

"So, do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand". 'Isaiah 41:10'



Healing and Hypnotherapy

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अथ ध्यानम्
शान्ताकारं भुजगशयनं पद्यनाभं सुरेशं
वशिवाधारं गगनसदृशं मेघवर्णं शुभाङ्गम्।
लक्ष्मीकान्तं कमलनयनं योगभिरिध्यानगम्यं
वन्दे विष्णु भवभयहरं सर्वलोकैकनाथम्॥

ॐ

Let;s Meditate:-

Peace Personify, Rests on the snake of Time , Layered centered, Lord of the Lords,

Base of everything Omnipresent, Blue coloured and Most beautiful

Master of Wealth, Layered eyed, Being received by Yogis' through Dhyan (Meditation

) I Bow to Thee, Dear Lord, Destroyer of fear and the Lord of the whole creation.

Om

(Shrimad Bhagwad Geeta)

Cover page Pic: Keya, India

From The Desk

A new dawn, A brand new year, with new possibilities.

Servicewe do it for others or we shine ourselves.

Lovewe give to others or we get filled within.

Joywe share it with others or we spill it inside us.

Ultimate joy, Ultimate kick is 'Growth'

The more we learn, we Grow.

Only few things surpass Learning and sense of achievements.

One of them is --

MEDITATION & that
BIG BANG of INSIGHT from
INNER STILNESS....
INCAMPARABLE
INEXPRESSABLE
SPACE OF PURE BLISS

And the journey of various dimensions begins

This first issues' first step

NEHA SHARMA ---- FREEDOM TO BE.

Yes Yog within: When we achieve oneness with our mind, body, heart & soul. But how? With outer world pulling all of them in different direction..... Let's read it.

OK here is further explanation....

Dr. KALOSKI---TRAUMA or EFFECTS of PAST LIFE

Unresolved issues or traumas' are bad enough from this life. What if we are carrying them from the previous ones????

Here is some remedy.... ☺

HEMA GOYAL---YOU BE YOUR OWN PLAYER

Our NLP Master practitioner explains here ; how to use Neuro Linguistic Programming to change our heads' bad programming into good one.

Still not feeling better. Try this----

GUNILLA HAMNE and ULF SANDSTROM--- A LITTLE BIRD.

A simple user's guide to "Trauma Tapping Technique" with pictures. To flow that river of life within; to Heal.

Another question....

DOES BLACK MAGIC WORKS? ---NIVEDITA MOHALA

How our belief make things real. How we unknowingly invite what is not meant for us. However, if is up to thought... we can heal it tooYes.....!

A PRAKASH --- SUCIDE----FREEDOM FROM WORDLY WOES?

What an insight we all can have a parallel existence with our alternate self, depends upon our choices?

An intriguing read friends.

How about Healing when we dream....

GUZALIA S. DAVIS---CHILDREN & HYPNOTHERAPY

Brought a beautiful solution. What a lovely way to heal, for children and for those who can still have that child within. All can use this method. My personal thanks to you dear.

Welcome to our new addition:-

Dr. VRUNDA PAWAR---AYURVEDA FOR TODAY TOMORROW AND FOREVER.

Dr. Pawar you are a valuable addition to our team. With you we will learn a lot about this ancient wisdom of healing, first hand!. Let's delve deeper.

And here I am "VARSHA' ---FEAR OF FAILURE

Friends I have got an invaluable insight, even negatives have positive intentions. How? – Go read it. ☺ And a little method to address, learn and release our concerns -----Yes! GO read it. ☺



Varsha Dwivedi

-Clinical Hypnotherapist,

-Past life regression Therapist,

-Life between Lives therapist,

-Crystal Healer,

-Tarot Reader,

-NLP Trainer to the Coaches

-Master Practitioner and coach of NLP

(Neuro Linguistic Programming) &

Subconscious Re – imprinting,

-Marma "Vedic Science" Therapist.

Email: varshadwivedi225@gmail.com

FREEDOM TO BE

What is FREEDOM TO BE and do we really need it...?

I've few cases in hypnotherapy where physical ailment was because those people were not being themselves, hiding and curbing their emotions, likes and dislikes because , sometimes they don 't want to hurt others and sometimes because of their own inferiority complexes.

People who don't want to hurt others are the people who really want to access this basic right "freedom to be" however they are scared of end result ... 'guilt'.

The moment they express themselves , other people start showing them how everyone 's life will get effected & how they are responsible for everything wrong happening in life of people around them. So this category get really scared to express themselves that leads to maladies like heart disease, brain stroke and cancer etc.

Now second category: people with inferiority complexthey don't want this freedom to be, and they don't want this freedom for anyone.

For them this is some kind of sin TO BE YOURSELF . This category is creator of first category . These people are really scared of giving their opinion and telling what they really like or dislike because these people are always worried about what others will think about Me, what if I'm not happy enough and In, what if I am not following the trend. So these "WHAT Ifs" make their lives miserable & leads to many serious diseases.

"What other people will think about me" is the biggest illness. To get rid of it first think , people who are criticizing you , do they ever come to your aid whenever you are in need, if answer is no then don't waste your time and energy on them, if answer is yes but they always criticize you then give it a

thought, if correction is required go ahead if not then just let go; and if this is a person who rarely say anything good to you then you must take it seriously.

Know that deep down we all are aware of what is right and what is wrong, that, we call sixth sense or inner voice, so just follow that and everything is going to be all right.

Now what actually is Freedom to be? NO it's not living as per your whims& fancies.

- It is about being authentic being your true self
- It is about to love and respect yourself.
- It is about following your heart and at the same time listens to your mind as well, because freedom can never be attained without discipline.
- So Freedom & Discipline complement each other without one, other is incomplete.

Before being anything we need to be authentic, we need to BE; being good or bad is secondary, first accept & respect yourself with all your qualities & follies and once you will accept only then this journey of change, growth, Love & joy will happen in your life. ☺



Neha Sharma.

Lucknow, India

Clinical Hypnotherapist

Past Life regression Therapist.

Life between Lives Therapist.

Crystal Healer.

Email: nehasharma_healing@yahoo.com

Traumas or the effect of Past Lives



Hans VanTiem, author of *Exploring Reincarnation* and a researcher in the field, posits a number of what he calls “Karmic Repercussions”. A Karmic Repercussion can be defined as a consequence or an effect of an event or situation in a Past Life that is influencing the present life. However, this plethora of repercussions can essentially be reduced to two fundamental ones; traumas and hangovers. Let's look at them:

Traumas. These are unhealed wounds left by a terrible experience of physical or emotional pain. The repercussions of traumatic experiences reveal themselves in psychosomatic complaints, phobias, complexes, nightmares, compulsions and obsessions.

The worst, most extreme traumatic experience is that of being slowly tortured to death or of watching a person whom you love being tortured to death. Less terrible traumatic experiences are frightful and painful deaths, such as being attacked by a wild animal, dying in combat and violent accidents. Other horrors might be the sudden loss of a family member, a spouse who dies in flames, a child hit by a car, a sister who is sold into slavery. Some recurring traumas in Past Life Regressions are witches and

heretics being tortured and displayed, and concentration-camp experiences. Some researchers delineate four different types of trauma:

- **Victim traumas:** which are unhealed emotional, physical and/or mental wounds which result from victim experiences with a clear beginning and end (accidents, rape, abuse, etc.);
- **Aggressor traumas:** which are generally unhealed mental and/or emotional wounds resulting from traumatizing someone else;
- **Accomplice traumas:** which are generally unhealed mental and/or emotional wounds resulting from allowing, or jointly taking part in the traumatization of someone else;
- **Spectator traumas:** which are mostly unhealed mental and/or emotional wounds as a consequence of having to watch the traumatization of someone else;

A trauma's power derives from the energy of the suppressed negative experience: pain, horror, fear, hatred, disgust, despair. Traumas may lend a horrible and sometimes frightful taste to what might otherwise be tolerable situations when these situations show similarities to the original trauma.

If Doctor Mengele, or some other demented Nazi doctor, tortured you as part of some diabolical medical experiment in a past life, then, in this life, a Physician performing a routine medical exam in his office might scare you half to death. If someone sees a house burning down and loses control because they unconsciously remember a fire in a past life in which they died together with other people, the shadow of this horrible experience could loom up, even if there's nobody in the burning house in this life.

Hangovers. These are repercussions of **entire** lives. They're essentially a past life undigested as the result of things like: loneliness, boredom, hopelessness, meaninglessness, poverty, oppression, despair, jealousy, etc. For example, during a Past Life Regression a woman finds herself as a female in 18th century South America in an isolated hacienda. Looking back on this life, the overriding impression is one of bareness. The courtyard is bare, the surroundings are bare, the houses are bare, her whole life is bare. The one overpowering feeling is of bareness, dullness, stuffiness, shallowness, emptiness. It's a suffocating blanket covering the entire life.

People who have had these existences often suffer from inappropriate and prevailing postulates, ingrained assumptions and negative paradigms. These experiences lead to general feelings about life: "Everything is dangerous; you're never safe". "Life sucks"; "You can't win no matter how hard you try". Hangovers can be identified by the recurrent use of sentences with words like "always," "never," "nobody," "everybody".

A woman who constantly finds herself in one abusive relationship after another may have led an existence as someone who was forced into a life of prostitution and feels she's unworthy of genuine love and affection. Her prevailing postulate may be, "Nobody will ever love me for who I am. I don't deserve love".

Hangovers and the postulates they bring with them into current lifetimes, whatever they may be, are suffocating and paralyzing energy gluttons – they're wet blankets; they're dark fogs that make life sombre and unpleasant. They mire people in despair and failure.

The other side of hangovers is the "boomerang" effect. This is when the present life expresses itself as an opposite of the past one. This is often the case with "Karmic debt" which can be expressed as the ultimate "Divine Justice". This is where Adolph Hitler would be reincarnated as a Jew living in the Gaza Strip or a miserly and cruel millionaire might reincarnate as a bag lady living

in downtown Los Angeles. A man who was a Don Juan (A Character from Literature) in a past life, constantly unfaithful to his wife, may reincarnate as a man or woman who is drawn to lovers who continually cheat on them.

It also seems to be the case that certain 'themes' or common core experiences often underlie similar presenting problems and, most of the time, these hold true from client to client. Let's take a look at some of these. **Bear in mind though that each individual case is different**

(Excerpted from the upcoming book, *Your Journey Was Never Meant to End: The Case for Reincarnation*©)



Dr. Bruce E. Kaloski, Ph.D.
California
Clinical Hypnotherapist
Past Life Regression Therapist
Author, Lecturer, Trainer
Website: www.doctorkaloski.com
e-mail: drkaloski@gmail.com

YOU BE YOUR OWN PLAYER

Unveil The Secretes Of Mind, The Games It Plays With You

Mind and you, are the two eminent players, to play the game of life. When you have upper hand the life is beautiful. You feel blessed, everything, every person, every incident (event) is perfect. Your surroundings are lively.

The truth is, it never remains the same, all over the life. Ups and Downs, happiness and sadness, resourceful and un-resourceful states, are two facets of the same coin, life tosses without giving warning. All, a person can do, is to learn to play the phase, as it comes.

To play skill-fully, the life game, one should learn, How mind works?

Conscious Mind- When we are wide awake and are aware of things and activities happening around us, in our surroundings and from them conscious mind gathers information. It still only enable us to gather only 5% of millions of information available around us.

Subconscious Mind- The gathered information, by conscious mind is stored after attaching personal meaning, without understanding the result it may produce in near future. we are partially aware of our surroundings because we are now engrossed with a pop up thought.

Unconscious Mind- The person is in deep sleep(trance), where the person is not at all aware, of his surroundings and the memories that are registered in his mind as memories. But, mind does not stop functioning, the hypnotherapists take you in this state and use this state of mind to adhere their therapies.

Super Conscious Mind-It is believed that a person's mind, body and soul has aligned with the supreme power i.e. GOD and he is, now an enlightened soul.

For most of us life game is based on the working of conscious and subconscious mind. A few can only reach the stage of enlightenment.

GAME -Life is like the board game of 'Snake and ladder' dice are, the thoughts. What are thoughts?

The information gathered by conscious mind and then, personal meaning given to it and later stored in the person's subconscious mind as memories. These memories can be sweet or painful. They are thoughts.

The board game' **LIFE**', begins like this;

The dice rolls, a thought pops up, and we start taking moves accordingly, we will find, we climb the ladder, if the thoughts are positive, otherwise, the poisonous sting of the snake, a single negative thought, tumbles us, down in life. If we fail to decide to move again with all zest and mindfulness '**WE**' lose the game of life.

How one can be mindful?

It is understanding, how the mind deletes, distorts and generalise an incident (event) and a thought is generated. The impact, imprint of the thought, results into present behaviour. Painful thought imprints are re-imprinted by techniques of NLP. Learn the art of life and skill-fully play the game. Learn to master the mind, let it not rule and dictate our life. Emotional disturbances caused by negative thoughts, give birth to all auto immune diseases. Life is wonderful to live, god has bestowed, us with.

Believe me, friends we are blessed species of God's creation, because there are innumerable resources available for us. Don't end the **LIFE** game in between without giving it the second chance.



Hema Goyal
Soft skill Trainer
Image Consultant
Master practitioner and Coach of
Neuro Linguistic Programming (NLP) and
Subconscious Re – Imprinting
Email: hemasays237@gmail.com

A Little Bird

This is the story about Gazelle who cannot sleep and talks about it with Zebra at the waterhole, told in the tradition of African storytelling.

Gazelle wonders if she is sleepless because she's living in constant fear of Crocodile. Zebra knows the feeling, but has his own problems, those of night- mares and flashbacks from being chased by Lion.

Both Gazelle and Zebra are very tired. Although neither Lion nor Crocodile have been seen in this valley for months, they are living in constant anticipation, jumping at small noises and yelling at their offspring for little reason.

In this valley there is a small bird that picks the teeth of Crocodile when he sleeps with his mouth open in the sun. "*Imagine...*", said Gazelle to Zebra, "*Imagine if a bird like that could come and pick our worries out of our heads and bodies as we speak...*"

The little bird heard them and landed on the head of Zebra. "*How can I be of help?*" it asked.

"We are both so very tired and we don't know why, because there is no danger at this moment like there was a while back", answered Zebra.

The little bird flew high up in the air, so high that it could see the calm of the water, the green of the grass, and the energy of life in Zebra... and this energy was like small rivers of pure life flowing from the hooves to the head to the heart and around... but some of these rivers did not seem to flow properly, as if they were dried up or blocked.

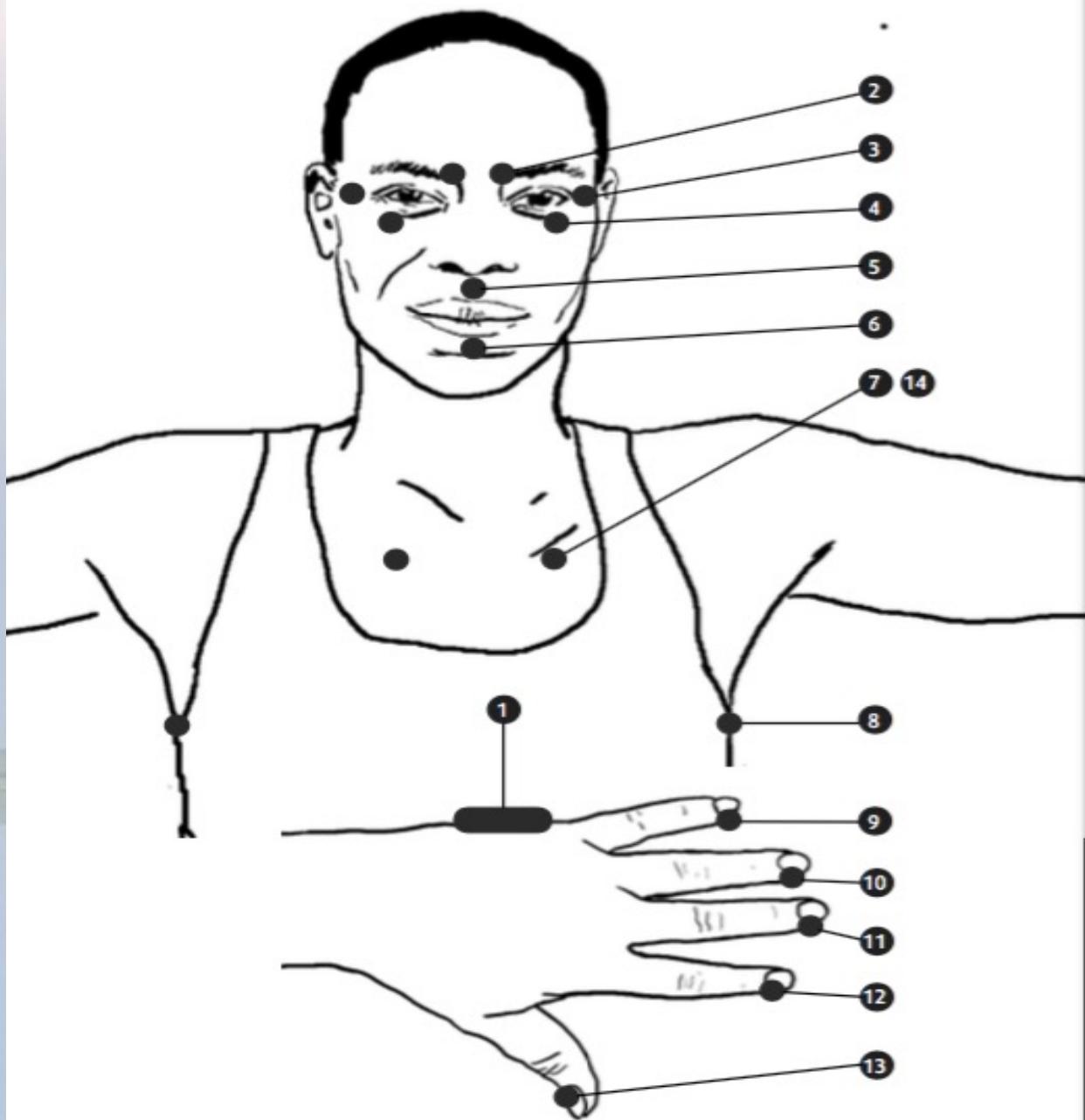
That night, as Zebra looked into the stars, the little bird started

tapping with its beak, firmly but gently, to awaken the rivers of life under the eyes of Zebra... at the side of the head... over the lips, under the lips... the little bird was like a drummer drumming for life to come back.

At one point Zebra took two really deep breaths and suddenly felt like a burden was lifted, like getting air after being closed into a cave, like finding light after darkness...

“What did you do little bird?” Zebra asked. But the little bird had flown away... Zebra tried to explain to Gazelle what happened, but to Gazelle it sounds like a fairytale, how silly it seemed...

That night when Gazelle tried to sleep, Zebra took the very tip of the hoof and tapped ever so gently but firmly on the same healing points around the eyes, lips, chest and hooves of Gazelle, and the reaction was different... Gazelle went from irritated, to crying, to shivering, to sleep... with a smile that only the sun could compete with... And as the little bird knows and the river of life can tell, healing is possible and can be passed on...



The Trauma Tapping Technique (TTT)

This is how Trauma Tapping is done. There is more to it, but we want you to know the basic technique before you read further. You can apply this technique to yourself or to somebody else.

1. Connect to the emotion that bothers you, ever so slightly
2. Tap 15 times, firmly but gently – on the points in the picture
3. Take two deep breaths – short in and long out
4. Repeat the tapping procedure as described above
5. Take two deep breaths – short in and long out
6. Relax and breathe normally
7. When treating somebody else finish by holding their hand between yours and wait for them to be ready. You can ask them to observe any change.

Points

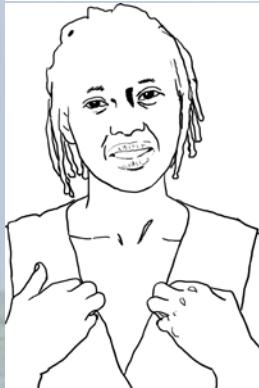
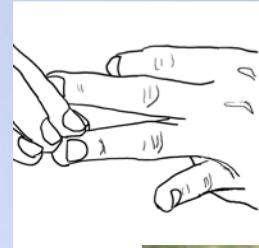
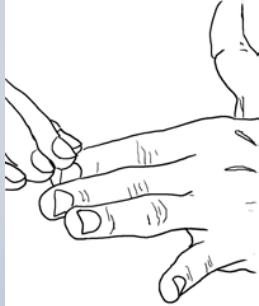
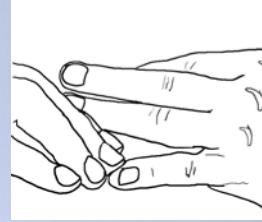
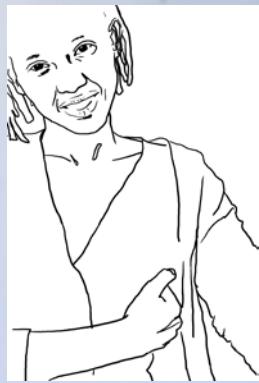
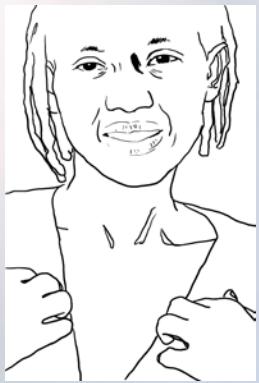
1. Side of the hand ("Karate Point")
2. Beginning of the eyebrow
3. Outside the eye on the bone
4. Under the eye
5. Under the nose
6. Under the mouth
7. Under the collarbone and on the whole chest, like drumming
8. Under the arm, on the side of the chest
9. The inside tip of the little finger

10. The inside tip of the ring finger
11. The inside tip of the middle finger
12. The inside tip of the index finger
13. The outside tip of the thumb
14. Under the collarbone and on the whole chest, like drumming

Self Tapping Step by Step

Think about whatever bothers you, and tap firmly and precisely 15 times on each point using two fingers, at a fairly fast rate. Take two deep breaths and repeat the whole sequence. Take two deep breaths again when done. ⁵⁶





(Excerpt from the book "**Resolving Yesterday**" authored by Gunilla Hamne & Ulf Sandström) .



Ulf Sandström

is a mental trainer and hypnotherapist who is extremely curious about what makes us tick. Tock.
He works as a complementary therapist with in-depth knowledge and experience of principles, methods and procedures for treatment of a large variety of symptoms of emotional stress and trauma; including flashbacks, addiction, chronic pain, cognitive dissonance, IBS, GAD, COD, grief, rumination and sleep. With the Peaceful Heart Network he works with First Aid for emotional and traumatic stress in zones of post-conflict such as: Rwanda, D.R. Congo and Lesbos, Greece

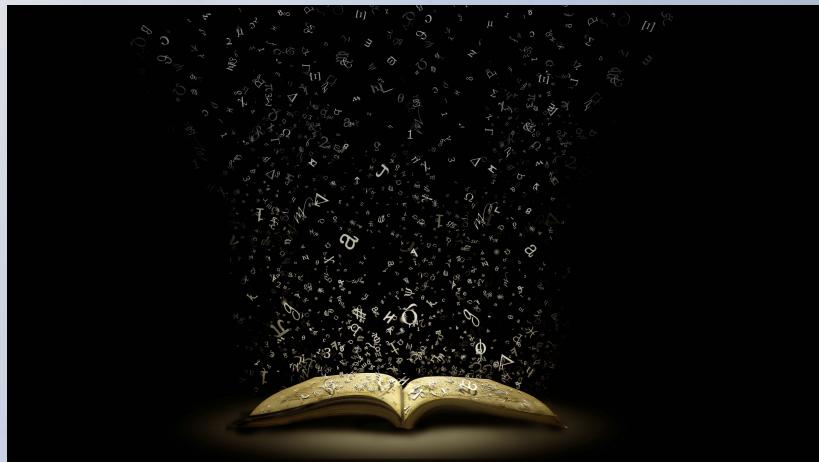
Read more at:

www.ulfsandstrom.com, www.peacefulheart.se & www.selfhelpfortrauma.org.

Gunilla Hamne, "Sweden"

Stress and Trauma Consultant
Founder of Peaceful Heart Network
www.peacefulheart.se
www.selfhelpfortrauma.org

Does Black Magic Work?



This is a question that I have had since I was a child and heard stories of the horrors that had befallen people on whom Black magic had been done. Growing up we were taught to be wary of suspicious items like lemons, flowers, sindoor (vermilion), hair etc... that were placed at road crossings. From losing one's wealth, health to even the death of a person was attributed to the ill effects of black magic. Understandably most of us grew up with a lot of fear of this mysterious practice.

Interestingly, a client came to me, with severe relationship and health issues, she relayed her suspicions that, a close relative had performed powerful black magic on her. Not having dealt with similar cases earlier, I tried to be open and work with divine healing energy. It was a difficult session to start with. As; I was unable to take her into a trance and start the healing process. In two long sessions, inspite of trying my best, she was unable to go “deep”.

I finally resorted to use a “proxy” or a “medium” (process of inducing a trance in another person and, through them access the client’s sub conscious) to address her issues and initiate the healing.

This provided good results and we were able to release a number of “foreign entities” which were inside her. There was also a large amount of dark energy that was inside her and I tried to find out if it had been “sent” to

her via 'black magic' but the answer I received was negative and it seemed that she had attracted more of what she already had.

Meaning that, the fear inside her further drew more fear inside her thus impacting her relationships and health. Most of her chakras were also blocked and they were cleansed and healed too. I tried to delve deeper to identify the effects (if any) of any black magic but was met with no luck. Fortunately a master came to guide the session and from the guidance he gave, a few things became clear to me.

- The energy we send out comes back to us so always send out positive energy.
- Let go of all your belief systems – They have no meaning and only serve to hold us back in our spiritual growth. I understood this as "if we believe that black magic has been done and we will suffer the impact of it then we most certainly will. "Since our mind is strong, its best not to give focus and attention on those things which hold us back. Henry Ford's famous saying comes to mind here "***Whether you think you can, or you think you can't--you're right.***"

So if the mind believes in something, its possible that it will get manifested hence its best to fill us with only positive thoughts.



Nivedita Mohala
. Clinical Hypnotherapist,
. Past Life Regression Therapist,
Life between Lives Therapist
Email: nivaditamohala@yahoo.co.in

Suicide- Freedom from Worldly Woes?

Once an old client and a dear friend referred someone who had recently attempted suicide. She told me that the person referred was a distant cousin, whose attempted suicide, has deeply concerned everyone, about him and his family, as things had not been well for past couple of years since he had met an accident shortly after his marriage. Though initially a little hesitant about trying hypnotherapy, he agreed to give it a try, and we scheduled a session next week.

As promised, he came, though a little nervous and jittery, yet meticulously dressed and on-time. This gentleman in his early-forties on first look seemed like someone very 'tired' and 'worn-out'. He was a handsome guy who seemed like a withered banyan tree. His tall frame and athletic body type indicated an active healthy past but all that poise and energy seemed to have been clocked by a strange 'heaviness'. He had sad eyes, sunken shoulders, slump in his walk, and overall an exhausted appearance. As we talked I noticed that he would at times be very slow and deliberate with his words and sentences, yet at times be very fast and random, to the extent of losing the context.

He worked with a leading financial institution; was financially sound; had been a national level athlete; and got married around eight years ago to a fellow athlete and fashion model and had a wonderful life till he met with an accident soon after his marriage, which left him immobilized for around six months. He recovered slowly but life has never been back to track and things only seemed to have taken a nosedive.

He shared how post-accident he went into depression, self-criticism, and developed: low self esteem and felt inadequate. That feeling of inadequacy led to drinking that had now become another big issue in their marital life and also grave concern for his own health. He told how he will feel angry at very little issue and turn aggressive to the extent of being violent. He felt that the accident was the reason that they couldn't have a child and had a feeling that his wife saw him as inadequate.

Talking about his suicide he told that it was on one such night after a heated argument and name-callings by his wife that he couldn't sleep and felt very uneasy as if being 'choked', this followed a deep surge of loss, hurt and pain. He told that probably it was that feeling of being 'inadequate' and 'no-good' that pushed him to contemplate suicide. Yet he felt deeply regretful about it all but at the same time told that he saw no point living a life like that, where he has lost everything from honor to love.

So we started the session seeking to resolve the issues like anger, aggression, self-criticism, low self esteem, feeling of inadequacy and also find guidance regarding their childlessness. What we planned was to address these emotional-behavioral issues, but to our amazement he guided by 'Masters' moved to a 'Parallel-Reality' where a similar HIM was living a similar life sans all this pain hurt guilt and regrets. That reality seemed like a 'Holographic-mirror' of his current life, but one were he had recovered after the accident, had taken the path of yoga and mediation rather than alcohol, and was having a happy confident blissful loving life with his wife. The experience was so real that he felt totally shaken yet gleefully happy, to have understood it by his own direct experience that how our 'Choices' shape the world around us!

Yet one thing that still haunted him was the childlessness in both his 'Realities', so we explored the issue and he quickly moved to a past life were we found that his wife in current lifetime was his wife in that lifetime too. He was cursed to be childless in that lifetime by a dying mother who had died in grief of her newborn child who had died in an accident involving him. He had pleaded forgiveness and felt deeply guilty for the incident where though unintentionally, he misjudgment had been the cause of child's death. He had carried this guilt and regret till his last breath. So we healed that lifetime, 'invoked' that 'Mother' and her 'Son' and sought forgiveness, while at the same time forgiving his own 'Self' and seeking forgiveness. Then guided by the Light and Masters we blessed them all, including his own 'Self'. Subsequently we detached and healed all cords and connections from that lifetime.

His 'Guide' also explained the grave consequences of suicide on a Soul's evolution. The 'Guide' elaborated that by committing suicide an individual can't get 'freedom' from the troubles of his current life situations, rather it can leave the soul 'Stuck' between the "Earth-Plane" and the 'Light Realm' for an indefinite time or maybe land the soul in a quick rebirth to go through similar or even more difficult experiences to learn the same lesson. This guidance was deeply moving for him and he understood the grave consequences of the mistake he had tried to commit. He promised his 'Guide' never to even think about suicide or any harmful activity.

He went back home happy, relaxed and more aware about the 'Reality' of his being and the key to his happiness. Over weeks and months he reported significant improvements in all aspects of his life, from health to his relationships, work to social life etc. Practicing mediation and yoga, he today is a contended man full of gratitude, who has come a long way from the point of taking his own life to being an inspiration and pillar of strength for others around him.

Each such case reiterates my faith and trust in the Healing power of Light, the Divine Grace and the power of transformation of forgiveness, acceptance, blessing and gratitude. It reaffirms the fact that 'Masters', 'Guides' and our 'Guardian Angels' are always there, all around 'Us', eager to help, guide and protect.

"May There Be LIGHT-Now & Always"



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

Children & Hypnotherapy



*A song in heart and beauty in eyes,
Makes our dreams perfect allies. ☺©*

As Hypnotists, we possess an amazing tool that can enable us to help our children more effectively. We want what's best for them, we want them to succeed in life. We praise every little achievement and encourage them to do more. What if I told you that every time you talk, every time you are playing with your children, you can plant the seeds for an extraordinary future for them. Yes, that's what hypnosis can do. We see miracles in our work with clients and we can create the same miracles for our children.

Of course, it's easier when a client comes into our office and willingly sits into the chair ready for the hypnosis session. I imagine, there are not many children would be willing to get into your chair for a hypnosis session on daily basis. I know, mine would not for sure.

Children love to play and they learn by playing. During play, the creative parts of the brain are activated. Often, by submersing into a game, children enter alternate states of mind. Isn't it what we use hypnotic inductions for: To put our clients into alternative states of mind to make them receptive to our suggestions.

And here our children are already in this state, open, receptive, ready for us to plant those seeds. Don't miss that opportunity!

Play with them to use your hypnotic skills to help your child to succeed. Embed beneficial suggestions during the game.

Example:

It is time for Teddy Bear to go to bed, but he is scared of the dark (like your child). Mama Bear invites him to check the room for any possible danger that maybe hidden under the bed, in closets, behind curtains. They don't find anything. Then Mama Bear tucks Teddy Bear into his bed and tells him a story about how she was afraid of the dark when she was little. "...and once I saw with my own eyes that there was nothing under my bed or behind the curtains, I knew I am safe and it helped me feel better. Night after night, I felt safer and calmer, until I just stopped thinking about it, I just forgot about my fear completely...."

You get the idea? You don't have to have a formal hypnosis session, you can embed your suggestions during play. You can embed them while telling a night story. My son often asks to repeat some stories over and over. So, I take advantage of it and reinforce the same suggestions.

Every part of daily routine can be used to set an anchor. Repetition is a key. It takes about 4 repetitions to set a good anchor. The more the better.

Examples:

"Have you noticed, as soon as you brush your teeth, the mint flavor makes you feel more energized and ready for action."

"You know, every time we have hot chocolate, I feel cozy and happy. I wonder if you feel it too... cozy and happy."

"Have you noticed that when you sit with your back straight up it makes much easier to focus... and when you really focus, home work is a breeze..."

“A good story puts you in a good mood, and then you see amazing and adventurous dreams... and when you dream dreams like that you wake up in the morning ready to live the life where the dreams come true...”

“You did a great job today. I am so proud of you. When you can do a job like this, you know, that you can do anything...”

Night story script:

There was a little girl named Lily. If you see her, you'd think that she is just like any girl or boy. She loves to play with her friends. She loves her dolls. She loves to dance and sing. She loves her mom and dad.

Even though, Lily looks just like any girl or boy, some may think that she has super powers. Her grades at school are always great. She runs so fast, no one could ever catch her. When she learns something new, she memorizes it with ease. Even when not everything turns out great, she is still happy and not bothered by it. What is her secret?

At night, when Lily goes to sleep, she tells herself “I am off now to a magical dream land”, and she goes... This magical dream land is so beautiful and peaceful. Ancient trees are so tall, they reach the heavens. The grass is so soft and makes your feet feel good when you step on it. Flowers smell nice with their sweet nectar. Exotic birds sing the most beautiful lullaby you can imagine. The land is full of magical creatures: fairies, angels, gnomes, unicorns, you name it...

One of the unicorns takes her to the castle, and then fairies accompany her to the bedroom. Once Lily gets comfy in bed and falls asleep, the real magic begins. Angels and fairies surround her bed, and each of them performs their task while the birds sing lullaby. This lullaby helps Lily sleep deep... very deep...

Angels draw beautiful light to help Lily's body get stronger and grow. And sometimes, if there are any boobooos, scratches, itches, this light will heal it. Other angels stand over Lily's head and organize her thoughts, they sort

through every bit of everything Lily saw, heard or read and organize it. The fairies brush Lily's hair to help them grow long and beautiful. Some fairies fetch fears and worries out of Lily's heart, and unicorns take those fears and worries and carry them through fields, mountains and forest, far...far away from the dream land. Other fairies find the good feelings in Lily's heart and make them grow bigger and bigger... All that is fun and happy becomes 10, 20, 30, or even 100 times stronger, bigger, happier... And when they're done, Lily will wake up in her bed feeling stronger and happier, feeling that every thought and every feeling is perfectly organized.

But the real secret here is that any girl or boy can too go to the magical dream land.

At night, every girl or boy when they go to sleep, they can tell themselves "I am off now to a magical dream land." And sure enough, they will go to this magical dream land that is so beautiful and peaceful. Where are the ancient trees are so tall, they reach the heavens. The grass is so soft and makes your feet feel good when you step on it. Flowers smell nice with their sweet nectar. Exotic birds sing the most beautiful lullaby you can imagine. The land is full of magical creatures: fairies, angels, gnomes, unicorns, you name it...

I wonder now, if you'll tell yourself "I am off now to a magical dream land", how fast and how far you may you go... into this magical dream land that is so beautiful and peaceful. Where the ancient trees are so tall, they reach the heavens. The grass is so soft and makes your feet feel good when you step on it. Flowers smell nice with their sweet nectar. Exotic birds sing the most beautiful lullaby you can imagine. The land is full of magical creatures: fairies, angels, gnomes, unicorns... One of the unicorns will take you to the castle, and then fairies will accompany you to the bedroom. Once you'll get comfy in bed and fall asleep, the real magic will begin. Angels and fairies will surround you and each of them will perform their task while the birds sing lullaby. This lullaby will help you sleep deep... very deep...

Angels will draw beautiful light to help your body get stronger and grow. And sometimes, if there are any booboo's, scratches, itches, this light will heal it. Other angels stand over your head and organize your thoughts, they will sort through every bit of everything you saw, heard or read and organize it. Some fairies fetch fears and worries out of your heart, and unicorns will take those fears and worries and carry them through fields, mountains and forest, far...far away from the dream land. Other fairies will find the good feelings in your heart and make them grow bigger and bigger... All that is fun and happy becomes 10, 20, 30, or even 100 times stronger, bigger, happier... And when they're done, you will wake up in your bed feeling stronger and happier, feeling that every thought and every feeling is perfectly organized.



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

AYURVEDA FOR TODAY, TOMORROW & FOREVER

Ayurveda, the ancient medical science of our INDIA . Unfortunately ,lesser known to our people & called as alternative medicinal system in our country. But in my opinion it should be declared as a prime medicinal system of our country. Why?

Because Ayurveda although its ancient & sacred but it is specifically invented & designed for Indian people, keeping in mind Indian weather, availability of variety of plants and many more things. Although its works on everyone is who is not Indian, as lots of foreign country people are come here to learn and take ayurveda treatments.

But one must not think that it wont work today just because its developed thousand years back. That's the Uniqueness of ayurveda. Because ,

Ayurveda is designed for today, tomorrow & forever..

Trisutra – Three basic principles of Ayurveda

हेतुलिङ्गौषधज्ञानं स्वस्थातुरपरायणम् ।

त्रिसूत्रं शाश्वतं पुण्यं बुद्धे यं पितामहः ॥ २४ ॥

Means, Ayurveda is for healthy & also for diseased persons, which is made up of three pillars of causes,symptoms& medicine of all disease, which is holy & eternal(shashwat) rendered by Bramha himself.

So now what Ayurveda means?

Ayu means “LIFE” & Veda means “ science/knowledge” . so it means “science of life”.

‘Atharvaveda’ which is our main veda&Ayurveda is a ‘upveda’ of atharvaveda.

What is the motive of Ayurveda?

स्वस्थस्य स्वास्थ्यं रक्षणम्

आतुरस्य विकारं प्रशमनम् च ॥

"The main purpose of Ayurveda is to maintain the health of the healthy and to cure the disease of the ill!"

Ayurveda is dedicated in keeping healthy persons healthy as well as healing people from any illness & maintaining healthy status afterwards. Ayurveda is most powerful healing power as its works on Mind, Body and Soul & maintaining their internal balance.

Branches in Ayurveda

- 1) Kayachikitsa- Internal medicines
- 2) Baal chikitsa- Pediatrics
- 3) Grahachikitsa- Demonology/ psychology
- 4) Urdhwangchikitsa- branch of Ear Nose Throat
- 5) Shalyachikitsa- Surgery
- 6) Danstrachikitsa- Toxicology
- 7) Jarachikitsa- Geriatrics & Rejuvenation
- 8) Vrushyachikitsa- Aphrodisiac

Principles of Ayurveda

Ayurveda evaluate human body in terms of 'VATA', 'PITTA' & 'KAPHA'. The 3 doshas; i.e constituents of a human body. These 3 doshas works in congruence with each other in order to carry out various functions in our body, keeping perfect balance in between them ayurveda can keep us healthy.

These 3 doshas are ultimately formed by 5 elements i.e. SPACE, AIR, FIRE, WATER, EARTH.



So by maintaining a balance between these 5 elements and soul in our body, we can remain healthy forever, that's why ayurveda can work forever as its based on principles of 5 elements which are itself eternal.

What are other constituents of our body

7 **Dhatu** which forms structure of our body

- 1- RASA- Lymphatics
- 2- RAKTA- Blood
- 3- MANSA- Muscle
- 4- MEDA- Fat
- 5- ASHTHI- Bone

- 6- MAJJA- Bone marrow
- 7- SHUKRA- Sperm/Ovum.

And 3 **Mala**(waste materials,)

- PURISH- Stools
- MUTRA- Urine
- SWEDA- Sweat

.In order to be called healthy, one needs to maintain harmony between all these constituents along with enlightened mind & senses. And Ayurveda has given various ways to attain healthy status of ourselves. Will see how?

Ayurveda has mentioned about '**DINACHARYA**' in its various ancient text, samhitas. Dinacharya is a healthy lifestyle we are supposed to follow from morning to night, in order to keep ourself healthy. By following the same dinacharya many people in ancient era were able to live for hundreds of years.

Ayurveda has many diagnostic tools mentioned in text which works n proved efficient even today after thousands of years. By observing nadi, digestive power, various other clinical observations ;diagnosis can be made. And for treating patient diagnosis is very crucial.

TYPE OF TREATMENTS IN AYURVEDA –

1> Medicinal treatment/Shaman chikitsa-

Ayurveda medicines works on various illness by correcting balance and regulating harmony between imbalanced vata ,pitta,kapha. And also digest vitiated doshas. Ayurveda medicine are made up of 5 elements which become congruent with body's 5 element after consumption, no artificial material is

involved, hence they get absorbed fast, and doesn't give side effects. But should be used wisely and by consulting Ayurveda doctor only.

2> **Detoxification treatment/ Shodhanchikitsa-**

In this type certain detoxification treatment known as '**PANCHKARMA**' are carried out which eliminates various toxins, vitiated doshas out of our body, so in this way cause for various disease gets removed from body, resulting in cure of a disease from its roots. Along with that Panchkarma heals and rejuvenate body as well as mind.

In today's fast and competitive world our lifestyle and stress has lead us to suffer from various lifestyle disorders like diabetes , hypertension, high cholesterol levels, deposition of various toxins in body, which causing multiple system disorders. For such problems Panchkarma will be the best solution for such disorders, as it expels out vitiated doshas and toxins deposited in our systems before it turn up to be something deadly for us.

In addition it will give u quick results along with rejuvenation and immunity build up. Hence in my opinion Panchkarma is need for today's generation to survive and live in a healthy way.

WHY WE MUST GIVE AYURVEDA PRIORITY?

- 1) Ayurveda does not concentrate on symptomatic relief, but it believes in first understanding causes, origin place, course of actions behind a disease, evaluation of prakriti of patient like vata , pitta , or kapha and then design a course of treatment which will heal our body completely from any disease.

- 2) Ayurveda medicines are great immunomodulators, by enhancing immunity ayurveda can prevent recurrence of disease.
- 3) Ayurveda is a only medicinal system who concentrate on Detoxification & Rejuvenation.
- 4) Unlike one-size-fit-all approach of western medicine, ayurveda takes into account individuality ,doshic profiles when prescribing ayurvedic holistic treatments, which covers huge diversity of different treatments among patients.
- 5) Along with medicines and panchakarma ,ayurveda also gives proper diet, lifestyle modification advice which are very easy to follow. Our new generation ayurveda physician are trained in it.
- 6) Ayurveda has immense value for digestive power, diminished digestive power can lead to most of the illness in our body, that's why ayurveda evaluate and treat digestive power to stop any disease from further advancement.
- 7) Most of all Ayurveda is flexible. It doesn't need any nomenclature of any set of symptoms. It just need balancing of vitiated doshas& 5 elements. Hence ayurveda can cure lot of generations to come.

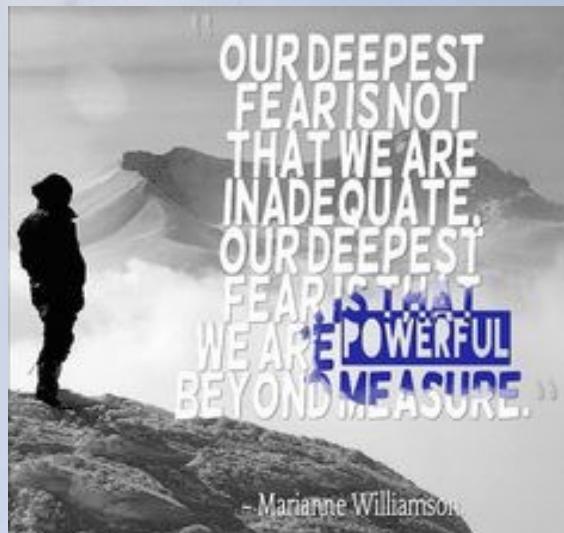
So I hope if you give chance to Ayurveda today, then you will automatically follow it forever...



Dr VRUNDA PAWAR
Thane “India”
B.A.M.S
Ayurveda Physician
Cosmetologist
Marma Therapist
vrunda.pawar@gmail.com

FEAR of FAILURE

“Childhood impressions are important”



A very successful man when stated the reason for therapy as having the “Fear of failure”.....we had a pregnant pause with understanding there is more to come.

From studies to career and even now at every juncture of new challenge. He always has an immense pressure in his chest.... And an insane degree of fear of failure takes him in its grip. Resultant he resort to fierce competition to some extant doing good but, for a large part

- Getting repetitive; fear seldom leaves a window for any creative thinking
- Practically has no friend; since he sees everyone as competition only.
- Puts up long and strenuous hour; sometimes for work but more to keep appearance.
- Outcome, strained personal relationships; at home with spouse, children parents etc...

This fear of failure was getting stronger and stronger, so much so that Instead of new challenges he has started opting for safe and reliable and was really perplexed “What happened to my zeal for Life?

By his credentials: a topper in college and very competitive at work.

His restlessness demanded relaxation which, I did with the help of 'crystal healing' then we went on to hypnosis.

We decided to explore the origin of his fear. In hypnotic trance he went straight to his childhood. Where he had a troubled relationship with his father.

In his words during trance "His father had been continuous source of anxiety, everyone feared him due to his temper and his stubbornness made life hell for all.

All of it made him feel angry yet very helpless. And whenever he tried to talk to his father about it he ended up having confrontational reaction than proper discussions.

During one such moment this deep darkness crept in his chest region which, since then a constant source of fear of failure.

We decided to call and talk to this energy it addressed itself "Dark". Now we took it to its peak intensity and asked its purpose to come.

We got the reply: To save him from failure.

When we asked to deliberate. It told us:

"Had he not attracted me within he would have gone into depression, So to keep himself onto the path of growth he attracted me. It was his fear which has pushed him out of despair."

Right; I said, (with due respect) but now, that today you have shown yourself, that means your purpose of being with him is complete and now, he is ready to grow without you.

Yes...! That energy replied.

After that we invoked all pervasive omnipresent Light and with it's due permission collected all the "Dark and dissolved it into "Light".

That gentleman instantly felt lighter in his chest. Then we filled that whole area with light to heel.

My insight from this session is:

Everything comes with a positive intention even 'disease' Yes!
Even 'disease' .

Here is a little method to use for anyone: We must sit down before going to sleep in night. And ask whatever bothering us – "Why are you here? What is your positive intention please let me know? You can tell me in dreams or reveal it to me anytime as intuition. Now, go to sleep. Repeat it two three nights if it does not come in first and go to sleep. Answer will come and with it solution. So do try this one and Enjoy the blessings of Light.

Love and light to you



Varsha Dwivedi

-Clinical Hypnotherapist,
-Past life regression Therapist,
-Life between Lives therapist,
-Crystal Healer,
-Tarot Reader,
-NLP Trainer to the Coaches
-Master Practitioner and coach of NLP
(Neuro Linguistic Programming) &
Subconscious Re – imprinting,
-Marma "Vedic Science" Therapist.
Email: varshadwivedi225@gmail.com