



Healing and Hypnotherapy

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"Silence is the sleep that nourishes wisdom."

Read, not to contradict and confute;
nor to believe and take for granted;
nor to find talk and discourse;
but to weigh and consider.

Francis Bacon

देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा।
तथा देहान्तरप्राप्तिर्धर्मस्तत्र न मुह्यति ॥२.१३॥

As the soul experiences in this body, infancy, youth and old age, so finally it passes into another. The wise have no delusion about this.

SrimadbhagvadGeeta: “Chapter 2: Verse 13”
FROM THE DESK

Void

Within.....

A quest unfulfilled...

A heart with a hole...

A soul thirsty ...

Void within.

And what all we run after to fill it.

Work, Prestige, Money, relationships, and fame. Nothing fills it, nothing brings peace.

**Sometimes we reach out to friendship, to feel less lost.
Sometimes we smile with kids, to find some sunshine.**

But; where are we, what are we searching for????....

**Purpose..... Peace..... or God.
Or, All of it....**

**Let's live it; in 'Acceptance'
Experience it drop by drop
Till ...the water settles and calm emerges...
Within that:Answer Reflects**

Will it.... ??????

I am waiting.....

Time for another shake, to leave, accumulated knowledge in order to understand, principal of inner wisdom towards healing.

And to facilitate just that, we begin with “**Dr. Bruce E. Kaloski**”
“**Financial Challenges & Poverty Consciousness**” Is it really

possible that money deludes us due to our own beliefs? Whoa!! But we all want to be rich. Really?? Well, think again we have negative beliefs for that; and, from where are they coming? Some, from this life times from our family etc... but majorly they are coming from past life. Really Interesting read and I am sure some of us will like to review how they actually think about money?

Further **Shanti Chainani** takes us to another interesting revelation about our mind; which, if re patterned can help reduce weight in no time. Do read her elaborated and eye opening write-up "**The ABC of Weight Loss with the Power of Hypnosis**"

One more heart endearing story with **Gunilla Hamne** and **Ulf's Sandstrom** in "**TTT over Skype**" what a magical tool so simple yet so profound.

Neha Sharma I am sure your write-up reflects very well, that we do not get addict to substance we actually addict to one thing. How to scape reality ? A truly thought provoking read "**Addiction**"

Bringing you another crystal in this Issue. Since people seems to be more inquisitive about this medium called Crystals . So, with me (**Varsha**) we will explore things about "**Labradorite**"

A Prakash, you are right, 'Sex! Invokes many emotions in men', apart from the obvious one😊. But its power in terms of control is well defined by you. A must read, "**Slave to Lust or Karmic Prisoner**"

I've kept the intriguing piece for the very last. Let's check out some interesting details about "**Chakra Healing or Healing of Energy centers**" with me (**Varsha**)



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Financial Challenges & Poverty Consciousness

‘And’,

“Past Life Regression”

Financial Challenges & Poverty Consciousness

These can be deeply rooted in past lives. Money habits are often the most persistent and hardest to change in any lifetime. That's because if you have a relationship with nothing else in the physical world, you will have a relationship with money. Since money is everywhere you want to be, past lives could have strongly dominated a person's attitudes toward it or even worse, because they might have died traumatically because of money or the lack of it.

For example, during a Regression a man experiences a life that consisted of a meagre, bare-bones existence. Slaving under a demanding, task-master, rich boss (the proverbial Mr. Scrooge) our Bob Cratchett is barely able to eke out a living and feed his family. Around him the wealthy aristocracy live a life of privilege and ease.

In his present life he's afflicted with a “poverty consciousness” that views wealth and prosperity as being reserved for the select, lucky few – the Bill Gates' and Donald Trumps' of the world – and not an average Joe like him. So, no matter how hard he tries – if he even dares to try – financial success and prosperity will always be beyond his grasp. He paralyzes himself with either a fear of failure or the inability to even make the attempt to rise above his perceived limitations. He may even feel that he isn't worthy or deserving of prosperity. His prevailing postulate may be “What's the use. You can't make it in this life unless you're rich and I'll always be poor.”

Past life situations can influence current life attitudes about money, manifest as an inability to attract financial abundance, or result in being caught in continual ‘boom and bust’ cycles, i.e. not being able to hold onto money once you’ve made it.

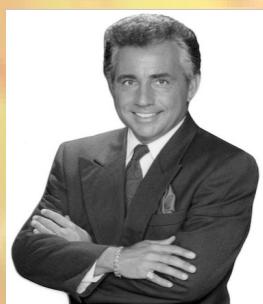
Those people suffering any or all of the above issues may have had one or more past lives in religious orders that required their priests, nuns, monks, acolytes, etc. to take vows of poverty and that particular vow is still subconsciously binding them in their current life. This bind will be especially stubborn if the vow or oath of poverty sworn to any person, institution, or sect contained the words “forever,” or “always”. In my experience, the vow of poverty in a past life impeding financial success in the current one is a common core issue for spiritually oriented entrepreneurs.

Another possibility is that they may have led a past life where they misused money through greed, selfishness or dishonesty, so there is a deep-seated, unconscious lack of trust in themselves to not misuse it in their present life,

Many past life remnants have to do with the abuse of wealth and power where one has taken roles at both extremes in different lives. They may include traumatic betrayals, breaches of trust, falls from power, violent deaths and deep traumas resulting from disputes over money. The relevant past lives reverberate to current situations that, without professional help, are complex and difficult to extricate oneself from.

And Past life Regression comes as a great aid here.

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



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The ABC of Weight Loss with the Power of Hypnosis

What has hypnosis got to do with weight loss?

This is a question I get asked repeatedly, as people look upon me with disbelief, when I tell them that I have used hypnosis to help me shed off the excess 10 kilos in 5 months, which I was unable to achieve with just regular diet and exercise.

Having been overweight throughout my childhood and teen years, I know what being overweight does to your self-esteem and confidence. Going shopping for clothes was a “nightmare” as nothing would fit, so most of my clothes had to be tailor-made. Back then, where I lived, it was difficult for overweight people to find readymade clothes. As a teenager, I remember looking at the mannequins in the shops and telling myself that, when I become slim, I will come back and buy all these lovely clothes. But being slim, just remained a dream.

I lived through my adolescence being labelled by society as “fatso”, “greedy”, “lazy”, “ugly”, “giant”, “humpty dumpty” and many other derogatory terms. These negative labels, oblivious to me, formed my deeply rooted subconscious limiting beliefs that I was not good enough, I was not pretty enough, I was not deserving enough, I was not worthy enough and that there is something wrong with me. I remember times when I would sit by myself and day dream what it would be like to be that slim, attractive, beautiful girl who was adored, praised and loved by everyone.

I wish I knew then, what I know now, that it wasn’t my fault and there was nothing wrong with me. Just like the girls I admired, I too could be slim, healthy and beautiful, if only I knew that the power to change was not outside but was within me all along. We all have the power to change but we are using the wrong mind to make the changes. We are using the conscious mind which has very limited power to sustain the changes and sooner or later, we very easily succumb back to our old habits.

You see, what no one told me, is that there is a great power within me, my subconscious mind, which when tapped into, could give me whatever I consciously desired. It becomes your partner in successfully creating the reality that you want. All I had to do was to communicate my deepest desire to my subconscious mind and the engines of creation would start acting on turning my dreams into reality. The subconscious can be reprogramed to match our conscious desires. My dream of being that attractive, slim, healthy and beautiful human being, who is lovable and worthy of all the wonderful things can easily become a reality. If all this sounds like magic, let me tell you that; hypnosis is not magic but the results are “magical.”

For the majority of people, when we think of weight loss, the first thing that comes to mind, is to eat less of the fattening foods, cut down on sugar and devote time to exercising. This is such a simple solution to a problem which affects hundreds of millions of people worldwide. If there truly is a simple solution, then why are so many people struggling with their weight? In today's day and age, with the incessant proliferation of the worldwide web, we are all privileged to have access to information on how to lose weight but why aren't we doing the things we should be doing? We all want to get what we desire most; a healthy, slim and fit body. But somehow, results seem extremely tough to attain.

Well, just like I thought that it is my fault for being obese, before I found out the truth, it's not your fault either. We all consciously desire to be slim and healthy but why are we are so resistant to making the necessary changes to our lifestyle to achieve what we want? So many people make new year resolutions to lose weight and be healthier and even spend thousands of dollars on gym memberships, but a few months down the road, they go back to their old lifestyle and get frustrated for not seeing results. We end up waiting for the next year to make resolutions again but the story repeats itself. Almost like a vicious cycle that sees no end. Logically we know what is good for us but, there is some greater force within ourselves which ‘hijacks’ our ability to do

what we know is good for our health and throws our discipline out the window.

What if you knew that there is a greater force within you, the all-powerful subconscious mind, which is actually in charge? What if you knew you were wasting your energy working with the wrong part of your mind, the conscious mind, which only has about 5% power in comparison to your subconscious mind which holds 95% power over the way you think, feel and behave. So, it would make more sense to have the subconscious mind supporting us instead of resisting the changes that we want to make. The only thing that we need to know is how to make the subconscious mind work for us. Once we accomplish this, nothing is impossible. Sounds incredible? The best part is that it truly is. If only you knew how to tap into the limitless power of your subconscious mind so that you can have 100% mind power working in your favor and steering you in the right direction.

Let's take a closer look at our subconscious mind. The subconscious mind controls all our bodily functions, from breathing, digesting, pumping blood to all parts of our body, our immune system etc. The subconscious mind also keeps a record of all our memories along with the associated emotions. It also holds all our beliefs, values, perceptions and habits. There is no doubt that the subconscious mind is limitless and can handle thousands of activities within the body without us even being aware of it.

During the first 8 to 9 years of childhood, the subconscious is highly suggestible. Children will believe anything and everything they hear and see, as they have not yet developed logical and rational thinking skills. Children give meaning to things without having the maturity to analyze things as they happen. The subconscious is also where the seat of motivation lies. It will motivate you to move towards pleasure and away from pain. The most important function of the subconscious is to keep you safe from physical and emotional threat. The best part is, with hypnosis, we are able to truly unleash the power of our subconscious mind.

So how can we use hypnosis to lose weight? Well, the answer lies in how the subconscious mind learns behaviors, which includes our eating behaviors, exercise regimes or lack thereof.

Association

The subconscious mind learns through **Association**. When a baby is born, it associates hunger with pain and feeling satiated with comfort. When the mother holds the baby close to her, to feed the baby, food gets associated with love, comfort and security. As the child grows, the child starts to form many other associations to food. The child associates food with celebrations, family gatherings and rewards. In some families, the child learns that if he or she finishes all the food on the plate, he or she is a good boy or good girl. An association is thus formed in the subconscious, whereby finishing all the food on the plate gets associated with being good. In some cultures, children are taught not to waste food and that it's a cardinal sin to throw food away. This forms another association and children learn that even when they feel full, they continue to eat as they must finish all their food. As a child grows, by the time he/she reaches the age of 10, countless associations to food have been formed and stored in the subconscious mind as "programs" or "patterns" which will continue to unconsciously influence our behaviors throughout our life. Some of the most common associations are listed below:

Food is Love: When one feels lonely, rejected, hurt, undeserving, and unlovable, the subconscious mind will signal you to eat and this will automatically create cravings and without any conscious awareness, emotional hunger signals in the body will make you eat.

Food is Entertainment: When one feels bored, and has nothing to do, the subconscious mind will signal you to eat.

Food is a Distraction: When one is stressed and overwhelmed with the pressures of work, managing finances and managing the home, the subconscious mind will send a signal to eat as this acts as a temporary distraction to alienate yourself from the emotional pain.

Food is a Reward: When a child does what is expected of him/her, very often the child gets rewarded with chocolates, chips, burgers, soft drinks, ice-cream, cakes, pizza or being taken to the child's favourite restaurant. This association continues to run unconsciously throughout your adult life.

These associations create 'patterns' which play out automatically without our conscious awareness. For someone wanting to lose weight, these 'patterns' of unhealthy eating behaviors most often lead to regret and guilt which makes us feel frustrated and we give up! Hence, reinforcing the subconscious limiting belief that losing weight is difficult.

With hypnosis, these "old" associations can be re-evaluated and the subconscious mind can relearn new beneficial associations; such as food is not love and food does not love you, food is for nourishment and energy, our body thrives on real food and not on manufactured "edible" products which are not real food.

BELIEFS

The subconscious holds all our beliefs. Beliefs are what we believe to be true for us. Once a belief is held firmly in the subconscious mind, our outer reality will always be a match to our beliefs. Many of our limiting beliefs are unconscious and were formed in childhood. These limiting beliefs were created based upon the child's level of understanding and not based upon logic and reasoning.

If we were rejected, abandoned, physically or emotionally abused in our childhood, we form limiting beliefs about ourselves and the world around us. We may feel unlovable, unworthy and undeserving. Our limiting beliefs work unconsciously to create uncomfortable feelings within us, such as anger, guilt, shame, sadness, fear, insecurity and self-doubt which triggers emotional eating. Emotional eating is eating not in response to physical hunger but eating to cope with the uncomfortable feelings or to suppress the feelings.

The adult may not be consciously aware of their limiting beliefs, but in hypnosis, we become aware of our unconscious beliefs and we can communicate directly with the subconscious mind to release and let go of the erroneous beliefs.

To get access to the subconscious mind, we have to bypass the “**critical mind**” which acts like a “gate keeper” to keep the old limiting beliefs intact. So to change any limiting beliefs in the subconscious mind, we need to first go through a very important step which is to bypass the critical mind and this is essentially the fundamental basis of hypnosis.

Critical Mind

The critical mind is like a filtering mechanism; it compares the new information coming in from the conscious mind with the beliefs we already hold within our subconscious mind. When we consciously desire to change to a healthy lifestyle but find it difficult to change or to maintain the changes, it is because this new information gets rejected by the critical mind.

We can use temporary will power to change, but the moment we get stressed, tired and emotionally overwhelmed, our will power will give way to the powerful old patterns of eating. We then blame ourselves for not having the discipline to follow through, which puts additional stress on our mental and emotional health. To get away from the emotional stress we go back to living the old unhealthy lifestyle and just give up. This downward spiral is a common phenomenon that all of us face when we are unable to see our desired results.

With hypnosis, we are able to bypass the critical mind and place the ‘seeds’ of new behaviors for healthy eating and living, within the subconscious mind. With self-hypnosis, these new behaviors start to take root and eventually replace the old patterns of associations and beliefs with new ways of thinking, feeling and behaving. You change

mentally, physically and emotionally and a new you is created. This new you will be empowered to take charge of your health.

So after understanding the basis of hypnosis, you may ask yourself that if this was truly that powerful, why is it that there are millions of people who still struggle with weight loss? The answer is simple. Skepticism. Many of you may read this article and think to yourself that this can't be true so you then go back to living your life. But just think for a moment, what if this is really true? What if hypnosis can bring you your dream body? What if hypnosis can truly replace your limiting beliefs and help you shed all that excess weight? Do you really have anything to lose? Aside from weight of course! Trust me, I too was skeptical. I too thought that this can't be that easy. But, I gave it a shot. I had tried numerous diets and exercise routines without achieving my goal so I thought let's see if this whole hype about the subconscious mind had some truth in it. It wasn't just true; it was "magical".



Shanti Chainani
Managing Director
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Credentials:

- Certified Health Coach (Institute of Integrative Nutrition, USA)
- Certified Holistic Health Practitioner (American Association of Drugless Practitioners, USA)
- Certified Clinical Hypnotherapist (London College of Clinical Hypnosis, UK)
- Certified Instructor (National Guild of Hypnotists, USA)
- Certified 5-PATH® Hypnotherapist (Banyan Hypnosis Center, USA)
- Certified 7th Path Self-Hypnosis® Teacher (Banyan Hypnosis Center, USA)
- Ericksonian Approaches to Hypnosis (The Milton H. Erickson Foundation Inc, USA)
- Certified Emotional Freedom Technique (EFT) Practitioner (Association for the Advancement of Meridian Energy Techniques, UK)
- Accredited Goulding SleepTalk™ Consultant (Goulding Institute, Australia)
- Certified Integral Eye Movement Therapy Practitioner (IEMT, UK)
- Diploma in Counselling Psychology (Academy of Certified Counsellors, Singapore)

Trauma Tapping Technique “TTT” over Skype

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.

Ulf:

I did a couple of Skype sessions with a client that needed help with years of nightmares after his wife had committed suicide. It turned out that maybe this was not the reason for the nightmares, or maybe at least not the only one.

In these sessions I had a video connection so we could see each other. I asked the client to connect to the feelings of discomfort and when he said he could feel that feeling at the level of an 8 on a scale from 0–10 (the so called SUD scale that we mentioned before with 0 being no discomfort and 10 being the worst amount of discomfort) I asked him to do as I did and tapped myself through the procedure. As we went along I would remind him to stay in touch with the feeling and reassure him it was ok. If he went too far into the feeling I would pull him out ever so slightly by asking for a detail, a name or a place. Afterwards we evaluated how strong the feeling was, thinking about it in the exact same way he did before we started. Now the feeling was down to 2, maybe 1. I felt it was safe to trust that the client would continue and reach 0 on his own if he continued Trauma Tapping on the feeling himself. We did two sessions and the results evolved in three days, with a follow-up after half a year.

After some days he wrote me an email:

"Do you remember that, although I first called you for help with nightmares, a nightmare feeling lasting long into the day or all day, "day mares", uncontrollable tearfulness, which all seemed connected with my wife's suicide, visions of her last horrible months, her face at the morgue, my mistakes surrounding her fatal depression etc. And then when you asked me at the beginning of our first session, what painful image first came to mind, it was my terror of being 'lost' during evacuation from London at age five during the Second World War.

So which memories set off the nightmares? Maybe my wife's suicide, the worst thing that ever happened to me, and her, conjured up the nightmare I was living in, or maybe my childhood terror made it unbearable, or maybe the two traumas just ran into one? I don't know.

About 20 years ago, when I was suffering from a 'bleeding gut' I heard a BBC program about people suffering from similar pathologies, who, it turned out, had all, like me, suffered trauma 50 years earlier through the War! My colon is no longer bleeding, mainly through psychotherapies and meditation (although the gastroenterologists don't much like to 'let go') but it shows how long those wartime traumas can last.

At the time my wife was in the hospital, and, I thought, 'safe', and they phoned me to tell me she had 'attempted' suicide, and refused to tell me if she was dead. But after only one hour of the horrific three-hour journey to the hospital, I knew she was dead."

As you can tell there are many traumatic events layered here: The wife's suicide, the feeling that he may have been able to prevent it, the horrific three-hour journey to the hospital not knowing if she was dead or not – plus the childhood trauma of war 50 years earlier that may have set the conditions for this later trauma to evolve into post-traumatic stress in the form of nightmares and daycares.

These are his emails after two sessions. They show how memories stayed while emotional reactions gradually detached during the three days following the TTT intervention.

One day later

"I'd like to tell you about how it's going since your fantastic help. I don't want to burden you further, and there's no need to reply. I still have my eyes full of tears when I watch a film about love, separation, reuniting, someone lost found again, but I no longer feel stuck in a dead end – no escape. If it gets too hard, tapping on my eyebrows helps me to come back to earth."

Two days later

"I did as you said, and the first part of the night I slept without any dreams I could remember. Unfortunately I woke up about 2 hours before dawn, without having slept enough. So I tried to go back to sleep. But every time I started to doze off, I was reawakened by a '2 second nightmare' or a nightmarish vision (or occasionally a '2 second dream', not a nightmare). Stupidly, I didn't think of doing the tapping right away. I did it about 10 o'clock, after a rather nightmarish feeling since I got up at 6:35, and it has helped.

Thank you for your support. :)"

Four days later

"I had no nightmare last night! Just some light-hearted dreams! Thank you."

I asked if I can quote his emails for this book half a year later, and this was his answer:

Six months later

"I hope you are well. Of course you can quote me!! I still have nightmares from time to time (I suppose everybody does) but they fade when I awake – nothing like what I went through before you helped me, when they were continual and continuous – lasting into, and often throughout, my waking days.

And when I occasionally feel too much anxiety, or panic, I do the tapping and get serenity again. Thank you again, so much."

(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, www.peacefulheart.se & www.selfhelpfortrauma.org.

ADDICTIONS



What is addiction and why it happens?

In simple lay man language “addiction is being used to of something or some activity”;

According to psycholog “**Addiction** is Habitual **psychological** or **physiologic** dependence on a substance or practice that is beyond voluntary control”.

More or less all of us have some or other kind of addictions on varied degree like even morning tea/coffee, watching TV, mobile or even internet, cold drinks and on more serious notes ... different types of drugs & alcohol etc. List goes on. Now you must be wondering how come innocent things like tea/coffee, TV, mobile, internet etc. can be addiction; let me explain it to you... there are many people if they won't get there quota of morning caffeine then all day they will have headache, feel drowsy in fact many of the time there entire world is topsy-turvy; now do the same with TV, mobile or internet with People and, they are like lost person in desert without water. And these are the withdrawal symptoms of addiction.

Now why these addictions happen ... In hypnotherapy I have few cases of alcohol addiction and in all these cases starting age of drinking was 11-16 years. And first time they ventured into drinking because of these reasons

1. Some actor in some movie was drinking in style so that style was imprinted in their mind.
2. Some glossy advertisement makes them feel it's synonym of panache.
3. Their friends or somebody first cajoled then forced them into it. These reasons were mere beginning blocks. however, deision to stay with the habit or shell we say "reason for addiction" was more subtle ... after starting, gradually their subconscious mind relates this drinking with enjoyment & being with self.....

Two of my clients accepted that they don't want to get rid of their alcohol addiction as they love that time they spend with themselves or with friends in the environment where nobody is disturbing them or demanding anything (funny part is this, these people don't like taste of liquor) they came for therapy because of their life partners. Now these discussions opened new revelation for me as I was able to relate certain aspects to my life.

My Life... yes I used to drink coffee a lot, no not in morning, any time of the day☺.

Well, I loved its aroma... close my eyes and smell it and feels like I am at nice beautiful place with loads of greenery and beautiful rain, happy people around and I am enjoying just being; now point to be noted is I don't like it's taste, still I loved to drink it why ...to re-live that moment.

1. Relates it with happiness

Another attraction was being workoholic, for me it was really difficult to sit idle it was like wasteg of time and resources. so another thing about tea/coffee is my mind relates it with short break, so I can relax for some time.

2. Relates it with relaxation.

Point is ... it is the feeling related to object not the object itself is reason for addiction. In my case since, I got into meditation & service

I started enjoying each and every situation and all kind of people around. I no more require particular type of scenario to be happy. And it all happened without any awareness of that, what exactly happened until, these clients came to me. At that time I realized what are these addictions and where its root cause is.

To counter addictions we need to find, what are all those constructive things that we really enjoy, go back to your childhood and try to recall what was that you always longed to do; it can be anything singing, painting, dancing, writing, helping others, cooking, spending time with kids, gardening etc. Start indulging in that. Spend time with people who share and enjoy these activities, learn and be yourself.

And it can do wonders for you as it did for my clients, along with hypnotherapy. Now is always the right time to start and move towards eternal happiness and bliss. ☺



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Labradorite



In this issue I bring you one of my other treasured crystal “Labradorite”, Its ability to give emotional stability is really uncanny.

It is a member of the Feldspar family and is treasured for its remarkable play of color, known as labradorescence. This stone, usually gray-green, dark gray, black or grayish-white, is composed in aggregate layers that refract light as iridescent flashes of peacock blue, gold, pale green, or coppery red.

The predominant blue varies within the light, displaying hues from deepest blue to various shades of pale, almost blue-green.

It was discovered in Labrador, Canada, by Moravian missionaries in 1770 who named it for the area.

It is, however, referenced in legends by older Inuit

tribes, and was known to be in use by the Boethuk peoples of Newfoundland and Labrador. It became a popular gem in Europe in the eighteenth and nineteenth centuries. [Simmons, 225][Eason, 163][Melody, 367]

Lore of the Inuit peoples claim Labradorite fell from the frozen fire of the Aurora Borealis, an ordinary stone that transforms to the extraordinary, shimmering in a mystical light that separates the waking world from unseen realms. It is, in every sense, a Stone of Magic, a crystal of shamans, diviners, healers, and all who travel and embrace the universe seeking knowledge and guidance. For self-discovery.

Labradorite is also the most powerful protector.

1. It creates a shielding force throughout the aura and strengthening natural energies from within.
2. It protects against the negativity and misfortunes of this world, and provides safe exploration into alternate levels of consciousness and in facilitating visionary experiences from the past or the future.
[Ahsian, 226]
3. It can be a very beautiful assistant to a Hypnotherapist as wearing or carrying Labradorite allows one's innate magical powers to surface. It enhances the mental and intuitive abilities of clairvoyance, telepathy, prophecy and

coincidence control, and assists in communication with higher guides and spirits in accessing **Akashic records, psychic readings and past-life recall.**

4. It provides an ease in moving between the worlds, and permits a safe and grounded return to the present.

(I use it to put in my clients hand or nearby, once the therapy takes him/her to past life or life between lives. To ensure full grounded safety of energy bodies.)

5. Labradorite tempers the negative side of our personality, the traits and actions that rob our energy and may produce depression or shame. It assists in reducing anti-social, reckless or impulsive behavior in children, teenagers and adults who are easily led into trouble by others, and may aid in detoxifying the effects of tobacco, alcohol, and to a lesser degree, hard drugs. [Megemont, 109][Eason, 163]

6. Labradorite helps develop the hands' sensitivity, making it useful for physiotherapists and all who use the power of touch to heal. Like our TTT practitioners, Vedic Marm therapy practitioners and even Reiki Practitioner who give touch healing.

7. It is a wonderful tool for returning joy and

spontaneity back to one's life. It helps eliminate the emotional drain of daily routine or being weighed down by responsibility, and awakens a sense of adventure and change.

8. It is an uplifting crystal, helping to banish fears and insecurities while enhancing faith and reliance in oneself and trust in the universe.

Labradorite Chakra Healing and Balancing Energy

- Labradorite radiates a predominant blue crystal energy that stimulates the “Throat Chakra” the voice of the body.
- It is, in essence, a pressure valve that allows the energy from the other chakras to be expressed. If it is blocked, or out of balance, it can affect the health of the other chakras.
- When the throat chakra is in balance and open, it allows for the expression of what we think and what we feel.
- We can communicate our ideas, beliefs, and emotions, bringing our personal truth out into the world.
- We have an easy flow of energy within the body and spirit. The energy that springs upward from the lower chakras can continue its path enabling free expression and natural release.
- Darker shades of blue encourage the power of truth, while lighter shades carry the power of

flexibility, relaxation, and balance.

- Labradorite, with its iridescent flashes of color, can be very beneficial in uniting all of the chakras.

So hold this beauty in hand and meditate, as meditation with it allows one to recognize humanity as "being of light," transcending limitations of the past and thoughts of the future, and embracing the infinite possibilities of the moment. It allows one to "be" and rest assured the light is always there, surrounding and pure.

Enjoy the bliss and be

Love and light to all.



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Slave to Lust or Karmic Prisoner

Sex! The very word invokes multitude of feelings, thoughts, emotions; each different for different individuals. Its perception changes subject to individual's mental, emotional and physical state, and not to mention the shades lent by the social, economic, racial, religious and other human variants. The emotions it invokes in an individual of a particular sex, age, region, religion, socio-economic strata in current times would be far different if he was in a different era. With so many perceptions and shades Sex plays a key role in shaping the soul of a society! Perception about the very notion about sex in a particular group, region, religion can easily be identified and tell a lot about that particular group, region or religion etc.

2. The cornerstone of human existence, Sex plays a key role in defining the dynamics of any social group, down to the level of each individual member. It has been hailed, celebrated and held sacred, while at same time it has been denounced, shamed and seen as gateway to doom! Say what we may, yet there is no escaping the fact that it's one of the most intimate, tender, core aspect of our 'Being', and its harmonious assimilation and acceptance is crucial to one's overall Evolution as an individual, as a Soul!

3. Sex is not merely an act! It's the thought, the feeling, the emotion, or simply saying 'The Energy' that's the crucial element of how it manifests and shapes the world around! Tantra views sexual energy as the 'Portal' to higher awareness, or as Osho in his book 'Sex to Super Consciousness' talks about its transformative power, and so do so many cultures and traditions. This energy can help you become a 'Yogi' on Path of Liberation

or a ‘Bhogi’ (Indulgent) spiraling to doom! In Hindu philosophy an individual’s life was divided in four parts or ‘Ashrams’: 1) Brhamcharya/Bachelorhood (till 25 yrs)- marked preparation phase, studies, and learning Control of Sexual Energy; 2) Grihastya/Family Life (25-50 yrs)-Marital -Family Life-Sexual Energy in Motion; 3) Vanprasthya/Social Service/Detachment (50-75 yrs)-Serving/Giving back to society-Sexual Energy Slow-down/Rest; and 4) Sanyasa/Renunciation (75-100 yrs)-Spiritual Quest-Moksha/Liberation- Sexual Energy Transformation for Liberation of Soul. Ancients knew about the power of this Energy and how it can be channeled into positive productive ways and also the grave dangers if its let loose without due awareness. History is replete of tales and examples of individuals and groups who made a mark on human history both in a positive as well as negative ways, simply by the way they used the sexual energy.

4. Here I would like to share the storey of a client who had come to me seeking help to resolve his uncontrolled indulgence to sex. This guy in his late forties was a married man with two lovely kids and a lovely wife whom he loved, yet he had been into multiple relationships, one-night stands, and even paid-sex. He understood and accepted that his sexual misadventures were gravely inappropriate and sinful breach of his marital woes, yet he felt helpless to control his libido and thrill of seeking-out new partners. During pre-talks he shared that his sexual awareness and indulgence started at a very early age of around 9-10 years, owing to a close female relative who lived with his family during the early years of his life. This lady will indulge him in various sexual acts starting with simple hugs and kisses at an early age of 7-8 years to full sexual intercourse by the time he was in his pre-teens, all on pretext of ‘playing and games’. He shared about his mixed

emotions and confused interpretations about it all as a child, because at one end he enjoyed the touch and sensations while on other was afraid and fearful about the manner she will ‘Use’ him as per her desires and also pressurize him to keep it as ‘their little secret’. He told that by the time her was around 11-12 he was sure that what all was happening was something wrong and he would be badly beaten by his parents or even thrown out of home if anyone came to know about it. The lady left their home for good when he was 19, but even her departure had a mixed effect on him. On one hand he felt ‘relived’ and ‘free’ while on other he ‘missed’ her and the intimate bonding she offered during his teen years. It took him couple of years to ‘get-over’ with her ‘loss & longing’, but by then he was busy in his own youthful adventures which had started at school itself.

5. Once under regression we explored a past-life where he was a War lord in medieval Europe, while this lady was one of his favorite concubines, whom he had captured during one of his loot-and-plunder raids. He had lived a life of indulgence and was killed (poisoned) by the same lady when she started seeking out a younger warrior of his group. After his death, this younger warrior took over the command of his group and the lady became his paramour, only to be brutally killed by him once he came to know about the killing of his leader by her. My client and the lady both in the last moment of their life had feeling of deep loss, anger, pain and regrets, for their actions, owing to which they had decided to come together to resolve their ‘Karmic-balance’ in current lifetime. We subsequently did healing, forgiveness, and acceptance at the level of their souls and removed all chords/threads connecting them over lifetime.

6. Later he reported feeling much lighter, and more 'aware', with a better understanding of the life he was living and felt a 'transformation' of his perception about things, people and his actions and hoped that this 'awareness' will help him heal and lead a happy healthy life, free from the unending chase of 'sexual-mirage'.

7. The imprints of lives we have lived carry over to our successive lifetimes. Issues, conflicts and karmic-debts carryover life-after-life, and we keep coming again and again, taking multiple births seeking to resolve them each time and heal our souls back to the state of bliss and calmness. Our choices, guided by our free-will play a big role in the evolutionary journey of our soul. Everything we do, every thought we project, every wish we seek, is creating an intricate invisible web of cause-effect relationship which is sure to manifest in one way or the other.

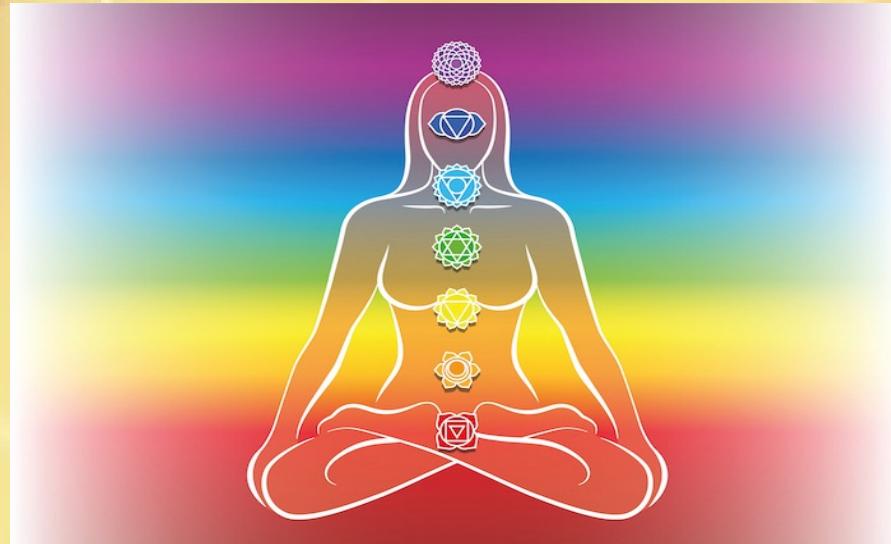
8. So lets be more 'Centered', established 'With-in', in acceptance and gratitude to manifest the best blissful version of us, working one-day-at-a-time. In this Earth-realm of 'Maya', indulgence and entanglements of worldly joys and grief is inevitable, yet we all can 'Choose' the way we live.

Love & Light!



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Chakra Healing or healing of Energy Centers



Story begins with very unusual circumstances. One divorce happened from a Psychopath Husband after years of struggle. Yet challenges did not stop here. In second very loving marriage in which the lady concerned was blissfully happy. Started to shatter with extraordinary control of Mother in Law. Harassed Husband got in between two raging guilt and wife is clueless what to do to help herself as well as her Husband. Yes law is there, yet Party concerned is "Mother" so, A solution of healing was most sought after than Law.

She came and we simply started by going to the origin of issue. And here we were in the middle of the garden with twilight zone and pain in knee. Well miniaturization seems to be the very answer to investigate what's going on in knee and what follows was the beautiful session to heal and clean all energy centers (Chakras) up to Six, means; from "Root Chakra" to "Third Eye Chakra".

As heavy meditators know that Seventh one is a separate achievement altogether and it takes almost equal amount of time and Sadhana (Meditation and service) to reach there. Which was done to scale and explore the all six.

This Lady here is regular Meditator a seeker, apart from her day today life.

Our Journey begins by going in knee and seeing a lump there which was paining I asked her to remove it with the help of shoval made of light which she did very effectively and saw that lump melt away in light; With visible effect of instantly vanished pain. Then we let the session guide itself and soon she was in Root chakra. Here comes the intriguing part. Her experience of her chakras was nowhere similar to anything we read in books about energy centres. This is not the first time I 've witnessed this uniqueness of individual energy centers. That **made me conclude we all have unique imprints of energy centers in spite of their basics being the same.**

1. Root Chakra:

Her root chakra was “bean shaped” it was not clean, and making her scared of approaching it . We cleaned it again with the same shoval of light and intent. Now she reported its colour to be white from outside and its shape was bean shaped.

When she entered it. It was golden yellow coloured comfortable, hollow spaced an oval shaped from inside. She felt it viberating. She was feeling very much at ease there.

Again journey begin and she found herself in a white tunnel which felt like made of cement.

2. Sacral Chakra

Now she has reached to a dark green coloured leaf shaped structure. Which she termed as Sacral Chakra. It felt healthy outside so she entered inside there it required cleaning we cleaned it with the same method again inside it was a rectangular box with light green colour. There was a faint sound echoing and it too was viberating.

3. Solar pluxes

Again she moved towards next in the same tunnel now before she reached there she had witnessed light increased. It was like morning light and when she reached at Solar pluxes It looked like morning sun.

Orange yellow with lots of rays coming out of it . it was spinning very fast and felt very hot. She reported I needs to cool off we found a water hose nearby and sprinkled that till the time it reached to just the right temperature and its spinning also slowed down to just the right pace.

Now she entered in there and saw lots of spiral lines. We asked what does these lines represent as their visibility suggested some reason. So we choose to ask what are they exactly. Well they were energy lines which made her Angry. Client reported to feel overtly emotion as in to cry with deep anguish. I let her go through it then she reported back these energy lines want to be cleaned.

We did the cleaning with the similar method. Meanwhile she reported pain we detached her with pain and let her finished the cleaning completely. Once the Solar Pluxes was clean Pain was gone too. Now when it was clean she wanted o stay for sometime there. Solar pluxes clearly being the seat of emotions made her feel very calm and at peace.

4. Heart Chakra

Well she moved up again in the same tunnel and went on till she reported to feel something like water . Well she reached to a stream and a whole fall of water which white milky white. It felt very nice to her and this lace she described as Hear chakra. When we started this session she complained of pain and heaviness in chest when I asked if she still feels it. She answered yes. Well then find out its reason.

Her answer was 'desires'. Now that was tricky I chose to be neutral and tell her to ask then what is to be done with these desires in

order to heal this heaviness and pain. She answered fulfill it. It is the desire to be loved.

Well we asked if to begin with self love and to fill her with self love is a good idea. I used this opportunity to ingrained self love affirmation in her as I asked her to repeat it after me, And beyond that we gave command to attract more love from outside once self love will heal her heart.

With affirmation repeated Heart stated to get lighter and pain free. Whole thing was very instant. Later on I gave it as her exercise to repeat this affirmation twice daily in order to keep healing her heart. Now with light heart she begin her journey ahead.

5. Throat Chakra

Before she could reach to Throat chakra she started crying : "Its suffering, Voilance and pain is there, then by the time she reached there she was in pain again someone is beating me. I tried cajoling that person to speak through her or to show itself. She was in constant pain and crying someone is beating me and he is a man , he is not talking he is just hurting me I reminded her about her Light made Shoval and asked her to touch that man with the intent of release him in light she did just that and he gradually dissolved in light now she was scared and alone there I again asked her to send out a mantle question as to who was that person and why was he beating you? When she sent out this question twice she got the answer 'Punishment'; and she said I murdered him.

Now I was amazed she actually hit at her past life in throat chakra. How and why the throat chakra became a gateway to the other life was very interesting. As before heading to resolve her past life she needed to clean all her energy centers and then she was to embark on the journey of her past life; well.

This was a very small episode from the whole past life scenario she went through in next session. Which I'll share in next issue (October Issue).

After asking who was that man all of a sudden her mother in law appeared she was confused but seeing in her eyes she realized she was that man. Since that fragment was dissolved in light so when we asked for awareness she was shown. Well after forgiveness and her departure. Now I asked her to look at her throat chakra. She answered it looks like a pink closed lotus bud and its beautiful. When she entered in there it was a hall with lots of mirror inside it felt like a palace she was feeling very happy there. She called it a very happy place and she said its healed and I am feeling very happy.

6. Third Eye Chakra

Again she moved up and related to see something round grey coloured glossy ball like structure which is moving clock wise with medium pace, well when asked she answered it's Third eye chakra and the words coming to me are Concentration, Power. Its perfectly healthy and when she entered it was light orange light. It was made of light pure light She sat there and meditated there for a while in her miniature form.

She said "I need to teach people" and I am to teach them how to be happy? Now she found a beautiful purpose of her life in her third eye chakra. She said it's my purpose to come here to discover it and then teach that, no matter what lets be happy.

Now she moved up again and said its getting narrower and narrower just like a niddle and I am still moving. And here now I am in space. And from there she could see her body lying at the grass I asked her to come to it and scan the whole body for any other issue. But none was found.

Then we sent her back in her body through due process. She came out of trance with lots of information, healing and feeling very much at peace.

Conclusion.

1. She needed to clean her energy centres before any kind of healing.
2. She had not visited her seventh chakra Crown Chakra, well it was either not required or she was not ready to visit it yet.
3. She saw her past life in a small shot, which gave her some understanding of her Mother-in-Law's behaviour towards her. She admitted that her mother-in-Law time and again said this, "she will kill us" which was very awkwardly taken by everyone, since my client is a very simple normal well-adjusted person with no symptoms of murdering anyone anywhere in this birth. But now we know that this fear is coming from past life.

So here I am giving one more possibility of 'Hypnotherapy' awareness of self can be attained through it as we see traveling through our energy centres or Kundalini. Is possible through this beautiful medium and healing happens at a very deep level.

Just like guided meditation....

Be Love Be Light Stay blessed

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