

"Faith does not make things easy; It makes them
Possible"..
'Luke 1:31'



Healing and Hypnotherapy

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The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Robert Frost,

अभ्यासयोगयुक्तेन चेतसा नान्यगामिना।
परमं पुरुषं दिव्यं याति पार्थानुचिन्तयन्॥८॥

O Seeker, "When you are one with me through Yog (when two merge to become one) by constant practice of meditation (Whence every thought, every action and every little task is meditation), without any other hindrance. Then by rule, you will come to Light you will come to Me and become Me. (SrimadBhagvadgeeta "Chapter 8- verse 8")

From The Desk

Thorns are important: 'sometimes to preserve water (as in plants) aka.. life force and sometimes to protect.

Either way

We are energy beings Yet is it possible to move through the world without getting affected by all sorts of bouts and clashes -----happenings and mishaps.

How to remain in self-----how not to get perturbed by what meant to teach....or..... .. to give an experience.

And, instead of getting harsh, cold -and mean we remain in our warm self, beautiful self with our generosity of soul overflowing.....

Lets pick up the learning and leave what pricks asideLet go..... If possible, add a dash of humor to it. Why, 'laughter is a best anesthesia to any instant pain'. So keep using it, till pain will completely loose its form and, capacity to de shape us.

Yet we need something, to fill up that place from where we have uprooted that 'prick'..... Remember all our blessings, love and Light within, and fill it up; and heal. Seek strength from that.....and move on.....

Move on ...with Beauty, Purity, Innocence, Trust and Love. And stay in selfNo matter what.....

A beautiful dawn awaitsa lovely 'One', a more improved 'One' stands here..... Move within and keep heading towards our Perfect Self.... The Ultimate Self

Hey you guys!!! Are you coming with me through very simple yet very powerful concept of Neuro Linguistic Programming by "**Hema Goyal**" in her "**Blue Prints of Emotions**".....

Let's venture into **Guzalia's** Love for Tarot and how they help in self development through "**Tarot as a Therapeutic Tool**"

and here comes a new turn where **I (Varsha)** wait for you with a high energy being who survey's nature's trouble and report it back: in "**Nature Element; Higher Energies and Their Concerns**".

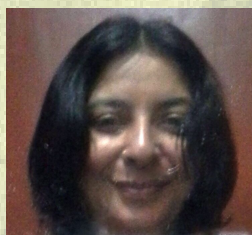
Dear '**Ulf Sandstrom**' we are grateful to you for sharing your beautiful technique "**Soul GPS**" which you have created by the amalgamation of NLP's "Circle of Excellence" into Hypnotherapy with your own personal flavour ☺. Dear fellow Therapists, Healers, Coach and NLP practitioner a must read for you; and for others it's a glimpse of a yet another possibility.

Past Life Journey is always an intriguing thing. How accumulated impressions affect us and, how they can be removed through Hypnotherapy. Check it out with '**Neha Sharma**' in her "**Past Impressions Prejudices and Feelings**".

Here we come at a spooky bend and I leave the whole month for you to ponder with '**A Prakash's**' session "**Spirit Entanglement & Release – A Case Study**"

Our journey is going on, we all will be a little more closer to 'self' by the next issue..... So move on...

Love and Light to All.....



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BLUEPRINT OF EMOTIONS

Be an expert of your emotions and guide them to healthy and happy living

E.Q. level is really important.

Emotion is an effective state of a conscious mind. It's a choice of an individual, how long one wants to stay in a particular state. According to NLP (Neuro Linguistic Programme) there are two states; resourceful state (your positive emotions) and un-resourceful state (your negative emotions).

Why a person is happy, cheerful, joyful, delighted, confident, feel loved, is in a playful mode, and why at times, a person is engulfed with fear, depression, sadness, guilt, anger, discomfort, confusion, frustration and phobias.

What are the reasons for the origin of all these emotions?

Why a person is in that particular state?

How long he lives in that state?

Do we have any tool to evaluate and understand one's emotions?

As a coach, the answer to all these questions, I say is, yes, and the tool is, "rules"- the rules which one makes for oneself and others in life, and lives by it.

What are the guiding principles, to form these rules?

They are; **Significance, love, Excitement, Growth, Security, and Contribution.**

Let's understand these rules by relating to Valentine-Day.

Allow me, to take you all, to a beautiful journey you had or are willing to take in coming future.

Imagine, today is the valentine day, you are the couple, who is in love, commits, swears to long-life relationships, holding hands, exchanging gifts, exchanging words of love and appreciation. Dating, planning hours, days and even full life. Earning to fulfil each- others dreams. As if a

beautiful dream, dreamt by two hearts, minds, souls believing, they are the best couples of this universe. A dream becoming true. A wonderful resourceful state.

Are you in resourceful state? Yes, let's analyse.

- Is there excitement in your life?

Yes, as you are dating, exchanging beautiful emotions, gifts, swearing.....

- Do you feel important or feel is there any significance of your life?

Yes, you do, as if now, you want to live for and live with each other. Sense of worthiness comes and life becomes significant for you.

- Do you feel loved?

Yes, appreciation, spending time together, makes you feel, you are loved.

- Is there any excitement in your life?

Yes, there is lot of planning, and with it executing, plans ,fulfilling your dreams.

- Is there any growth?

Yes, there is certainly, growth in your relationship and personal growth too. As you are exploring, learning, loving, the various aspects of life.

- Do you feel secure?

Yes, you do, the trust, faith, love, emotional and financial growth, provides you security.

- Is there any sort of contribution on your part?

Yes, you are certainly, contributing to each-others life and indirectly to family and society. Your any kind of contribution, reflects on your surroundings.

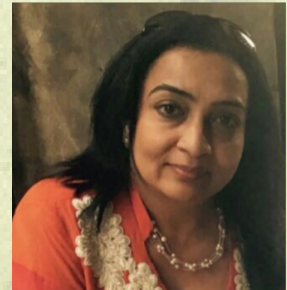
Do rules remain same all your life?

They change with change of time. Change is inevitable. The rules can be now different for you two, cause of change in priorities. Some reasons

could be work, money, financial progress, responsibilities, family, kids, friends, freedom, enjoyment.

There can be fear now, of not being loved. Frustration, as not spending time together. Anger is there, as you wanted life to be, does not remain same. So on.

The need is to become emotionally intelligent. Adding on new rules in life, adds on more worthiness in life. Valentine day, birthdays, anniversary are the days to revive your love. Try to recapture the moments, breathe in the rules which you set for each-other. Do not omit the old rules which made you be in resourceful state, re-imprint the rules which brings you in un-resourceful states by those of resourceful state.



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Tarot as a Therapeutic Tool



I have fallen in love with Tarot from the first sight, when I was just a little girl. That have been the longest love affair and the most stable relationship I've had in my life. Somehow, I've always knew that there are very powerful forces behind those mysterious pictures on every card. As soon as I pick up my deck, I am pulled into another reality. Into reality where there are no limits, where everything is possible, where the Magic is a permanent resident.

Most people think of Tarot as a divination tool, but Tarot is so much more! It's a self-developmental, therapeutic, magical system. Tarot not only predict the future but also can help you create and manifest the desired outcome. When people come to me for a reading, the work goes on so many levels. I wish, everybody could see what I see! There is an instant energetic shift happens in your electromagnetic field (aura) once you get connected to the Divine Powers. That what Tarot really is, it is a tool that enables you to connect to the Higher Realms, to the Divine Entities. When you come into the contact with these energies, they will help you look deep within yourself and gain clarity, analyze your past and present, and learn the lessons the life presents to you. In my experience, Tarot have been an amazing therapeutic tool. Tarot may bring out to the sight all your destructive behavioral patterns and help you understand and resolve them.

I've seen some of my clients making a progress, otherwise, would only possible through years of conventional therapy.

Having seen clients daily for hypnosis, I am seeing over and over again how different we all are even in relation to hypnosis. Some of us are very open and even adventurous when it comes to hypnosis. Some of people understand that hypnosis is an effective modality and are willing to try with hopes that it may help to bring about positive changes. And there are always people that are not so open to hypnosis. There is still to this day a veil of mystery covers hypnosis. There are still a lot of misconceptions about what we do as hypnotists.

Even though, you may diligently educate your clients and deliver a proper pre-talk, there are occasionally the clients that are still will be terrified of losing control and will be resisting you during the hypnosis session. That is when my trusty Tarot deck comes to help.

The Tarot spread will indeed reflect your life. Most of all, it will reflect your inner world, your challenges, your beliefs. It's like having your emotions, thoughts, behavior patterns manifested physically and documented in the form of Tarot symbols. It's sort of like doing psychoanalysis in pictures. Once the client has his life spread out before his eyes, there is no more denying. We analyze what's happening, the roots of the challenges, and, usually, the client on his own will come up with the right solution.

When I read the spread, card by card, I wait for the client's validation. For example: "Yes, it's true, I've been sabotaging myself by not finishing any of my projects." I then take his words and reframe: "Yes, you've sabotaging yourself by not finishing your projects up to now. Up to this moment, you have not been able to finish any of your projects, but it's only up to this moment. Starting now, this is not true anymore. It is the part of your past now. In fact, probably by the time you live my office, you won't even remember about that part of you. The part of you that was sabotaging you. It is gone now..."

And I would continue working my way through each card. You can reframe each limiting belief or fear in one card spread. You can help painful memories to fade. You can create detachment from the past lovers. You can create a clear picture of the future and work up the action plan. I found

that Ericksonian metaphors model work wonders here. There is a lot of magic can happen in just one Tarot reading.

Conversational hypnosis is perfect in working with resisting clients. There is no formal hypnosis session, they are not placed into the hypnotic chair, they don't have to close their eyes, and the focus is moved onto the cards. Here, the client has no seeming reason to resist you.

No, it is not a trickery or manipulation. These people read, filled and signed all the paperwork. They came for hypnosis in the first place. And this is exactly what they've got.

Hypnosis can be delivered in many ways. And the more ways there are the more people we can help.



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Nature Element; Higher Energies and, Their Concerns



Even one person's intent matters and 'Collective intent is very powerful'.

This session here is the session of a person who usually connects with the nature and its elements very fast, while in trance. This Subjects' previous sessions were all linked with nature one way or the other way. In his sessions, he easily travelled through everything in energy state.

So in this session, which was started to check out why, he had a constant calf pain?

Within minutes of his going in trance he was moving up and reported that he is going up amongst planets and he is in a galaxy. When I enquired about it he replied Aakash Ganga (Milky Way). When I asked why are you here? Answer came, "to check its well being"; and, Now I am coming down entering into planet earth and above Ocean.

T = Therapist
C = Client

T: Where On earth.

C: Above Ocean

T: Which Ocean?

C: Pacific Ocean

T: What are you doing here?

C: I am flying above it and checking its condition as I've to report back. Now I am at another Ocean.

T: Which Ocean is it.

C: Baltic Ocean

T: As I understand you are moving clockwise on earth and right now checking the condition of Oceans.

C: Yes

T: What did you find there?

C: Plastic, Lots of Plastic, Heaps of Plastic along with other waste material in oceans their condition is getting worst. Human being must take action. Understanding is missing in man. He just has the knowledge of destruction.

T: Can we do anything about that heap of plastic in Ocean? In order to help remove it.

C: Yes it should be removed.

T: Can we as individuals do anything about it now with our Intent.

C: Yes we can focus our intent there and can melt it and remove it just by intent. It will happen and it can be done. **Even one person's intent matters and 'Collective intent is very powerful'.**

They conduct program celebrate World environment day but do nothing. Change in temperature is visible. Nature will strike back

T: Would you please tell me as to how will nature strike back?

C: Viruses will mutate, curable diseases will become incurable. Nature will hit back.

T: Apart from Policy maker what can we do about it?

C: Natural Life style with minimum wastage. We must use solar energy, biodegradable plants, coolers instead of A.C.s. Man is a part of nature, He, needs nature its not the other way round. Follow Vedic life style. Evolve with Nature.

T: OK, Thank You so much for this understanding, We as an **individuals need to adapt a life style much closer to nature, then expect policy makers to change everything.**

T: It is really enlightening to have this information! I am so grateful to you. Thank you so much. However we have started this session to resolve the issue of his calf pain and now at his high tend awareness state I would like to ask as to how to resolve it? Please help.

C: More walking needed as well as timely release of negativity, which, he collects from his patients. He needs to channelize it out.

T: How?

C: Once he finishes for the day channelizing negativity out should be the last thing to do with himself.

T: Oh.!. Well; Thank you so much and now please tell me if there is any message for all of us.

C: **All of us are going to connect to the Lord sooner or later if we all are clear in our intent we will be blessed by him and help will be sent to us always as required.**

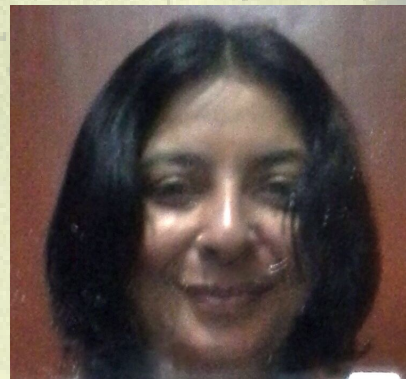
T: Does he need to start nature healing?

C: That is his main work: 'that time is yet to come and it will come on its own'.

Here some local urgent nature abuse issues were also covered in the middle of the session. And while towards end this high energy being got in touch with Lord, which was a very blissful experience almost too good to cover in words.

Possibility of Hypnotherapy and spiritual experiences are most intriguing combination.

However, It differs from subject to subject and their Karmic balance.



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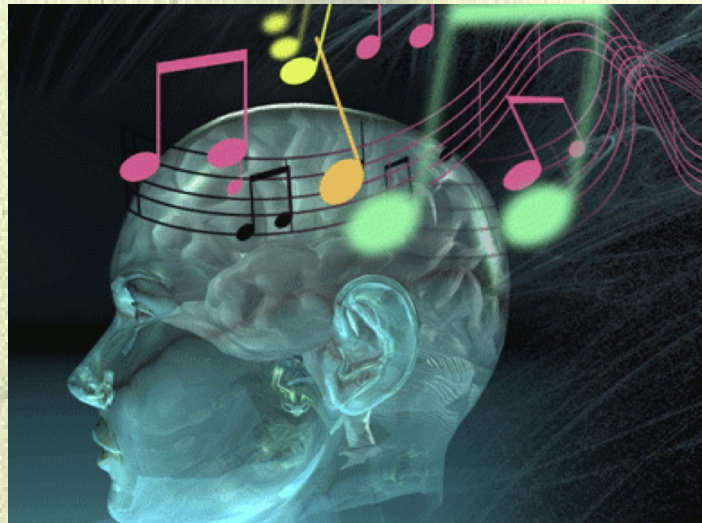
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The Smile or the Soul GPS “ A Beautiful Tool of Hypnosis”



The Soul GPS is a hypnotic tool that I add at the end of almost every session to reinforce the positive transformations we have initiated and because it seems to be an incredibly healing and strengthening tool for any future challenges.

If you are familiar with Neuro Linguistic Programming (NLP) or if you want to google some of the components mentioned, you will recognize that this intervention contains elements of the Circle Of Excellence where you create and anchor a state of peak performance, Future Pacing - testing a new emotional state in imagined future situations, Time Line - where the new state is brought back to earlier challenges to see if the outcome is better and Perceptual Positions - where you get to see yourself and your life from different perspectives.

It is in part based on research that your body can reverse engineer feel-good hormones if we smile (check the TED-talk on Power Posing by Amy Cuddy) allowing that very smile through an emotional spin to make it as large as possible and then condition it to become an anchor that retriggers the state. It involves reframing your life into a positive although unknown outcome through this smile and then using this smile to make better decisions and face challenges with a state of resilience from this moment.

By the time I introduce this content there has already been an interview, a hypnotic induction a trance deepener and an

intervention of some sort depending on the issues at hand. No two sessions are alike so try to observe the underlying patterns rather than regarding the text as a script. ***(My comments and reflections are in brackets).***

"Now.... Imagine yourself arriving into the future, where you find yourself standing on a beach, looking out over the ocean, and you are over 100 years old, maybe even 117 - according to the Bible 120 years is fully possible for us to become already over 2000 years ago - imagine... if you have kids they are retired already... and you may feel the warm sand under the soles of your feet (kinesthetic), hearing the waves (auditive) and maybe smelling that special characteristic of a beach (olfactory) as the sun shines in a beautiful way, like a sunset or a sunrise (visual) and as in a dream a wonderful spaceship can be coming to take you to the next stage of existence... whatever that can be...

(My sessions are packed with metaphors and humor, and I find that framing our last moment as being picked up by a spaceship takes the edge of dying for most, and 117 years usually widens their perspectives. As an observation very few people have decided on a specific age they would like to reach, except in Sweden, where the song "Happy Birthday" repeats the line "may you live until 100 years of age" which I find depressing in many making all birthdays after 50 a downhill count. At least for me, singing 150 improves the mood of any birthday.)

As you imagine standing there on the beach you may realize what life was truly all about, and that so many things you thought were important at the time are completely irrelevant now, in the future, as you are summing it up.... and the only way you will know for sure that you did the right things, made the right decisions, are content with your long life, is by the smile you can find on your face, as you think of everything, what kind of smile you want to have on your face, summing up a lifetime of good and bad, ups and downs, grief, joy, disease, love, disaster, work, darkness, light and ecstatic moments... the kind of smile you would like to have when everything is over...

(Here, that exact smile usually appears on the clients face) yes, that's it, your body knows, because if you remember, before you

ever knew anything, before you knew your name, as an infant, that looks into the eyes of a friendly person, that is safe and warm and fed, and somebody says "peek a boo" and you may giggle.... and that is the same smile, of pure simple happiness... as a red thread you may wish for throughout your life... into that future... and now spin it and make it stronger, and bigger... warmer -

This is your smile, your decision, how you want to feel about life then, looking back...

(here I put an anchor on their knee if the smile is great, which is usually is)

And now... allow that smile to enter every cell of your body and mind... this is your soul smiling through your face... allow every door to open that has to do with that smile... and let it through... like a surprise birthday party in a great story...

And in this future... back in the past, when you move forward from now... every decision you make, from what sock to put on first, what to eat, when to sleep, who to call, what career to pursue and what relations you will work for... will be led by this smile,

it is the GPS of your soul.. . Simply think about any decision in the past or future and try this smile, if it fits, it is the right decision, to look back on, when you are on that spaceship, 117 years old.... going back to start over....

now, letting a part of you move forward, and another part moves in the other direction, flying curiously back past 112, 105, 99... celebrating 90 line dancing on the Chinese Wall... 87, 84, 83, 72... flowing back through the future, smiling... (reinforcing with the anchor point) 68, 62... (counting backwards until we are getting close to your current age, that,

I always check at the interview) and now, as you are floating over the city (where we are during the session) you find that you can recognize the road you took to get here earlier today, you see a window (if there is one) and behind it you can see yourself sitting

with your eyes closed in a leather chair (if you are with me that's what you will be sitting in), with that very same smile. Imagine... floating in over you and then landing in yourself in the same way you might step into a pair of well worn shoes that fit so perfectly... and when you are completely in yourself now and here and you can feel that smile, you can

1, take a moment,
2, as I count to five and you will emerge on the other side of this experience,
3, feeling the changes,
4, noticing, and remember some time if you as a child ran down to water and jumped in, or saw somebody do it, that feeling when you take a leap of faith and smile
5, now!"



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.

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PAST IMPRESSION, PREJUDICES & FEELINGS

Past impression is something that we acquire in our past it can be in this life or in previous life or may be in many previous lives, so what is past impression ...when something happened with us once or more than once and its settled in our subconscious; like in this birth when we were very young and our first few experiences of school are not good, it will create bad impression of school in our mind that will lead to prejudice that all schools are bad and finally this prejudice will generate feeling of fear and anxiety that will stop us from going to school or if we are forced to go there we'll feel miserable.

AND, end result is, that we won't be able to learn or enjoy anything in our present. So this is the link between *past Impressions, prejudices & Feelings*. When we accumulate such impressions from many past lives than they are much deeper and on our own we are not able to get over them then we need **Hypnotherapy**.

Impressions are not always bad it can be good as well; mostly good impressions help us to become a good person because they usually give happy, contented and generous feelings; we can take same school example for this as well another person who have amazing initial experiences at early days/years of school now for him school is ultimate place he'll enjoy everything about it and learn better, even if in his later years he might have some bad experiences yet, it will not change school's image in his mind, instead he'll be open to idea that if there are good things there can be bad things as well;

at the same time person with negative experience will generalize that all schools are like that only, and this will hinder his growth. So this person need help to get rid of this impression.

Most of the phobias and fears are outcome of these past impressions. And sometimes even our staunch beliefs are nothing but feelings governed by prejudices and generated by past impressions and most of the relationship issues are outcome of bad past impressions.

These impressions govern our day to day life as we evaluate each and every situation, person and things in our present on the basis of these past impressions instead of what they actually are this may lead to a wrong decision and again one more bad experience. So it is like a chain reaction and we should stop it somewhere and one of the best ways to get rid of these past impressions is ***Hypnotherapy***. ☺



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Spirit Entanglement & Release- A Case Study

Soul's departure at the point of 'Physical Death' has been discussed and elaborated upon in most cultures and traditions across the globe. The common theme broadly being: Physical death followed by soul's 'Exit' from the physical body, after which the soul moves/migrates to another realm, wherein the soul 'Rests/Prepares' for the next incarnation, and lastly soul's re-birth in a new physical body and so on so forth, the cycle of life and death continues.

2. At the same time all cultures and traditions also talk about soul's, which get 'Stuck' or are unable to move to the other realm, and continue being around in 'Earth Realm'. Few common features reported by 'Spirit Communicators' indicate that time 'as we know' in Earth realm becomes stagnant for these souls i.e. they are stuck in 'the moment' when they left their physical body, most souls so 'Stuck' had sudden unnatural deaths, a lot of souls carrying strong emotions like anger, hatred, greed etc. too get stuck as the 'Dense' vibrations of such strong emotions 'Tie Them Down' and they are unable to move to Light.

3. There are tales and narratives across cultures that how few of these, 'Stuck Souls' 'Roam Around' or haunt the Earth Realm. They at times 'entangle' with those still alive. Such entanglements can be accidental (wherein a soul accidentally interacts with an individual's "Energy Field"), intentional (wherein a soul 'Hooks' to an individual's "Energy Body" for a specific purpose/design of its own, and lastly the cases where a soul is 'Forced' by an individual to infect/hook another individual for specific personal gains/agenda.

4. Saddest state of affairs is of the third category of 'Spirits', those who have been 'Captured' by individuals who do witchcraft, Dark Tantra etc. for their own personal agendas. These individuals can communicate with these souls, and keep them in 'Captivity' and make them do their bidding. These souls, which are in captivity, exist in constant fear, confinement and misery. A lot of times they are made to do things against their will and natural tendencies.

5. Around five (05) years ago a young lady came to me seeking help to get rid of a constant heaviness and pain in left side of her body, right from her left half of her head to her left feet. She had tried various medications but nothing was giving her a long-term stable relief. She shared that the pain will elevate in evening hours and will peak around night, and will also seem to move/shift from one part to other on the left side of her body. Constant heaviness and pain was taking heavy toll on her overall wellbeing. She would mostly feel exhausted, irritated and depressed.

6. In the first two sessions she under deep trance could 'See' black thread like structures spreading in most parts of her body on the left side. On deeper probing she was able to 'See/Connect' with a middle aged (around 40-45 years) male (only his face would become visible) but that 'Entity' will not respond to any attempt at communication. All we could do was to heal her energy body and release the pain and heaviness, but it will never go away completely, and will come back even stronger in next few days following her session.

2 I had the 'Knowing' that its was only by communicating with that 'Male Entity' that we could heal her successfully. During thirist session, the entity after a little probing agreed to 'Talk' but was very apprehensive, as if afraid. He told that he had agreed to 'Talk' because in past two session he was assured that I would not hurt or harm 'Him' and also that he wanted 'Help' to get released from this 'Dirty Work', "Slavery" and 'Confinement'.

3 Talks with 'Him' reveled a shocking tale of how he died in an accident, and was stuck in the 'Earth Realm' Later he was 'Captured' by a man who was a dark Tantra practitioner. As per him this person was very evil and greedy. He used to capture such souls who were 'Stuck' and used them to get his 'tasks' done. He used these helpless souls to hurt/harasses/manipulate individuals on requests of his clients who wanted his services to hurt, harass, and manipulate their rivals, enemies. This revelation took me by surprise as I had never anticipated that this young girl could have been bearing the burnt of spirit harassment that too on the bidding of someone who had animosity towards her family.

4 Detailed 'Talks' with him revealed that someone very close to their family had hired the services to disrupt and harass her family. So 'He' was 'Sent' to hurt her mentally, emotionally and physically. 'His' task was to stay attached/hooked with her (Energy body) and harass her at all levels, so that she is unable to carry on her routine life and her education and career gets totally destroyed. 'He' told he felt very bad and guilty doing it all to her, because he knew that she was being harassed for no fault of hers, but he at the same time couldn't stop doing it because he was afraid of the Controller who may otherwise 'Punish' and 'Confide' him.

5 After lots of assurance and persuasion 'He' agreed to 'Withdraw' from her body but requested help to get 'Released' and move on to 'Light'. 'He' helped remove all the strands of thread from her body, healed her energy body and then himself moved to 'Light' with a promise to be there for help anytime in future.

6 The gal saw dramatic release of pain and heaviness after his departure and slowly was able to completely heal and come back to her healthy happy state, in a couple of days.

7 This amazing case gave me so many insights about the soul/spirits, Dark path, Energy/Entity Entanglement, and how manipulations/variations in 'Energy Body' of an individual can cause grave physical, mental, emotional trauma/handicap. It also taught me how every 'Soul' at its 'Core' is so full of 'Love & Light', that all that we want at the core level is happiness, and bliss for self as well as everything around us. So it is the 'Light of Love' that is supreme and rest all drama that unfolds around us is just the premise of this magnificent Saga called Life !!!



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