



Healing and Hypnotherapy

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The Sun rises and celebrate.
The Sky embraces and celebrate.
Winds blows and celebrates.
Rivers flows and celebrates.
Birds sing and celebrate.
Peacock dances and celebrate.
Trees flower and celebrate.
Buds blossom and celebrate.
We smile and serve.
Meditate and celebrate.

Sri Sri

अथ चित्तं समाधातुं न शक्नोषि मयि स्थिरम् ।
अभ्यासयोगेन ततो मामिच्छासुं धनञ्जय ॥९॥

O Seekar: if your heart is not set in me completely reach me through Meditation and Yog.

SrimadBhagvadgeeta "Chaptr 12- verse 9"

From The Desk

As is proved development of conscious brain is due to controlling our primitive response to any unwanted situation 'Flight or Fight'.

When we did not control them we live the event and forget about it. But now we control them and then ponder over it. By not reacting either way, we get power to exercise control over our life to achieve desired goal.

Yet, here lies the conflict

- Whatever we desire ; is it actually what we need?
- Whatever control we show during an unpleasant situation; eventually we end up evaluating that. What we did was right? could we responded in some other manner to make it more effective and that is how we move towards growth of brain and more of learned behavior than spontaneous one. but this repetitive evaluation creates repressed memory, so instead of forgetting we remember those events and keep changing responses in imagination and strengthen the memories. These repressed memories surface as many kind of psychosomatic and sometimes physical diseases.

So what is the cure?

All fairy tales' has one common cure "True loves' kiss" :)) :))

It can cure anything, break the charm of any magical spell which keeps us from seeing the truth. It can bring back beauty, harmony, and happiness.

The pragmatic in us saysBut fairy tales are just that; fairy talesor is it so.....

Is it merely a feel good factor or there is something deeper in it!!

True Love =Unconditional Love = Care to the extent where I is being superseded for the other one or say dissolved. Their happiness, nurture and care become priority even before ourselves. Mothers out there..... we know how it feels.

Those of us who have this connection with a complete stranger with perfect reciprocation and went on to become life partner and remain so, understands the beauty and healing of this potent magic.

When you are being loved to that extent and you reciprocate it with same intensity 'Healing begins'.

As researches says:

Love boost immunity.

Love increases Life span.

Love gives Purpose and Positive direction.
Love gives sense of peace and belonging
Love binds, completes and fulfills.

Then where is Maya (The Matrix/Illusion)

What is Illusion.....?

Well; it creates confusion, increases fear, have dark shadows everywhere, Every face, memory, thought can get distorted here and nothing remains pure. Everything seems to have a hint of darkness. Purest of emotions seems to have hidden agenda and a knife in hand to stab. Sounds familiar... . A part of brain when overcome with fear get into the grip of it.

Clarity comes from faith, Intuitions, Voice of heart or lets say the shine of love. instantly clears up the haze.

Whoa... We have illusion hidden in brain and Cure..... right here

Cure.....Light/ Love or 'Brahmn'(The Supreme Consciousness/Lord) right here in our heart.

Lets get inside and go on the journey to experience The Ultimate.

With Me (Varsha) we begin to understand what is Hypnotherapy specially for those who are not aware of this medium so far, and in trance see Ulf explains how many techniques comes in handy to deal with certain issues which borders at a complex reasons of one's existence . Guzalia brought a pearl of knowledge yet again, as to how to cure Anosmia (complete loss of sense of smell), With Neha we will see how trivial issues leads to complete transformation in life. And Prakash in his brilliant write up is taking us in future to show the probability of being and becoming with his surrogate session for a child. Jyotsana brings us an intriguing insight; what agony may inner conflict can lead us. It could lead us to something as bad as Thrombocytosis. And how even this is curable with the help of Hypnotherapy.

So let the Love be our guiding light in the New Dawn of New Year.

Love and Light



Varsha Prakaash
Clinical Hypnotherapist
Past life regression Therapist
Life between Lives therapist
Crystal Healer
Tarot Reader
Master Practitioner and coach of NLP
(Neuro Linguistic Programming) &
Subconscious Re - imprinting
Email: varshaprakaash@yahoo.com

What is Hypnotherapy?

For those - who are unaware of this beautiful medium of healing.

"A therapy which finds solution into a human being's own mind. Every human being is unique so their problems too come from unique reasons of their own life.

Here to get to the problem we choose hypnosis as a tool which helps us to open the subconscious mind of the client and find solutions.

Now what is hypnosis. Well this is a state of mind where conscious mind sometimes gets too occupied to manage everything and subconscious mind takes over. Everyone experiences this state naturally, many times in a day. People go in and come out of mild trance many a times a day without realizing it, like when we watch T.V. , during working hours when we multitask for a long time, while dealing with one important thing when we are bombarded with many other instant requirements we reach to somewhat close state of it.

There are many times in a day when hypnosis happens. which means it is safe.

Here in therapy we induce this state to a deeper level before we begin our journey to find roots related to the issue, presented by client. And according to the need we take help from many of the therapy tools available in Hypnotherapy for us. Like inner child work, cord cutting, Hypno drama, Past life regression as required and Future progression if needed. are few to name.

Once we are finished with the therapy part and want to bring client back from trance; we have a proper procedure to make conscious mind take over again.

Our conscious brain is the brain which takes decision and remains in control as to what we want to take in what we do not want to collect. it decides for us what is right or what is wrong; based on, our subconsciously stored previous informations which may be our experiences or beliefs given to us by our family, friends, books and particular society we live in.

When we sleep we store all our informations, reflections and whatever we have collected during the day to our subconscious mind and rejuvenate our conscious mind again by leaving it free to again be fresh, free and ready to deal with other day's challenges.

Difference between Sleep and Hypnotic State

The difference between sleep and hypnotic state is very simple when we sleep our conscious mind is asleep only subconscious is awake. while in Hypnotic trance our conscious and subconscious both are awake; and conscious mind witnesses all proceedings. However the control is with the subconscious.

Some uses of Hypnotherapy :

- Anger management
- Anxiety removal
- Attitude management
- Behaviour management
- Exam preparation
- Fear and phobias
- Smoking Cessation
- Stress reduction
- Stress management
- Stuttering
- Trauma
- Weight Loss
- Insomnia
- Asthama
- Addiction
- Memory Enhancement
- Pain management
- Self Confidence
- Sports Improvement
- Past life regression
- Life between Lives sessions

Are few from many of its uses as to give all of them here is not possible. But keep reading the Journal and you will find other possibilities too.



Varsha Prakaash
Clinical Hypnotherapist
Past life regression Therapist
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Crystal Healer
Tarot Reader
Master Practitioner and Coach of NLP
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Email: varshaprakaash@yahoo.com

Severe Body Pains and Anxiety & Interesting Amalgamation of Techniques to achieve Health

How many techniques are necessary to help a client?

The answer will always be the same: "it depends".

I think three tools are enough to find patterns that indicate when something is more useful.

I am a curious person. My main area of interest is in efficient brief interventions, not because there necessarily is a hurry, rather because; I find that the interventions that work best are the ones that help the client create a change that affects their future actions, thoughts and behaviors - creating a path of healing for themselves. This does not rely on my presence and rarely needs to take a lot of time - hence a brief intervention can create lasting changes long into the future.

As soon as I run into a new technique, I try to learn it as well as possible so that I can grab it out of my toolbox without second thoughts, depending on what happens during a session. Like practicing scales so they can be used in a jazz improvisation.

Sometimes a session is straightforward hypnotherapy or NLP or Havening or Tapping or Clean Language (or...). Sometimes it's a mixture. When it happens in a state of flow where intuition is the guide instead of rational thinking, it can become quite interesting. I've had clients sit for a debriefing before a session, and a simple intervention during these first 10 minutes has resolved the issues before we intended to move to the hypnotherapy chair and "start the session". I've also had sessions take over 3 hours, however, rarely.

One client came to me after experiencing severe body pains and anxiety for over 18 years.

In a single session I went through the largest number of different interventions I can remember - and it all flowed naturally. These are my reflections.

We did a pre-talk where I did my best to get the client in a mindset of being prepared for a magical change, wanting it and eager to allow it to happen. From here we did a brief hypnotic induction (rarely longer than 5-10 minutes) where we explored the structure and sub-modalities (direction, strength, texture, color, odor etc) of her body pains and anxiety in a relaxed state of mind.

Sometimes this direct and curious approach can be enough to change the perception of the pains and emotions involved since most clients tend to run away from or push back all symptoms instead of facing them. The relaxed state of hypnotic trance allows them to be spectators along with me.

Once we landed on one unwanted emotion/sensation to be stronger than every other, we did what I call an affect bridge - I asked the client to intensify the unwanted feeling (which often is easier than making it go away) and then following it back to other events in life that resonate with that very same feeling - looking for connected triggers, memories and situations.

I noted that the client found it easy to focus inwards and elicited some subconscious responses - ideomotor calibration of yes/no signals from the fingers of the hands. I used these to ask permission to find the message involved in the unwanted symptoms and to resolve whatever was necessary to make them diminish.

At one point the emotional responses (or the pain) became so strong it blocked further work and when I asked about it the client had an idea about specific life events that may have been involved in creating this pain. When the client indicated a connection to them I switched over to do the Trauma Tapping Technique (TTT) for these events in combination with face Havening with Havening Techniques®, stroking in patterns over the face around 4 minutes until the symptoms disappeared.

At the same time I used the technique of Swish-patterns from Neuro Linguistic Programming (NLP) to move the visual memories associated with the events into a different position in the visuospatial scratchpad of the clients working memory and making them "foggy" - which seemed to be what the client needed to do for those memories to become harmless. This is an example of working simultaneously top-down (NLP instruction) and bottom-up (Havening the nervous system responses) which is something I find very efficient and that Bessel Van Der Kolk often recommends.

From here we moved into an interesting visualization and metaphor, a soul centered part release in the spirit of Dr Zinser (Soul Centered Healing). In trance she visualized visiting her heart and panicked. It was dead and dark brown and literally scared the shit out of her. After a succession of interventions she did not dare "look again" and we pinned the age of her reaction around 6 years according to her. We moved on to establish a safety mechanism "that her subconscious was certain would be enough" (I never found out what it was) and she subsequently dared to revisit her heart which then "regressed back to the wiggly heart of a young girl" she said "its my heart as if all of my life never happened".

We reinstalled this new heart and allowed it to "grow back to now" as in her current age, which went well. We then brought her back to every experience where she previously had reacted negatively, now armed with her new heart - and it worked fine. We also took her into the future, into her 117th birthday - here I usually ask my clients to ask themselves, once that they are sure that life

is transgressing into the next stage (whatever that is) and they want to sum up every experience they have had on earth in this life into a smile, what smile will they want to find in their face?

This smile is an anchor and guarantee that life will be good, no matter what happens, since it is applied after everything. I call it the **GPS of the soul**: Whenever they face a challenge they can bring it out and it will resolve that challenge. It has to, since it is the goal of everything.

The result of the session was that her pain disappeared and her energy came back, as in right there and then. The client was brought out of the trance into full awareness and presence, and the result persisted positively. To be sure a check would need to be done a couple of weeks down the road, but it seemed pretty much resolved.

How many techniques were applied?

- Hypnotic induction and analysis
- Affect Bridge
- Ideomotor calibration of subconscious responses
- Face Havening for events (three)
- Trauma Tapping for emotional discharge
- NLP swish pattern to diminishing past memories (foggy = defused)
- Timeline regression and progression for evaluation of new state
- Soul Centered Part release (Dr Zinser)
- Somatic visualisation of the immune system and heart
- Hypnotic deepener
- Life summary smile installation (soul GPS)

Could one technique have resolved it?

We will never know.

Where all these techniques part of the solution, and was the order important?

We will never know.

More importantly, it seemed to work for this client.



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-confl ict

such as:

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

Read more at

: www.ulfsandstrom.com,

www.peacefulheart.se

www.selfhelpfortrauma.org.

Anosmia Protocol

"Getting back your Lost sense of Smell"

"Our genes are just imprints of possibilities, and can be switched on and switched off".

(Legal disclaimer: I am not a medical doctor. I do not intent to diagnose or treat any medical illness. The following information is just a matter of my personal opinion and research, it is an invitation for you to do some research and educate yourself.)

Detox

Resetting your genes
Healing your neurology
Smell-Training

Detox

- Remove all the toxins from your environment. Replace all your cleaning solutions with mild ones:
- White vinegar with water is great for deodorizing, sanitizing, cleaning glass and mirrors.
- Baking soda is great for scrubbing sinks and tubs.
- Mild dish soap is great for removing soap scam from the tub and shower and cleaning the toilet.
- Ban completely all the strong-smelling cleaning solutions, especially chlorine bleach.
- Avoid scented air fresheners and candles.
- Switched your laundry detergent for non-scented.
- Open your windows whenever weather permits. You need fresh air!

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- Switch to distilled water for drinking and cooking.
 - Avoid all the processed food. If it's "manmade", you can't eat it.
 - Start your morning with a glass of warm water with 1 teaspoon of apple sider vinegar and honey.
 - Drink it 15 minutes before each meal too.
 - Throughout a day, drink warm liquids: herbal or green tea, water with lemon and honey, water with a couple of crystals of sea salt.

Hot bath and sauna are very effective for detoxing. Sauna 1 -2 times a week. Bath should be taken every night for 7-10 days in a row in the beginning of your detox program. 1-2 times a week after that.

Detox bath: 1 cup of each – table sea salt with iodine, Epsom salt, baking soda. Best timing – before bed.

20 – 30 minutes. Don't fill the tub to the top, you'll need to add hot water gradually so the bath stays hot.

You will need to scrub yourself with soap very well after the bath as this mixture will draw a lot of toxin from your skin. The water will look like you never showered before.

Avoid all sugar substitutes.

To remove heavy metals:

1 table spoon of lecithin once a day on an empty stomach.

500 mg L-Glutathione 2 – 3 times daily for 5 days of each week.

For access fluoride: 1/8 teaspoon of borax dissolved in 1 liter of drinking water. Every 3 days.

Burdock Root (blood purifier) – 2 capsules 3 times per day.

Resetting your genes.

Our genes are just imprints of possibilities, and can be switched on and switched off.

One of the ways to switch the bad ones off and turn the good ones on is to go vegan for 7 – 10 days.

No animal products for that time. No dairy, no meat, no fish, no eggs....

Load up on rice and potatoes with lots of fresh veggies and fruits.

You must gradually expand the time between your dinner and the next day's breakfast. Stretching it from 12 to 18 hours. Intermittent fasting is one of the most powerful ways to switch your good genes on and boost production of human growth hormone which will speed up your rejuvenation. Once you accept the idea that you need a strict meal routine, intermittent fasting becomes very easy and feels natural. Just listen to your body. Eat when you are hungry not when you think you suppose to.

Now, another most important path to switching your good genes on is to rise your vibrations by being super positive. Meditation, self-hypnosis, doing the things you love, nurturing yourself, spending time with people you love and avoiding the toxic ones.

Practice the state of gratitude not just for what you have but also for all the wonderful things that are coming to your life.

This is the time to write your new life story! Best timing is right before going to sleep. Add a couple of sentences every night. Describe the life you want. Any area – health, relationships, finances.... The trick is to write it as if it already happened. Use present or past tense. You will start to see results in 3 weeks. It takes about that time for your subconscious mind to accept new beliefs. When your beliefs are changed, your body starts emit different signals, it produces

different vibrations. And that's when a real magic happens!

Healing your neurology.

Every suggestion above will work synergistically to help you rewire the neurology. Here are just some foods and supplements suggestions that may help to boost the good hormones and grow new neurons.

Once you finish with the 7 – 10 days' vegan regiment, you will need to eat a lots of animal fat. No, it's not bad for you, and it will lower 'bad cholesterol'. Real cow butter is a true miracle food!

Avocados, nuts, coconut oil are very good also.

The cholesterol in animal fat is the building block for the hormones you need. Very soon, you'll notice that you'll feel better, you'll have more energy and more drive.

Sweet potatoes are great for supporting the good hormones production.

Fresh dill and ginger.

Fresh carrot juice is a must! It helps to regrow neurons, blood vessels, and nerve endings. No more than a 2-3 ounces daily mixed with another juice.

Korean Ginseng comes in many forms – tea, tincture, capsules. Do not take it in afternoon as it may disturb your sleep patterns.

Here are some supplements that may help. Please do your research and consult with your doctor.

L-Carnosine

B5

B12

Fish Oil

Zink

Copper

Acetyl L-Carnitine

Alpha Lipoic Acid

Taurine

Folic Acid

Turmeric

Smell-Training

This process must involve all your senses.

You can turn many of your daily activities into the smell-training. Having a cup of tea, taking a shower...

Let's take a hand-lotion for example.

Cut out a few minutes when you won't be disturbed. Sit comfortably. Focus on your breathing, take slow and deep breaths. Allow yourself to relax. Now

concentrate all your attention only the hand-lotion and the action of putting it on your hands. Focus fully on every sensation.

What does it look like? Color. Translucency.

What does it feel like on your fingertips? Texture. Temperature.

Slowly spread it over your hands. Massage it into your skin. Experiment with different pressure, different touch and strokes. Pay your full attention to every sensation it creates.

Once you are fully absorbed by this experience, close your eyes and allow your focus to move to your nose. Imagine that all your senses are moved into your nose. Imagine that all your mind, your consciousness is in your nose now. And when you are ready, draw a gentle inhale through your nose. Sniff the lotion. Sniff your hands. Move them closer and then away again. Play with it. It doesn't matter if you can't smell anything at first. Still, pay your complete attention to all your sensations.

Experiment like this with food and drinks. Experiment with flowers, spices, scented oils.

Be patient. You are re-teaching your body and mind to perceive the smell. Your brain will grow the new neurons that will be responsible specifically for that. And your nose will grow the new blood vessels and nerve endings.

MORE SUGGESTIONS :

During meditation, it would be beneficial to go back to the time when, you could smell and remember and relive those experiences.

Energy work would be also beneficial as, it will remove old energetic blocks and improve the energy flow; so your body can heal itself. QiGong, Reiki are very good.

Help your nose to heal and regrow the nerve endings by, applying castor or coconut oil.



Guzalia S. Davis
Eldersberg, Maryland
United States of America
Consulting Hypnotist
NLP master Practitioner
Tantra Wellness Educator
www.hypnosimage.com
www.tantrawellness.net
Email: info@hypnosimage.com

"Simple Issues with Complicated Roots"

Sometimes trivial issues in our lives have very deep and complicated roots or origin, we feel they are effecting any particular area of our lives instead they are influencing our life at 360 degree. And to explain this I want to share one case of mine: (In this session I'll use term C for Client)

One client came to me for a simple issue of baldness/hair fall and this client felt that this issue is related to one particular incidence of this life before that C had very beautiful hair and we started session for this.

Once C is in trance I took C to the point of origin of this issue and ... C reached in 1897 as child of 7 yrs old playing on steps of a pond her mother was at higher steps. They were Britishers living in India at that time, father of this child was an English man but helping Krantikaris (Freedom Fighters).

This information was reached to Other British Authorities who were ruling India at that time and people of Nawabs (current ruler of the particular part in India) who were supporting these british rulers.

So all of a sudden few men of nawab came at that pond and killed the family. That child was killed by drowning in pond, to throw kid in the water they were pulling C by hair in the process bunch of hair came in that man's hand and that kid's head was bleeding because of that, and it happened more than one time finally kid was dead and soul came out of body.

Soul was looking very bad, crying and angry running with the wound in head. when lots of love and light was sent, she came to her natural beautiful form that she was. Then I asked C to invite master or God C believed in and there came Goddess.

(Here I want to mention it specially that, the person in trance is Indian and attached to Hindu belief system: In previous birth the child is British and Christian. Yet the Goddess who came to heal and take them was Romanian) So connection is not necessarily belief based.)

That kid went to that Goddess then there were three souls with the Goddess kid's soul, kid's mother & father as well. Those people who killed C executed C's mother & father too, in that birth, Goddess took all three of them with her in the light and I ask C to forgive all those people who killed C's entire family in

that life. C recognized killer as one of the close person in this birth (now we'll address this Murderer's role player as M).

In this birth C's hair started falling, when that same person who is close to C in this life did something related to C's hair and that triggered this incidence from past. In this life M is still persistent to play havoc not only to C & C's family but anyone hurting M's ego.

(To check this deeper connection we may explore further, in coming sessions.)

And because of this C's education, health, personal & professional life ... everything was stagnant. This was not the first time C came for therapy but for different issues like relationship and health however never reached at this point, even though it seems like source of all issue. So addressing hair fall is like hitting the right cord but at the surface it seems very trivial issue related to looks/appearance BUT it is not; it is the root of all the issues in her life.

In this birth M got a chance to correct its negative karmas by being so close to C, but then again MAYA or matrix is continuously consuming us.

To get out of this and to see the reality we must make honest balance sheet, of our own KARMAS (Actions) and this is the first step.

Now we can see how seemingly small issues have something huge and important at their core; so, this is my understanding that no matter how small a problem is; if it is continuously bothering us we should not avoid it, but address it with complete honesty.



Neha Sharma.
Lucknow, India
Clinical Hypnotherapist
Past Life regression Therapist.
Life between Lives Therapist.

Crystal Healer.
email: nehasharma_healing@yahoo.com

Regression or Progression: Personal Choice or Divine Will

Human expression of life has always been woven around the concept of 'Time'. This 'Space-Time Construct', is what's unique to our human experience on the 'Earth-Plane'. In this realm we interpret events and incidents in reference of our 'Experiences', which according to us occurred in our; Past'. 'Past' which maybe of the current lifetime, or an existence eons ago. Based upon our interpretation of these experiences, and using our 'Free-will' we make 'Choices', in our; Present' moment, all the while anticipating a specific result in 'Future';

This in brief is how we live and sail through the journey called 'Life', each day, each moment. Drawing from the 'Past', anticipating a 'Future', though all the while 'Existing' in 'Present'. So moment by moment, though we traverse through the journey called life, we actually are always in the 'Present', or 'Now' ! That's probably the reason all the Masters and Sears, have been reminding humanity to live in the Present, to be in the Moment, to be in the 'Now'.

Was it 'Something' that Masters, Sears and the 'Aware Ones', were trying to hint us? Were they trying to give us the secret 'Key' to unlock our potentials and live life as it 'Truly' is? Or simply put, maybe they just gave us the 'Philosophers Stone', to transform ourselves from being the ones living a run-of-the-mill existence, to that of becoming the 'all Aware', the 'Conscious One', one who was 'One' with the 'Oneness' of 'The One'!

As a therapist this mystery always stares us in face, each time we witness magical transformations and healing at mental, emotional, physical and spiritual levels of our clients, wherein we witness resolution of 'Current' issues being resolved and healed, simply by resolving and healing, of issues, memories, and experiences of clients that occurred in the so-called 'Past'. Be it by resolving and healing the issues of the current lifetime or the ones of their existence in past-lives or even their existence in realms still unknown to our human perception of Cosmos!

This 'Cause-Effect Link' of events and incidents across lifetimes, and the 'Connection' linking the two, has always amazed me, and left me wondering about the way the concept of Time. I always wondered as to how it is that healing the past, heals the present? Going by the conventional knowledge of linear Time, the events, of past are bygone, they have already 'Happened', and so are no more 'There' then how is it that, revisiting them, healing them, correcting them, we can change the Present! Not only this, even if healing the past can heal the present, still how can we heal or transform, or Change something, that has already occurred, something that is no more there.

So going by this logic, that we can heal that 'Moment' of Past and thus mend the present, we can actually 'Work' with that 'Moment', and we can work only with something that's still there! Meaning, that moment of our past is 'Still-There', it still 'Exists', how and why and where, we may not understand, yet it 'Exists'. So extending the logic, if the 'Past' exists, so does the 'Future'.

Now if we understand this logic, we can see an amazing new picture coming up, something like a limitless Canvas, or a Fluid, where the human concept of Past, Present and Future, all 'Co-Exist', maybe simply because there is nothing like past, present or future, its only the human mind that interprets things, events, experiences in a linier concept. Something like a soppy liquid where the bubbles raise, expand and dissolve, all the while still remaining the same soppy liquid. Though each of the stages maybe seen as unique 'Objects' and identified separately i.e. the liquid, the bubbles, the expansion, the rapture etc.

So logically, the way we can 'Touch' and 'Transform' the 'Past', can we likewise 'Visit' the 'Future' too. The only difference between the two probably is that in case of 'Future', our 'Free-Will' and power to 'Choose' is the most crucial factor. So all that is 'Future' is a possibility, based upon our 'Choices' and 'Free-Will'.

So compared to 'Regression' i.e. visiting the 'Past' (as we call it in terms of therapy), 'Progression' i.e. visiting the 'Future', is also achievable, and can give meaningful insights or say even bring about profound transformations in our current life. The only difference being that the 'Past' is already a landscape that has been created by the 'Choices' we made in our 'Past'. While the 'Future' is still a 'Fluid Possibility', something that's there like multitude of shades and shapes dancing, transforming, shaping-re-shaping, like the myriad rainbow shapes manifesting on a oily/soapy-water surface. Each a 'Possibility' based on the actions and choices we make each moment in our 'Present'.

In my experience, there have been instances when a client, as if by the 'Will' of 'Universe' and 'Grace' of Masters moves to a 'Future Timeline', something we call 'Progression', probably a term drawn from the term 'Regression', wherein a client is guided back to a 'past' event, memory or experience.

These 'Progressions' are amazing in the sense that, they give very clear insight, both to the client as well as the therapist, that the 'Timelines' shown or presented are only 'Possibilities'. Yes, a few of the possibilities amongst a multitude of possible timelines in the offing, based on the current actions and choices, the client makes based on freewill, in the present moment. In each such instance Masters and the 'Higher-Self' clearly convey that this is not a 'Fortune Telling' or 'Look-into-the-Mirror' exercise to know ones future. Its always made very clear that what all is being 'Shown' is just one of the possibilities that this individual hold based on his or her current disposition and choices.

Here drawing from personal experience, I can say that 'Progressions' are more a 'Will' of the 'Universe' and 'Grace' of Masters, than a personal choice of either the client or the therapist. Though same can be said of 'Regressions'; too, where a client goes to a past-life only and only when there is an issue to be resolved, or a learning to be gained.

One just can't simply go to a past-life just for a trip, as if on a 'Past-Life Tourism'!!! 'Progressions' mostly are to give guidance and awareness to an individual as help to make better choices and make amends if needed in the present moment, something like a 'Course-Correction' of a Space Ship, to reach a desired destination, or to avoid an impending doom. Though there are cases where it simply happens to give a loving guidance and reassurance about the destinations waiting us based on path chosen by us in the present moment. As if helping one see and experience the Garden that will bloom one day, based upon the seeds we have sown today.

Years ago my best friend and loving companion, came seeking guidance regarding her young daughter, who had just started her schooling. As a mother she was very anxious and worried about her child's adjustment and integration with her school, teachers, playmates, and peers. Her little gal was an extremely sensitive, intuitive, intelligent, loving child, who loved everything around. So attuned the little gal was to nature that she could feel the pain and joys of plants and animals around.

Each time she saw a tree being cut she would be extremely sad and even cry. She could feel and understand the animals and insects. Butterflies will come and sit on her hands and she could talk to the little beetles whole day long! Stars and skies were her magical world and she would tell tales of going there and how amazing it would be to take her parents along to show them around. She knew and told about things, which she had never read or been formally taught. Music was her soul-food and she would sing to herself, the trees, butterflies, stars, and a multitude of friends who her parents could never see or know.

As a mother, what bothered her most was the odd and at times even rude treatment of her sensitive child, by her playmates, classmates, and even teachers and so-called rational adults! Remarks and ridicule that came her way made the little daughter of hers so confused, sad, and even withdrawn from people and kids around, and all the little child would do is come back to the safe comfort of her mother's lap and innocently ask with teary eyes. Mama, why do they all talk like this?

Why do they don't believe me? Why do they make fun of me? Why are they so bad to plants and animals? Why do they talk like that to me even when I don't do anything bad to them? Her innocent questions left her parents both concerned as well as anxious, because they could see that the little bubbly child was slowly withdrawing into a shell of her own, and getting apprehensive

of sharing and expressing her natural self not just in front of others but at home as well.

So we decided to use hypnosis and seek answers and guidance to handle this issue. We started the session with her mother as a Surrogate since the child was young (five year old); using various deepening protocols and guiding her with extensive visualizations, subsequently we invoked the Masters and Guardian Angels to aid and guide us seek the answers we sought. Once 'Connected', the mother narrated 'Seeing' strange parallel lifelines of her daughter. Each starting from her current age. The one most vivid and most vibrantly 'Visible' to her was one in which the child slowly aided with the support and assurance grows keeping in touch with her innate qualities of sensitivity, connection with nature, ability to 'Feel' and 'Connect', and the high curiosity to 'Explore'.

This timeline showed the child in various stages of development both in chronological age as well as her adoption and absorption of the possibilities and learning's around her. The timeline the mother could see was unto the child's adulthood, wherein she had completed her formal education, was pursuing her quest for stars and skies, still curious and eager to learn more about nature and life. She saw her working in some highly advance field of study relating to outer space, the life forms beyond our current awareness, something similar to what we may call an exo-biologist or an astro-zoologist. While at the same time being a healer and spiritual seeker on a personal front.

This and other similar information that came along gave a lot of insights and guidance about the likely course of action that the parents may follow to nurture her natural instincts while still supporting her integration and absorption of the world around her. The session ended with a beautiful awareness and calmness for the mother, who now was much more assured and relaxed knowing how to shape and aid the precious child, to blossom into the unique soul she is!

As a therapist it was a great learning session for me too, as it once again assured me about the mysterious nature of 'TIME', giving insights otherwise hidden in the mystical flow of time! So once again I knew that this 'Moment' is 'All That Is', rest all is a 'Mind-Construct', for it's in this 'Moment' that the Past, Present and Future Co-exist, If Only We can SEE!!!



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

Emotional Dependance or Love

"When attachment is given the name of love; what happens? "

Thrombocyte



This case is the case of "Thrombocytosis" where medicines were not effective in specific time and place. Once the patient gets cured (Platelets counts reach at a normal level); then change of place again get her into similar condition so much so that Doctors advised her not to conceive as yet; as, it could be harmful for baby.

What is thrombocyte?

"Thrombocyte: A platelet. Crucial to normal blood clotting. Although platelets are sometimes classed as blood cells, they are not. They are fragments of a large cell called a megakaryocyte (literally, a large cell)."

Thrombocytes gather to stop bleeding at the site of interrupted endothelium. They stick to plug the impairment. Here's a simplified account of the process:

- 1. Adhesion.** In response to vascular injury, thrombocytes (platelets) bind to specific membrane receptors outside the interrupted endothelium.
- 2. Activation.** A change in shape takes place, receptors becomes activated, and chemical messengers are secreted.
- 3. Aggregation.** Thrombocytes (platelets) become connected to each other. This happens through receptor bridges.

Simply put, thrombocytes is more commonly known as **platelets**, a blood component crucial to normal blood clotting.

"Thrombocytes play a key role in blood clotting. They are small blood components whose function is to stop bleeding, sticking to the lining of blood vessels. These cells are produced in the bone marrow. In mammals, thrombocytes are a nucleated cell fragments called platelets."

What is Thrombocytosis:

A normal **platelet count** ranges from 150,000 to 450,000 **platelets** per microliter of blood. When there are too many **platelets** into blood then it is called "Thrombocytosis".

Her platelet count was "1600,000" (according to the test report).

Now during pre talk it came out this condition started After her marriage. Initial symptoms were high fever which was not coming down by any remedy. When various tests were being done this condition (Thromobocytosis) confirmed.

During trance it came up that she had very deep emotional attachment with her cousin (brother) who is a father figure to her. And even he loves her like her daughter.

Initially he came to study and stayed with her parents as her father is his uncle and she was like kid sister to him he was in college. eventually he did very well for himself and got married to her mother's sister (who was his age) and since she(client) as a child was close to both so slowly and steadily she grew so fond of them as to live with them. they too took her in, very happily. She had two homes now but mostly she started living with her cousin. Time went on she has finished her education started working and eventually got married.

Thrombocytosis started from there. Now in trance it came up that, from the groom's family marriage was based on convenience that girl is earning good and belongs to a very affluent family.

On the contrary they (bride's side) married her for the sake of marriage only.

This has created a deep discord amongst her and her in laws. She had fever which was not coming down by any medication. Her husband brought her to her home and here further tests revealed Thromobocytosis. With proper medication her blood count came to normal but once she went back to her home with her husband it reoccurred. Now after two to three such cycle as to getting normal and then again raging trouble, they came for Hypnotherapy.

During trance she had shown inferiority complex regarding her looks that, she is not so good looking as compared to her husband.

Eventually it turns out to be a guilt issue. She had a boyfriend from different religion (Muslim community). Due to her extra ordinary regard towards her cousin (brother) she neither told him anything about it, nor did she ever tried to strive for marriage from that relationship; inspite of her boyfriend being really loving and completely ready for it.

That put her into a double dilemma. One that I have lied to my Brother and the other one is I did hurt my boyfriend and now, I am unhappy in marriage due to this behavior.

Now she has faced her fear for the first time and went ahead to seek forgiveness from her boy friend. Then we did EET (Emotional empowerment technique) to emotionally empower her. To bring her relationship with her brother to be normal, not overbearing as to affect everything in life.

After Session - Her platelet counts gets down to lower level and medicines

starts affecting her now she is absolutely fine.

Exposure

Forgiveness - through Astral bodies

Improvement:

Wisdom to accept herself and her way of life and not to run behind luxury.

Release of guilt :- Fear related to previous relationship. Guilt related to not telling her brother about that relationship. Revenge psyche to show that even I can get that kind of luxury and not all your decision about me are right

[She was getting suffocated between the reality and image clash and that's what had created that thickness in her blood] And this whole issue was related to inner child issue.

Now she is a happy, healthy and independent women living in different city and has a life of her own.



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