

**And now these three remain: faith, hope and love.  
But the greatest of these is love.**

**1 Corinthians 13:13**



# Healing and Hypnotherapy

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When Love glows, it is bliss  
When it flows, it is compassion  
When it blows, it is anger  
When it ferments, it is jealousy  
When it is all No's" it is hatred  
When it acts, It is perfection  
When Love knows, its Me.(Lord)

-Sri Sri



मय्यासक्तमनाः पार्थ योगं युञ्जन्मदाश्रयः।  
असंशयं समग्रं मां यथा ज्ञास्यसि तच्छृणु॥१॥

Now my seeker; listen to what awaken you completely to me,  
in complete communion with me, with complete surrender.

SrimadBhagvadgeeta "Chaptor 7- verse 1"

## From The Desk

We come;  
We grow, in terms of years  
We make certain benchmarks.  
Education -  
Work -  
Monitory Success -  
Relationship -  
Family -  
etc.....

Then we start to check this list one by one some of us reach there.  
Some of us change our dreams.  
Those who have unfinished goal, either strive for it or adjust.  
Those who achieve them one after the other reached, to the point.  
What Now????  
Why am I living?  
Who am I?  
Is it just passing by the planet in this daily conundrum called life.  
Where day in and day out just eating, sleeping, working,  
procreating and die.....

**Or there is more to this metaphor called life.....**

Yes there is -----**Self Growth and Contribution.**

Two concepts which make life-exciting everyday even in most dull moment.

Two words if discovered at the early stage of life. Put so much into perspective. They work like key, to the opportunities in disguise of challenges, or like maps as per our place in life; they give energy to move.

So lets find our purpose and know what our energy source is with **Neha sharma**. Who provides a prospect of "Collective Whole" by the principle : "Energy can neither be created nor destroyed."

By provoking eternal quest "**Who am I**"



Followed by an answer like session; by -**Ulf Sandstrom** , “**To find Oneself**”. Which is actually giving a glimpse of possibility of ‘Hypnotherapy’ to unleash our true inner being with our unique purpose.

And as if to elaborate the same point in different way; **divine intervention and a beautiful insight** on various vibrational patterns and their connections. Are gifted to us in the session given by **Varsha Prakaash** (Me)

“**Words**” what are they? Though next best thing to silence, do they really shape our subconscious and subsequently our future? Let’s find it out with Professor **Umesh Arya**.

Does life has a shape due to **Karmic entanglement** or is there anything we can do about it. Lets find it out with this mysterious journey called “Past Life Regression” by **A Prakash**”

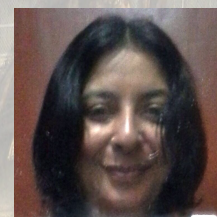
**We are never alone; Divine guidance awaits**, to eagerly reach us more than we sought it.

**Ambika Warrior** in her session found it out so beautifully. And puts it so aptly. “ We humans do not have time. – but divine grace is always there waiting for us to open our eyes. Even for a nano second.

Friends Hope, Love and Abundance awaits us. All we need is to have faith and ask for it.

**“May The Light Showers Love on All”**

Love and Light



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# Who am I?

## “The Eternal Quest”

We all know or have heard “**Energy can neither be created nor destroyed**”, means this entire world holds energy (or made up of energy) that is constant we neither reduce nor add anything to it.

We all are replica of this universe just smaller in size so we all are constant energies as its explained in this shloka from one of the Indian scriptures ( Upnishad):

*Purnamadah, purnamidam purnat purnam udachyate;*

*Purnasya purnam adaya purnam evavasisyate .*

Translation : That origin of all things is full ; this entire creation that has come from that origin of all things is also full ; from that full this full has come ; having taken away this full from that full ; the full still remains unaffected.

Well now:

“If we take something from something, the source is supposed to diminish in its content to the extent of that which has been taken away from it. This is common arithmetic . If we take something from something , the quantum of content in the original reservoir is lessened . If the world has come from GOD , some part of God must have gone to constitute this world and, to that extent, God must be less. Is it so?

Meaning of above shloka is

The Upanishad says it is not so. If we take away infinite from infinite the infinite is not reduced in any way, because one cannot take away anything from the infinite. Therefore, if this so called infinite of this creation is taken to have emanated from that supreme fullness of infinity, it need not follow



that there is some diminution of content in the original fullness . After the emanation of this full universe from the full origin, the fullness still continues to be as it was, undiminished.”

So when we need to enhance our energy level or we feel our energy level is low, “NO that’s not true because our energy is constant then what are these “full of energy” or “lack of energy” states?

This is nothing but our Ignorance about who we are? Like a curtain between us and most perfect mirror that holds exact and real image of ours , so what all we need in this case ...

**“Just to remove that curtain. This is called Realization of TRUTH”.**

When we move away from realization its “Lack of Energy” state and when we come closer to removing that curtain then it is “Full of Energy” state that’s it.

So what all effort we put it’s not to enhance our Energy but to realize “WHO we are?” This question is Mother who give birth to the supreme knowledge of self/Universe. ☺



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# To Find Oneself

Why am I sharing this session?

I try to share the sessions that linger with me, thinking that there is a reason they do so. Something I understood and realized, or didn't. Something that fascinated, resonated or puzzled. Because. if it did this for me, it may for you. Let me know.

Some sessions aspire to resolve an unwanted thought pattern, behavior or emotion. These are usually called therapy. Other sessions aspire to enhance, unfold and unleash.

This is one of a series of sessions I have conducted with the same client aiming to open up the doors of consciousness on all levels to reach a higher level of intuition and access to inner powers, or in the words of my Star Wars enthralled client: "To find a state of calm wisdom, like Yoda".

The session

I find many sessions interesting since I join my clients in their trance knowing that our individual experiences can be overlapping and completely different. I offer some reflections (in brackets).

The trance of my client is inducted in a matter of minutes and was deeper than earlier times, I used a metaphor of

"a crystal radio, that opens up to the (presupposed) frequencies that are there but invisible, in the same way a fish becomes conscious of water."

Using ideomotoric finger signals and the more obvious shifting and enthusiastic smiles on my clients face I could tell the radio was active. I then instructed the client to tune in to the frequency of his mother who is stressed, and send her an invisible message of tranquility and love (in the morphic field of communication also known as entanglement, or Einsteins "Spooky Theory") - at this point the client had a surreal sensation of



"sending balls of fire and light and love from the heart into the distance, over 1000 miles, and creating a global grid of light and love"

after this the clients right hand vibrated for a couple of minutes ideomotorically, after which he went even deeper and found that he

"reached a level of complete calm, the absolute of calm, the Yoda calm"

From there he could sense thoughts flying in and out of his mind, like fireflies, but they were of no concern to his observational self.

A blissful state that lasted quite a while in smiling silence - an easy day at work for me.

"You could have blown an atom bomb, and I would still have stayed calm" was his comment once he was out of trance.

We both agreed that the observing self in this case was completely separated from the thoughts and the calm, and able to move between them, which raises the question as to what thoughts are, and where they are created. Are they something we "think" are ours because our consciousness is usually and habitually placed in the midst of them, observing them as if created by itself - or are there more facets to the consciousness's we perceive that like the air in our lungs are breathed into our minds?



**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. he works with The Peaceful Heart Network, First Aid for emotional and traumatic stress in zones of post-conflict such as: Rwanda, D.R. Congo and Lesbos, Greece.

Read more at:

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

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



# **Discussion of Vibrations with “Divine Presence”, in the form of Light**



This is a very insightful session. It is a session which has started as a surrogate session for a four year old child: for his “inside tilted right leg”. That child, since his birth is getting into one or the other kind of health issue. After birth whole month he lived in NICU, with visible afflictions in Lungs, Heart and other vital internal organ.

Whole year he lived in one room with optimum temperature maintained up to 24 degrees. Only his mother was allowed with him rest of two three important people could touch him only after using sanitizer. Not to mention weekly checkups with experts.

Did not stand till two years of age. And did not speak till 2 and a half . that too in broken words. Now that he is four since last one year his leg started to tilt inward. Physiotherapy is recommended and that too is slow and painful process for him.

He is a son of two healers. This session was on his father. Where the whole session went into an entirely different direction and become a talk with the LIGHT.

**I am grateful to universe for giving such beautiful experience to me. Whatever was said I am sharing it here with you all.**



His father is a very good and deep subject. I have some previous experiences with him too.

He went in to deep trance and when we called that child he (his father) saw a beautiful golden tree. And a Man's shape made of Golden light sitting beneath it. When asked reply came that's your son. We asked that Light which has a shape of men as to who you are. Answer came I am the son you invited here.

We asked as to how should I address you.

Answer was :

What is the name of Light but Light. And before we knew the whole scene was vanished and there was a big burst of sparkling White Light in the "third eye region" of Client. (As reported by him.)

I asked the permission to talk to Light, which was generously granted.

Now we have got some beautiful inferences given by the divine we got connected with in this session.

What insight he gave about that little son we will summarize it

When I ask what was the meaning of that scene. And if he is the one why is he suffering so and, going through so much pain.

**The Light answered:** He has come not only for his learning but, for you all. This condition is to give his parents, their extended families and people around him an experience. A lesson which, is needed to be learned.

His journey will not be affected by it. It is just an experience - A lesson which, is needed to learn.

His journey will not be affected by it. It is just an experience and it will pass, Just do your part.

Part, what humans do in their roles.... Supporting him, be caring to him as parents and go by the usual medication process. He will be fine.

For his Therapists (Healer) parents this experience is to help them evolve and have a direct understanding at a deep personal level,



so that you will be able to help heal and support others who will come to you.

Cause now you know the pain, frustration and helplessness. Even though you still connect with people but now it will be at a different level.

It will pass. Do your part leave the rest to his destiny and providence. He is protected. This path is made and chosen by him. He will not follow you path. You are just a caretaker. The more love you give the faster he will heal.

*I tried to ask for a time line in between as to how long will it take to heal.*

**White Light:** Do not worry, his parents love him and nourish him he will teach them a lot more. They must create a bubble of love around him. Have you noticed when he talks the most, He talks a lot when he is happy.

So go for therapy or treatment because you cannot abstain from Karma.

He will anyhow heal; it will not effect him anyway. But his parents have been given this opportunity by him to clear a lot of karma.

**Therapist:** Karma of this birth or previous.....

**White Light:** Life is Eternal. Be thankful to him (Son).

**Therapist:** Who is he then?

**White Light:** Why you want to give a name to Light? When you connect to Light what name do you give it.

**Whenever a Light form give itself a body. That is a Projection just to perceive by human Brain as an entity or Projection. Or else *Light has no form.***

**Therapist:** Then how do in different Hypnotherapy session or Meditational Trance people perceive various colours of Light? What is the meaning of that please elaborate.

**White light:** Simply put these are the different vibrations; each vibration put in front of you as a different colour Like brain wave



but remember: all are same they just represent different characteristics of that vibration.

**They are like different note of music: each note vibrates at different vibration**

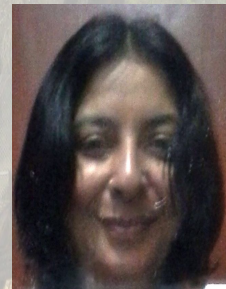
**Therapist:** Thank you so much; however, if you would please explain it further.

**White Light:** Each Vibrations for each soul resonate in a different way; broadly speaking: there are few people who will feel soothing with green, few relates with blue, someone may find hey yellow more relaxing.

Someone else may be resonating with a different source.  
Its like each individual with a different transmitter – you do both, -  
Transmit as well as receive vibrations. Each having the unique range; of its own vibration.

That is just an example to make you understand. How different souls vibrate and connect with source and with each other.

**Because at the end of the day this whole universe is just vibration.**



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# Importance of words

**("Negative words have low vibrational frequencies whereas the Positive words have high vibrational frequency.")**

The famous critic Charles Dudley once said, "everybody talks about it but nobody does anything about it". Most everybody of us recognize the importance of words in our lives but a very few of us actually work on the concept of shaping their lives through words. Numerous writers have dwelt at length about the importance of the Words. Spirituality has compared the words with "Brahm" in the scriptures and the later is regarded as the originator of every living and non living matter on this earth.

Spirituality says that every action start from words and these are the external representations of the thoughts lingering in the mind. Educationalists too agree on the linkages between thoughts and personality. It goes like this, "thoughts become words, words become actions, actions become habits and habits become personality. It is clear that the words give the shape to the reality.

They construct the reality of the outer material world and constantly bombard the gullible part of the brain which we famously known as "our subconscious mind". Our subconscious mind being the most amazing device every created by the nature, can perform 10 quadrillion (15 raised to the power 10) i.e. 10000000000000000 calculations per second. It can detect and control even the smallest reaction inside the remotest human cell with perfect accuracy. But it has got a limitation.

The subconscious mind cannot differentiate between the reality and imagination. Whatever we tell our subconscious mind is taken as gospel truth by it and acted upon accordingly. Here comes the importance of words which set the stage for working of subconscious mind.

Communication field widely recognizes the two types of human communication – inter personal and intrapersonal. Former is very clear from its appearance



as: “Interaction between two or more people in the form of actions , words and writings ” whereas the later stands for “ communication taking place within our self”, as “ Intrapersonal communication is a communicator 's internal use of language or thought. It can be useful to envision intrapersonal communication occurring in the mind of the individual in a model which contains a sender, receiver, and feedback loop”.

This intrapersonal communication , seem to hold the key to the lock of shaping our destiny . Words are the most powerful agents which perform this complex task of communication . Hence , everything boils down to the “quality of the language” we use to communicate with our inner self known as subconscious mind . This seemingly simple but difficult process based on the “ coordinates of communication ” has given rise to umpteen number healing modalities in the modern world . Neuro Linguistic Programming (NLP ) is one of them which has gained wide popularity in the corporate circles due to its simple brain teasing communication techniques which are used to program our mind through linguistic patterns.

Once followed, this “linguistic pattern” carves the way through the secrets of the potential of human subconscious mind. It is said that “the secret of NLP success is not the content but the delivery ”. The dialogue delivery essentially comprises of the instructions served to the person (patient) in a carefully crafted manner of words and a few other related modalities like tone , pitch, pace, pauses etc.

This holy nexus of word modalities create a resonating effect on the person’s mind. The dialogue delivery through words in NLP has mutated into 20-25 processes, which, range from deleting the past traumatic memories to the present life management and the future projection. This “three in one” (reshaping past, present and future) effect has the words as essential founding elements.

It is unfortunate that our students in the schools and colleges have been taught clumsily by “synonyms ” i.e. words having the same meanings . It is said that “No two words having the same meaning”. The word “admonish” and “scold” don’t have the same meaning whereas they find the place as synonyms in the thesaurus.

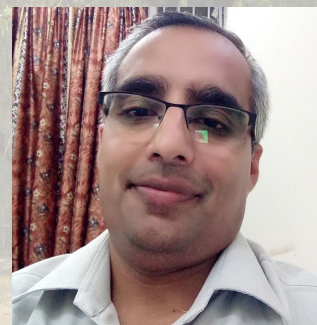


Admonish stands for a “caution or disapproval ” whereas scold stands for “disapprove severely ”. The cognitive drill therapy ( a verbal therapy used to treat phobia , anxiety and obsessive compulsive disorder ) is essentially a word game . This therapy , while taking the past history of the patient, arrives at finding some stimuli which when provoked through verbalization , result into manifestations of BMR (body mind reactions).

Similarly , rapport building in the negotiations and communication can be enhanced by the right usage of empathising words and “ skilful repetition of the client ’s words ” in one ’s own language is shown to have remarkable effect on the outcome of the communication process as rapport establishing.

The presupposition of the NLP says , “the meaning of the communication is the response you get”. Going by this statement , we as communicators are solely responsible for the outcome of our own communication : which, we do primarily with our words .

***Negative words have low vibrational frequencies whereas the Positive words have high vibrational frequency.***



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# **Soul's Journey & 'Karmic Entanglements'**

**“Soul's 'Karma' and 'Contracts' shape and guide lifetimes.”**

Soul's journey through lifetimes is multifaceted experience at different levels of our 'Being'. The 'Contracts' and 'Karmic Entanglements' that come along as the Soul traverses across lifetimes make this journey an interesting web of 'Relationships' and 'Connections' we otherwise are unable to understand in our conscious understanding of routine life.

People who join us in our journey as 'family-by-birth' and others, who we meet along the way from our infancy to death, have all a unique role to play in our Soul's Evolution saga. We may, or may not understand the reason or logic of the unique dynamics of our various inter-personal relationships. Owing to this, most of us throughout our lives keep wondering, that why an individual or his actions, behavior, or persona is affecting our life, in a particular way.

**(“Is it really how it seems to be”)**

Sara (name changed), was a newlywed, young gal, who had come feeling very worn out and confused, between her professional life and home. Like most Indian girls, she too had moved to her in-laws home, after her marriage, where she lived with her husband and his old mother, who was mostly bed ridden due to her old age and several medical complications. As a newly wed she had started her marital life with lots of dreams, but here one year down the line she was feeling totally worn-out, frustrated, and was contemplating divorce.

During pre-talk she told about the caustic nature of her mother-in-law, who will always criticize her, find faults in all she



did, and will keep manipulating her son, portraying her as a villain. All her efforts to make her mother-in-law happy and accepting seemed to go in vein. This bickering and negativity was making her feel very angry and miserable, and was adversely affecting her relationship with her hubby as well. Their marital relationship had taken a nosedive and she didn't see any hope of improvement in near future too.

**("Sometimes acceptance at the level of intellect is not enough it needs more")**

Sara, told that though on one hand she understood and accepted that owing to her old age and long illness, her mother-in-law had become very negative, critical and unforgiving to most of the people around her, yet on the other she was unable to fathom that; why even after all her efforts to serve, good care, help and support, her mother-in-law was so harsh towards her. Coupled with it the pressure of her professional life, and husband's unwillingness to move away from parental home, leaving his ailing old mother alone, were driving her crazy and having severe consequences on her professional life as well. She would have bouts of depression, irritability, and had lately been contemplating divorce, to get out of this mess, as she felt that she could no more handle the tantrums and negativity of her mother in law. Yet she wanted to give a last try before calling quits, and wanted to explore reasons for this mess, and take steps if any to heal her relationships.

So we started with an aim to heal her, explore answers and gain insights or guidance for her to restore her life back to a happier healthier calm state where she can strike a balance between her home, relationships and professional commitments. Starting with the deep relaxation process she was guided with detailed imaginary cycles to achieve a very deep trance. Once there, we followed the protocol to 'Talk' to her 'Higher-Self' or the 'Subconscious', and the moment she 'Connected", she moved to one of her recent past-life.



### **(“How past life revelations help in deeper understanding”)**

She saw herself as a young gal, deeply and madly in love with a man twice her age, a relationship her mother (her mother-in-law in her current lifetime) strongly opposed. She had lost her father to a prolonged illness, when she was very young (around 8-10 years) as there was a big age gap of around 25 years, between her mother and father. Her mother was raising her all alone, facing a lot of hardships. Later she married that man, who was twice her age, and already married unknown to her. Her mother had strongly opposed her marriage and pleaded her not to spoil her life, but she in the passion of youth and blind love abandoned her mother and moved away with her husband. Later she had a very tough life as a second wife, and her mother too had a very lonely life full of illness and hardships. She never came back, as she had that resentment against her mother to have opposed her marriage, and even her husband wont allow her to meet or render any help or support to her ailing old mother. A few years later her mother died of illness, poverty and loneliness.

Her husband too died early and; she was soon kicked out, by her hubby's first wife and, her sons. Having no place to go she at last came back to her dead mother's abandoned home and lived a short painful lonely life unto her death. Each day she regretted her treatment towards her mother, and wished how she can undo all that hurt suffering and pain that she had given to her mother in her silly youthful passion. It was in those last moments of life that she understood, that all her mother wanted was to save her from a similar fate which she had bore, after death of her own father who too was very old compared to her mother, and had left her widowed at an early age.

### **(“Acceptance helps. to make peace with the situation and, find ways to actually do what is required”)**

Later when she moved to 'Light', her 'Guide', appeared and explained that how she chooses to payback the “karma” she had accumulated with her mother. Likewise it was also told that she



and her mother while in the 'Realm of Light', had made this 'Contract', whereby her mother will come in her current lifetime and give her an opportunity to serve her and payback this 'Karmic Balance'.

It was under this 'Soul Contract' that her mother of that lifetime came into her current lifetime as her mother-in-law. It was to balance that Karmic aspect of their relationships. One more interesting insight that came was that her mother out of her pure love for her, choose to be bed-ridden for last few years of her life, to give her daughter complete release from her Karma as her daughter-in-law. in her current lifetime. This prolonged illness coupled with other relationship conflicts, was what Sara found to be very frustrating to handle.

Later we healed them both in their past life and did the forgiveness, acceptance and healing, of both souls to free them from any such entanglements in current and future lifetimes. Thereby giving both souls to accept and support each other out of pure love and not because of any 'Karmic' or 'Contractual' bondage, of a previous lifetime.

***Sara was deeply moved by the revelations of the session and was all tears and regretful about her behavior and attitude towards her mother-in-law or her 'Mother', who actually had taken over all that physical pain, discomfort and illness, just to help her balance her 'Karma' to facilitate her soul's evolution. She went back home fully contended and with a deep understanding of her current issues and how she has to handle them, to heal not just herself but her relationship with her mother-in-law and hubby,***

Sara kept in touch and very soon shared that how her change of attitude and acceptance of her mother in law's illness and her behavior was causing a ripple effect. How her mother-in-law's attitude has transformed dramatically for good. What more her relationship with her hubby has become wonderful just by one



simple understanding that the situation around her was a part of her soul's evolutionary journey. She told that this understanding was helping her to be in acceptance and guiding her actions towards creating a loving positive environment around her. She added that coming out of the 'victim-mode', had helped her contribute positively towards creating a positive and joyous environment around her, in her home and workplace, effects of which were almost magical. Her positive actions powered by the power of acceptance, had manifested love, understanding and closeness in her relationships and life.

Sara's case, is one of many similar cases that have shown, the mysterious ways in which **Soul's 'Karma' and 'Contracts' shape and guide lifetimes**. It gives us a deep understanding and prompts us to revisit our lives and of those around us, maybe with this understanding we will be able to understand the struggles and conflicts, the ups and downs, each one of us faces during different phases of our lifetime. It also gives us a hope that once we are in acceptance and start contributing our positive energies and loving vibrations, to any situation, there is hope, there is evolution, there is growth. Understanding and assimilating it in our lives we can navigate from chaos to bliss, from confusion to clarity, from victim to victor, from aloofness to togetherness, and the most important from darkness of hurt to the light of Love!!!



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# **I have been waiting for you!**

## **"Talking to a divine Power through a client in trance"**

This was a session I would call a “fun session”. Arunima (name changed) had come to remove her block against social media. Although she enjoys being in the network, she has apprehensions posting articles or updates and she was keen that we do a session of hypnosis rather than EFT tapping.

As she quickly slipped into the required state of relaxation, her subconscious was very clear that this block was rooted in her, during a conversation with a few close friends who mentioned that social media could also be a problem and hence, it is best to stay away from it. Since Arunima considers these friends more experienced and somewhat authority figures, the conversation got embedded and since then it has been difficult for her to be active in the social media arena.

Required correction of thoughts were made and her subconscious also accepted the fact that social media is absolutely safe within limits and this will also help her become more confident as her young children soon may too have access to them. She should also look at this as a chance to enhance her knowledge to help guide her children.

After these suggestions, since Arunima looked absolutely blissful, I asked what she was experiencing and seeing within her. She was seeing a bright white light and feeling at peace. The light did not have any shape or identity. I requested her to walk towards the light. After a few seconds when I asked how she felt, a huge smile came across her face and in a strong voice she said “I have been waiting for you!, waiting for you to call me.

It's been ten minutes now, and I was wondering why you did not call me all this while”. I wrapped in guilt, apologized and asked (to reassure myself) if it was the Goddess herself. Arunima is a person who easily connects with the Goddess when in deep state of hypnosis. She said yes and repeated



her question to know the reason for me not invoking her earlier on. She sounded so much like a close friend who is upset. When I told her that the reason was that I thought she might be busy, she could not help but laugh and say “do you really think I am that busy and will not come if you call? I am never busy.”

I am sure anybody who is reading this article can very well imagine my emotions. Here is a higher energy who guides the universe and then telling “I am never busy” and on the other side, we human beings...who never have time.

"She" understood my state and added, “ask me what you want to ask, what are the questions in your mind”. Since I was caught unawares, I indeed did not have any questions and doubts. When she prodded me again, the best I could ask was the form in which the goddess had come to grace the session. Her answer was that she has appeared as light...rather ‘glow’ and continued to say “the glow on your face, now ask your questions”. I had no option but to admit that I did not have any questions for I did not know what to ask!

The next surprise was when she asked me how my parents were and about their health. Since both of them are above 70 years of age, in one of the previous sessions, she had guided me to help them be emotionally and physically healthy. She advised to continue all that I am doing for them currently. The next question was about my sister. When I mentioned that she has been recently unwell and the diagnosis says her heart is not functioning optimally, I was asked what the doctor said. The doctor has prescribed medicines and told that she should not consume more than 1.2 liters of water in a day.

After a pause, came the answer “no, it’s not the water or any other ailment that’s causing the problem. She has lots of energy blocks. Get them cleared and ask her to chant **Maha Mrityunjay mantra and Gayatri mantra (Vedic Chants which have powerful effect)** daily 11 times each. The vibrations of these chants are powerful and will help her clear the blocks, also ask her to get a session of hypnosis by Mr. Balgopal Karen my teacher who taught me hypnotherapy). Not that you cannot do it for her, but being sisters, she may not take you seriously.



This must take care of her. It may take about a year for her to recover fully, but she will be absolutely fine if she follows the instructions". At this juncture I had a doubt whether my sister would believe when I told her about this revelation. This doubt too was cleared when I was told "do not think much, I am here to ensure she believes you. You just tell her what I just said." Indeed, my sister never questioned me when I told her about this remedy and has now started chanting mantras.

It was then my turn to ask a question for Arunima, I asked if there was any message for her. "Oh, I want you to tell her to restart her creative work. She must also ensure it is spread to others. Her energy is not to be kept for herself, it needs to be spread...she must teach others. This is how she will get better and better. She is lazy, she needs a push for everything. You must do that for her." I continued by asking if there was any message for me. "Yes, like Arunima, your knowledge too must be spread. Work with children more and more.

Children needs proper direction. You must study more, enhance your knowledge and spread it. Continue the work you are doing. I want you to do one more thing. Talk to the older people you come across, especially ladies. Tell them how important they are.

You can instill confidence in people, use this quality and blessing you have and build confidence in people around you."

As I was absorbing these advices, I was abruptly told "Savita (the lady who helps me at home)...tell her she has gone through enough in this life time and now she will be fine. Her energies are positive and are attached to this house which is good." There have been times when I have had to be strict with her and it has made me feel guilty too. When I mentioned about this, the answer was "you cannot be same with everybody . Not everybody understands the same language . So, don't be guilty, its fine. Tell her that she should not think too much about others or correct others".

*(The session then continued with some more discussions which, I reserve for another time.)*



As I felt out of questions, out of words and at the same time totally blessed I realized she is leaving. I asked her when would be the next time I would get to connect with her, she said “Do not worry, Arunima will visit you when I have to talk to you. Rest assured I am always with you and I am never too busy to not come to you.”

These words made me feel so humble and all I could do was feel supremely grateful and stare at Arunima in disbelief and bring her up and out of trance.

**“I have been waiting for you”** these words keep ringing in me even in sleep. I feel elated with so much of love showered upon me.

God bless all of us...Om Tat Sat...



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