

"In him and through faith in him we may approach God with freedom and confidence ". 'Ephesians 3:12'



# Healing and Hypnotherapy

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Prayer without breath is Silence  
Love within infinity is Silence  
Wisdom without words is Silence  
Compassion without aim is Silence  
Action without a doer is Silence  
Smiling with all existance is Silence

Sri Sri

न त्वेवाहं जातु नासं न त्वं नेमे जनाधिपाः।  
न चैव न भविष्यामः सर्वे वयमतः परम्।।2.12।।

There was never a time when I was not, nor thou, nor these  
princes were not; there will never be a time when we shall  
cease to be. (SrimadBhagvadgeeta "Chaptor2- Verse12")

## **From The Desk**

Sun – Solar Energy, Energy of Father in Energy healing  
A miracle to witness daily,  
Nourishes feeds everything on Earth,  
Bearer of Knowledge,  
Witness of everything,

From Timelessness to, Time bound zones  
From Simultaneous, to now.

Giver of Light  
Of Energy  
Of stability  
Of warmth  
Of Happiness

The more we dwell in sunlight; Stress, depression and lethargy go away.

It has potent healing power. Morning Sunlight is no less than Life's Nectar.

When combines with rain it gives Rainbow – Myriad colors – Seven bands or seven energy centers - As in sky so in body, Life begins with the combination of Sun and rain. Air moves it, Ether (Sky) holds it, Earth Bears it and keeps it grounded.

With these five elements, Alchemy of pressure, temperature and amount of elements creates everything from Amoeba to Human, to living and non-living all substance with them .....

Ever wonder from where these five elements come?

Answers.. in Silence  
Deep silence is where the whole litany begins, flows – grows and reach to the Silence again.....

And our first Light ray is for our children from **Gunilla Hamne** and **Ulf Sandstrom** Tapping and how it helps children instantly. Available read. And must practice.

**Guzalia S. Davis**, again with a new gift to us. “**Protection Aura Expanding and Strengthening**” A must read.

**Neha’s** Session insight is valuable; which says, that what cannot be changed since it’s a Karmic debt, can still be tempered with the help of Grace. In her “**Past life Karma and their effects, can be conquered by Meditation and Service.**”

Welcome to “**Lori Cherpta**” from **USA** with a beautiful write up about Akashic Record. **AKASHIC RECORDS’ Their Beauty & Healing**. Thank you for joining us in our mission of spreading awareness

Let’s Explore the world of Crystals with Me (**Varsha**). As this medium is not touched upon yet in our journal. Here is “**Crystals, Mysterious, Loving Master Healer “ Lemurian Quartz”** A Mystical read.

**Dr. Bruce E. Kaloski’s** write up is once again affirming how useful hypnotherapy is, in our life. With its **Past Life Regression Therapy** how many issues can be resolved.

A. Prakash Your write up is a clear picture of trauma children go through in parental discord. “**Finding LIGHT Within To Heal the Trauma of a Broken Home**”. But then souls’ blueprint are unique they choose their challenges. A thoughtful read indeed.

Read and Enjoy this journey within.  
Love and Light to all... ☺



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## Tapping & Children

**Gunilla:**

### Tapping Toto

Some time ago when I was coming out from an internet café in Bukavu in eastern Congo, I saw somebody I recognized on the other side of the street. “Jambo Louis!” I shouted over the noise of the motorcycle taxis passing between us. Louis was a participant from one of our TTT trainings. He stopped, waved and made his way across the street through the traffic. This is what he told me:

*“Last September my youngest son Toto was going to start school. I went with him on the first day. All the new pupils were supposed to answer some questions, like an exam, to check if they were ready for school.*

*There were a lot of people in front of the school and in the classrooms. I felt Toto slowing down and holding on to my hand tighter and tighter. It was like he was hiding behind me.*

*‘Come Toto, let’s go to your classroom’, I said, but he continued dragging behind.*

*The classroom was jam packed with children and parents. At front was the teacher, a tall woman dressed in bright colors, overlooking the crowd.*

*I felt Toto pulling my hand: ‘No, dad, please, I can’t go in there...’ Toto said with a terrified look in his eyes.*

*‘What’s happening, my son?’ I asked him.*

*‘I don’t dare to go in there, please, dad, I want to go home’, answered Toto almost crying.*

*At that moment I came to think about the “gorilla tapping” that we learned during the TTT training. I said to Toto: ‘Come my boy, let’s*

*make ourselves brave like the big gorillas!*

*I led Toto out of the classroom and started showing Toto the tapping on the chest. ‘This is how the gorillas do, isn’t it?’ I said, ‘Just do like me now.’*

*He nodded and started to imitate me. After tapping for a while I asked him: ‘How do you feel?’ He smiled and said ‘I’m okay now.’*

*We went back to the classroom. When entering through the door, Toto let go of my hand and walked without hesitation through the crowd, up to the teacher. She asked him something in French, which is the language of the learned people in our country, but Toto answered in Swahili: ‘Please Madame, could you say the questions to me in Swahili, French is difficult. ‘*

*The teacher looked surprised at Toto. Then she bent forward and lifted him up from the floor and said: ‘You are a brave boy. Of course we can talk in Swahili.’*

### **On a Chess Tournament for Kids**

Another example of doing TTT with children comes from Sweden:

#### **Ulf:**

When my daughter was ten years old, her whole class participated in a yearly chess tournament for kids. They participate as a class, counting points from every individual game. This means that every child is partly responsible for the outcome of the class in each game. Imagine the pressure.

One boy got so nervous that he threw up. He cried and wanted to go home. This situation holds a lot of pressure for a kid this age – the class effort depended on him playing.

My wife, Melodie, tapped him as he was standing and crying, using a napkin to mop up the vomit. After two rounds she looked him in the eyes and asked “*Can you give it a try?*”

He turned around with a weak smile, nodded, played – and won. After

this he has asked for a tapping every now and then before games, but most importantly, the whole class realized that it's ok to be nervous, and that there are things you can do about it. Simple things, like tapping.

## **TTT over Skype**

You can teach, train and perform TTT over Skype with a web cam. We recommend making sure there is somebody with the client that can be helpful if emotions get strong. As a part of the session we explain how they can continue to tap themselves as a tool for self-help afterwards.

(Excerpt from the book "Resolving Yesterday" authored by **Gunilla Hamne** and **Ulf Sandstrom**)



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**Ulf Sandström**  
Is a mental trainer and hypnotherapist  
who is extremely curious about what  
makes us tick. Tock.  
He works as a complementary therapist  
with in-depth knowledge and  
experience of principles,  
methods and procedures for treatment  
of a large variety of symptoms of  
emotional stress and trauma;  
including flashbacks, addiction, chronic pain,  
cognitive dissonance, IBS, GAD  
COD, grief, rumination and sleep.  
With the Peaceful Heart Network  
he works with First Aid for emotional  
and traumatic stress in zones of post-  
conflict such as:  
Rwanda, D.R. Congo and Lesbos, Greece  
Read more at:  
[www.ulfsandstrom.com](http://www.ulfsandstrom.com),  
[www.peacefulheart.se](http://www.peacefulheart.se)  
& [www.selfhelpfortrauma.org](http://www.selfhelpfortrauma.org).

## Guided Meditation Script for Protection. Aura

### Expanding and Strengthening.

I'm going to guide through very quick but very effective meditation. It will help you to expand and strengthen your aura and create a protective shield around you.

This shield will keep away all the negativity and it will help you to feel stronger, safer and more secure.

It's very easy. All you have to do is to follow my instructions and use your wonderful imagination.

You can do it with your eyes open or closed... it works either way... You can repeat this meditation anytime anywhere.

Take a nice deep breath in... and hold it in for a moment... and exhale slowly... and take another deep breath in...and hold it in... and again, exhale slowly.

As you keep focusing on your breathing, I'd like you to imagine that there is a beautiful light coming from above. A big beam of bright brilliant light... and you are standing right beneath it.

This light is very gentle and comforting... loving and caring... soothing and healing...

As you stand there beneath this beam of light, you start to take in this light into your body... you breathe it in... and this light gradually start to fill in your body.

So, just imaging, visualize, pretend that you are breathing in this beautiful light... this Divine goodness... this fresh energy... and breath out all that doesn't serve you anymore.

Breathe in the light... and breath out all the worries and fears...

Breathe in the strength... breath out all the negativity...

And as this brilliant light starts to fill up your body, it starts to sip through your skin... creating this beautiful glowing cocoon around you.

And as you keep focusing on your breathing... with each and every breath, this cocoon starts to grow bigger and brighter... bigger and brighter...

This is your protective shield that will keep away all the negative energy... it will repel everything that you don't want in your life...

And inside of this beautiful cocoon, you can keep yourself centered and focused... so you stay all day long feeling strong and confident... no matter where you go and what you do... you can be the best you can be...

And probably by now, you have these tingling and humming sensations in your body... that is because this practice is raising your vibrations.

The higher your vibrations are, the better you feel.

The higher vibrations mean feeling more positive... feeling happier... feeling stronger...

And the better you feel, the better your life can become... because your life is a reflection of who you are.

So, just keep breathing in this beautiful light allowing this goodness and sweetness to fill you up... and expanding your aura... your protective shield... helping you to feel safe and secure...

With each and every breath, see your aura expanding and becoming denser and stronger...

Allow this beautiful light to energize you... give you strength and confidence... to do whatever you need and whatever you want to do...

Visualize this bright light pushing out everything that doesn't serve you or hurt you... whether it's pain, fears or people that don't have the best intentions toward you...

Visualize your aura... your protective shield is repelling... bouncing off everything that is not for your best benefits... whether it's negativity, aggression, jealousy...

Visualize how your aura is drawing in positivity, joy, happiness and abundance into your life.

And now, take another deep breath and as you exhale slowly, open your eyes feeling absolutely amazing.



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## **Past life Karma and their effects, can be conquered by Meditation and Service.**



### **A message during Hypnosis:**

This client came with the issue of extreme stress, in his words “at times I want to commit suicide”. So he was here for Hypnotherapy.

Before we move further let me tell you his background... in his family they are three brothers one sister (eldest brother, then sister , my client & then his youngest brother) father and mother. His father works and live out of India and he lives with his mother. When his eldest brother was in 8<sup>th</sup> standard it was Holi festival (festival of colors), after playing colors with his friends he came back home and slept. When he got up he was not in his senses. Since then he is never normal and one day he left home. Exactly after one year of his leaving home youngest son was in same situation, initially they have taken him to mental hospital. Everything worked for a while then they were back to square one

Then he met his Guru(enlightened master) and he started following path of seva(service) and sadhna(meditation & other yogic technique); his brother begin to get better and better, that he even started meditation and all. But then again basic human nature ... procrastination, laziness and & enjoyment of victimhood with loads of excuses. Postponing sadhna for tomorrow & we all know tomorrow never comes. For seva there was always an excuse like OH! I've other important things to do. Fortunately or unfortunately (it's up to you how you see it) there are many who can get away with these things and still enjoy life but for chosen few, the moment they show any sign of carelessness their lives started falling apart And my client seems to be amongst one of those chosen few.

So once we started session first his grandfather's mother came, she was very angry, she said "you all are losing your mind and sanity, I don't want to talk to you" and then she was gone and where she was, now there is a beautiful light like a candle flame and it was growing bigger and bigger finally my client was covered with this light and he was feeling blessed and protected. Next moment light was gone and he saw himself in a forest there, he had seen one sage whose name was Sant Suda Das, he was taking dip in river nearby and asked my client to hold his clothes then later he talked to him about his life. Finally he said to my client to focus on seva (service) & sadhna (meditation) and asked him to follow path shown by His (My client's) Guru.

**He said all your problems are because of your past life karmas and you cannot change it. only guru's grace can help you. He also asked my client to conduct satsang ( devotional songs & knowledge discussion with co-passengers of this spiritual journey) at his place.**

Now when he came out of trance he said it is very difficult to conduct satsang at home, as there's going to be extra work and I've this thing to do and that work is important. I was speechless to hear those excuses; this guy was telling me most tragic & painful situation of his family, planning to commit suicide; but not ready to take few extra steps that can solve his problem, where people leave no stone unturned in such situation to change

their life for good. So I put my foot down that until he'll do as recommended to him in his trance I'll not book next session. So he agreed to it. He wanted that either I or his Guru should do some miracle so that everything gets better in his life without him putting any effort.

Then I thought about suicide ... how lightly people take it, for them it's an escape route not any courageous act. Though I always feel, taking your own life needs lots of courage because it means you are not scared of death and if, you are not scared of death means nothing is impossible for you as what maximum can happen to you ... DEATH and you are not scared of it, then go ahead take those decision which you thought were impossible, Do something which you have never done before Live before you die. You will live happy and die happy.



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## **‘AKASHIC RECORDS’ Their Beauty & Healing**



Discovering – or more likely, rediscovering, the Akashic Records was one of the most defining moments of my life. I heard the term on several occasions before, not knowing what the Records really were, but each time someone made reference to the “Akashic Records” it was as if a choir of angels were singing. There was a familiar, melodic sound to the term but I was keenly aware that I had no knowledge of the Akashic Records.

When I finally researched the Akashic Records, I found myself in a class within a week to learn what I could about this mysterious, yet familiar concept. It was in class that I discovered my life’s purpose. It was as if a light was turned on deep within my soul. I was home. And I knew that at some point in my soul’s journey I had worked with the Akashic Records before.

The Akashic Records is an energetic library that contains the story of our soul, including past life experiences, current life and the possibilities of the future. The details of each life is accessible –thoughts, feelings, emotions, struggles and joy. It is a spiritual practice in which the practitioner receives guidance from the client’s spiritual guides and acts as a channel to stream

energy to support the client's healing process. The energy that an Akashic Records session is conducted in is one of love, healing and transformation.

While there are many ways to access the Akashic Records, it is a practice for those who have attained a certain level of spiritual growth. My way of working is to support client's in the here and now. We focus on what is holding them back in life and keeping them from moving forward. Perhaps it is something happening currently or perhaps it is something from earlier in their life that remains with them on some energetic level. And perhaps, of course, the energy pattern that keeps them stuck happened in another lifetime or possibly in their family history that has been carried through successive generations.

A session is conducted in the loving, supportive, healing and transformative energy of the Akashic Records. As a practitioner, I access a client's Records through a prayer which allows me to communicate with the spiritual guides of my client. There's a sensation of being energetically lifted partially out of the density of my body and being transported to a place that is lighter, freer. I remain aware of my physical body and I am wrapped in the energy of love. Clients are experienced as their spiritual selves – their souls – where all true healing occurs. It is easy to love clients during sessions as Akashic Records practitioners see them from the perspective of the Divine. We are all perfect at the soul level. It is only the belief that we are imperfect and that we are separate from our Creator that keeps us out of alignment with this concept. Once we begin to experience the beauty of our soul, where we are in perfect alignment with the Universe, that we begin to shed the stories of our limitations, our inadequacies and misfortunes.

As Akashic Records practitioners see the light within clients an energetic shift begins to take hold. It is a shift that continues to unfold even after the session has been completed. This shift supports clients in releasing patterns that have kept them feeling limited, unempowered...perhaps unloved and unworthy. Often, relationships begin to change and life circumstances begin to shift as the client is energetically lifted to a new

perspective, to a new way of being. Sometimes these shifts happen instantaneously during a session and sometimes it happens during the following days, weeks and months.

As a channel for the Akashic Records, it is with profound gratitude and awe that I am a witness to the healing and transformations during Records sessions. I am not the healer, but the channel through which spirit works to deliver this powerful energy. Clients play a role, too. They must be willing to change and to receive the energy that is given.

Many clients come to me to discuss ordinary issues, such as relationships, both past and present. Many feel 'stuck' or wish to discover what is missing in their lives. Often people request an Akashic Records session without any knowledge of what they'd like to explore. I find this fascinating but understand that their soul is simply guiding them on some energetic level to move on in their spiritual journey. The energy that is channeled in the session will help boost them forward.

And still there are other clients with crises to resolve and heal. Those of deep feelings of rejection and abandonment, experiences of trauma, such as divorce, sexual abuse, and the death of a child are some of the issues that I've worked with in Akashic Records sessions. These can be deeply moving and transformative experiences, both for the client and myself. My willingness to allow Spirit to guide the sessions is in direct alignment with the amount of healing that can take place. The trust that the client has in me and their desire to heal also plays a role in the healing process.

My love for the Akashic Records includes teaching people how to access the Akashic Records so that more people can bring this level of healing and transformation to themselves and others. Having the ability to access the Akashic Records for guidance and direction on everyday issues is like having 24/7 access to a powerful life coach. There is no issue too small to request guidance on from the Akashic Records. Our spiritual guides are always happy to help us in our journey.

With each class that I teach, I like to envision an army being created as more people are trained to do this work. The Akashic army works to help combat the enemy, which in this case is the ego self and the stories of limitations and separation from the Divine. We, the army, work to combat those stories of our clients, helping to bring others to the light of their soul, where only peace and love exist.



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# Crystals, Mysterious, Loving Master Healer “ Lemurian Quartz



Crystals: Power House of living magical energies. They are stones with crystalline structure every Crystal has different structure, different substance and a different life story.

Even though when they belong to same group of crystals, each crystal is unique in its own vibrations and it chooses us. No we do not choose it. Its always the other way round. ☺.

Why they affect us? Well all of the atomic structure in a crystal is polarized. That not only make them different from ordinary stones but that's the reason why and how they can effect the flow of energy.

And we know our bodies are largely water and water is particularly good at holding vibrational patterns. So when our Aura or our body's vibrational state is not in healthy condition which if not redressed can ultimately take the form of physical or mental illness.

Crystals gently realign the patterns and subtle bodies, to bring them back into balance and that's how they create a state of well-being.

And today I bring you one of my favourite crystals:

## Lemurian Quartz.



Lemurian Quartz are said to be the gift from Lemurian civilization; one of the highly civilized society, which, harnessed the power of Love and understood it perfectly to be able to use it in their general well being.

They have left ancient messages in it, which are encoded in the form of bars at its surface.

This is the crystal of Higher realm it is used by Shamans, Healer, and Sadhak's (Advanced meditators) in their Sadhana to unlock the higher wisdom.

It is very good for healers as it raises their intuitive power and give them a deep meditative loving energy.

Lemurian have pink hue, they come in Golden colour too and they are very soothing and soft in touch.

When I was first drawn to this this crystal I held them in my hand and closed my eyes. Within second a deep loving peaceful warmth had filled me in and my hands were warm and tingly. I did not want to leave this experience and open my eyes.

Since then they are so useful in unlocking my potential as a healer.

When we connect to a Lemurian Crystal and the energy it

contains, we are also connecting to this grid of associated energies from the Earth, the stars, and beyond.

As they are called star seed Lemurian and legend goes they are buried in a form of a grid on earth and the stars and beyond. It is called master healer.

Lemurian's programmed these crystals to teach their messages of oneness and healing.

The tropical region where Lemuria existed – under the Indian, Pacific, and Atlantic Oceans – would have been home to many of the gems, plant medicines, and magic that we offer at Sage Goddess.

Lemuria is often called the Mother of all civilizations to follow. Its civilization – a spiritually advanced matriarchal culture – had connections to the cosmos that were much more sophisticated than we enjoy today. When their civilization fell, Lemurians planted crystals in various places around the Earth, to be discovered by modern day humans.

Our culture is experiencing a widespread awakening. And in awakening to the extensive power and energies of other realms and other lands, we travel to and begin to remember more and more of the incredible magic of Lemuria.

Each one has been encoded, or programmed with the Higher wisdom and Divine Feminine energies of the Lemurian civilization; the energies of unconditional love and healing, and the knowledge that all are one.

### **Connecting with your Lemurian quartz:**

- As you begin to work with yours, first establish a connection with it. You might say out loud, “Quartz of Lemuria, ancient ancestral spirits and wise beings, I welcome you to connect your energetic blueprint to mine and give information of use to me in this lifetime.”
- Sit in meditation with your crystal. Hold it in front of you, and begin to envision white light streaming into your Crown Chakra from above.

- See and feel this light as it flows down into your Heart Chakra, and then travels through all your chakras (energy centers) and healing you.
- Greet your crystal as you open yourself to its energy.
- Allow the connection to strengthen, and the energy to flow freely between it and you.
- You can hold it directly to your Heart or Crown Chakra, or lie down and place it on your Heart, Third Eye, or Crown Chakras.
- You may hold two of them one in each of your hand and sit in meditation while gently rubbing your thumb or finger at their grooves or bars, gently push at points you feel more connected in your touch. Keep your eyes closed and focus on your breath, experience is amazing.
- Continue working with your crystal, as you feel called to. It will guide you with love.

Light workers specially find it fascinating,

Let the light and Love and light of Love flow through everything.

Love & Light.



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## **PAST LIFE THERAPY FOR:**

**“Phobias,**

**Eating Disorders,**

**Addictions,**

**Illness and Disease,**

**Sexual Dysfunction.**

### **1. Phobias**

Many people consult past life therapists about phobias or chronic anxiety states of one kind or another. I shared the story of a client who suffered from a fear of water who, in a past life, had drowned in a boating accident with her children. A common phobia such as fear of snakes, for instance, may well go back to death from snake bite, or being lowered into a pit of snakes (sometimes as punishment, sometimes as part of an initiation rite). I'm familiar with a case where fear of birds went back to a person being very badly injured in a battle and then regaining consciousness to find a flock of vultures pecking away at their apparently dead body. I've seen cases of claustrophobia caused by being buried alive or fear of heights being generated by falling to death off a cliff.

Once the past life cause is discovered and healing done at that point in time, the phobia may completely disappear or at least significantly diminish in the present life to the extent that with some additional Behavior Modification based Clinical Hypnotherapy, it's easily eradicated.

### **2. Eating Disorders**

While many eating disorders do have roots in emotional causes in early childhood, some may be a carry-over from other lives. A common cause of overeating is starving to death in the

past life, especially when the last thought in that life was, “I’ll never starve again.” I’ve also seen the then socially-acceptable practice of bulimic vomiting at Roman orgies being carried over into the present life as a repeating pattern.

Anorexia may also be linked to past life beliefs about the body as ‘bad’ and sexuality as sinful and can link into past life sexual abuse. Fashion can also play a part. In 19<sup>th</sup> century England, for instance, many girls starved themselves in order to achieve the then fashionably desirable 18 inch waist.

### **3. Addictions**

If a person dies with the thought “There will never be enough of something” or wanting more of something, then they may be more likely to come back with an addictive personality. If the thought was, “There will never be enough love,” then the addiction may be to relationships and what passes for “love”; if it was “money”, then the addiction is to material goods – for instance, the miser hoarding his wealth. On the other hand, that person may still be stuck in poverty consciousness. Believing that there will never be enough money is often enough to ensure that there never is!

Alcohol addiction may be linked to the practice of giving alcohol to deaden the pain of surgery in the days before chemical anesthetics. In battle conditions a bottle would be passed around to patients waiting for the surgeon to perform the operation. This person might die with the thought: “There won’t be enough for me.” People with this kind of strong desire, particularly when they died in a wartime situation, often seem to reincarnate quickly, bringing the potential for the dependency back into the body.

Some drug addictions continually re-run an earlier dependency on medicine, sleeping pills, or “nerve tonics” (as they used to be called). Laudanum was very popular as a pain killer in the 1800s. In some cultures, drugs were routinely used as either sedatives or as spiritual aids. Other addicts may be replaying an opium addiction. In the 19<sup>th</sup> Century, thousands of Chinese were

introduced to opium by the British government who controlled the opium trade and thus had a vested interest in maintaining the addiction.

## **4. Illness & Disease**

Illness and disease is an enormous subject when looked at from a past life perspective. Past Life Therapy will not eliminate the need for medical treatment, particularly when a physical condition has already damaged the body, but those suffering from illness and disease are oftentimes found to have a psychological need for their condition. And many times this need may be rooted in a past life.

Old attitudes such as “hard-heartedness” can affect the present life, hardening of the arteries and other cardiovascular disorders being common manifestations. Old emotions, injuries and traumatic experiences may create physical disease and illness. Take the woman who had constant heartburn for which her Doctors were unable to find a cause. During a Past Life Regression she relived drinking a cup of poisoned wine given to her by her lover. The heartburn was cured when the therapist “erased” the memory of the poison by having her imagine drinking the antidote.

## **5. Sexual Dysfunctions**

Sexual difficulties can stem from varied past life causes. One of the most common problems are vows, such as celibacy or everlasting faithfulness taken in other lives and subtlety interfering with current life relationships. Frigidity and impotence can be found among people who have taken a vow of celibacy in a past life. The subconscious can simply switch off sexual arousal when confronted with the deep inner conflict of desire for another person versus an eternal vow of celibacy. Women may have had such awful experiences in labor or with a primitive abortion that they

want to quit the pregnancy business altogether and so frigidity or infertility are the result in the present life.

A man who experiences his wife dying in childbirth bearing a dead child may resolve “never to go through this again”. In his present life he’s impotent.

Old patterns of behavior can also be carried over. Some people endlessly recreate their past relationships, sometimes compelled by a vision of what they didn’t have or maybe obsessed with the search for what they **did** have. Some can also carry inappropriate patterns of behavior; for example, a man suffering from premature ejaculation because of sexual relations with a servant in a past life. There was always an urgent need to be quick because someone might find them. And then there’s the case of a women who was sexually hung up on her father. Not surprisingly, she regressed to being his lover in a former life.

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



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## Finding LIGHT Within

### To Heal the Trauma of a Broken Home

The chirpy young lady who came to see me for healing her fear of '**Being Left Alone**', had a bubbly happy persona at first glance, but once we started talking and she felt '**secure**' and '**safe**', that façade she had unconsciously constructed around her quickly crumbled, exposing the vulnerable child within. Yet what's most remarkable was her very mature and adult world-view of things, devoid of much emotion while discussing most issues. It seemed as if she 'had grown' too quickly owing to the circumstances around her. What she narrated may be summed up as follows:

- She had difficulty coping the felling of 'being alone' and the very thought of being alone was scary for her, so much so that she could hardly stay alone for few hours;
- Her parents had separated while she was in her pre-teens;
- Her father had left home for another woman which resulted in the final separation;
- She on one hand loved and missed her father a lot, while on other she hated him for leaving her, for his own selfish goals;
- She had great love, respect and care for her mother for all she was doing to raise her up, yet she had a lot of suppressed anger and resentment towards her for not having done enough to save her home;

- Talking about her parent's separation she said "they both had ego issues, each wanted to prevail and eventually got it too, but in the quest for their dreams and independence, I became the sole causality".
- Her insecurities arose for her deep fear of losing people close to her.
- She had been into multiple relationships from a very early age and felt that she had always been searching someone who actually loved her, as she always wanted to have someone around her at any cost, simply because after her parents separation, with her father gone and mother busy earning, she felt '**very lonely and inadequate**' compared to her friends;
- She told that probably the absence of a father-figure was the reason that she tended to be attracted to a lot of men much elder to her;
- Reflecting she told that in her quest for friends, companions and peer-acceptance she had started drinking and got indulged in so many 'wrong-things' from an early age, which even she felt was something she should have avoided;
- She told that maybe it was the fear of loosing her friends that she agreed to try and indulge into many things which she otherwise may have never done, as for her friends were more precious than anything in the world;

After a lot of heartfelt talk we decided to go in for a session and she was eager to resolve these issues and heal herself. Initially it was a little difficult to relax her but slowly she drifted to a deep trance and what she narrated was an interesting yet sad insight into the mind of a lonely sacred child who felt so vulnerable and unloved:

- All she could see around her initially was just darkness, in her words “its dark, choking Smokey dark, feels scary as if it’s gonna coke me to death”;
- Even at her ‘Core’ she had difficulty ‘Connecting’ with ‘The LIGHT’, which she could eventually ‘Connect’ with after healing her ‘Energy body’;
- Owing to the dark thick smog-like ‘Energy/Emotion Field’ around her it was very difficult initially to heal and connect with different layers of her ‘Energy Body’;
- The dark thick smog-like field was ‘her fear of loneliness and insecurity’ which was blocking her ‘Energy Centers/Chakras’;

We worked together with Master’s grace to remove that dark thick smog-like field around her and used ‘Energy-Healing’ to harmonize and optimize all her ‘Energy Centers/Chakras’ and synchronizes the ‘Mind-Body-Soul’ Connection for facilitating free flow of life-force within her ‘Being’ and ‘Opening Her’ to receive the love and grace of Universe.

We together had worked to manifest the beautiful healing and it was a blissful joy to see her as she came of the session feeling amazingly calm joyous and blissful. There was still a lot of work to be done to heal her ‘Inner-Child’ to ‘Open-her’ for receiving the abundant love and joy that she so deserved.

The session was a sad reminder of the ‘Causality’ children become every time a ‘Home is Broken’, there are no winners for them. As she told

'from their perspective them the 'war' of adults is a 'catastrophe' for kids, who can neither take sides nor fully ever abandon either of the parents, all they are left is with the option to adjust and accommodate with whatever the parents throw at them, simply because they are mentally, emotionally, socially, and financially dependent on them'. I still remember that somber yet sad look on her face when she looking into void slowly said "Why are we made to suffer for their faults?" Several thoughts and answers came to my mind to console her but then few questions should best be left to manifest the answers!!

**Love & Light**



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