequently visit their relatives to alleviate the pain and grief that is felt at the loss of a close person . While it is not advisable to call a departed one after they have left the physical plan , seeing them healthy and peaceful gives a lot of closure and comfort to the people left behind .



**Nivedita Mohala**  
Clinical Hypnotherapist  
PastLife Regression Therapist  
Life between Life Therapist  
Email:nivaditamohala@yahoo.co.in



## **Abbé Faria: Indian Hypnotist, Priest and Philosopher,** **"An Innovator in the History of Hypnosis."**

### **A Brief Biographical Note.**

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

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

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

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

### **The Book: De la cause du Sommeil lucide.**

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

- Firstly Faria believed that lucid sleep was a pathological distortion of normal sleep and in this sense he predicted what was to become a common idea among the Charcot school that hypnosis was related to hysteria.
- Secondly, he questioned the idea that mesmerism was the result of some form of animal magnetism which transferred from objects such as trees or a barque.
- Thirdly, rather than speak of hypnosis as a activity of the imagination he sought to describe hypnosis as a form of concentration and thus it is the hypnotic subject who is of importance in the experience of hypnosis and not that of the operator or hypnotist.

### **Faria on the Induction of Trance :**

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

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

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

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

### **Further Resources:**

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

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

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

Documentary: In Search of Abbe Faria  
YouTube:

<https://www.youtube.com/watch?v=2mdl24UOXVs>

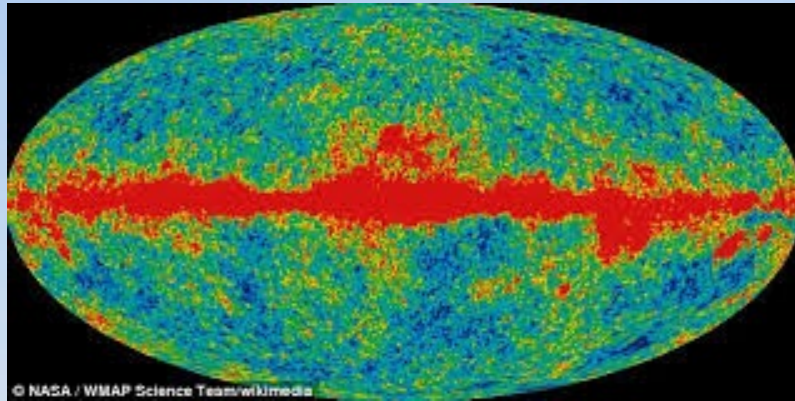
Abbe Faria Website by Dom Martin  
[www.abbefaria.com](http://www.abbefaria.com)



Edward S Gardner  
Hypnotherapist  
Newcastle upon Tyne,  
United Kingdom  
E mail:ipnoetic@gmail.com



## Realm Of Sub Personalities and Foreign Entities



This is a session that was inspired by the theory that sub-personalities can be created by traumatic incidents, and that each of these parts of our total personality can be resolved or treated as a client of their own.

I had just read the book *Soul-Centered Healing: A Psychologist's Extraordinary Journey Into the Realms of Sub-Personalities, Spirits, and Past Lives* by 'Thomas Zinser' and was in a creative and curious mood to explore the essence of his experiences.

My client was a young woman with "fear of everything" and she was able to activate a full-blown panic every time she relaxed, was on her own or about to fall asleep/wake up. When she panicked she felt like she had "a hole in her chest with a fog inside it as if shot with a cannon ball". When she came to me she also had a great fear of "dying suddenly, without getting a chance to realize it".

Let me just state that I am not a believer, or a non-believer. I am a curious pragmatic working with the clients best in mind. If I have a hunch something "out of the normal" is the right thing to do I usually ask if they are open to try something that may "seem out of their comfort zone" and explain that they do not need to believe in it, just give it a try.

Her story reminded me so much of the cases in the book, where she in a previous life may (or may not) have experienced a sudden death by a cannon ball through her chest and carried an unresolved trauma that manifested as a worry every time she was about to let her consciousness go, as in falling asleep or letting the mind wander. One of the reasons for not wanting to die without realizing is the perspective of wanting to avoid becoming an earth-bound entity sticking around because it hasn't realized it should move on - a concept that many cultures mention.

Again - the cannon ball and sudden death could all be a metaphor or generalization of her subconscious as well - it is not about my or her beliefs, it just crossed my mind that part of her was very worried about dying without advance notice and therefore panicked when she relaxed.

During the hypnotic spoken induction she started panicking just like she said she would, so I switched to trauma tapping technique (TTT) as an induction which put the panic to rest and allowed her to go into a hypnotic state.

Then I simply spoke directly to her parts, asking her the age of the part that started the panic every time: 8 years she said. So I asked her how she would console an 8 year old and she said "I would hug her". I asked her to that part and then if the 8 year old felt better. She said "yes".

I then asked the 8 year old to grow up to it's right age now that the fear was gone - and it did - and became much older than the woman herself. This may or may not be logical, but regardless I was working metaphorically and decided to treat it as something that was no longer needed as part of her current life now that the fear was resolved.

I suggested a bus with a bright warm light full of friends of the now old part stopping, and if it would consider getting on this bus, which it did happily.

Then I asked for the next part of her responsible for creating fear - and she confirms she has found one. I ask her if it's part of herself she says "no, it's around 30, it's a man and his name is Eric and he doesn't want to leave". Again, this is all metaphorical and was just how the session evolved inspired by the methods of Zinser. After some negotiation and a promise he could come back and visit if he needed to he got on the bus as well.

This left us with one more fear. 12 years old. She hugs it to console it so it can grow up and I ask what age it turns out to be: "my age" she says with a smile. "This is part of me".

I ask her to integrate the now grown 12 year old part, and then how it feels. "It is like the hole in the chest has finally been filled" then she starts laughing the sweetest laugh for a long while. After this we deepened her trance and make an ecology check by allowing her to visualize and experience any situation that previously scared her or brought panic - in the past or in the future. There was complete peace. After this I brought her to full consciousness and ask her if she would mind coming back in two weeks. Her answer "Yes, but I can't imagine what are we going to do then?"

In a session like this I am in a trance state myself, following the client as one musician follows the playing of another. It is not a validation of the book of Thomas, his methods or any theory of our soul, past lives and entities. It is also not the opposite. It is an example of a client finding peace.

Reflections are welcome.



<https://books.google.se/books?id=6bmauAAACAAJ&dq=soul-centered+healing:+a+psychologist%27s+extraordinary+journey+into+the+realms+of+sub-personalities,+spirits,+and+past+lives&hl=sv&sa=X&ved=0ahUKEwjT6-KD0pbQAhVGCywKHWWeC6EQ6AEIHjAA>



## Soul-Centered Healing

A remarkable journey through the hidden dimensions of our inner world . . . Soul-Centered Healing: A Psychologist's Extraordinary Journey into the Realms of Sub-Personalities, Spirits, and Past Lives When clinical psychologist Tom Zinser started working with multiple personality patients, he had no...



### Ulf Sandström

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

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

Rwanda, D.R. Congo and Lesbos, Greece.

Read more at:

[www.ulfsandstrom.com](http://www.ulfsandstrom.com),

[www.peacefulheart.se](http://www.peacefulheart.se)

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

## **WHY HYPNOTHERAPY**

**'This is world - this I am' - do not arise at all in One – this is abhyasa or practice. It is then that attraction and repulsion do not arise;**  
**the overcoming of attraction and repulsion by the use of will force is austerity, not wisdom. "Yog Vasistha"**

Today I want to share why I chose this profession ... I was, I still am a System Analyst/ Software Engineer, chose to be Hypnotherapist. Thankfully I am born & brought up in an environment of Meditation and was always in touch with our scriptures (Bhagwad Geeta, Puranas & Ramayan etc.).

So when I met with my Guru (Enlightened Master) my life changed completely, I heard him mentioning one of our scripture many times that is "YOG VASHISHTH". I was aware of this book but never tried to read it but when he quote it every now and then I got intrigued so started reading it and that pushed me on this path of Past Life Regression & Hypnotherapy.

I want to share small excerpt from this book because that portion is the reason why I am here. Yoga Vasistha is discussion (in format of question & answer) between Rama (from Ramayana) and Rishi (Great Sage) Vashishth.

RAMA is asking question about this world and to explain this RISHI VASISTHA is telling a story to RAMA ...

"VASISTHA said:

To make all this crystal clear, O Rama, I shall now narrate to you the story of Mandapa: pray, listen attentively.

Once upon a time, O Rama, there was a king on earth called Padma. He was perfect in every respect; and by his own nature and conduct he enhanced the glory of his dynasty. He honored religious traditions even as the ocean respects the authority of the shore. He subdued his enemies even as the sun routs darkness. Even as fire reduces hay to ashes, he destroyed evil in society.

This king has wife by name Lila. She was highly accomplished as a woman and was very beautiful. She was one with the king, and shared his joy and sorrow. King Padma and Queen Lila lived an ideal life. They enjoyed their life in every possible and righteous way.

They were young and youthful like the gods, and their love for each other was pure and



intense, without any hypocrisy or artificiality. One day, the queen Lila thought: “the most handsome king who is my husband is dearer to me than even my own life. What should I do in order that he and I may live forever enjoy the pleasures of life? I shall immediately undertake such Austerities as the holy ones would suggest in order that I may fulfill my ambition.” She sought the counsel of the holy ones, who said to her: O queen, austerities or penance, repetition of mantra and a disciplined life will surely bestow upon you all that it is possible for one to attain in this world; but physical immortality is not possible of attainment in this world!”

Lila begins to propitiate the goddess Sarasvati (Goddess of Knowledge and Wisdom & all art forms in Vedic Culture {Culture which described in Veda's and followed in part amongst Hindus}) immediately, without even discussing this project with her husband. The goddess Sarasvati appeared before her and granted her the boons of her choice.

Lila prayed “O Divine Mother, grant me two boons:

(1) when my husband departs from his body, let his jiva (Atma or Soul) remain in the palace, and

(2) whenever I pray to you, let me see you.”

Sarasvati granted these two boons and disappeared. Time inexorably passed. King Padma, who was mortally wounded on the battlefield, died in the palace. Queen Lila was inconsolable with grief. When she was thus sunk in grief the ethereal voice of Sarasvati said: “My child, cover the King’s dead body with flowers; then it will not decay. He will not leave the palace.

(Lila asked her: “Pray, tell me where my husband is.”)

**“O Lila, there are three types of space – the psychological space, the physical space and the infinite space of consciousness. Of these the most subtle is the infinite space of consciousness.** By intense meditation on this infinite space of consciousness you can see and experience the presence of one (like your husband) whose body is that infinite space, even though you do not see him here. That is the infinite space which exists in the middle when the finite intelligence travels from one place to another; for it is infinite. If you give up all thoughts you will here and now attain to the realization of oneness with all. Normally only he who has realized the utter non-existence of the universe can experience this; but you will do so by my grace.”

VASISTHA continued:

Lila began to meditate. Immediately she entered the highest state of consciousness free from all distractions (nirvikalpa). She was in the infinite space of consciousness. There she saw the king once again, on a throne, surrounded by many kings who adored him – but they did not see her. She wondered: are they all dead too! Again by the grace of goddess Sarasvati, she came back to her palace, and saw her attendants asleep. She woke them and asked them to request the members of the royal court to assemble at

once.

Seeing all the members of the royal court, Lila was puzzled: she thought, “This is strange, for these people seem to exist in two places at the same time – in that region which I saw in my meditation and here in front of me. **Just as a mountain is seen both inside the mirror and outside it, this creation is seen both within consciousness and outside it.** But, which of these is real and which the reflection? I must find out from Sarasvati.” She adored Sarasvati and saw her seated in front of her.

LILA asked: Be gracious, O Goddess, and tell me this. That on which this world is reflected is extremely pure and undivided, and it is not the object of knowledge. This world exists both within it as its reflection and outside as solid matter: which is real and which the reflection?

SARASVATI asked: Tell me first: what do you consider real and what unreal?

LILA answered: That I am here and you are in front of me – this I consider real. That region in which my husband is now – that I consider unreal.

SARASVATI said: **How can the unreal be the effect of the real? The effect is the cause, there is no essential difference. Even in the case of a pot which is able to hold water whereas its cause (clay) cannot, this difference is due to the cooperative causes.**

What was the material cause of your husband’s birth? For only material effects are produced by material causes. Hence when you find no immediate cause for an effect, then surely the cause existed in the past – memory. Memory is like space, empty. All creation here is the effect of that emptiness – and hence the creation is empty, too. Even as the birth of your husband is an illusory product of memory, I see all this as the illusory and unreal effect of imagination.

I shall narrate to you a story which illustrates the dream-like nature of this creation. In pure consciousness, in a corner of the mind of the Creator, there was a dilapidated shrine covered with a blue dome. It had the fourteen worlds for rooms. The three divisions of space were holes in it. The sun was the light. In it there were little ant hills (the cities), little piles of earth (mountains) and little pools of water (The Oceans). This is creation, the Universe. In a very small corner of it there lived a holy man with his wife and children. He was healthy and free from fear. He performed his religious and social duties well.

That holy man was known as Vasistha and his wife was Arundhati. One day he saw a colorful procession with a king riding a stately elephant, followed by an army and other royal paraphernalia. Looking at this a wish arose in his heart: “When will I ride a royal elephant like that and be followed by an army like this?”



Sometime after this the holy man grew old and then death overtook him. His wife, who was highly devoted to him, prayed to me and asked for the same boon that you have asked for: that her husband's spirit should not leave her house. I granted her that boon. Though that holy man was an ethereal being, on account of the power of his constant wish during the previous life-span he became a mighty king and ruled over a great empire which resembled heaven on earth. Arundhati had also given up her body and attained reunion with her husband. It is eight days since this happened.

Lila, it is the same holy man who is now your husband, the king; and you are the same Arundhati who was his wife. On account of ignorance and delusion it seems that all this takes place in the infinite consciousness, though in reality nothing happens. I do not utter falsehood, but am telling the truth. It sounds incredible but this kingdom appears to be only in the hut of the holy man on account of his desire for a kingdom. The memory of the past is hidden, and you two have risen again. Death is but waking from a dream. Birth which arises from a wish is no more real than the wish, like waves in a mirage! Even after the 'creation' of all this in the holy man's house, it remained as it was before. Indeed, in every atom there are worlds within worlds.

LILA asked:

O Goddess, you said that it was only eight days ago that holy man had died; and yet my husband and I have lived for a long time. How can you reconcile this discrepancy?

SARASVATI said:

O Lila, just as space does not have a fixed span, time does not have a fixed span either. **Just as the world and its creation are mere appearances, a moment and an epoch are also imaginary,** not real. In the twinkling of an eye the jiva undergoes the illusion of the death –experience, forgets what happened before that, and in the infinite consciousness thinks 'I am this' etc. and 'I am his son, I am so many years old' etc.

Even as in a dream, death and relationship all in a very short time. And even as a lover feels that a single night without his beloved is an epoch, the jiva thinks of experienced and non-experienced objects in the twinkling of an eye. And immediately thereafter, he imagines those things (the world) to be real. Even those things, which he had not experienced nor seen, present themselves before him as in a dream.

This world and this creation is nothing but memory, dream: distance and measures of time (like a moment and an age) are all hallucinations. This is one kind of knowledge – memory. There is another which is not based on memory of past experiences. This is the fortuitous meeting of atoms in consciousness which are then able to produce their own effects.

**SARASVATI** continued:

Liberation is the realization of the total non-existence of the universe as such. This is different from a mere denial of the existence of the ego and the universe! The latter is only half-knowledge. Liberation is to realize that all this is pure consciousness.

Indeed, the prior hallucination of the creation of the holy man and his wife was due to the thought-form of the Brahma, the creator. He himself had no hidden thought-forms (memory), for before creation there was dissolution and at that time the Creator had attained liberation.

At the beginning of this epoch, someone assumes the role of creator and thinks “I am the new creator” – this is pure coincidence, even as one sees a crow alighting on a palm tree and the coconut falling, though these two are independent of each other. Of course, do not forget that even though all this seems to happen, there is no creation! **The one infinite consciousness alone is thought-form or experience: there is no cause and effect relationship. These (‘cause’ and ‘effect’) are only words, not facts.** The infinite consciousness is forever in infinite consciousness.

LILA said:

O Goddess, your words are truly enlightening. However, since I have never been exposed to them before, the wisdom is not well grounded. I wish to see the original house of the holy Vasistha.

**SARASVATI** said:

O Lila, give up this form of yours and attain the pure spiritual insight. For only Brahman can really see or realize Brahman. My body is made of pure light, pure consciousness. Your body is not. With this body of yours you cannot even visit the places of your own imagination, then how can you enter the field of another’s imagination? But if you attain the body of light, you will immediately see the holy man’s house. Affirm to yourself, “I shall leave my body here and take a body of light. With that body, like the scent of incense I shall go to the house of the holy man.” Even as water mixes with water you will become one with the field of consciousness.

By the persistent practice of such meditation, even your body will become one of pure consciousness and subtle. For, I see even my body as consciousness. You do not, for you see the world of matter. Such ignorance arises of its own accord, but is dispelled by wisdom and enquiry. In fact such ignorance does not even exist! There is neither unwisdom, nor ignorance; neither bondage, nor liberation. There is but one pure consciousness.

**SARASVATI** said:

Dear Lila, in dream, the dream-body appears to be real; but when there is an awakening to the fact of dream, the reality of that body vanishes. Even so, the physical body which is sustained by memory and latent tendencies is seen to be unreal. At the end of the dream, you become aware of the physical body; at the end of these tendencies, you



become aware of the ethereal body. When the dream ends, deep sleep ensues; when the seeds of thought perish, you are liberated. In liberation the seeds of thought do not exist: if the liberated sage appears to live and to think, he only appears to do so, like a burnt cloth lying on the floor. This is, however, not like deep sleep or unconsciousness, in both of which the seeds of thought lie hidden.

By persistent practice (abhyasa) egotism is quietened. Then you will naturally rest in your consciousness: and the perceived universe heads towards the vanishing point. What is called practice?

**Thinking of that alone, speaking of that, conversing of that with one another, utter dedication to that one alone – this is called abhyasa or practice by the wise.** When one's intellect is filled with beauty and bliss, when one's vision is broad, when passion for sensual enjoyment is absent in one – that is practice. When one is firmly established in the conviction that this universe has never even been created, and therefore it does not exist as such, and when thoughts like *'This is world, this I am' do not arise at all in one – this is abhyasa or practice. It is then that attraction and repulsion do not arise;* **the overcoming of attraction and repulsion by the use of will force is austerity, not wisdom.**

(At this stage, evening set in; and the court dispersed. Early next morning the court assembled, and Vasistha continued his discourse.)

VASISTHA continued:

O Rama, Sarasvati and Queen Lila immediately set in deep meditation or nirvikalpa Samadhi. They have risen above body-consciousness. Because they had given up all notions of the world, it had completely vanished in their consciousness. They roam freely in their wisdom-bodies. Though it seemed that they had travelled millions of miles in space, they were still in the same 'room' but on another plane of consciousness. They saw all that was already in the mind of Sarasvati and which Sarasvati wanted to show to Queen Lila.

Having seen the Oceans, mountains, the protector of the Universe, the kingdom of the gods, the sky and the very bowels of the earth, Lila saw her own house.

VASISTHA continued:

O Rama, the two ladies then entered into the holy man's house. The whole family was in mourning. On account of their grief the house itself had a depressing atmosphere. By the practice of yoga of pure wisdom Lila had acquired that faculty by which her thoughts instantly materialized. She wished, "These, my relations, should see me and Sarasvati as if we were ordinary womenfolk." They appeared so to the mourning family. But the two ladies were of supernatural radiance which dispelled the gloom that pervaded the house. They asked the eldest son of the departed holy couple: "Tell us the

cause of the sorrow which seems to afflict all these people here.”

The son of the holy couple replied: “O Ladies, in this very house there lived a pious man and his devoted wife, who were both devoted to a righteous life. Recently they abandoned their children and grandchildren, their house and their cattle, and ascended to heaven. Therefore, to us the whole world appears to be empty.” Hearing this, Lila laid her hand on the young man’s head: instantly he was relieved of his sorrow.

LILA asked Sarasvati:

How was it we were seen by this family of mine here, and we were not seen by my husband who was ruling the kingdom when we visited him?

SARASVATI answered:

**Then you were still clinging to your notion ‘I am Lila’; now you have overcome that body-consciousness. Till the consciousness of duality is completely dispelled, you cannot act in the infinite consciousness;** you cannot even understand it, ever as one standing in the sun does not know the coolness of the shade of the tree. But now if you go to your husband you will be able to deal with him as before. Lila, you and your husband have been through many incarnations, three of which you now know. In this incarnation the king has slipped deep into the snare of worldliness and he thinks “I am the lord, I am strong, I am happy, etc.” though from the spiritual standpoint the whole universe is experienced here, from the physical point of view millions of miles separate the planes.

**In the infinite consciousness, in every atom of it, universes come and go like particles of dust in a beam of sunlight that shines through a hole in the roof.**

These come and go like ripples on the Ocean.

LILA reminisced: O Divinity! Since emerging as a reflection in the infinite consciousness I have had 800 births. Today I see this. I have been a nymph, a vicious human woman, a serpent, a forest tribal woman, and on account of evil deeds I became a creeper, and by the proximity of sages I became a sage’s daughter; I became a king, and on account of evil deeds done then I became a mosquito, a bee, a deer, a bird, a fish; and again I became a celestial, after which I became a tortoise, and a swan, and I became a mosquito again. I have also been a celestial nymph when other celestials (males) used to fall at my feet. Just as the scales of balance seesaw constantly, I have also been caught up in the seesaw of this repetitive existence (samsara).

RAMA asked:

Holy sir, how was it possible for the two ladies to travel to distant galaxies in the universe, and how did they overcome the numerous barriers on the way?



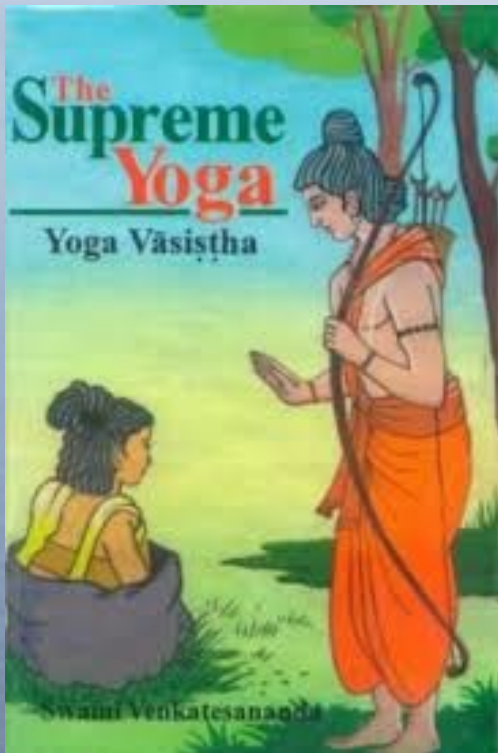
**VASISTHA replied:**

**O Rama, where is universe, where are galaxies, where are barriers? The two ladies remained in the queen's inner apartment. It was there that the holy man Vasistha was ruling as king Viduratha; it was he who was king Padma before. All this happened in pure space: there is no universe, no distance, no barriers. “**

**--The Supreme Yoga, Yoga Vasistha**

***Translated By* SWAMI VENKATESANANDA**

So this is a small portion of a story from this great book. My Guru (Enlightened Master) led me to this book and in this book this story took me to this path of spiritual Science “Hypnotherapy”. And every time I help anyone with this therapy some new mystery unfolds and continuous realization of truth is happening in my life. I am grateful that I am getting chance to serve to spread what I am getting in abundance ....  
**HAPPINESS**



**Neha Sharma.**

Lucknow, India

Clinical hypnotherapist

Past Life regression therapist.

Life between Lives therapist.

Crystal Healer

Email: [nehasharma\\_healing@yahoo.com](mailto:nehasharma_healing@yahoo.com)

## **A Case of Past Life; 'Resolution of debt' (Karma)**

This is a case giving a multidimensional approach towards work, under hypnosis, to provide relief to our clients/patients. I am still wondering as to 'what worked' in this particular case or in such cases, but the relief was obtained by the client.

### **Case:**

A client came to me, let me call him Suresh to preserve his identity. Suresh, came and told me that few months back he met a person 'Ajay' (name changed) in a club and then they became friends. After about two months of acquaintance Ajay started asking for money and other things from him. Suresh found himself giving him whatever he asked from him. It had been a year since he was doing this and wanted to know what made him do it and why he had no strength to say 'no' to his increasing demands. It was as if there was a compelling force asking him to give whatever was asked.

### **Therapy:**

I took him into a very deep hypnotic trance.

I requested Ajay's astral body to come, so that we could ask him why he asked Suresh for the favours.

Soon Suresh reported that Ajay was there. Seeking permission to talk to Ajay, Suresh gave permission to Ajay to use his vocal system, to talk to me. Astral body of Ajay said that everything that belonged to Suresh in this life belonged to him and so he had all rights to ask Suresh for whatever he wanted in this life.

I asked Ajay to go to an event in this or any other life which was the point of origin of the cause for him to ask for money or things from Suresh in this life.

The next thing Ajay reported was, that he saw himself in front of a mirror (in another life-let's call him 'Ajay-PL') in the bath room of his palatial house. Then he saw Suresh (in his previous life-let's call him 'Suresh-PL') who was his friend come behind him and stabbing him.

Ajay-PL informed me that Suresh-PL was a very good friend of his, but not very rich. After murdering him, he took possession of all his property and also married his wife. He was very angry with Suresh.

I took Ajay-PL into the Light, after the Light healed Ajay-PL, I requested Ajay to forgive Suresh and again asked Suresh to seek forgiveness from Ajay for what he had done to him in that life. Then he moved into the spiritual realms.

Ajay's astral body was then sent back and integrated with his physical body wherever it was.



Suresh was brought out of trance. After a week Suresh reported that Ajay had stopped asking him for any favours, though they still meet sometimes. After a month or two Ajay completely went out of Suresh's life.

Desire for feedback:

I would like to have a feedback from hypnotherapists:

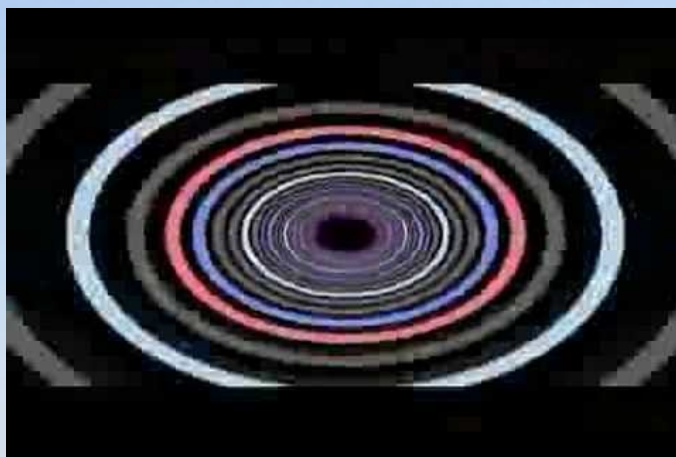
- To explain what happened, and
- To comment on what did the hypnotherapist do that resolved the situation for Suresh and healed Ajay also?

I will explain what I perceived in this case further.



Dr. Yogesh Choudhary  
**Clinical Hypnotherapist,**  
**Life Between Life Therapist ,**  
**Spiritual Hypnotherapist and**  
**Past Life Regression Therapist .**  
**Email : yogesh 922 @yahoo .com**  
**[www.hypnotherapydelhi.com](http://www.hypnotherapydelhi.com)**

## **Life After Death-Concept of Time & Fluid Reality.**



'Time' as we know on Earth Plane is a linear concept, always flowing in a linear direction from Past to Future. Likewise the 'Reality' we perceive as existence around us and our very own Being is a notion we construct as part of our adjustment with the 'Reality' of Earth Plane, which we create once we are born and start integrating with this Realm called earth.

Ancient Indian texts talk about Time being Eternal, and Fluid, in the sense that there is nothing like Past, or Future, all that is, is the Present only, rest all are notions created by the human mind.

These concepts have surfaced time to time in my various sessions, where in Masters, Sprits, or Entities have 'Surfaced/Shown' their presence, and given permission to 'Talk' or 'Interact/Respond'.

The case I am sharing today, happened a couple of years ago, during the session of a client who had come to me for simple physical issue of pain management, but what transpired during the session was something which can simply be called a 'Walk-In' of an entity, which was 'Present' around and wanted a 'Release'. Here its important to note that most entities that surface during such sessions and most specifically the ones which surface on their own calling, are basically showing up for release. i.e. they come seeking help for release and their moving added to the realm of Light. Though most of them may initially show resistance, even aggression and fear, that they don't want to move ahead or be released and are happy being in the 'State' they are, yet at the deep level, they all come seeking help and want to be released and move ahead to Light.

This client had come for resolution of an issue related to persistent pain that affected only the left side of her body. Once the client was in deep trance, and before we could start working on the issues related to resolving her pain, she suddenly reported seeing a very angry face of an old lady, which slowly transformed to her whole self. Startled by this sudden appearance of this 'Entity', I tried to engage this 'Old Lady' to know the reason of her sudden appearance during the session.



Initially the 'Entity/Old Lady' was not responding or replying to any of my queries, and it took a lot of requests/persuasion/cajoling and assurance to engage her into conversation.

What was most remarkable was that the moment the Entity/Old Lady' started to talk, the voice of client changed dramatically, to that of a very old person, and she switched to a local dialect (one which client could otherwise neither speak nor understand fully) of the region, yet under trance and she was just the 'Medium' through whom this 'Entity/Old Lady' was communicating.

The 'Entity/Old Lady' sounded very angry and stubborn, even threatening at times, yet after a lot of cajoling and loving assurances she shared her story, and told that she has lived in the area for a long long time, and today as she saw me doing this session she just came in to see what was up to and what I was trying to do. This relived me of one major concern that she was just a 'Walk In' and not an entity that was actually present in the client or one that had something to do with clients pain issue.

The lady narrated that she lived with her son in a village nearby, around five/six decades ago. That was the time when the current part of town was just wilderness, barren rocky region with some forest cover ( the current township was developed just around three decades ago).

Her story begins with her son being in Love with a girl of higher strata; and she, 'the mother' feared for his life. One day she came to know that her son planned to elope with the girl. She somehow caught him when he was leaving home she tried to stop him but he did not listen. She tried to held him bodily he just jerked her hard and ran off. Accidentally she fell on a stone and had a fatal injury in head she bleed to death there. Unknown to her son. As he left for good and did not know probably for long that his mother was no more.

Here when she died her last feel was thirst. She felt very thirsty. Here too when she started narrating her story, after she was done and requested to leave. she asked for something sweet and water. Since there was no other way,

I instinctively offered that to the client she ate the sweet given and drank water in big gulps as if she was very thirsty. After that she (entity) was more relaxed and milder in her attitude. She blessed and softly told that she was ready to move on. So she was guided to light and properly released from that moment, where she was stuck as an old sad mother who was still thirsty and very angry with her son particularly and this world in general. Thats why we did forgiveness for both son and mother and express their mutual love and acceptance to release all emotional entanglements of the souls,before releasing her

The session gave a few interesting insights which are listed as under

1. Time is just a 'Mind Construct'; that we create once we enter in physical plane of earth realm.

2. At the moment of death, the dominant emotion, that we feel is mostly carried over by soul as a dominant imprint in next life time.
3. The time is linear only till, we are within the confines of physical body; and at soul level it becomes fluid and there is no past, present or future.
4. Sudden, accidental, violent deaths and suicides mostly keep soul stuck in physical realm in fluid time. Where time stands still at that particular moment of death for them and, they again and again go through that agony. Until they are released, or they move to light. (Probably thats the reason that every scripture in every religion or culture specifically discards suicide; saying, it does not release from pain). Perhaps all realized Prophets, Masters and Avatars knew this reality through their own Meditational trance.

This case was a long case with lots of releases took place in it. And finally client got rid of the pain.



A Prakash  
Clinical Hypnotherapist  
Past Life Regression therapist  
Life between Lives therapist  
[aprakash74@rediffmail.com](mailto:aprakash74@rediffmail.com)