

"Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me !"

'Isaiah 6: 8



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Love dissolves identity. In love, I am not and you are not; only love is. Love does not happen between two persons. Between two persons what happens is only fight, in different names. It may be in the name of love, it may be in the name of something beautiful, but as long as two persons cling to their identities, to their personalities which they have cultivated their whole lives ... Naturally, there is great investment. Love comes like a wild breeze and takes away all your cultivated identity. You are left just a pure silence, a serenity. You cannot even say that "I am." Even that will be a disturbance. There is tremendous is ness, but there is no identity left

~ Osho ~

नासतो विदते भावो नाभावो विदते सतःः।
उत्भयोरपिदषोऽनसनयोसतदशिरभिः॥२.१६॥

Of the unreal there is no being; the real has no nonexistence. But the nature of both these, indeed, has been realized by the seers of Truth.

"SrimadbhagvadGeeta: "Chapter2: Verse 16"

From The Desk

Rebel

One word, produce an 'image' stand out of scene, which, was other wise much run on the mill.

And guess what, the shape of the scene is about to change. ☺

When blood moves into a different direction to be who you are instead of being who, you are suppose to be.

Well , realistic is good but , 'Heroic ' belong to the probability - Probability that is explored by those who are limited edition versions.

'What is?', does not inspire, What is possible? Now; that inspires!. No matter where, when, how and Who?

Our heroes, inspirations and prospects of growth "Even in the form of our own idolised images " at various points in life, since they change once we achieve them (become much better and again stand away from us to chase them) are nothing but our

Possible – Probabilities

No its not about being exhibitionist who deliberately goes into different direction to seek publicity.

No it's not about narcissist being negative, self righteous and judgmental, living in their distorted memory, thinking its reality.

No it's not about plain rule breakers, just for the heck of it.

So, let's go inside and talk to that beauty within, that innate capacity of our Happy being, that 'me' which needs to be dusted and loved and being asked, so what is it you envision about.....

***Lo and behold...
Someone is coming.***

Dear Dr. Kaloski your clarity of perception give us a beautiful view of past life once again in “**Let’s Understand Past Life**”. As you said “*realizing that we can “park” next to any past or adjacent life that we choose, we can access positive or negative past-life influences and experiences.*”

Neha dear how true and simple solution you gave us in “**What we eat is what we become**” can’t change behavior let’s find substitute in food habits, difficult! but not impossible.

Come and explore one more magical Crystal with me (Varsha) “**Peridot**” This twin of diamond is really something special, do read it.

With Shanti Chainani’s “**Just one Question**” we all can find our eureka moment that how powerful we are as, she beautifully observed “**it was the thoughts and inner chatter within my mind that was the root cause of making me feel miserable**”. A must read.

Dear Gunilla Hamne and Ulf Sandstrom “**Things to do before TTT**” again, a through and through guide to those who are practicing this method or are willing to practice it now.

Dr. Vrunda Pawar we are elated to get you back with your intriguing writeup “**Know your body by knowing your Prakruti**” very interesting read in terms of knowledge and fun both. Enjoy.

Prakash you have given a beautiful Past life session with its obvious imprints on our life. An interesting read “**A connection over Life time**”



Love and Light

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

Let's Understand Past Life



Many people assume that the problems of a current life have a direct causal relationship from the last life lived. Not necessarily so.

Our most immediate past life may have been in the early 20th century, for instance, but certain issues and challenges we're facing now may have had their genesis in a life lived in Medieval Europe, for example.

One theory – and a fascinating and intriguing one at that - holds that far from being frozen in a linear sequence of time, our past lives are actually occurring simultaneously, and it's only our belief system that the past is frozen and unalterable that keeps us from realizing that, at an

unconscious level, we are communicating with our past (and maybe even future) selves all of the time.

In almost every instance, issues and challenges which, had their genesis in a past life, only reared their ugly head in response to a particular triggering event or situation.

This is often the case. An issue generated from a past life may not manifest in the current life until the approximate age the initiating event happened in that past life or a situation that, in some way, parallels or is suggestive of the initiating event in the past life.

As an example, in the case of our Colorado fur trapper friend, his upper back pain began during his mid-thirties in this lifetime when he was betrayed by a business associate – “stabbed in the back”, so to speak. During his Past Life Therapy session, it was revealed that he was approximately the same age when he was murdered in his past life.

In a similar vein, my student’s Public Speaking phobia did not begin until later in life. In his case, though, the precipitating event occurred several years prior during an important speaking engagement.

As he stood at the podium and prepared to deliver a Keynote address at a professional conference, he was horrified to learn that what he thought were the notes for his address were actually something else entirely unrelated. This apparently was similar enough to the events of his experience in the Coliseum of Ancient Rome that a phobia was precipitated.

It may well be that past lives (in many instances) would be more appropriately called **adjacent** lives and the life that is affecting us most at any given moment may not be our most recent incarnation, but can be any one of a multitude of existences, no matter how seemingly remote in what we currently perceive as space and time. Instead of being laid out in a neat line, our various incarnations are actually part of a much more active and inherently unstable arrangement.

The easiest analogy to imagine is a roll of pennies, each with a different consecutive date from 1800 to the present, all stacked in chronological order.

Someone knocks over the stack and the coins roll and scatter and eventually come to rest everywhere – on top of each other, next to one another, heads up, heads down.

1896 may be right next to 1930; 1815 may lie on top of 1964; 1918 may have rolled under the bureau, and will never be seen again.

So it may be with our lives - our incarnations. The Subconscious Mind, or the SuperConscious Mind, or the Universal Mind, or God, or whoever or whatever, is constantly rattling the spare change in its pockets, and so our present life is constantly coming into contact with past (and perhaps future) lives that may be quite distant in terms of chronological time but extraordinarily close in terms of their psychological presence.

It's when two of these coins - or past lives - stick together that problems surface such as those that come up during a Past Life Regression. By realizing that we can "park" next to any past or adjacent life that we choose, we can access positive or negative past-life influences and experiences.

Also, keep in mind that, as human beings, with our own "bundle of neuroses" - so to speak - one issue or challenge may be traceable to a particular past life while another issue or challenge might have its root in an altogether different past life.

(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

WHAT WE EAT IS WHAT WE BECOME

"Good food is perfect combination of ingredients , sequence and timings of ingredients and how we use these ingredients."

What we eat is what we become ... Food is one of the important ingredients that build & support not only our body , mind as well . Everybody knows to keep our body up n running we need food however not everybody knows to keep our **mind** up 'n' running (**properly**) we again need (**proper**) food.

First thing first ...what happened when we didn't have food from last 24hrs or more, kind of starving? We won't be able to think properly coz our focus is on hunger/food, so even to think straight we need food. Now once we have food second step is which type of thoughts & feelings we are experiencing once we had that food? Sometimes active, dull, happy, anxious, contented, angry, even procrastination can be outcome of what you are eating.

As a hypnotherapist its lot easier for me to help client if he/she is already into meditation and all, if they are not, then they are often very anxious people, sometimes I ask them to meditate regularly for few days and if it is really difficult for them to sit silently still for 10-15 minutes then I suggest them to change their diet for one week at least (no alcohol , no smoking , only vegetarian food and tea/coffee one cup a day) and then I schedule their session.

And, that really helps a lot to my clients , therapy is more effective after that as client's mind is comparatively composed & calm. We can see how changing food can change our state of mind, so food has certain control on our mind.

Many of us don't believe in spirituality, meditation and service etc. however we all enjoy food. When we celebrate we eat, when we are alone we eat, when we are sad we eat, in official to personal meetings we eat, on date we eat, when we are shopping we eat, in short half of the time we eat. So let's focus on something that we are doing already most of the time and we enjoy it as well.

What we need to do is that if we cannot change our habits, thoughts & feelings (because it needs loads of efforts) we can certainly change our category & routine of food.

Simple we keep our food, better the state of mind... NO I am not saying eat tasteless, zero oil, boiled food; food must be tasty.

For right kind of eating habits we need to go back to our roots means our grand mothers or may be great grandmothers (if you have one around still) what they used to cook was actually good for our health as they used to cook seasonal things. (those are always good for us in that particular seasons) and if certain vegetables or grains has any negative aspects, to counter it they used certain type of spices or something so that food was healthy and tasty as well, because it was not devoid of oil & spices.

Thus good food is perfect combination of ingredients , sequence and timings of ingredients and how we use these ingredients . One most important thing is that in which frame of mind its been cooked since our emotions play a huge role in giving food its innate quality of deep satisfaction, then comes the frame of mind we are eating in, as this is our favour to ourselves in order to ingrain peace into other ingredient important for our body and allready a part of food.

SO EAT HAPPY AND BE HAPPY😊.



Neha Sharma.
Lucknow, India
Clinical Hypnotherapist
Past Life regression Therapist.
Life between Lives Therapist.
Crystal Healer.
Art of living Teacher
Email: nehasharma_healing@yahoo.com

Peridot



Today I want to share the magic of Peridot with you.

Peridot, in shades of olive, is one of the few gemstones that forms in only one color. Beautifully faceted, it evokes the lateness of summer and the onset of fall, as leaves morph from green to gold and hang like jewels in the sunlight. It is a crystal of warmth and well-being, mentally stimulating and physically regenerating. It carries the gift of inner radiance, sharpening the mind and opening it to new levels of awareness and growth, helping one to recognize and realize one's destiny and spiritual purpose.



Called “the extreme gem” by the Gemological Institute of America, Peridot is born of fire and brought to light, one of only two gems (Diamond is the other) formed not in the Earth’s crust, but in molten rock of the upper mantle and brought to the surface by the tremendous forces of earthquakes and volcanoes.

While these Peridots are born of Earth, other crystals of Peridot have extraterrestrial origins, found in rare pallasite meteorites (only 61 known to date) formed some 4.5 billion years ago, remnants of our solar system’s birth. Peridot in its basic form, Olivine, was also found in comet dust brought back from the *Stardust* robotic space probe in 2006, has been discovered on the moon, and detected by instrument on Mars by NASA’s *Global Surveyor*. Ancients believed, quite accurately, that Peridot was ejected to Earth by a sun’s explosion and carries its healing power.

[www.gia.edu][www.gemselect.com][en.wikipedia.org][www.peridot.com][Mella, 95-96]

Peridot: Uses and Purposes

- Associated with the sun, Peridot has been prized since the earliest civilizations for its protective powers to drive away the forces of darkness.
- Set in gold and worn around the neck or bound to the left arm, it was used as a charm against sorcery and magic, evil spirits, night terrors, and madness.
- It cured cowardice, calmed anger, as well as brightening the wit.
- Peridot is still celebrated for those virtues, protecting the aura, purifying the physical and subtle bodies, and alleviating emotional burdens, guilt and obsessions.
- It is particularly beneficial for overcoming fear, depression and other psychological disturbances, as well as releasing jealousies, resentment and spite in order to move forward.
- Peridot promotes responsibility and forgiveness, instilling confidence in one's own abilities and reestablishing a sense of self-worth.
- A powerful generator of the frequency of increase, this lovely talisman may be utilized to manifest abundance in all areas of one's life: wealth, health, happiness and love. [Fernie, 163][Kunz, 67][Hall, 212-213][101 Hall, 150][Simmons, Ahsian, 299][Eason, 282]
- Peridot is highly beneficial for attuning to and regulating the cycles of one's life, such as physical cycles, mental or emotional phases, as well as intellectual progression.
- It also helps dissipate negative patterns and old vibrations that play over and over, keeping one from realizing they are deserving of success.
- By working with Peridot one can remove those blockages and move forward quickly, opening the heart and mind more fully to receive from the Universe with grace and gratitude.
- A stone of transformation, Peridot is excellent for use in recovery from tobacco or inhalant addictions
- More importantly, it is a wounded healer stone, serving as a vital guide in facilitating healing processes that help others

going through what you have already overcome.

- It is considered very effective in amplifying Reiki energies. Hold immediately after treatments using heat or warmth, such as sweat lodges, hot rocks or a sauna to continue the beneficial effects.
- Peridot is ideal for discharging emotional issues that affect the physical body. Place it over the Solar Plexus to relax and release nervous tension, known as “butterflies,” as well as to alleviate fear and guilt, anxiety or impatience.
- Place Peridot over the Heart Chakra to relieve heaviness of heart, empower forgiveness, or alleviate destructive jealousy or self-doubt caused by betrayal in past relationships.
- Use Peridot to gain results when seeking items that are lost or mislaid in the physical world, as well as in the quest for an enlightened state. [Melody, 479]
- Wear Peridot set in gold to bring peaceful sleep. It is **especially effective for those who suffer from recurring nightmares about evil spirits, murders or sexual attacks.**
- Wear or carry Peridot as a talisman of luck and as a Sun stone to prevent personal darkness.
- It adds charm and eloquence to your presentations, **evokes a positive, helpful response from normally unhelpful people**, and increases profit in trades.
- It is naturally protective against envy, gossip behind your back, and people who would deceive you. [Mella, 96][Lecouteux, 320][Eason, 282]

Peridot (pronounced pair-uh-doe) occurs for the most part as an eye-clean gem with excellent transparency, and is typically faceted. There is no known treatment to improve its color or clarity and therefore is not heat-treated or enhanced in any way.

Peridot Physical Healing Energy

1. Peridot assists in balancing the endocrine system, especially the adrenal glands, which govern the health of the physical body, and acts as a tonic to liven the entire system making it healthier, stronger and more radiant.

2. This stone supports the digestive system and the proper assimilation of nutrients from food, water and light, and may be used to aid optimal functioning of the gall bladder, liver, pancreas and spleen. [Raphael, 150][Melody, 479][Lembo, 249][Hall, 213][Eason, 282]
3. Peridot may also be used to help strengthen the eyes with relation to astigmatism and nearsightedness.
4. Placed on the abdomen, Peridot has been utilized as a facilitator for the birthing process, stimulating contractions and assisting the opening of the birth canal, lessening pain.
5. Peridot may be used in conjunction with treatments for psychological disorders. It helps to balance the swings of bipolar disorder. It is a marvelous aid for overcoming hypochondria, depression, and melancholy.

Peridot Chakra Healing and Balancing Energy

Peridot carries a beautiful green energy that activates the **Heart Chakra**. It regulates our interaction with the external world and controls what we embrace and what we resist. It gives us the balancing ability to be ourselves within the environment. When the Heart Chakra is out of balance we may feel either controlling or controlled in a relationship, and become critical of the little Faults of others. We may find ourselves having inappropriately strong emotional responses to everyday external stimuli. That's made it a very powerful stone in Marital Relationship, good for couple.

Green crystal energy is used to resolve blockages and to re-balance the **Heart Chakra**, helping us understand our own needs and emotions clearly. We can deal with the ebbs and flows of emotional relationships, understand their cyclic nature, and accept the changes.

Yellow energy within Peridot activates the **Solar Plexus** Chakra,

the energy distribution center and the chakra of relationships. This chakra is located between the ribcage and navel, and controls the immune and digestive systems. When balanced physically, we have strength to fight infections, are free of allergic reactions, and are able to use the nutrients we ingest. When the Solar Plexus is out of balance spiritually, we feel fear - of the disappointment or displeasure of others, or to subordinating our life and pleasures to the will of others. Spiritually, **when the Solar Plexus Chakra is in balance we are free to interpret the world through our own thoughts and emotions and not live in fear of violating the dictums of others.**

A very Important Aspect: As *Peridot provides a shield of protection around the body, it should be removed from one's person prior to balancing and aligning the physical body with the other bodies, and prior to cleansing chakras other than those related to its color. Upon completion, wearing Peridot will prevent outside influences from affecting the aligned, balanced and cleansed structure.*

Peridot honors Laxmi the Hindu Goddess of Fortune and Abundance. She is often shown with four arms representing the spiritual values of righteousness, desire, wealth and deliverance.

Peridot honors Pax the Roman Goddess of Peace and Prosperity. She is often depicted holding an olive branch of peace and serenity, and a cornucopia symbolizing plenty and good harvest.

Peridot honors Nisaba, the Summerian Knowledge Goddess and Goddess of the Palace Archives. As a writer, scribe, activist and architect, she is symbolized by an inscribing stylus. She also helps with interpreting dreams.

Peridot also honoured Pele the Hawaiian Goddess of Fire and Volcanoes.

Crystals of green and gold honor Persephone the Greek Goddess

of Spring. She represents celebration and the Earth alive with new growth.

Peridot is a crystal of positive power, a talisman for recognizing and honoring the Creator's frequency of Love, the source of all abundance. Used with right intent, it helps expand one's ability to receive from the Universe on all levels of life. This crystal is attuned to spiritual truth and the understanding of one's destiny. **It is not meant to take one out of this world, but to bring the physical dimension of reality into alignment with one's inner truth.** Peridot allows one to connect to higher realms of consciousness in order to quiet spiritual fears, such as guilt, regret, or feelings of karmic debt. It empowers one to take responsibility and make amends in order to move forward in one's evolutionary path. **Peridot activates the energies of the Third and Fourth Chakras, reminding one that Love and Will reside together and it is how these are used that creates worthiness.**

Peridot is also an Elven stone, carrying the frequency of interdimensional Earth beings who share our planet. It may be used to connect with the fairy and 'devic' (Divine) realms, and to communicate with Nature spirits of all types, including the plant and animal kingdoms. It is an excellent stone for animal and Earth Healers.



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

Just One Question



Whenever I travel, I always have a checklist to make sure I have everything I need for my trip. It may be a short weekend getaway or a month-long trip; the basic items to bring along are more or less the same.

Recently, prior to embarking on a trip, as I was going through the usual routine of packing with my checklist in hand, it suddenly occurred to me that I never really thought about the journey that each and every one of us will take, which is our journey of life. A journey that begins with birth and ends when we take our last breath. My mind started wondering incessantly. Do we actually have a checklist for our journey of life? How do we equip ourselves for this journey?

As we move through the different stages of our life; from childhood to our teenage years to being young adults to getting married to being parents and to old age. Are we emotionally and mentally equipped, to go through each stage of life, responding to circumstances, road blocks and changes, instead of reacting to it? I don't know about you, but I for sure wasn't, because I never had a checklist to make sure I had everything to help me move through the challenges which continually surfaced as I moved through the different stages of life.

Now, as I look back in retrospect, I see that the younger version of me did go through the different phases of life feeling helpless, hopeless, and powerless. She felt like a victim and blamed the outside world for making her feel that way.

She went through years of schooling , learning so many different subjects and in spite of being an outstanding student ; she was not emotionally resilient to handle the journey of life. It is ironic that, History taught her about the past, but did not teach her how to let go of the past. Geography showed her that the Earth is a beautiful and wonderful place to live in, but she could not find a place on Earth where she could feel happy and peaceful. Her good friend, Mathematics, could only count the number of times she cried herself to sleep . The languages she learnt to speak, were not used, as she kept silent when it was time to speak up. Science which taught her about living things and the human body, did not teach her how she could control her body and mind and make herself feel calm and relaxed instead of feeling anxious, overwhelmed and at times, terribly scared.

Miraculously , one day, as she was watching a spiritual “guru” speak on television , the “guru ” asked the audience one question , which mesmerized her. That one question had suddenly stirred a mirage of emotions, creating a spark of hope, wonder and curiosity within her. Her face lit up as she jumped up from the sofa. That one question was truly life changing , as it was the beginning of her journey of transformation from being that hopeless , helpless , powerless and anxious person , to being the person I am today. Feeling empowered , happy , and living a purposeful and blissful life. It was at that very moment where I came to the realization that my emotional and mental wellbeing is completely in my control and I am fully responsible for it.

I know you must be wondering what's that one question that led to my amazing transformation which made me into the person I am today. Well that one simple question was; **“What is a thought?”** It was at that point where I suddenly realised that **it was the thoughts and inner chatter within my mind that was the root cause of making me feel miserable . The best part is that, unknown to me, I was doing it to myself . I was making myself miserable.**

The stories I told myself made me feel useless . The relentless inner conversations within my mind made me feel that I was redundant on this planet. Upon experiencing this “Eureka” moment, the solution was simple , it became crystal clear that if I could just think of happy thoughts, then I would be happy . But it was not all that simple, as the negative thoughts would just pop up automatically and “hijack ” my mental and emotional wellbeing . It was at this point where I began to wonder, where are these thoughts coming from and why do they want me to feel miserable?

Thus, I began my quest to look for the root cause of my negative thoughts. I spent hours in the library and looked up books on how the mind works and where do negative thoughts come from? Alas, I came across an interesting book titled, "**The Power of the Subconscious Mind**." I jumped right into reading it from start to finish and finally understood what the subconscious mind is.

With this priceless knowledge, I began my journey and started studying hypnotherapy as I finally figured out that the negative thoughts that ubiquitously plagued me, was stemming from the limiting beliefs held in the subconscious mind. I was thrilled. With an intense sense of adrenaline, excitement and purpose, I continued to explore the amazing power of the subconscious mind and how the beliefs held in the subconscious mind were creating my reality whether I liked it or not. I perceived my outer world through the filters of my inner beliefs.

The beliefs were just like computer programs, once installed, they would continue to create our life experiences which would be a match to our beliefs. Hence, in order to create something different in my life, I had to somehow change these limiting beliefs there were entrenched in my subconscious. Understanding this empowered me to actually create what I want as I now knew exactly what was happening within.

We form our beliefs about ourselves and our world, when we are very young, based on our life events and experiences. We also download beliefs from our parents, the culture and the environment we grew up in. Many of our limiting beliefs are unconscious, and these unconscious beliefs are driving our lives. Once I understood how the subconscious beliefs impacted every aspect of our lives, I diligently got down to working on myself, to clear the limiting beliefs and to replace them with new empowering beliefs.

As simple as this may sound, it requires the guidance and assistance of a certified hypnotherapist as this needs to be done in a hypnotic state where a clear channel of communication is made available and we become aware of the unconscious limiting beliefs within us and substitute them for beliefs which strongly support what we want in life. The subconscious now works with us and for us, opening up doors of opportunities to achieve our deepest desires.

We can also weaken or neutralise limiting beliefs using an extremely unique and special form of self-hypnosis called “The 7th Path Self-Hypnosis ®”. This is taught by a certified 7th Path Teacher. Once the limiting beliefs are neutralized, new empowering beliefs can then be programmed into the subconscious mind which are aligned to the goals we want to achieve in our lives.

All change begins within. You attract what you hold within your subconscious mind, so to be well equipped for the journey of life, one needs to first take the journey within. I completely changed my life, are you ready to change yours?

The Universal Truth: “As within, so without.”



Shanti Chainani
Clinical Hypnotherapist
Professional Mindworks Center
www.mindworks.sg

Mobile: +65 9673 5245

Email: shantimw@gmail.com

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)
 - Managing Director & Wellness Consultant (Royal Academy Pte Ltd, Singapore)

Things to Do Before TTT

There are things you should consider before offering a session of TTT to some- body:

Healing Is Possible

In our experience it is possible to heal even from incredibly severe emotional trauma. However, healing may need to be defined: it is not about forgetting what happened to you. It is about being able to bring back memories of what happened, without triggering emotionally loaded responses that cause undue stress. Stress reactions from a traumatic event can endure over 15-20 years or more, and we acknowledge that it may seem preposterous to claim that this can be healed in a tapping session or two, but it is a fact in our world. We have personally met thousands of survivors of genocide, war, slavery, mutilation, rape and violence, and witnessed their healing process. Our message is simple: Healing is possible.

Congruency, Confidence and Being Centered

Congruency and confidence in what you do and why you do it are the most important assets in working with emotional trauma using TTT or any other method. Without these assets treating or teaching will not proceed ahead.

It is also important to be present and focused on the wellbeing of the person you are assisting. A session is all about them. Being centered in yourself applies in all healing work, but also to life in general. Exercises like meditation, praying, qigong, mindfulness, and relaxation are helpful. We also recommend self-tapping and Do-In self massage (see page 166) .

Stand, Sit or Lay Down

We treat and teach TTT both standing and sitting, and the technique works just as well for somebody who is laying down, especially somebody sick, giving birth or a child falling asleep. However, be careful if you are treating somebody who is deeply distressed while standing, because the relaxation effect of the treatment can give “weak knees”.

Sit Down Like Two Ships Passing

If you are sitting, we recommend that you sit down with the chairs set like two ships passing each other. This position allows you to reach all points with ease without invading the personal space of the person being treated.

Explain Before and During

Always explain what you are about to do and show the points on yourself, to get an OK from the person you are about to treat to touch these points on them. If their eyes are closed during the session let them know when you move your hands by saying for example *“Now I am going to touch your forehead.”* so they feel safe and can relax without being surprised at your touch. Learn the science of stress and trauma, as explained in Understanding Stress (page 117).

Eyes Open or Closed

It is fine for a person to receive the treatment with their eyes open, but there can be a greater effect if their eyes are closed, since it allows them to relax and focus on their internal sensations. Also, you can check the eyelids for fluttering, which is a good sign of relaxation.

Be Humble

Never promise any specific results before a session. Every person is unique and sometimes the results of a session show up a day or a week later, depending on the stimulus required to trigger the stress reaction.

You could say:

“If you want to experience a method that may allow you to relax, I can show it to you.”

“I know a method for relaxing emotional distress that can be useful even with severe traumatic experiences. I use it for myself at times, do you want me to show you?”

Agree to Continue until Peace

Emotions can rest on top of each other like layers of skin on an onion. If anxiety lets go during a session it can resolve into anger, then grief, then peace. If a strong emotion surfaces during a tapping session, we recommend to keep tapping for another round focusing on the new emotion. If this happens it is good to get permission to continue before starting again.

Connect to the Emotion

For TTT to have an effect, the person being treated has to be connected to the emotion they wish to treat, which is why TTT works perfectly if applied during an emotional reaction. If they are not connected to the emotion they wish to treat the effect will be a slight relaxation, lowering of cortisol levels and peace of mind but the reaction can resurface.

We often say that doing TTT without connecting to the emotion you wish to treat, is like turning on a shower and never getting in.

Evaluate before and after

The evaluation before a session can be as simple as saying "*If you think about it now, on a scale from 1–10, where 0 is no distress and 10 is very much, how strong is your emotional response?*" This is referred to as a Subjective Units of Distress (SUD) scale.

Evaluating makes it easier for the other person and for you to notice what the difference is after the session.

Explain that TTT is a First Aid Method

Trauma Tapping is not always presented as a therapy. We often call it a first aid method for psychological or emotional distress, a relaxation method, or a self-help method for clearing the mind.

This way TTT becomes something every person is qualified to try, putting the power of healing in the hands of the individual. A trained practitioner will have more experience and may be able to get better results than a beginner, but in many situations a simple method like TTT is good enough to make a big difference.

Trust the Method

TTT is a generous method. We recommend it to be performed as described here, but if you happen to tap in a different order or forget some points, don't worry. Even if you don't do it exactly how it is described in the book, it usually brings change anyway. Nothing bad will happen that hasn't already happened for this person. Trust the method.

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



**Gunilla Hamne,
"Sweden"**
Stress and Trauma Consultant
Founder of Peaceful Heart Network
www.peacefulheart.se
www.selfhelpfortrauma.org



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 zone of post- conflict such as:
Rwanda, D.R. Congo and Lesbos, Greece
Read more at: www.ulfsandstrom.com,
www.peacefulheart.se
& www.selfhelpfortrauma.org.

KNOW YOUR BODY BY KNOWING YOUR PRAKRUTI...



In Hindi movies, we have heard the same dialogue over the years like “you will meet two types of people in this world”. But our Ayurveda says, there are different types of people in the world but out of them three types of people are very common, and you will certainly find sharp resemblance with at least one of the type. Yeah that's right, that will be your body type according to Ayurveda. It will be very interesting, exciting and fun also to know our body type and special characteristics of it.

In Ayurveda, we call it **PRAKRUTI**. That is; body type. This **PRAKRUTI** can describe a whole lot of things about people's characteristics. A Prakruti means Ayurvedic constitution of our body and mind. You can know your body better and inside out if you are well aware of your body type that is Prakruti

- Let us make it more interesting now; so how Prakruti is formed?
As I mentioned in my previous article (July 17 Issue); about five elements, three doshas, and their existence in this world. So we understand that all Five elements can be found in food, soil, plants animals, humans but in infinite different proportions; as we all know billions of species are there in world that exist. That's why everything that exist in this world is unique in their own way. But lets just focus on us.

Humans.. So like we all know there are three doshas in our body i.e **Vata**, **Pitta**, **Kapha**. But each of us have combination of these three doshas in different ratios, which is unique and unequivocally our own. Our ancient texts states that this Prakruti or body type are established at the time of conception, confirmed by birth and remain stable throughout our life.

Prakruti display every aspect of our body mind;

1. Our physique,
2. Physiology,
3. Lifestyle
4. Habits,
5. Mental or emotional status
6. Tendencies as well as
7. Vulnerabilities towards disease that people may suffer due to imbalance of doshas. And hence it is important to note that it can act as a reference point to know our vulnerabilities and possible future disease we may suffer beforehand so we can act to prevent it and maintain ourselves at the level of optimal health status.

Predominantly there are three types of prakruti that is:

- 1) VATA PRAKRUTI
- 2) PITTA PRAKRUTI
- 3) KAPHA PRAKRUTI

But there are other types formed by different permutation and combination, for example

VATA PRADHAN PITTA ANUBANDHI PRAKRUTI....(Vata dominating and Pitta Secondary)

Means Vata is highly dominant, Pitta is less dominant, Kapha is lowest likewise.

KAPHA PRADHAN VATA ANUBANDHI PRAKRUTI....(Kapha Dominating, Vata Secondary)

Means Kapha is highest in quantity, Vata is lower to Kapha and Pitta is lowest in quantity.

So we can see how many combinations can be there.

So in first example characteristics of Vata prakruti are more in number than Pitta prakruti and characteristics of Kapha prakruti are very few in number. So overall we can workout how our characteristics are based on combination and percentage of particular dosha in our prakruti.

Now the fun part begins, go through every characteristics of every prakruti, you will find close resemblance with one of the prakruti and also some more characteristics from other prakruti as well

1. VATA PRAKRUTI / Body type

- Physical characteristics-
 - Vata prakruti people have a lean and tall body frame. They have protruding joints and sometimes irregular features
 - Their veins are prominent, visible and reticulated.
 - Teeth are usually small and irregular.
 - Eyes are small, deep & sensitive to bright light.
 - Skin is often dry, rough, cold to touch and wheatish to dark in complexion ---
- Physiological characteristics-
 - They have irregular appetite & their food intake capacity is also irregular and their metabolism is at higher side.
 - Vata people like sweet, sour & salty food and also crave for hot and oily food.
 - These people have irregular bowel movement and often suffer from constipation.
 - They have tendency for frequent urination but with small quantity at a time.
 - They have difficulty in sweating and also have intolerance to cold.
 - Their sleep pattern is also scanty, often interrupted or disturbed.
 - They are little short on stamina

- Psychological characteristics/ mental characteristics-
 - Vata peoples are quick learners, alert and enthusiastic people.
 - They are creative & hard workers. They are mature and spiritually inclined people.
 - They are happy in company of nature or creating something out of their passion.
 - They have poor memory retention power.
- They have a tendency to overthink or weak concentration.
- Vata people are highly emotionally sensitive persons.

Health precautions to be taken by Vata prakruti people-

- a. Vata people often suffers from dry skin problems like eczema due to vata dosha imbalances hence vata people should do abhyanga that is oil massage at least 3 times in a week in rainy days and once a week in other seasons followed by warm water bath.
- b. They should hydrate themselves internally by eating pure ghee made up of indian origin cow milk. And also take enough amount of liquids.
- c. Vata people should refrain from eating and drinking cold food items overexpose themselves to cold winds or water.
- d. They should eat warm & fresh cooked food. Also avoid dry snacks and heavy to digest foods.

- e. Regular meditation & light exercise will keep them healthy physically and mentally, but remember to not over exercise.

2. **PITTA PRAKRUTI**

- Physical characteristics-
 - Pitta prakruti people have athletic, medium height & toned body frame.
 - Their eyes are sharp, penetrating & light green brown in colour, their eye shape is usually attractive.
 - Skin colour is fair or reddish or yellowish, their skin is very sensitive and they suffer from allergies.
 - Hair are usually straight, silky and grey, often suffer from premature graying.
- Physiological characteristic
 - Pitta people have large amount of food intake capacity, they have excessive appetite also they have difficulty being hungry for long time, it can become unbearable for them to remain hungry.
 - They usually crave for cold food and drink, and also loves cold weather.
 - They have a tendency for loose stools and many times need to go more than once.
 - Their urinary output is usually profuse and they may have foul smell urine oftenly.
 - Pitta people have very excessive thirst feeling.

- They also perspire excessively and easily, they may have body odour problem also.
- Pitta people usually have a sound sleep & prone to violent, romantic, angry fire like dreams.
- Psychological characteristics-
 - They have a steady concentration and have a sharp memory , they are usually intelligent ones.
 - They are very courageous , bright, and organised, persistent and full of energy.
 - They are short tempered and their moods can take turns quickly
 - They have a great capacity of balancing themselves in every situation.

Few health precautions to be taken by Pitta Prakruti People: -

- a. Pitta people should avoid oily, spicy & stale food items.
- b. They should avoid wearing tight fitting cloths.
- c. They must cover up while going out in sun & drink plenty of liquid for maintaining body temperature to normal.
- d. Use herbal scrubber, light scented perfumes to combat body odour.
- e. Regular meditation and positive attitude toward life will keep them healthy.

3. **KAPHA PRAKRUTI**

- Physical characteristics-
 - Kapha people have a strong & large body frame and little bit plumpy or fleshy figure .
 - Kapha people tends to gain weight faster and many times are overweight.
 - Their eyes are big, attractive , blue or black in colour.
 - Their face is delicate and pleasant,
 - Their skin is fair, thick , smooth, glossy & cool to touch.
 - They usually have long, thick, black wavy or curly hair.
 - Their teeth are white, large in size and glossy.
 - Their joints are strong , wellknit and firm.
 - Mucus & other milky secretions are more in case of Kapha people.
- Physiological characteristics
 - Kapha people have light appetite & their metabolism is slower than vata and pitta people.
 - They tend to overeat & gain weight easily due to low metabolism.
 - Their bowel movements are regular and their urination is also regular.
 - They have a scanty thirst feeling. They also have a intolerance to humidity.

- Kapha people often sleeps for long hours, they often feel lethargic & heavy when they oversleep.
- Their sweating is very little but smelly sometimes.
- They crave for sweet, rich food that smells great.
- Psychological characteristics-
 - Kapha people have strong memory retention power, they are slow learners but what they learn they grasp it better and remember it for prolonged time.
 - They are usually calm, grounded and loving people
 - They are little bit lazy in nature, even tempered.
 - They are very hardworking but prefer to stay low.
 - They usually have sedentary life, though they try their best to follow strict schedule.

Few health precautions to be taken by Kapha Prikruti People:-

- a. They should follow a strict routine for the day.
- b. They should refrain themselves from eating cold foods and drinks and humid climate.
- c. They should avoid foods which are heavy to digest and eat in small quantity at a time. Also must eat fresh cooked food only, strictly avoid stale food.
- d. Avoid oversleeping or sleeping during day and stay away from lethargy.
- e. Dry powder scrubbing is very beneficial to scrape fat from certain areas of body.

- f. Kapha people needs a high intensity exercise, that will keep their, all problems at a distance and lead them towards happy life.

So these are common characteristics of **Vata, Pitta & Kapha** prakruti people, but you may find mixed characteristics of all three prakruti. But out of these three , 'Two dosha PRAKRUTI' characteristics will be prominent. By checking percentage of characteristics of each prakruti; you will come to know your Prakruti (Body Type)

Knowing your prakruti type will give a brief idea about problems or disease you may suffer in future, so its our benefit that we can prevent any suffering by taking advised precaution. Or you can also realise symptoms at very early stage and cure it by correcting imbalances of doshas with the help of Ayurvedic doctor or even just by taking few health precautions.

At last I would like to say that Prakruti does not only define your characteristic but also define your potential and inner strength. We always say '**Power is in knowledge.**' so by knowing about our prakruti will certainly give us power on our body and mind.

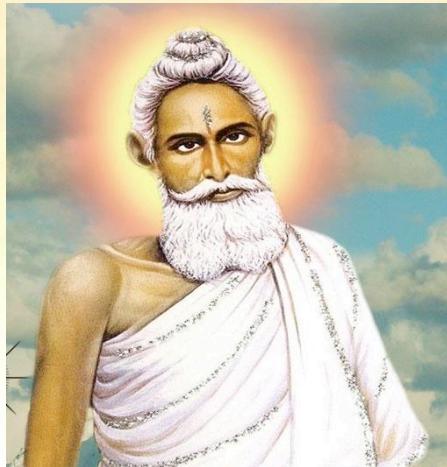
You can take help of your nearest Ayurved physician to know more about your PRAKRUTI and its care regimen. Till then stay healthy and stay happy.



Dr VRUNDA PAWAR
B.A.M.S
Ayurveda Physician
Cosmetologist

Marma Therapist

Baba's Blessings- A Connection Over Lifetimes



Baba Lokenath

(31 August 1730 - 02 June 1890, Bengal, India)

Years ago I had wrote a post on Past-Lives and the Karmic-Entanglement of Souls, in a Facebook group related to Past-Lives and Re-incarnation. What followed was a long discussion with dozens of members sharing their views, experiences and queries. A few of them personally messaged me seeking views, suggestions and answers on various aspects related to the concept of Soul, Past-Lives, Re-incarnation and Karmic-Entanglement of Souls. One amongst them was a lady who wanted to know lots of things related to past-lives, soul-connections, continuity of soul, karmic-bonds and how souls are bound to karmic laws. She was curious to know and explore Past-Life Regression and even asked if I could do a Past-Life regression for her, as she wanted to know her past life.

As a rule I don't do Past-Life Regression (PLR) just for the sake of it! For I firmly believe that Past-Life Regression is a very powerful life-changing process, which has the power to transform an individual's current life-time, so it must be done only when there is an issue having roots/links to a past-life of the individual. PLR thus, must be done for resolution of an issue warranting exploration of client's past-lives, and NEVER as a resource for Past-Life Tourism!!!

2. The lady kept in touch as a Facebook friend, reading, commenting, and asking questions on various topics related to Soul and Past-lives over years, when one day, after a long gap she messaged me and wanted to 'Talk' urgently about something strange that was happening with her. She told that since last few months she was hearing strange voices, having recurring dreams and was witnessing 'Presence' of an elderly man, who would appear as an 'Energy/Astral Form' in front of her eyes out of nowhere. The only assuring part of it all was that this person had a very loving and reassuring 'fatherly' presence, like that of a 'Guide' or 'Guru'. Initially she used to be a little sacred and jittery about the 'voice' and the 'apparition' but slowly she became used to 'His' presence. To her 'He' was some 'saint-like soul' till one day while visiting a friend's home he saw 'His' photograph on her friend's altar kept along with other 'Masters' and God!!! She was stunned for a while and upon inquiry came to know that 'He' was '**Baba Lokenath**', a Hindu yogi and mystic who lived during the 18th-19th century (31 August 1730 - 02 June 1890), in the Bengal region of pre-independent India and was hailed and worshipped by millions as an incarnation of Lord Shiva!

3. She shared that since 'His' appearance, her personal and spiritual life had evolved dramatically fast with frequent spiritual/mystical experiences. So now that she knew who 'He' was, she keenly wanted to 'Know' and 'Understand' her 'Connection' with 'Him'. So we planned a session to explore her 'Connection' with Baba Lokenath, who she felt was her protector and guide.

4. In our meeting she told that last few years had been of great turmoil in her personal and professional life, but somehow as if she was pulled by a 'strange force' she had directed and dedicated her focus and energies to the spiritual path, which had brought her a lot of solace and calm in her turbulent times. Her recent experiences and appearance of Baba Lokenath whom she now lovingly called 'Baba' (a term frequently used in India to address an elderly/fatherly/saintly man) had convinced her that the 'strange

force' that had pulled and guided her to the spiritual path during her troubled times was none else but 'Baba', who like a father and guide was protecting and guiding her to her Path!

5. Once regressed she quickly 'Connected' to one of her recent past-lives, and found herself as a young lady living in an 'Ashram' (hermitage) in pre-independent India. She spoke in Bangla (the native language of people from Bengal province of India) and told that the 'Ashram' was home of 'Baba Lokenath' who treated her like his daughter. 'Baba' as she saw was someone whose presence vibrated with love and compassion and people from far off places came to seek his blessings. He was also her 'Guru' (Master/Teacher) and under his loving guidance she was evolving every moment in her spiritual quest! She shared that her key responsibility at the 'Ashram' was to look after the kitchen and ensure that everyone who visited 'Baba' at the 'Ashram' was given 'Prashaad' (offering/food). As she insured that every inmate at 'Ashram' was fed lovingly, 'Baba' lovingly called her 'AnnaPoorna' (Hindu goddess, symbolizing abundance of healthy food, which heals the mind-body-soul). Later after the session she shared that her father and several friends at times used to call her "AnnaPoorna" and she also had this 'Innate Awareness' that she by her 'Intent' can cook food which can Heal, but its only now that she has finally understood that were this 'Awareness; comes from.

6. 'Baba' told her that she should continue to follow and practice her 'Sadhana' (Meditation & Spiritual practices) and the turbulence in her personal and professional life were just the temporary phases that are over now and as she continues her spiritual growth, rest of all things in her life will be automatically be taken care of. He assured her that 'He' will always be there protecting and guiding her and she should solely focus all her energies on her 'Sadhana', so as to achieve the 'Ultimate Goal' for which she has been taking births over lifetimes, with 'Him' always being 'Present; with her guiding and protecting her.

7, Tears of joy and bliss rolled into her eyes, as she came out of trance feeling grateful and blessed for 'Baba's' blessings and love. She was overwhelmed with the gentle fatherly love that she felt in 'His' presence along with the powerful vibrations of his 'Divine' grace! She regretted of having wasted so many years in worldly pursuits, whereas all she had come was to realize the 'Ultimate Goal', which she had been seeking and evolving over lifetimes. She left, feeling blissfully happy, joyous and empowered, with a clear awareness of 'The Path' she had to follow, under the loving grace of "Baba Lokenath".

8. Her session reaffirmed my understanding too, about the core purpose of our 'Being', that we all come, take births, live lifetimes, die and come again over lifetimes, settling karmic-balances and evolving spiritually, every time just to become a 'Better Version' of 'Ourselves', till the moment we evolve to that point where we are 'One' and 'Vibrating' at the same 'Frequency' as that of 'The Source', we all come from!!!

Love & Light: May Each One of Us Evolve toady & Always!!!



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