

**"Whoever does not love does not know God, because
God is 'Love'.". 'John 4:8'**



Healing and Hypnotherapy

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अवनिशति तद्वद्धि यैन सर्वमदि ततम्।
वनिशमव्ययस्यास्य न कश्चित् कर्तुमर्हति॥2.17॥

The Spirit, which pervades all that we see, is imperishable
. Nothing can destroy the Spirit.

"SrimadbhagvadGeeta: "Chapter2: Verse 17"

From The Desk

No, its Not Valentine month
Yes, these are Pink Hearts.

Well! Let's celebrate warmth of Love with its Pink Hearts to welcome 'winter'.

As Love's ability to overcome hurdles, Inspire through anything and bring Hope is undisputed. It not only heals but it gives strength to move mountains.

How? Let's see!!!!:

This totally Right Brain Love from the glass of Left Brain analyzer.

Well, Love puts us in the state of Peak mind zone and boom miracle begins, 'cause our subconscious which is not really very good to understand the difference between "so called reality" (Highly arguable, since science too puts across this latest version as, "Conscious reality being our conscious illusion") and illusion start working towards creating what we believe in that state.

And when that state remains no matter what.

Beyond being disillusioned by anything.

Miracles become the way of life.

As the power of love unleashed completely; and, create everything, every belief becomes true for us.

What emotion prevails most when we are in Love? – "Happiness". Yes happiness, and that's exactly is the peak state of mind where we are relaxed, open and comfortable; in other words willing to learn more and be real, totally into our self and nothing negative can actually touch our system 'cause we are shielded in our safe zone where we see world in beautiful colour; have heart to forgive anything and almost walk on clouds.

And imagine no matter what, this state just refuse to go and stay – stay forever beyond the measure of even reciprocation. You

are complete in your Love whether other person is there or not doesn't matter.

Let the Gold of this love touch our Heart fill it with shine and make us beautiful.

We begin on a beautiful note with **Gunilla Hamne** and **Ulf Sandstrom's** book excerpt. **"The Starfish Thrower"** Yes I am making a difference even to one person. Then it's worth it. "So is the voice of this Journal" and the aim we have, to spread knowledge of Healing, to reach out to the world. Amen...

Shanti Chainani in her **"Healing past to Change our Present and Future"** has elaborated beautifully why one should go for hypnotherapy and how it benefits in all areas.

With me (Varsha) in **"Past Life Karmas"**; take a seat and go on a flight of one more past life to really know how "Every action has its equal and opposite reaction" – Newton's Third Law.

All NLP practitioner will love this next one and Hypnotherapists will like to incorporate it into their work. Thank you dear **Ulf Sandstrom**, for this **"Slieght of Mouth"**. It is interesting, fun and really useful.

Dr. Kaloski's "Reincarnation: Fact or Fantasy" is a lovely discussion within our beliefs and their changing facades regarding reincarnation. A thoughtful read.

A Prakash with this painful story which wrings the heart strings you have proven again how things are completely different when being seen from, Reincarnations and their Karmic bonds. Readers do read it **"Love or Karmic connection"**

And Now we will explore this month's Crystal power with me (**Varsha**), Its **Pink Crystal** no its not Rose quartz ☺ Sit leisurely and enjoy the weekend with this lovely collection in Hand.



Happy November

Love and Light to all

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The Starfish Thrower

One summer's morning a little girl was walking on a long, winding beach. She came across a starfish that had been washed ashore and was now wriggling and drying up in the hot sun. She reached down, gently picked up the starfish by one of its five points, and tossed it back into the sea. The little girl smiled and continued walking along the beach. But after a few steps, she found another starfish. It too was dying in the sun. No sooner had she tossed this one back, when she came across another starfish, and then another one. Each time she found one she picked it up and tossed it back into the sea.

She reached the top of a sand dune and came to a sudden stop. What she saw below startled and amazed her. Stretching out in front of her were hundreds upon hundreds, maybe even thousands, of dying starfish washed up on the beach. Suddenly, she exploded into action and began to toss as many starfish as possible, one by one, back to the sea.

She was so busy tossing back the starfish, that she hadn't even noticed that a person had stopped to watch her. Soon a small crowd had gathered. Some started pointing at the little girl and laughed.

"That little girl's crazy", said one. "I know", said another. "Doesn't she know that every summer thousands of starfish get washed up

on the beach and die? It's just the way things are." "There are so many starfish. She can't possibly make any difference." The little girl was still too busy tossing back starfish to notice them. Finally,

one man decided he had seen enough. He walked over to the little girl. *"Little girl," he said, "there are thousands of starfish washed up on the*

beach. You can't possibly hope to make any real difference. Why don't you give up, and go play on the beach with the other children?"

PDF for collaborators: Resolving Yesterday - First Aid for Stress and Trauma with TTT, © www.peacefulheart.se

The little girl's smile suddenly vanished. She noticed the crowd of people for the first time, and she realized they had been laughing at her. And now they had fallen silent, awaiting her answer to the man's question.

She was hot. She was tired and close to tears. She began to think that maybe he was right. Maybe they were all right. She had been tossing back starfish for what seemed like hours, and yet a carpet of starfish still covered the beach. How could she have possibly thought she could make a difference? Her arms fell limp at her sides, and the starfish she was holding fell back to the hot sand. She started to walk away.

Then suddenly she stopped, turned around, reached back down, and picked up the starfish she had dropped. She swung back her arm and tossed the starfish as far as she possibly could. When it landed with a plop, she turned to the man, and with a huge smile on her face she said:

"I made a difference to that one!"

Inspired, a little boy emerged from the crowd, and he too picked up a starfish and sent it soaring back to the sea.

"And I made a difference to that one!" he said.

One by one every person in the crowd, old and young, joined in sending dying starfish back to the sea, calling: *"I made a difference to that one!"* with each toss.

After a while the voices began to quiet down. The little girl became aware of this, and she wondered if the people were getting tired or discouraged. And so she looked across the beach. What she saw startled and amazed her. All the starfish were gone!

Many years later, another little girl was walking down the same beach. She reached the top of a sand dune, and came to a sudden stop. As far as her eyes could see, there were people tossing starfish into the sea. Curious, she approached an older man. *"Could you*

please tell me sir, why is everyone tossing starfish back into the sea?"

The man, many years earlier, had been the little boy who was the first one to step forward and help the little girl save the starfish. *"Little girl", he replied, "each year, when a summer storm washes thousands of starfish onto the beach, the entire town comes out to toss them all back to the sea. You see, we learned one summer, many years ago, that when we all work together, we can actually make a huge difference."*

Adapted from Loren Eiseley

"Your Journey Was Never Meant to End: A Compelling Case for Reincarnation".



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"Sweden"

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Healing Past to change our Present and Future.

You may be wondering , what has my past got to do with my present and future. On my journey to self-realization, I discovered that your past has got everything to do with where you stand in your present life situations , and what you will continue to create and manifest in your future.

Millions of people are living on this planet, going about their daily lives, not knowing this one vital TRUTH, that is, your past, is driving the bus of your life. We are all just passengers, being driven around by our past.

Very often, when we don't achieve what we want, we push the blame to all kind of external factors: The economy, our relationship or luck, circumstances , lack of resources , etc. This gives us the illusion that we have no control over our life's situations and we feel stuck and powerless. We feel like victims because when we blame outside influences for our problems, we have given our power away. The main reason we do this, is because we have not discovered the one vital TRUTH; that the controls of our life are within us.

As a child, no one told me this truth. Neither my parents nor school told me this fundamental truth about life. Just like the many millions of children around the world, I grew up listening to stories such as Cinderella, Aladdin, Sleeping Beauty and Snow White,

I too believed that either a fairy god mother or a genie would come to fulfil my desires and give me what I want. I waited and waited for years waiting for other people to change or something outside to change , not realising that the fairy god mother and genie were both within my subconscious mind.

All I needed to do was to communicate what I wanted to my subconscious mind and it would bring it into my reality . I would have continued to put the blame on the outside world, if I never came to the realisation that I am responsible for creating the

situations in my life . If I am responsible then why am I creating situations, circumstances and relationships which I don't want?
I wish I knew then what I know now.

The answer: I am creating them unconsciously from the blueprint I carry in my subconscious mind.

This blueprint comes from our past. It is made up of psychic imprints or programs accumulated from all our experiences right from the moment we are born. When we are born, our mind is like a clean slate, every experience we go through becomes imprinted on our mind and stored as memories .

These imprints are just like programs which run on autopilot without our awareness . We start installing programs from the information we receive from the outside world. As young children , we start to give meaning to everything happening around us. We give meaning to events based on how the events make us feel . These formed our perceptions .

Our perceptions were created at a time when we were not equipped to evaluate our surroundings or our experiences, in a logical and rational way. The way we were treated as children, the behaviours of our parents and the people around us, their cultural beliefs, the media and the society in which we grew up in, all formed our subconscious programming .

These psychic imprints became programs which formed our blueprint for life. The blueprint now sits silently within the subconscious mind and creates our reality by controlling all our thoughts, feelings, attitudes, actions and behaviours.

Given this, it is only logical , that if I want something different in my life, it becomes my responsibility to look at my blueprint, and change it to what I want to create for my life. The big question that needs to be addressed is, “ How do I change my blueprint”?

Getting to the blueprint is not an easy task. The blueprints are kept safely guarded deep within the subconscious mind. The most powerful part of your mind , your subconscious mind , which can give you whatever you desire , is locked up in a highly guarded vault .

The critical mind is what guards this vault. The critical mind wants to keep the blueprint safe within the subconscious mind. It does not like making changes to any aspect of the blueprint . The critical mind, is that part of the mind that comes up with excuses , justifications and strong uncomfortable feelings whenever you want to make changes for a better life. The critical mind wants you to keep doing the same things, think the same thoughts , so that you get the same results and live the same life. Do we want to be stuck with this outdated and limiting blueprint for the rest of our lives?

This is where hypnosis comes in. The beauty, of hypnosis is that it allows us to bypass the critical mind, and gain access to the powerful subconscious mind.

With hypnosis, we can start to communicate directly with our subconscious mind, giving instructions in the form of suggestions, to make the changes to our blueprint. Once we make the changes, we can exit the hypnosis state, and the critical mind now starts ferociously protecting our new blue print. Isn't that truly amazing?

We have now created a new blueprint, and have the critical mind protecting that new blueprint. This new blueprint now entails what you desire to create in your life.

If hypnosis is so powerful in transforming yourself and your life, you may wonder why aren't more people using it? It is simply because of the "fear" of hypnosis.

Many people have acquired a false belief through media such as television shows and movies, that hypnosis is all about mind control. I too was fearful and sceptical at my first hypnosis workshop, as I did not know the truth about hypnosis back then.

The irony is that, hypnosis allows you to regain control over your mind and your life. It allows you to become a powerful creator you were meant to be.

We all have a choice;

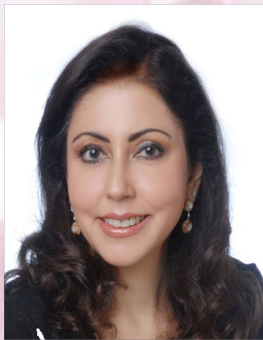
We can either be stuck with the same limiting blueprint for the rest of our lives and wait for something outside to change in our favour,

or we can be empowered to take control right away and become responsible creators. We can take back the driver's seat and drive our own bus, because we have the power to do so.

I waited for many years. Waited for something to change, so that, I could feel happy and fulfilled. Nothing changed until I went within, and changed my blueprint. With hypnosis, you too can change the direction of your life.

Discover the power of hypnosis by working with a certified hypnotherapist, or consider learning self-hypnosis. Go on and start driving your own bus.

It is your life, and you have the power and responsibility to mould it into 'what you want?'.



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Past life Karmas

We know the story from last session (Sept issue) but we can quickly recap about the Lady who came to resolve her mother in Law's total resolve against her being her Daughter in Law so much so that she wants her Son to Divorce her.

The Lady concerned has already been through a very traumatic Marriage and in her second marriage she was blissfully happy with her husband till the time her Mother in law became a trouble. It started with her Husband's not being open about his wife being a divorcee to his family member as theirs is a Love marriage He being well aware of every circumstances, knowingly withheld this information from his Mother.

Probably because he already knew the mind set of his parents and believed that once Marriage will take place and they will like his wife for her, they will not mind her being a divorcee much. Since it is his first marriage.

This seemed to be the reason at surface but when we delve deeper it comes out to be something much more dramatically connected karmic story.

This husband and wife were actually friends, 'very good friends' in their previous birth. Went for a theft together , they robbed a very wealthy man. And eventually one of them (Let's call him A) (this lady in previous birth) felt greedy and overpowered with greed he killed his friend (Call him B) in order to keep the whole mullah himself as he was planning to live decently now , and never to indulge into any of these dark deeds ever.

Here destiny went into tizzy . Somehow that other man 's brother sensed that he killed his brother he called him to meet on some other pretext and there , they got into physical scuffle when he confronted him.

Further , situations unfolded pretty fast , before he knew he had killed that brother of course in self defense and that brother's 10 – 11 year old daughter was hidden nearby who accidentally reached at the same spot and seeing them fighting hid herself into nearby bushes . Became the prime witness , and he was jailed with everything confiscated from him including that wealth.

Somehow within few days he escaped the jail and ran away. He found himself into a small town closer to a church and he started to live there. Due to his status of runaway thief and murderer he kept to himself and did not interacted much with people. He was a loner but he missed his friend deeply and felt deep remorse and guilt over his misdeed. He was filled with remorse, till the last moment of his life . Whole life he did nothing but lived on odd jobs to support preliminaries and gnawed by guilt; 'deep-rooted guilt' and remorse.

When we took him to the last stage of his life and, when he left his life we went for whole forgiveness procedure . We called his friend and friend's brother both one by one . Now his friend was very calm he had no harsh emotions for him.

He took everything as destiny and said I 've already forgiven him. But his brother was not so comfortable to grant him forgiveness. With much request and pleading he agreed to forgive. Yet he was a little distant.

Now that brother came as a Mother or mother in law as in lady's case. And that friend is husband and she came to love him unconditionally and take care of him in order to atone her guilt as a friend in previous birth. Which she (He) held for rest of his previous life..

So we have seen Karma has far reaching implications they may haunt a person not only in one birth but in multiple birth's too. Clarity is astounding for the Lady and she is well on her path of healing . With more sessions.

However, The most beautiful part of Past Life therapy is, that instant peace which comes with the understanding ..."Why its happening with me" That's really amazing.

Mystery of universe and time is so beautiful and humbling when unfolds.....

The Law Of Karma

Every action generates a force of energy. When we choose actions that bring happiness and success to others. The fruit of our Karma is happiness and success.

Deepak Chopra

www.OurBetterHealth.org

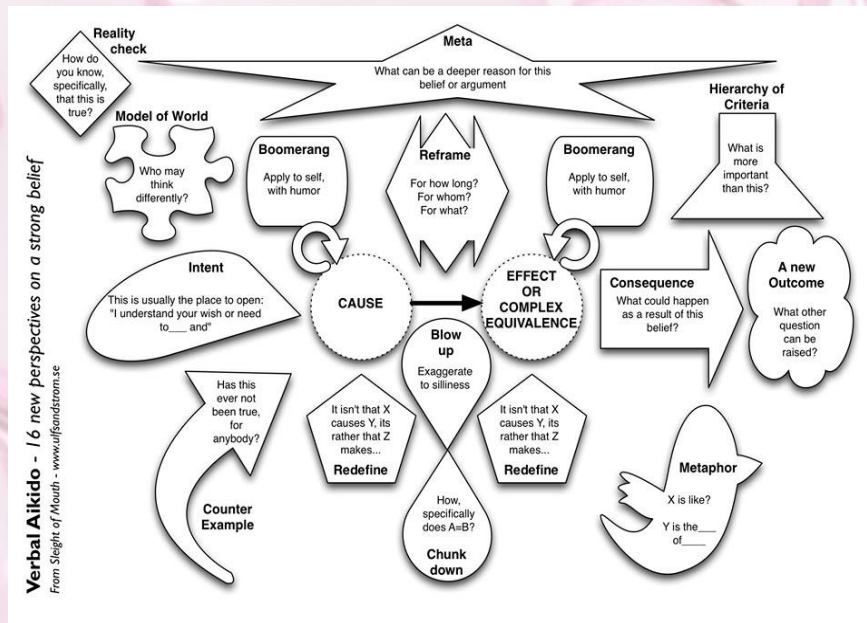


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Sleight Of Mouth



- a fun, efficient and very useful technique both for self-help and in combination with hypnosis...

Sleight of Mouth – Verbal Aikido

Sleight of Mouth is a kind of verbal Aikido – a method to confront and change arguments and beliefs that was developed by Robert Dilts modeling Richard Bandler – I learned it from Doug O'Brien – a skilled hypnotherapist from New York and author of Sleight of Mouth. The map below is my personal adaptation, Doug uses a different one originally.

SleightofMouth-Formula-E

Together with Fredrik Praesto I invited Doug O'Brien over to do a workshop in Sleight of Mouth for members of the International Hypnotists Guild. The method is systematic and relatively easy to apply – and Doug is a great teacher – it is based on 16 ways to meet an argument or fundamental belief. This article is a short introduction.

Just like in Aikido, the underlying principle is to turn your opponents energies back on them, in a non-aggressive search for a way out of deadlock, opening the door to a new perspective or solution.

The framework it builds on is saying “yes” in different ways, followed by a “and” or “but” and one of the 16 possible categories of counterarguments (intention, consequence, hierarchy etc). The structure is more or less this:

“I understand/respect/appreciate the intensity of your belief, AND/OR...”

Just like in Aikido you don’t know which of the 16 counterarguments will do the job in a give situation, the aim is to have as many pre-trained options as possible.

Here are some examples of applying Sleight of Mouth on an argument/belief/statement

The examples are from the course – credit goes to Doug and those involved.

Argument/belief: “Cancer causes death”

1. Meet the intention of the argument

“I know your intention is to prevent false hope, but you are preventing any hope at all. Let’s find some alternative choices...”

2. Point at the consequence of the argument

“Beliefs like this tend to become self-fulfilling prophecies because people stop exploring their choices and options...”

3. Redefine the argument

“It’s not cancer that causes death, it’s the breakdown of the immune system, so lets explore ways to boost that...”

4. Focus on a new outcome

“The real issue isn’t what causes death, but rather what causes life and health. Let’s focus on that...”

5. Apply the argument to the argument

“That’s a pretty deadly belief to hold onto – it can only lead to a dead end street...”

6. Give a counter example

“There are many documented examples of people that have survived cancer. Actually, more people die of other causes – have you heard of anyone who had cancer and lived?”

Doug O’Brien has written The Users Guide to Sleight of Mouth.
Check his website www.sleightofmouth.org

If you are interested in knowing more about Sleight of Mouth, let me know!



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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,
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& www.selfhelpfortrauma.org.

Reincarnation:

Fact or Fantasy?

"I am certain that I have been here as I am now a thousand times before, and I hope to return a thousand times..." - **Johann Wolfgang von Goethe**
(German poet and dramatist, 1749-1832)

Well, since you asked, let's cut to the chase and address the question of whether or not reincarnation is real. My answer to that question is a resounding, unequivocal and emphatic. "I don't know!" It all comes down to a matter of personal belief. I happen to believe. It seems to me that verifiable and objective research like that presented above should be sufficient to prove to any skeptic that past life memories have been documented as accurate for a significant number of people – but that's my personal opinion.

I also happen to believe that those who continue to adamantly deny (or even objectively entertain) the possibility of reincarnation may present themselves as scientific but I respectfully submit that, in reality, they are trapped in an irrational dogma comparable to the beliefs of those church 'scholars' in the 16th Century who maintained their belief in an earth-centered solar system in the face of Galileo's telescopes. You know the rationale, "My mind is made up! Don't confuse me with the facts!"

In any event, I have no particular desire to 'prove' the existence of past life recall to the fanatical skeptic, since I feel the literature on the subject is replete with such proof - or at least evidence suggesting that Shakespeare was so right when he tells us in *Hamlet*, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."
(Act 1: Scene 5)

I would also like to caution that when I say I believe in the reality of reincarnation, that doesn't mean I necessarily subscribe to the more esoteric and fringe beliefs that surround the subject, such as purported memories of past lives in highly advanced civilizations, Atlantis, Lemuria, different planets, as an animal, a plant, and so on. (As a separate category I would add Future Life Progression - to be discussed in a later chapter.)

While of interest to some, these categories - in my opinion - lack credibility and are not usually what they appear to be. The reader who does not believe in reincarnation but has managed to wade this far into the book may be relieved to learn that even my credulity has its limits. Of course, some might argue that my dismissal of some of the more esoteric elements listed above are just as prejudiced as my acceptance of the other past life experiences which form the basis of my beliefs. However, I have endeavored to base my interpretation of past life regression on those experiences which can be rationally and empirically investigated.

The above being said, I'm also convinced that reincarnation in no way represents some sort of final truth in our understanding of the universe. If there's one thing we've learned from the history of science, it's that our theories about the way the universe works are never permanent. Sir Issac Newton gave us one picture about the way the universe works - and it was and is a valid picture. However, Einstein gave us another picture; Stephen Hawking yet another; and Quantum Physics - the branch of physics which seeks to understand the behavior of sub-atomic particles - has given us yet another. None of them are wrong, but each has gone a step farther than the one before.

I believe the same is true of reincarnation as a way of understanding how the universe works. I think that it's a correct picture as far as it goes, but that there are surely even more correct pictures waiting for us in the future. For example, most proponents of reincarnation believe we live sequential lives - in other words, one after the other in chronological time. But science is showing us that there are levels of reality at which our everyday concepts of time break down.

So, it may turn out that the apparent sequentially of past lives is merely an illusion, a result of the limits of our current perceptions. Accordingly, some theories about reincarnation take this into account and assert that in actuality all of our lives – past, present, and future – are occurring simultaneously. Who knows?

My point is that although I believe in reincarnation, I'm convinced that, in our time, our current understandings will be eclipsed by even larger understandings. So remember that all the concepts I present here are only constructs of words and that all constructs of words are tools. Embrace these tools only so long as they're useful to you, and replace them when their usefulness comes to an end.

There are literally tens if not hundreds of theories and philosophies surrounding the subject. Yet I submit that the subject of reincarnation is too “unknowable” to dogmatize with **any** degree of certainty. For instance, some believe that our myriad lives in this vast picture are guided by angels or spirit guides who help us choose the life we will enter into. Who knows?

Some believe in the “Parallel Lives” concept. This holds that our souls inhabit more than one body at the same time. For example, you might be a prominent Madison Avenue ad exec who is simultaneously living a life as a bag lady in Los Angeles. Again, who knows? Would it be any less reasonable to assume that reincarnation is one big dice game being run by an inter-galactic computer created by a millennia old alien civilization? Sort of a Cosmic Crapshoot? Only God and Captain Kirk would know that one. And, for the moment at least, neither of them are telling.

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



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Love or Karmic Connection

Lisa, contacted me with one simple request, “I want to know my ‘**Connection**’ with this man”!!! Later when we met, she shared that Robin has been the center of her life since the time she can remember knowing him. They lived close by and had grown up together. When, her fondness for him as a child, over passage of time turned to attraction and finally into the all-encompassing love, she herself never knew! In years bygone, they got married separately, had kids and today live thousands of miles apart, still that ‘Connection’ continues and that’s what she wanted to understand. She tried over years to ‘Get-Over’ with ‘it’ but to no avail.

2. Looking back she reflected how angrily had her family reacted when she for first time in her early twenties had brought up the topic of their marriage. Her father was the one ‘most hostile’ to the very thought of her being married off to that lowly boy whose family had no social standing compared to the wealth, power and influence of her family. She was firmly told to forget him and when she resisted, she was pulled out of collage and virtually put under house-arrest for nearly a year, before being married her off to a suitable groom from a wealthy influential family chosen by her father. In years that followed he too got married and had a family. Both of them started lives in different cities, thousands of miles apart, yet she knew he had never left her ‘Heart’, to the extent of even feeling guilty of never having been 100% ‘There’ in the marriage, she was pushed into by her father.

3. Lisa shared, how her marriage fell apart in first few years itself, as there was always 'Him' in her mind and she felt like a caged bird counting days to be free. She even felt guilty in the sense that though there always are few silly differences and little conflicts in each marital relationship yet it's the bonding over time that cements the relationship between spouses, which she could never do as she was too 'Lost' in the love she had for Robin. She told that her ex-husband with all his shortcomings was a nice person, yet it was probably her love and loss of Robin's closeness that always made her bitter and to an extent even cruel towards all efforts made by her ex-husband towards mending their relationship and making her feel loved. The more he tried more resentment she felt, and finally came the day, when they signed the papers and parted their ways.

4. It was during this period of her marital turmoil that in a strange twist of fate the two lovers crossed path once again, but by then he had got married and had kids and family. It was during this phase that she got pregnant and decided to keep the his child, who now a teenager, is her world! He couldn't come to be with her leaving his family, and even she tried her best to move-on with her life, keeping his son as the symbol of their love.

5. Lisa told that she had tried everything to get-over him; had been persuaded by her parents for a second marriage; even proposed by few wonderful well-meaning loving men, but she just was never able to move beyond him and her longing for him over years had grown each day, instead of having faded away with time. She told that even she

found it strange and sad at times that she could never love or get connected to any man beyond him, probably even wasted her marriage longing for him, and today still awaits for him, knowing well that he will never come!

6. So there she was to understand her 'Connection' with him, and the reason for the hateful attitude of her otherwise loving father, who hated his father and his family since the day she announced her liking for him, though till that day had a lot of admiration for him, though never having any good feeling for his family, especially his father.

7. Lisa, being a longtime yoga and meditation practitioner, quickly slipped into a deep meditative trance. Guided, she 'Connected' to a past life where she was a poor pheasant girl and her father (her father in the current lifetime) was a humble farmer. The prince of that kingdom fell in love with her and wanted to marry her, but her father was not very happy about the union as he feared that his daughter may end up just being one of the many wives of the future king, worst still end up being just a pleasure-toy, as prevalent in those ages. What came as surprise was the fact that this prince was Robin and the king was Robin's father in current lifetime. So owing to the powerful influence of king, her father was forced to marry her to the prince, whom she too had fallen deeply in love with. Her father deeply resented the king and the prince, and died cursing them both. She had a good life with him, and he loved her a lot, yet they hardly could live together as he was mostly away, engaged in wars and protecting his kingdom, They had no kids and he died during one such trips. She lived a lonely sad life yearning for him till her last breath. Even in moment of her death she longed for him.

8. So here it was, puzzle pieces falling in place, making some sense to her, of the events that manifested in her current lifetime. What came out of her past-life regression session may simply be summed up as:

- Robin, the man who she so loved and longed, but could never be together, in her current lifetime, was the prince who fell in love and married her;
- They loved each other in that lifetime but could never be together or make a family in real sense, and so was the case in the current life too, were though both in love couldn't be together;
- His engagements and responsibilities had kept him away most of the time in the previous life and in current life too things were nearly similar though in different circumstances:
- She had longed and yearned for him and died wishing for his company in her previous life and quite similar were the circumstances now too;
- Her father was a poor humble farmer who was forced to marry her to the prince due to the powerful influence of the king, while in current lifetime her father was very powerful and wealthy while his father and family were relatively poor commoners; and
- His father the king had forced her father to marry her to his son, and in the current lifetime her father had denied the marriage proposition of his son as they were poor and no match for his family.

9. So at last she was at peace to know and had a more 'Aware' understanding of the things that had happened and were still around

influencing and shaping her world. She left with a calm understanding of all she had felt over the years and felt that she would be able to handle life better now. She left but while leaving she asked “Was it love or karma” that shaped my life, an answer only her soul can answer best!



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Pink Crystal

No its not Rose Quartz ☺



As I mentioned in my previous write up all of the atomic structure in a crystal is polarized. And we know our bodies are largely water and water is particularly good at holding vibrational patterns. So when our Aura or our body's vibrational state is not in healthy condition which if not redressed can ultimately take the form of physical or mental illness.

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

Today we will know about **Pink Quartz.**

Quartz is a well-known crystal for all of its abundance, varieties, extraordinary crystals and range of colors, for students, rock hounds, geologists, gemologists, jewelry lovers and metaphysical healers alike.

It is comforting and familiar...

Clear Quartz is Rock Crystal,
Purple Quartz is Amethyst,
Yellow is Citrine,
Gray-brown is Smoky Quartz,
And pink Quartz is Rose Quartz. Simple, right?
Well...not exactly.

Until recently, all pink-colored Quartz was thought to be Rose Quartz, the pale pink to reddish-rose, semi-precious stone of beauty and love cherished since antiquity for its power to heal the heart and stimulate romantic devotion.

Rose Quartz is found in abundance around the world and occurs only in massive form, with **no crystal faces, edges and terminations**. It is **hazy to translucent**, and is usually found in the cores of **granite pegmatites**. Its color is due to trace amounts of titanium, iron, or manganese in the massive material, and contains microscopic fiber inclusions of rutile

The color of **Rose Quartz** is **very stable and will not fade with heat or direct sunlight**, and though it has also been called Pink Quartz for decades, here is where mineralogical confusion begins.

Well Pink quartz is different from rose quartz. How ????

Pink Quartz crystals occur only in **phosphorus-rich pegmatites** as a late-phase formation grown not in the cores, but in thin vein systems throughout the pegmatites, often growing on, and parallel to, Smoky Quartz crystals. Though similar in color to Rose Quartz, Pink Quartz **occurs in clusters of small, well-formed crystals, often parallel-grown**, that are **translucent to transparent**. These crystals are **very light and heat sensitive, and will fade with prolonged exposure to sunlight**.

- Pink Quartz, like its sister Rose Quartz, is a stone of the Heart Chakra, with a soft, feminine energy of compassion and peace, emotional healing, love and friendship.

- Pink Quartz is also a stone of innocence, with small, enchanting crystals reminiscent of a time of purity, simplicity and wonder.
- It inspires gentleness and kindness, enkindles enthusiasm, and awakens the heart to love and trust, budding passions, and exploration of the world.
- **Pink Quartz is a talisman of discovery and emergence, of coming into one's own and determining how one fits into the universe.**
- It aids the unfolding of one's interests and talents, and nurtures self-love and respect of others.
- Pink Quartz is equally supportive of those who are disenchanted with the world, to return to their pure heart and help recover 'Who' they truly are at their core.
- Pink Quartz is calm, reassuring crystals that help alleviate stress and anxiety, and provide a soothing ambiance to any environment.
- It open one's receptivity to the beauty of art, music and the written word.
- A wonderful sleep crystal for adults and children, Pink Quartz promotes beautiful dreams as well as preventing nightmares or night terrors. It also helps children to not be afraid of the dark.
- It is an excellent talisman for teenagers and young girls entering puberty to trust their own instincts and recognize their unique spirit. By opening their heart to their own inner voice they can discover the special talents and gifts they possess and are meant to share with the world.
- Pink Quartz is not only a crystal of identity, it also brings great strength for those faced with a loss of identity, or for those unsure of how to recover after a life-shattering event.
- It provides a shield for the ego, helping to dispel the

darkness and repair emotional devastation.

- Use Pink Quartz to assist in treatments for following: amnesia, Alzheimer's, injury or disease that results in loss of mobility or amputation,
- It is good for finding one's way out of drug or alcohol addiction (when its reason is emotional identity loss), as well as the loss of one's identity from cyber theft, financial crises and the dejection of divorce or betrayal, or the sudden death of a soul mate.
- Pink Quartz brings comfort and connects one to universal love, helping one to re-establish or re-define who they are,
- It reinstate trust, and helps in to emerge stronger, more assured and self-reliant.

Heal yourself, be yourself and enjoy the magic of crystal and elixir of Life.

Love and Light to you.



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